



Sign up for April programs begins
Monday, April 1 (no foolin')

Email us about the newsletter at:
rcseniorcenter@gmail.com

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

Find us on Facebook at
Riley County Seniors' Service Center

April 2019

The Prime Times

GROW GREEN MATCH DAY - MON., APRIL 22; 7:00 A.M. TO 7:00 P.M.

It's that time of year again to help us increase our Senior Center Endowment Fund with the Greater Manhattan Community Foundation. The endowment was created to ensure the future funding of our programs and services. Last year we had the second highest number of individual donors and raised a total of \$22,863 with matching funds.

DATE: Monday, April 22, 2019

TIME: 7:00 a.m. to 7:00 p.m.

PLACE: Colony Square Atrium, 555 Poyntz Avenue

GROW Green
Match Day

You make a gift. We make it grow.

- **Donations must be made on Monday, April 22 to be eligible for the match.**
- Contributions of \$25 to \$1,000 will be matched 50%.
- Donations can be made by cash, check, or online at growgreenmanhattan.com (12:00 a.m. to 11:50 p.m., April 22).
- Make your check payable to GMCF with Senior Center Fund on the memo line.
- **You can also drop off your check (payable to GMCF) at the Center on or before Monday, April 22 and we will walk it over to the event for you. Please date your check April 22, 2019.**

Thank you so very much for your support of the Center!

BLUE MOON RESALE SHELVES THEME FOR APRIL

The theme for April is Easter and SPRING items! As always, thank you for your donations and purchases.

AARP TAX AIDE CONTINUES THROUGH APRIL 15

AARP volunteer tax counselors will provide free tax assistance to anyone who needs it **through April 15 as their time allows**. The team of IRS-certified volunteers can complete basic and some advanced returns, but cannot complete more complicated returns. You must have an appointment. No walk-ins. To schedule an appointment, please call the Center at 537-4040.

April 2019

TED TALKS - FRI., APRIL 5 & 19 (NO TALK ON APRIL 12 & 26)

T-E-D stands for Technology, Entertainment, and Discovery. They are short video talks (20-min or less) presented by people from all over the world. The Center shows **TED Talks every Friday at 9:45** (and Melissa welcomes topic suggestions).

Complete descriptions of this month's TED Talks are available at the front desk.

Fri., April 5: *Ken Hillman: We're doing dying all wrong* (approx. 15-min).

Fri., April 19: *Liz Wright: Getting rid of 1,000 things* (approx. 20-min).

No need to sign up for TED Talks! Just show up!

TECHNOLOGY ASSISTANCE - MON., APRIL 1 BEGINNING AT 9:30

Wandean Rivers from the Manhattan Public Library returns on **Mon., April 1** to offer technology assistance in a one-on-one setting. **Rivers will be available starting at 9:30.** No need to sign up.

THE ARTS

Art Studio

Mondays, April 1, 8 & 15 from 1:00 to 3:00

The Spring Art Show was a success! Thank you to Art Studio members and volunteer instructor Cheri Graham for their continued dedication. Their talents and creativity were a welcomed display in the Center dining room.

Regular Art Studio classes resume this month and all are welcome. Art Studio is a dedicated time and place to work on a project of choice. The Center has a collection of brushes, acrylic paints, and canvases for your creative use. Cheri is available to aid in instruction, technique, or inspiration. Attend one class or attend all three. Please sign up by the Friday prior to each class. If there is not a minimum of five (5) signed up, the class will be cancelled for that Monday. The cost of Art Studio is \$3/person/month no matter how many classes you attend. This fee helps cover the cost of paints and provides each participant with a canvas.

The Center Singers

Every Friday at 12:45

The Center Singers *meet regularly each Friday at 12:45.* Anyone is welcome to join. No experience or sign up required. You do not have to commit to a schedule either — just show up on the Fridays that you are able to sing.

TOUR - EASTSIDE MARKET - TUES., APRIL 16 AT 1:00

Container planting! Meet us at Eastside Market, 219 East Poyntz Avenue, where owner Terry Olson will share tips and tricks for successful container planting. Learn the best techniques for either flowers or vegetables planted in containers. **Please sign up by Thurs., April 11 if you plan to join us.**

FITNESS NEWS

Beginning Line Dancing Continues. Wednesdays in April from 1:00-2:00

In March we had a wonderful response to beginning line dancing led by Gayle Mullen and plan to continue it in April. Line dancing is a great form of exercise while also allowing you to engage in a social activity. Please sign up for each class you plan to attend by the prior Tuesday. Smooth-soled shoes are recommended. No need to sign up; just come ready to dance. Line dancing is part of our group fitness package. If you have paid your April fitness fee, this is included. If you have not paid your April fee (\$10 for members/\$20 for non-members), please plan to do so.

Get Your Kicks on Route 66

The Center fitness classes are sponsoring a virtual walk of historic Route 66. Each participant who participates in classes (e.g. strength training, yoga, etc.) will earn a mile with each class they attend. The event will kick-off on Mon., April 1 and will be completed when the classes attain 2,44 virtual miles. We hope to complete the event in early June. To help us get started we have planned two special events:

Wed., April 3 at 1:00: National Take a Walk Day

Join us at City Park in the swimming pool parking lot. We will walk the perimeter of the park. Everyone who participates earns a mile on the walk. In case of bad weather, join us at Mrs. Powell's in the Manhattan Town Center for a walk in the mall.

Tues., April 9 at 1:00: Trip Down Route 66 by Doug Meloan

Meloan will give us a snapshot on the history of Route 66 and what it is like today.

So, get on your exercise clothes and help us travel Route 66 this spring. Your participation also makes you eligible for a drawing when we hit designated stops on our route. More events coming in May and June, so make sure to stay tuned!

CROCHETING CAPS & CAMARADERIE AMONG FRIENDS

TUES., APRIL 16 & 30 AT 1:00

Come and crochet with us! Helen Petrik will lead our group in crocheting hats that will be donated to chemotherapy patients and newborns and young children. She will provide simple patterns and basic information. All you need is a crochet hook (preferably G, H or I) and one skein of baby yarn or soft worsted weight yarn (no wool). Caron Simply Soft or Hobby Lobby's "I Love This Yarn" works great. There is no need to sign up or commit to both dates. This will be a casual, friendly group who enjoys crocheting.

LET'S DYE EASTER EGGS - WED., APRIL 17 AT 12:45


Join us for a favorite spring time favorite – decorating Easter Eggs just in time for Easter! Center member, Mary Jo Harbour will lead the group in a fun, new technique that is similar to tie-dye. If you would like to create and decorate with the group make sure to sign up and pick up a supply list from the front desk. **There is a maximum of 10 participants. Please sign up no later than Mon., April 15.**

April 2019 (sign up for programs/activities begins Monday, April 10 R I R R O L C

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:15 Advanced Strength Training 9:30 Technology Assistance 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: I Can Only Imagine 1:00 Duplicate Bridge 1:00 Art Studio 5:30 Monday Yoga</p>	<p>2 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch</p>	<p>3 9:30 Coffee Talk with Mathis Physical Therapy 10:15 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta 1:00 Lifestory Writing Group 1:00 Line Dancing 1:00 National Walking Day: Walk at City Park</p>	<p>4 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bunco/Pinocle</p>	<p>5 9:15 Z Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:45 Center Singers</p>
<p>8 9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: Crazy Rich Asians 1:00 Duplicate Bridge 1:00 Art Studio 5:30 Monday Yoga</p>	<p>9 10:00 Council on Aging 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 Presentation: Route 66 by Doug Melon 2:00 Senior Social at Dairy Queen</p>	<p>10 8:30 FHVC Date 9:30 Coffee Talk with Mathis Physical Therapy 10:15 Strength Training 12:30 Bridge 1:00 Webinar: A Family Affair 1:00 Hand & Foot/Canasta 1:00 Line Dancing 1:00 Artist Profile: Office Murals</p>	<p>11 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Eyeglass Cleaning & Adjustments 11:30 Blood Pressure Check & Hearing Aid Cleaning 12:00 Lunch Bunch: Bunco/Pinocle</p>	<p>12 9:15 Z Advanced Strength Training 9:45 NO TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Sewing Angel Center Singers</p>
<p>15 9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 11:00 CSFP Food Box Delivery & Pickup 12:30 Bridge 12:45 Movie: Midnight 1:00 Duplicate Bridge 1:00 Art Studio 5:30 Monday Yoga</p>	<p>16 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 VIP Book Group 1:00 Tap To Together 1:00 Tour: Eastside Market 1:00 Crocheting Caps & Camaraderie Among Friends 12:00 VIP Support Group</p>	<p>17 8:30 FHVC Date 10:00 FHVC Drug Disposal Program 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Easter Egg Decorating 1:00 Hand & Foot/Canasta 1:00 Line Dancing</p>	<p>18 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 ARTful Memories 1:00 Pinochle/Bunco 3:00 Afternoon Appetizers</p>	<p>19 9:15 Z Advanced Strength Training 9:45 TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Center Board Meeting 12:30 Bridge 12:45 Center Singers</p>
<p>22 9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: Small Foot 1:00 Duplicate Bridge 5:30 Monday Yoga</p>	<p>23 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Potluck: Goodhow Park 1:00 Pitch</p>	<p>24 8:30 FHVC Date 9:30 Coffee Talk with Mathis Physical Therapy 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/Canasta 1:00 Line Dancing</p>	<p>25 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 12:00 Traveling Lunch % X Q F K 1:00 Landing 1:00 Pinochle/Bunco</p>	<p>26 9:15 Z Advanced Strength Training 9:45 NO TED Talk 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Sewing Angel 12:45 Center Singers</p>
<p>29 9:15 Advanced Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: A Star Born 1:00 Duplicate Bridge 5:30 Monday Yoga</p>	<p>30 10:00 Gentle Yoga 11:00 Chair Yoga 12:45 Opioids in Riley County 1:00 Pitch 1:00 Crocheting Caps & Camaraderie Among Friends</p>	<p>H V 6 Z H D W L O</p>		



April 2019 Menu

Mon	Tue	Wed	Thu	Fri
1 Taco salad Refried beans Fruit	2 Polish sausage on a bun Sauerkraut Tator tots Sliced tomatoes	3 Chicken tenders Mac 'n cheese Green beans Fruit	4 Chili Cinnamon rolls Fruit	5 Pork roast Mashed potatoes & gravy Carrots Fruit
8 Baked chicken Stuffing Brussels sprouts Fruit	9 Chef salad Crackers Fruit	10 Salisbury steak Mashed potatoes & gravy Peas/carrots Fruit	11 Ham 'n beans Cornbread Fruit	12 Meatloaf Baked potato Caribbean vegetables Fruit
15 Fish French fries Broccoli Fruit	16 Burrito Refried beans Chips Fruit	17 Sub sandwiches Green bean salad Fruit	18 Chicken 'n noodles Mashed potatoes Cucumber salad Fruit	19 Ham Sweet potatoes Capri vegetables Fruit 
22 Dining Room Baked Potato Bar	23 Turkey salad Lettuce & tomato Cottage cheese Fruit	24 Swiss steak Baked potato Caribbean vegetables Fruit	25 Ham 'n cheese sandwich Cole slaw Fruit	26 Chicken fried steak Mashed potatoes & gravy Green beans Fruit
29 Spaghetti w/ meat sauce Salad Garlic bread Fruit	30 Tuna fish sandwich Potato Salad Fruit		Menus subject to change. Over age 60: \$3.50 Under age 60: \$5.25 For more information, please call 587-2462	
Home Delivered Chicken strips, French fries, Peas/Carrots & Fruit				

APRIL PRESENTATIONS & PROGRAMS

Coffee Talk with MATHIS Physical Therapy

Wed., April 10 & 24 from 9:30-10:00

Join us for discussion over coffee with topics ranging from joint health, flexibility, balance, and more. The discussion will be led by Practice Liaison, Garret Seacat and a Mathis Physical Therapist. Please sign up by the Monday prior if you plan to attend.

Drug Disposal Packets Available

Wed., April 17 from 10:00-2:00

Flint Hills Volunteer Center's RSVP volunteers will distribute free DisposeRX packets for the safe, environmentally friendly disposal of medications including powders, pills, tablets, and liquids.

Opioids in Riley County - Jennifer Green, Administrator, Riley County Health Department

Tues., April 30 at 12:45

Riley County Health Department will provide an overview of the national opioid epidemic with a historical context and a review of local and state opioid use data and opioid prescribing practices. The presentation will also review current state-wide and local initiatives to prevent opioid use and abuse in our community including 1) a Opioid Needs Assessment 2) training opportunities for Mental Health First Aid, Safe Prescribing Practices, Adverse Childhood Experiences 3) implementation of a substance abuse screening and referral to treatment protocol, 4) a community wide ad campaign and 5) the distribution of medical disposal bags. Please sign up by Thurs., April 25 if you plan to attend.

The Beach Museum's ARTful Programs at the Center!

Artist Profile: Kansas Post Office Murals

Wed. April 10 at 1:00

Join us for this historical presentation. Kim Richards, Education Specialist at the Beach Museum will highlight the "Kansas Post Office Murals." She will discuss the murals created from 1937-1942 for the Treasury Department's Section of Painting and Sculpture. The goal of this program was to provide access of fine art to the public as well as decorate public spaces. **Sign-up for this presentation no later than Mon., April 8. A minimum of six (6) attendees is required.**

ARTful Memories

Thurs., April 18 from 11:00-12:00

Caregivers and their loved ones are encouraged to attend this facilitated conversation. Each session will use a technique called Visual Thinking Strategies (VTS). This conversation exercise uses art as the focus to discuss "What is going on in this picture?" The session will be led by Kim Richards, Education Assistant from the Beach Museum of Art. Caregivers must attend with their loved one. **Sign-up is required. The maximum number of participant is 7 pairs/14 individuals. Deadline to sign up is Tues., April 16.**

LUNCH BUNCH - HOULIHAN'S THURS., APRIL 11 AT 12:00 NOON

We haven't dined here in quite some time so plan to Lunch Bunch with us at Houlihan's. If the weather is nice we'll plan to dine on the patio. Houlihan's has a wide selection on its menu including a lunch menu. **Please sign up by Mon., April 8 if you plan to join us so we can make a reservation (assuming they will take a reservation).**

POTLUCK ON NATIONAL PICNIC DAY - TUES., APRIL 23 AT 11:30

Celebrate National Picnic Day with us at Goodnow Park located at 4th & Thurston Streets! Plan to meet us at Goodnow Park with the traditional picnic fare. The Center has reserved the covered picnic space and will provide hotdogs, buns and ketchup & mustard. We need members to sign up for one (or two) of the following: potato salad, macaroni salad, cole slaw, two bags of chips, fruit salad, pickle relish & chopped onions, a sheet cake, brownies or one dozen cookies. As always, you may pay \$5 to participate so that we can replenish our stock of disposable plates and tableware. **Please sign up no later than Thurs., April 18.**

TRAVELING LUNCH BUNCH - NELSON'S LANDING THURS., APRIL 25 AT 12:00 NOON

A traveling Lunch Bunch favorite, we'll plan to meet at Nelson's Landing located at 107 N. Erpelding Rd in Leonardville. Dine with us and order the daily lunch special or their famous chicken fried steak meal (and don't forget to order pie!). **Please sign up no later than Mon. April 22 so we can make an advanced reservation.**

OUR BUSINESS MEMBERS

These organizations/businesses support the Center through a \$100/year membership. We appreciate their support. Please thank them when you have a chance. Newest members are in **bold print**.

Advanced Audiology	Dannatt Rentals	Orazem & Scalora Engineering
Angels Care Home Health	Dunne's Pharmacy	Pawnee Mental Health Services
Angels At Home Care	Bill Wolf, Edward Jones	Peoples State Bank
At Home Assisted Care	Gail Urban, Edward Jones	Professional Planning Services
Autumn Hill Memory Care	Flint Hills Heart, Vascular & Vein	Sink, Gordon & Associates
Barton Co. Com. College (Ft. Riley)	Clinic	Stonecreek Family Physicians
Barry's Drug Center	Great Clips	Stoneybrook Health & Rehabilitation
Bayer Construction	Heartland O & P	Sunflower Bank
BD4 Distributing	Homecare & Hospice	The Manhattan Mercury
Best Pest Control	Homestead Assisted Living	The Trust Company, Inc.
BHS Construction	Jon Murdock Auto	Thermal Comfort Air
Briggs Auto Group	KS State Bank	Via Christi Village Manhattan
Candlewood Health Mart Pharmacy	Kaw Valley Green Houses	Varney and Associates CPAs
Cardinal Insurance	Little Apple Toyota Honda	Vision Source-Optical Perspectives
Charlson Wilson Bonded Abstractors	Manhattan Duplicate Bridge Club	Welcome Club Manhattan
Coldwell Banker Realty Group One	Manhattan Medical Group	The Wilson Company
Community First National Bank	Meadowlark Hills	Witt Eye Centers

Note: Senior Food Boxes will be available for pick-up and delivery on Mon., April 15. Sorry for the confusion regarding the pick-up and delivery of the March boxes - Harvesters didn't have a driver that day and didn't tell us.

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

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

April 2019

Return Service Requested

COMMUNITY CARE CORNER by Whitney Short, Care Coordinator

ALZHEIMER'S SUPPORT GROUP FOR CAREGIVERS

MON., APRIL 8 AT 1:30

Caregivers Support Group provides emotional, educational, and social support to members through monthly meetings. It is an opportunity to connect with others who share the same experiences and struggles in caring for a loved one with a dementia diagnosis. **Our next time together is on Mon., April 8 at 1:30.** Please contact Whitney at 537-4040 for more information or with your questions.

We strive to provide an environment for open sharing so we ask that only caregivers attend the support group meetings. Thank you for understanding.

ALZHEIMER'S ASSOCIATION REMOTE LEARNING SERIES

WED., APRIL 10 FROM 12:30-1:30

A Family Affair: A discussion for parents and grandparents about how to support children as they interact with people close to them with Alzheimer's.

Did you know? Alzheimer's is the sixth leading cause of death in the United States and 5.8 million Americans are living with Alzheimer's. By 2050, this number is projected to rise to nearly 14 million. More than 16 million Americans provide unpaid care for people with Alzheimer's or other dementia. These caregivers provided an estimated 18.5 billion hours valued at nearly \$234 million. In 2019, Alzheimer's and other dementia will cost the nation \$290 billion. By 2050, these cost could be as high as \$1.1 trillion.

April 2019