



August, 2019

**Sign up for July programs begins
Thursday, August 1st**

**Email us about programs/activities at:
rcseniors@sbcglobal.net**

**Find us on Facebook at
Riley County Seniors' Service Center**

**Check our website
www:seniorsservicecenter.org**

The Center News

WELCOME LIZ NELSON TO THE CENTER

Liz is our new Program Coordinator. She comes with a variety of experiences which will serve her well at the Center. She was the Activity Director at Via Christi Village, so you may recognize her. She also has experience in the mental health field and recreational therapy. Liz delivered meals for the Friendship Meals and is a Master Gardener. Liz and her husband Kent are from Manhattan and have four children.

She is eager to hear your ideas and suggestions. Stop in and welcome her to the Center.

CENTER OPEN HOUSE

Wednesday, August 21 from 10 a.m.—12 noon.

In recognition of National Senior Citizen Day, the Center is having an open house.

If you are a new member or a member who hasn't been in to the Center for a while, we invite you to come and see what we have to offer. We are asking members to bring a friend or neighbor who might be interested in our activities. There is a lot going on at the Center and we would like the community to know. Find out about:

- Exercise Class Demonstrations (Strength Training, Yoga, Chair Yoga, Line Dancing)
- Programs
- Cards Groups
- Meals
- Volunteer Opportunities
- Special Programs
- Renting the Facility

VIRTUAL DOWNTOWN MANHATTAN WALKING TOUR—PART 2

Allana Parker, Curator of Design, Riley County Historical Museum, Thurs., Aug.15, 1 p.m.

Don't worry if you missed Part 1. Each downtown building is unique. The buildings are shown as they were built and then are they are now. You will enjoy the descriptions of the businesses and stories surrounding the buildings. **Please sign up by Monday, Aug. 12 if you plan to attend. Eight (8) is required to the presentation.**

Free Pre-Retirement Counseling

Chuck Henry is a SHICK (Kansas Health Insurance Counseling for Kansas) counselor who will be available mornings from 9-12 on Tuesdays, Wednesdays, or Thursdays to discuss Social Security, retirement income and Medicare. Chuck does not provide financial investment advice. Please call the Center at 537-4040 to make an appointment.

THE ARTS

Art Studio

Our Art Studio Leader, Cheri Graham, is off the month of August,. If you want to continue working on your project, please feel free to come on Monday's through August at 1 p.m. Cheri Graham, the Art Studio Leader, will be back September 9th.

Artist Profile: Patrick Dougherty Tuesday,, August 20 1 p.m.

Kim Richards, Education Specialist with the Beach Museum of Art, will highlight artist Patrick Dougherty. He is an environmental sculptor. He builds temporary installations using saplings sourced from the local area. His work engages community volunteers as well. We will see slides of his work and learn about his process. Please sign up by Aug. 9th.. Five (5) attendees are required.

HEALTH


Coffee Talk with MATHIS Physical Therapy Wednesday, Aug. 14 & 28 9:30-10

Discussions are lead by Practice Liaison Garret Seacat. Please sign up by Mon. to attend. The topic for Aug. 14 is hand strengthening and the topic for Aug. 28 is nutrition.

Free Services by Local Providers

11:00 Thurs., Aug. 8th	Eyeglass adjustment & cleaning	Vision Source-Optical Perspectives
11:30 Thurs., Aug. 8th	Hearing aid cleanings	Dr. Katie Bunker, Advanced Audiology
11:30 Tues., Aug. 20th	Blood pressure checks	Interim Healthcare (note new time)

August 2019 (sign up for programs/activities begins Thursday, Aug. 1st)

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center; font-size: small;">MEMBER FDIC EQUAL HOUSING LENDER ©</p> <p style="text-align: center;">It's all about CONVENIENCE It's all about COMMUNITY It's all about YOU!</p> <p style="text-align: center; font-size: x-small;">KS StateBank supports the activities, mailings and services of the Seniors' Service Center.</p> <p style="text-align: center;"> ksstatebank.com</p> <p style="text-align: center; font-size: x-small;">Westloop Downtown Aggieville Highway 24 785-587-4000</p>			<p>1</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pinochle/Bunco</p>	<p>2</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers</p>
<p>5</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie 1:00 Duplicate Bridge 5:30 Monday Yoga</p>	<p>6</p> <p>8:45 Oldies Sweatin' 9:30 Council on Aging 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 ARTful Making 1:00 Pitch</p>	<p>7</p> <p>10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta 1:00 Line Dancing</p>	<p>8</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 9:00 AARP Board 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Eyeglass Cleaning & Adjustments 11:30 Hearing Aid Cleanings 1:00 Bunco/Pinochle</p>	<p>9</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Sewing Angel 12:45 Center Singers 1:00 Texas Hold 'Em</p>
<p>12</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie 1:00 Duplicate Bridge 1:30 Alzheimer's Support Group for Caregivers 5:30 Monday Yoga</p>	<p>13</p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 VIP Book Group 2:00 VIP Support Group</p>	<p>14</p> <p>8:30 Footcare 9:30 Coffee Talk w/ Mathis PT 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta 1:00 Line Dancing</p>	<p>15</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Virtual Downtown Manhattan 1:00 Pinochle/Bunco</p>	<p>16</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Center Board Meeting 12:30 Bridge 12:45 Center Singers</p>
<p>19</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 11:00 CSFP Food Box Pick-up & Delivery 12:30 Bridge 12:45 Movie 1:00 Duplicate Bridge 5:30 Monday Yoga</p>	<p>20</p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Blood Pressure Check 1:00 Pitch 1:00 Artist Profile</p>	<p>21</p> <p>Center Open House 10-12 Exercise Demonstrations 10:00 Line Dancing 10:20 Strength Training 10:40 Chair Yoga 11:00 Yoga</p> <p>12:30 Bridge 1:00 Hand & Foot/Canasta</p>	<p>22</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pinochle/Bunco</p>	<p>23</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Sewing Angel 12:45 Center Singers 1:00 Texas Hold 'Em</p>
<p>26</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie 1:00 Duplicate Bridge 5:30 Monday Yoga</p>	<p>27</p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 It's Not Your Mama's Pressure Cooker 1:00 Pitch</p>	<p>28</p> <p>8:30 Foot Care 9:30 Coffee Talk w/ Mathis PT 10:15 Strength Training 11:00 Strength Training 12:30 Bridge</p> <p>1:00 Hand & Foot/Canasta 1:00 Line Dancing</p>	<p>29</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pinochle/Bunco</p>	<p>30</p> <p>9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Center Board Meeting 12:30 Bridge 12:45 Center Singers</p>

August 2019 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus subject to change. \$3.50-60 yrs. & over \$5.25-under 60 yrs. Info. 587-2462			1 Fish French Fries Cole Slaw Fruit	2 Chicken Fried Steak Mashed Potatoes Green Beans Fruit
5 Meatballs with Noodles Beets Fruit	6 Chicken Tenders Potato Wedge 3-Bean Salad Fruit	7 Smothered Hamburger Baked Potato Caribbean Vegetables Fruit	8 Pulled Pork on a Bun Cucumber Salad Sliced Tomatoes Fruit	9 Lasagna Tossed Salad Garlic Bread Fruit
12 Baked Chicken Mashed Potatoes and Gravy Broccoli Fruit	13 Taco Salad Refried Beans Fruit	14 Beef Tips Noodles Peas Fruit	15 Polish Sausage/ Bun Sauerkraut Baked Beans Fruit	16 Ham Scalloped Potatoes Carrots Fruit
19 Fish Mac & Cheese Capri Vegetables Fruit	20 Chili Cinnamon Roll Fruit	21 Swiss Steak Baked Potato Peas & Carrots Fruit	22 Chef Salad Fruit	23 Spaghetti Tossed Salad Garlic Break Fruit
26 Ham & Beans Cornbread Fruit	27 Pulled Pork French Fries Beets Fruit	28 Meatloaf Baked Potato Green Beans Fruit	29 Fish Potato Salad Sliced Tomatoes Fruit	30 Sweet & Sour Pork Rice Fruit

FOOD

It's Not Your Mama's Pressure Cooker Tuesday, August 27 1 p.m.

Join Mary Jo Harbour to learn about using the 3 quart Instant Pot—the new pressure cooker. Easier, safer, and still good food in a short time. Please sign up.

August Senior Food Boxes Monday, August 19

Pick up and delivery. Call Center if you have questions about the Senior Food Boxes.

Sharing Food and Making Friends Wednesday, August 28, 1 p.m.

We will not be having a Lunch Bunch this month. This is an opportunity for us to talk about potlucks and lunch bunches as a vehicle to connecting people. Are there other ways for us to do this? Be thinking about it and let's share our ideas.

Movies

Each Monday at 12 at 12:45 p.m. , we offer a movie free of charge. The movies for August are:

Aug. 5—Little Women (modern version of Louisa May Alcott's novel)

Aug. 12—12 Strong (based on life of Mark Nutsch of Washington KS)

Aug. 19—Emoji Movie (animated feature)

Aug. 26—Tomb Raider (PG-13 action/adventure movie with female lead character)

July Thanks You's

Dr. James Sherow shared the highlights of his latest book, The Chisholm Trail. Thank you Dr. Sherow. You can buy this book and others by Dr. Sherow at the Claflin Bookstore.

Kevin Larson brought his slides, newspapers and flyers to continue the story of the Blue River Valley—describing the building of Tuttle Creek Dam. Thank you Kevin. He will be back in September for a program on the churches of Northern Riley County.

In July, we collect items for T. Russell Reitz Animal Shelter. Thank you for the many items you brought for the animals in the shelter. Their staff was very grateful.

Alzheimer's Walk

We are joining the Little Apple 2 End Alz Team this year for the Alzheimer's Walk, September 14, Manhattan City Park. Register through alzwalkmahattan.org. The campaign kickoff is Wednesday, July 31, 5-7 p.m. at the Midwest Dream Car Collection, 3007 Anderson. If you have questions, call Jami at the Center, 537-4040.

Riley County Seniors' Service Center
301 N. 4th St.
Manhattan, Kansas 66502

Non-Profit Organization
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Manhattan, KS 66502

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Our Business Members

Supporting the Center through their annual membership. We appreciate their support.
Please thank them when you have a chance.

Advanced Audiology
Angels Care Home Health
Angels At Home Care
At Home Assisted Care
Barton Co. Com. College (Ft. Riley)
Barry's Drug Center
Bayer Construction
BD4 Distributing
Best Pest Control
BHS Construction
Briggs Auto Group
Candlewood Health Mart Pharmacy
Cardinal Insurance
Charlson Wilson Bonded Abstractors
Chiropractic Family Health Center
Coldwell Banker Realty Group One
Community First National Bank
Dannatt Rentals

Dental Associates
Dunne's Pharmacy
Bill Wolf, Edward Jones
Gail Urban, Edward Jones
Flint Hills Heart, Vascular & Vein
Clinic
Great Clips
Heartland O & P
Homecare & Hospice
Homestead Assisted Living
Jon Murdock Auto
KS State Bank
Kaw Valley Green Houses
Little Apple Toyota Honda
Manhattan Duplicate Bridge Club
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