

# THE CENTER NEWS

Feb

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

2023

We've designated February as Finances and Fraud Protection Month. Tax Preparation starts this month. Come to the Friday programs about charitable giving and protecting yourself from financial fraud.

You may have noticed a few changes around the Senior Center. There's a new sign out front displaying our new name, and we hope to have our new website running before the month is over. Spring is just around the corner!



## ANNOUNCEMENTS

**AARP Tax Preparation** Begins Wednesday February 1 Mon-Thu (9 am-1:45 pm)  
Tax season is upon us, and The AARP tax specialists return to the senior center to help you get your taxes in order. Reserve your appointment slot as soon as January 17.

**Fabric Sale** Wednesday-Friday February 15-17

Come on in and find the perfect pattern or fabric for your next project at our yearly fundraiser! Please bring your donations in starting Monday, February 6.

**February Book Club: Which Way is Camp?** Friday February 24 @ 1:00

February's book is written by David Breckenridge, a retired minister, missionary, and social worker. Which Way is Camp? details David's adventures with three other young American men stranded in the Ethiopian wilderness.

**Fit to Fight PD:** Tuesdays @ 1:00 by Meadowlark Parkinson's Program and Body First  
Along with proper medication management, exercise is one of the most beneficial things people with PD can do to decrease symptoms. Each week will feature a variety of exercises to combat Parkinson's symptoms. Classes will include strength training, stretching, yoga, boxing, dance, balance, and functional movements.

**Mindful Memories:** February 13 @ 9:30 by Meadowlark Memory Program  
Mindful Memories is a session for individuals experiencing memory and cognitive challenges to reminisce, share stories, and participate in a variety of activities to encourage engagement and socialization. This monthly session takes place at the same time as Coffee with Caregivers to allow both the individual with dementia and the care giver to experience support in a safe environment.

**Sign Up Begins:** January 20, 2022

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

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

**Website:** www.seniorsservicecenter.org

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

## FEBRUARY SPECIAL PROGRAMS AND EVENTS

**Sign up required-** Sign-up starts January 20

**Life Loss Support Group** Wednesday February 1 @ 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.

**Charitable Giving in Retirement** Friday February 3 @ 1:00 PM  
Learn about managing the donations and charities you choose to support in retirement. These thoughtful decisions are another way to protect yourself from fraud. Hosted by Shelley Carver of The Trust Company and Mitzi Richards of the Greater Manhattan Community Foundation.

**Dane's Weird Movies: The House** Tuesday February 7 @ 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. The House is a universe-hopping animated stop-motion film following three families and their lives in the same house.

**Magician Jack Cunningham** Friday February 10 @ 1:00 PM  
Be sure to check your eyes before Jack Cunningham performs magic tricks close up in the Senior Center! Do magic tricks count as fraud? As long as his card tricks aren't... CREDIT card tricks.

**Cookie Decorating** Monday February 13 @ 1:00 PM with Sally Newton  
Learn how to add a bit of flair to your cookies? Learn from local baking celebrity Sally Newton as she gives you the tips and tricks to bring your cookies to the next level. This program is in conjunction with students from the KSU Center on Aging.

**Lunch Bunch: Antojitos Mexicanos el Sol** Thursday February 16 @ 11:30 AM  
Antojitos is a twist on classic Mexican flavors, with tacos, Aguas Frescas, and fajitas. Meals start at \$7.50.

**Fight Fraud** Friday February 17 @ 1:00 PM with Amanda Rankin  
Representatives from KS State Bank will host a discussion on common scams and fraud that adults may encounter. They will discuss red flags, hear about actual experiences, and provide tips on how to protect you and your loved ones from financial exploitation.

**Trivia** February 23 @ 1:00 PM by Accessible Home Health  
Are you the one who always has a fun fact to share? Can you not remember your anniversary, but you can name all the state capitals? Then come to Trivia, and show off your knowledge! Join a team or play on your own.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>February 2023</h1> <p>Sign up for programs and activities begins January 20</p>		<p><b>1 Tax Prep Begins</b>            9:15 Adv. Strength Training            10:15 Balance/Flexibility            11:00 Strength Training            12:30 Bridge            12:30 Live Loss Support Group w/ Nick French            1:00 Hand &amp; Foot            1:00 Line Dancing</p>	<p><b>2</b>            9:00 Stitch Therapy            9:00 Move to Music+            10:00 Gentle Yoga            11:00 Chair Yoga            11:30 Blood Pressure Check</p>	<p><b>3</b>            9:15 Adv. Strength Training            10:15 Balance/Flexibility            11:00 Strength Training            12:30 Bridge            1:00 Poker            1:00 Charitable Giving w/ Shelley Carver and Mitzi Richards</p>
<p><b>6</b>            9:15 Adv. Strength Training            9:30 Tech Assistance            10:15 Balance/Flexibility            11:00 Strength Training            1:00 Art Studio            1:00 Movie Matinee: The Pale Blue Eye</p>	<p><b>7</b>            9:00 Move to Music            10:00 Gentle Yoga            11:00 Chair Yoga            1:00 Fit to Fight PD            1:00 Weird Movies: Abraham Lincoln: Vampire Hunter</p>	<p><b>8</b>            9:15 Adv. Strength Training            10:15 Balance/Flexibility            11:00 Strength Training            12:30 Bridge            1:00 Hand &amp; Foot            1:00 Line Dancing</p>	<p><b>9</b>            9:00 Stitch Therapy            9:00 Move to Music+            10:00 Gentle Yoga            11:00 Chair Yoga</p>	<p><b>10</b>            9:15 Adv. Strength Training            10:15 Balance/Flexibility            11:00 Strength Training            12:30 Bridge            1:00 Poker            1:00 Magician Jack Cunningham</p>
<p><b>13</b>            9:15 Adv. Strength Training            9:30 Coffee w/ Caregivers            10:15 Balance/Flexibility            11:00 Strength Training            1:00 Art Studio            1:00 Movie Matinee "Selfless" PG-13            1:00 Cookie Decorating w/ Sally Newton</p>	<p><b>14</b>            9:00 Move to Music            10:00 Gentle Yoga            11:00 Chair Yoga            12:30 Center Singers            1:00 Fit to Fight PD</p>	<p><b>15 Fabric Sale</b>            9:15 Adv. Strength Training            10:15 Balance/Flexibility            11:00 Strength Training            12:30 Bridge            1:00 Hand &amp; Foot            1:00 Line Dancing</p>	<p><b>16 Fabric Sale</b>            9:00 Stitch Therapy            9:00 Move to Music+            10:00 Gentle Yoga            11:00 Chair Yoga            11:30 Lunch Bunch: Antojitos            1:00 Bingo w/ Home of the Flint Hills</p>	<p><b>17 Fabric Sale</b>            9:15 Adv. Strength Training            10:15 Balance/Flexibility            11:00 Strength Training            12:30 Bridge            1:00 Poker            1:00 Fight Fraud w/ Amanda Rankin</p>
<p><b>20</b>            9:15 Adv. Strength Training            10:15 Balance/Flexibility            11:00 Strength Training            1:00 Art Studio            1:00 Movie Matinee: Snatch</p>	<p><b>21</b>            9:00 Move to Music            10:00 Gentle Yoga            11:00 Chair Yoga            1:00 Fit to Fight PD            1:00 ARTful Making</p>	<p><b>22</b>            9:15 Adv. Strength Training            10:15 Balance/Flexibility            11:00 Strength Training            12:30 Bridge            1:00 Hand &amp; Foot            1:00 Line Dancing</p>	<p><b>23</b>            9:00 Stitch Therapy            9:00 Move to Music+            10:00 Gentle Yoga            11:00 Chair Yoga            1:00 Trivia w/ Accessible Home Health</p>	<p><b>24</b>            9:15 Adv. Strength Training            10:15 Balance/Flexibility            11:00 Strength Training            12:30 Bridge            1:00 Poker            1:00 Book Club: Which Way is Camp w/ David Breckenridge</p>
<p><b>27</b>            9:15 Adv. Strength Training            10:15 Balance/Flexibility            11:00 Strength Training            1:00 Art Studio            1:00 Movie Matinee: Inside the Mind of a Cat</p>	<p><b>28</b>            9:00 Move to Music            10:00 Jam Session            10:00 Gentle Yoga            11:00 Chair Yoga            1:00 Fit to Fight PD</p>			

# February 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Ham & Beans Cole Slaw Fruit Jello Cornbread	2 Meatballs Scalloped Potatoes Spinach Pineapple Bread	3 Italian Chicken Roasted Potatoes Stewed Tomatoes Mandarin Oranges Garlic Breadsticks
6 Vegetable Beef Soup Pickled Beets Cottage Cheese w/ Fruit Biscuit	7 Chicken Parm/Spaghetti Italian Vegetables Pears Garlic Bread	8 Baked Ham Sweet Potatoes Cauliflower Peaches Hot Roll	9 Chef Salad Crackers	10 Lasagna Salad Garlic Bread
13 Tater Tot Casserole Stewed Tomatoes Warm Cinnamon Peaches Cookie	14 Pork Cutlet Hashbrowns & Gravy Peas Apricots Hot Roll	15 Broccoli Cheese & Chicken Soup Crackers Kidney Bean Salad Pears Garlic Bread	16 Sweet N Sour Pork Rice Cole Slaw	17 Smothered Steak Mashed Potatoes & Gravy Broccoli Mixed Fruit Hot Roll
20 Ham Scallop Potatoes Mixed Veggies Upside Down Cake Bread	21 Beef Tips and Noodles Cauliflower & Broccoli Salad Fruit	22 Fish Sandwich Mac & Cheese Cole Slaw Green Beans Baked Apples	23 Swiss Steak Baked Potatoes Green Beans Bread Fruit	24 Tuna Noodle Casserole Creamed Peas Carrots Applesauce Brownie Bread
27 Spaghetti w/ Meat Sauce Italian Veggies Mandarin Oranges Garlic Breadsticks	28 Chili w/ Crackers Cole Slaw Apricots Cinnamon Roll	<u>FRIENDSHIP MEALS</u> \$4.00 60+                      \$7.00 under 60 All meals include milk, bread and fruit/dessert (Menu subject to change) **Bad Weather: Kitchen Closed when schools are closed** 785-587-2462 ask for Keri		

## FEBRUARY PROGRAMMING

\* **Sign up required**- Sign-up starts January 20

**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 February 21 @ 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.

**Coffee With Caregivers** Monday February 13 @ 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.

**Center Singers:** Tuesday February 14 @ 12:30 PM

All voices welcome. Piano player and song books included free of charge!

**BINGO:** Thursday February 16 @ 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 @ 1:00 PM

2/6	"The Pale Blue Eye"	R	Mystery/Crime
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2/13	"Selfless"	PG-13	Sci-Fi/Action
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2/20	"Snatch"	R	Crime/Comedy
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2/27	"Inside the Mind of a Cat"	--	Documentary
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\*subject to availability

**Seated Tai Chi\*:** Every Saturday @ 9:30AM by Angel Care Home Health

Jacquie Mack leads Seated Tai Chi, which provides a calming atmosphere to stretch, improve balance and start your day. Limit of 8 Participants.

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

**Strength Training/Balance & Flexibility/Move to Music/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 February 6 9:30 - 11:00AM by Manhattan Public Library

Wandean Rivers is here to 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**

**February 2023**

**In the event of inclement weather, the Senior Center will be closed if USD 383 closes.**

**Our Business Members**

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

AMICUS Wealth Partners

Barry's Drug Center

BD4 Distributing, Inc.

Charlson & Wilson Bonded Abstracters, Inc.

Community First National Bank

Diamond Lane Corporation

Dunnes Pharmacy

Flint Hills Heart, Vascular and Vein Clinic

Good Shepherd Homecare & Hospice

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