

# THE CENTER NEWS

COVID REMINDER

Dec

YOU NEED TO BE FULLY VACCINATED AND BOOSTED TO PARTICIPATE IN CENTER ACTIVITIES

2022

The **Annual Meeting** of the Riley County Seniors' Service Center will take place 1:00 pm on December 9 immediately following Christmas Dinner. On the agenda will be discussion of the budget, acknowledgement of volunteers and approval of Board member nominations. Please come celebrate a successful 2022!



If you are thinking of options for year-end giving, please consider the Senior Center. Any donations received between now and December 30, 2022 will be earmarked for 2023 utilities.

In the case of inclement weather, the center will close if the schools are closed. Check the news for announcements. Please stay safe!

Thank you, Liz Nelson, Director

## ANNOUNCEMENTS

**Christmas Dinner** Friday December 9 @ 12 PM (\$10 a seat)

Join us for a Christmas Dinner of turkey, stuffing, mashed potatoes and gravy, and green bean casserole and more at the center. Seating is limited to 100. Be sure to call 785-537-4040 to reserve your ticket for pickup! If you are dining with a group, be sure to arrive early to be seated together. Tickets available now!

**Medicare Part D Prescription Drug Counseling** Tues-Thurs by Appointment December 7 is the last day to meet with our experts to figure out what plan is best for you! Be sure to call (785) 537-4040 to set up an appointment.

**Move To Music On Hold**

Due to health concerns, Becky Behling will not be able to conduct Move to Music classes until the beginning of next year. More information will be available in the January newsletter. Please give Becky your well wishes!

**CENTER CLOSSES DECEMBER 23 AND REOPENS JANUARY 3**

**Sign Up Begins:** November 21, 2022

**Phone:** (785) 537-4040

**Email Us:** rcseniorcenter@gmail.com OR rcsscprograms@gmail.com

**Website:** www.seniorsservicecenter.org

**Facebook:** Riley County Seniors' Service Center

## **DECEMBER SPECIAL PROGRAMS AND EVENTS**

**Sign up required-** *Sign-up starts November 21*

**Dane's Weird Movies: Robot and Frank** Thursday December 1 @ 1:00 PM  
Do you like movies? Do you like *weird* movies, where you look at each other and ask "What was that about?" Then Dane's Weird Movies is for you. Robot and Frank is a sci-fi comedy-drama about an aging ex-convict and his new robot companion.

**Caption Call Services** Friday December 2 @ 1:00 PM with Susan Dawson  
Do you have trouble hearing on the phone? Susan Dawson will join us to talk about how a phone with automatic captioning capabilities can help you.

**Seniors Go to the Movies** Tuesday December 6 @ 1:00 PM (\$5)  
We will be meeting at 1:00 PM at the AMC Theater lobby to get the best deals on movies and popcorn. Movie to be decided depending on availability.

**Life Loss Support Group** Wednesday December 7 @ 11:00 AM with Nick French  
Nick French is a support group leader, and is trained to help individuals, couples and families work through problems, crises or issues that are holding them back from wellness and life in the fullest. Come and talk with others about life after losing a loved one. Call or e-mail to sign up.


**Coffee With Caregivers** Monday December 12 @ 9:30 AM by Alzheimer's Assoc.  
The Heart of America Chapter of the Alzheimer's Association invites you to a support group for caregivers of those with Alzheimer's and other dementias. If you know a caregiver who can benefit from on-going support, please tell them about this opportunity.

**Diabetic Taste Test:** Tuesday December 13 @ 1:00 PM  
Jordan Chen leads this group to help guide people in their life with diabetes. She and Dane will team up to provide a fun and informative experience to challenge your palate and learn more about managing your diabetes.

**The Charades Barbershop Quartet** Wednesday December 14 @ 12:30 PM  
The Charades will join us after lunch to serenade us with some holiday tunes. Led by our very own Leonard Purvis!

**Lunch Bunch: Vista Drive In** Thursday December 15 @ 11:30 AM  
Join us at Manhattan's own Vista Drive In for cheesesteak, grilled chicken, corn dogs, and of course their Vistaburger. Lunch specials start at \$7.50.

**How to Use the ATA Bus** Friday December 16 @ 1:00 PM by Daphne McNelly  
Daphne McNelly of the Flint Hills Area Transportation Agency will present on the various services of the ATA Bus system. From demand response to travel training, learn how you can make the ATA Bus work for you!

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>December 2022</h1> 			<b>1</b> 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Weird Movies: Frank & Robot	<b>2</b> 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Caption Call Services with Susan Dawson
<b>5</b> 9:15 Adv. Strength Training 9:30 Tech Assistance 10:15 Strength Training 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: A Christmas Story	<b>6</b> 10:00 Gentle Yoga 11:00 Chair Yoga 12:30 Center Singers 1:00 Seniors Go to the Movies	<b>7</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 11:00 Life Loss Grief Support 12:30 Bridge 1:00 Line Dancing 1:00 Hand and Foot	<b>8</b> 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:15 Blood Pressure and Balance Clinic by Interim Healthcare	<b>9</b> 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:00 Christmas Dinner 12:30 Christmas Sing-a-Long 12:30 Bridge 1:00 Annual Meeting 1:00 Poker
<b>12</b> 9:15 Adv. Strength Training 9:30 Coffee with Caregivers 10:15 Strength Training 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: National Lampoon's Christmas Vacation	<b>13</b> 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Diabetic Taste Test with Dane & Jordan	<b>14</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 12:30 The Charades Barbershop Quartet 1:00 Line Dancing 1:00 Hand and Foot	<b>15</b> 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Lunch Bunch: Vista Drive In 1:00 BINGO by Home of the Flint Hills	<b>16</b> 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 ATA Bus by Daphne McNelly
<b>19</b> 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: It's a Wonderful Life	<b>20</b> 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 ARTful Making	<b>21</b> 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Line Dancing 1:00 Hand and Foot	<b>22</b> <b>23</b>  <h2>CENTER CLOSED</h2> <h2>UNTIL JANUARY 3</h2>	

# THANK YOU FOR A WONDERFUL YEAR!

# WE'LL SEE YOU IN THE NEXT ONE!

# December 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Friendship Meals</b> \$4.00 if 60+                                 \$7.00 if under 60 All meals include milk, bread, and fruit/dessert (menu is subject to change) ***Bad weather: Kitchen closed when schools closed. *** 785-587-2462 ask for Keri			<b>1</b> Goulash Salad Garlic Sticks Fruit	<b>2</b> Chicken Fried Steak Mashed Potatoes/Gravy Green Beans Fruit
<b>5</b> Vegetable Beef Stew Salad Biscuit Fruit	<b>6</b> Baked Chicken Meshed Potato w/Gravy Brussel Sprouts Fruit	<b>7</b> Smothered Pork Chops Mashed potato w/Gravy Peas/ Carrots Fruit	<b>8</b> Meatball Sand- wich Potato Salad Fruit	<b>9-</b> Christmas Turkey/Stuffing Mashed Potato w/gravy Green Bean Casserole Rolls Pie
<b>12</b> Beef Tips n' Noodles Cucumber Salad Fruit	<b>13</b> Spaghetti n' Meatballs Salad Garlic Stick Fruit	<b>14</b> Chicken Noodles Mashed Potato w/Gravy Cauliflower Salad Fruit	<b>15</b> Sweet-n-Sour Pork Rice Salad Fruit	<b>16</b> Meatloaf Baked Potato Green Beans Fruit
<b>19</b> Chicken Alfredo over Noodles Salad Fruit	<b>20</b> Bierocks Salad Fruit	<b>21</b> Salisbury Steak Mashed Potato w/Gravy Green Beans Fruit	<b>22</b> <b>Closed for            Christmas</b>	<b>23</b> <b>Closed for            Christmas</b>
<b>26</b> <b>Closed for            Christmas</b>	<b>27</b> <b>Closed for            Christmas</b>	<b>28</b> Chicken Fried Steak Mashed Potato w/Gravy Carrots Fruit	<b>29</b> Beef Enchilada Spanish Rice Fruit	<b>30</b> Swiss Steak Baked Potato Peas Fruit

## DECEMBER PROGRAMMING

\* **Sign up required**- Sign-up starts November 21

**Art Studio** Mondays @ 1:00 PM with Cheri Graham

Come and explore your artistic side with watercolors and acrylics. For beginners and experts alike!

**ARTful Making\***: Tuesday December 20 @ 1:00 PM by Kim Richards

Make wonderful art with Kim Richards, Education Specialist at the Marianna Kistler Beach Museum of Art. All materials provided.

**Center Singers**: Tuesday December 6 @ 12:30 PM

Join the Center Singers as they fill the air with Christmas cheer! All voices welcome. Piano player and song books included free of charge!

The Center Singers will also be hosting a Sing-a-Long after the Christmas Dinner on December 9.

**BINGO**: Thursday December 15 @ 1:00 PM

Sponsored by the Home of the Flint Hills.

**Line Dancing**: Wednesdays @ 1:00 PM Instructor: Gayle Mullen

Lively music of all kinds provides the beat for this line dancing class.

Beginners and experienced dancers welcome. Bring a friend and join us on the dance floor!

**Movie Matinee\***: Mondays December 5, 12, 19 @ 1:00 PM

12/5 "A Christmas Story" PG Comedy

12/12 "Christmas Vacation" PG-13 Comedy

12/19 "It's a Wonderful Life" PG Drama

**Seated Tai Chi\***: Every Saturday @ 9:30AM Limit 8

Seated Tai Chi provides a calming atmosphere to stretch, improve balance and start your day.

**Stitch Therapy**: Every Thursday @ 9:00AM. Bring a project! Bring a friend!

**Strength Training/Balance & Flexibility/Yoga**:

See Program Calendar for dates and times of in-person classes. Or...

Please enjoy the large library of previously recorded classes on Facebook.

**Tech Asst\***: Monday December 5 from 9:30 - 11:00AM by Wandean Rivers

Help with all your electronic communication devices. Call for an appointment.

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

**Non-Profit Organization**  
**U.S. Postage PAID**  
**Permit 412**  
**Manhattan, KS 66502**

**December 2022**

### **Our Business Members**

Supporting the Center through their annual membership.

We appreciate their support. Please thank them when you have a chance!

Advanced Audiology	Dental Associates of Manhattan	Meadowlark Hills
Gail Urban, AMICUS Wealth Partners	Dunne's Pharmacy	Orazem & Scalora Engineering, P.A.
Angels Care Home Health	Bill Wolf, Edward Jones	Pawnee Mental Health Services
Angels At Home Care	Flint Hills Heart, Vascular & Vein Clinic	Peoples State Bank
At Home Assisted Care	Good Shepherd Home Care & Hospice	Professional Planning Services
Barry's Drug Center	Great Clips	Sink, Gordon & Associates
Bayer Construction	Heartland O & P, Inc.	Stonecreek Family Physicians
BD4 Distributing	Homestead Assisted Living	Stoneybrook Health & Rehabilitation
Best Pest Control	Jon Murdock, Inc.	Sunflower Bank
BHS Construction, Inc.	Kelly & Therese Adams, Coldwell Banker	Thermal Comfort Air
Briggs Auto Group	Real Estate Advisers	The Trust Company, Inc.
Candlewood Health Mart Pharmacy	KS State Bank	Varney and Associates
Cardinal Insurance	Kaw Valley Green Houses	Via Christi Village Manhattan
Charlson Wilson Abstractors	Little Apple Toyota Honda	Vision Source!
Chiropractic Family Health Center	Manhattan Duplicate Bridge Club	Welcome Club Manhattan
Community First National Bank	Manhattan Medical Group	The Wilson Company
Dannatt Rentals	Manhattan Mercury	Witt Eye Centers