



Sign up for December programs begins  
Monday, December 3

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Email us about the newsletter at:  
[rcseniorcenter@gmail.com](mailto:rcseniorcenter@gmail.com)

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Email us about programs/activities at:  
[rcseniors@sbcglobal.net](mailto:rcseniors@sbcglobal.net)

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December 2018

# The Prime Times

## HOLIDAY DINNER - FRI., DEC. 14 AT 12:00 NOON



We are having a special Holiday Dinner on Fri., Dec. 14 at noon thanks to a generous donation by Ron Ford. Smoked brisket from Cox Bros. BBQ will be served along with mac 'n cheese, cole slaw, cornbread, and cherry cheesecake. **Tickets go on sale on Mon., Dec. 3 and are only \$4.00 since the meat is donated.** There are only 100 tickets available. Please plan to join us for a delicious holiday meal.

## WE HAVE MORE TEAPOTS!

Remember all those animal teapots we had for sale back in June? Well, the same friend of the Center who donated teapots previously has donated some more. So, we're bringing back out the teapots that didn't sell before plus we're adding new ones. These are perfect holiday gifts. **The teapots will be on sale starting Mon., Dec. 10 and will remain on sale through Fri., Dec. 21.** Come early for best selection.



## BLUE MOON GIFT SHOP FOCUS FOR DECEMBER

### *HOLIDAY DÉCOR*

Thank you for continuing to donate and purchase *HOLIDAY DÉCOR* (knick-knacks, wreaths, centerpieces, baskets, etc.). We will continue to price and display holiday décor items during the month of December. Inventory changes daily so plan to come back often - you don't want to miss out on something special.

## FUNDRAISING & PLUMBING UPDATE

Thank you so much for your donations. Thus far, we have raised \$4,179, approximately 50% of our goal. The plumbing bill was \$3,694. Steps have been taken to minimize any future problems by installing an outside cleanout. We have approached the City of Manhattan to help with this expense since they own the building.

December 2018

## **TED TALKS - FRI., DEC. 7, 14 & 21 AT 9:45 (no TED Talk on Dec. 28)**

**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., Dec. 7:** *Jane Caro: Growing old: the unbearable lightness of aging* (approx. 19-min).

**Fri., Dec. 14:** *Karen Stobbe & Mondy Carter: Using improve to improve life with Alzheimer's* (approx. 11-min).

**Fri., Dec. 21:** *Michael Norton: Money can buy happiness* (approx. 12-min).

**Fri., Dec. 28:** *No TED Talk.*

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

## **TECHNOLOGY ASSISTANCE - MON., DEC. 3 BEGINNING AT 9:30**

Wandean Rivers from the Manhattan Public Library returns on **Mon., Dec. 3** to offer technology assistance in a one-on-one setting. **Rivers will be available starting at 9:30.** No need to sign up.

## **TEXAS HOLD 'EM - FRI., DEC. 14 AT 1:00**

We'll only play Texas Hold 'Em once this month - on **Fri., Dec. 14 at 1:00.** The Center closes early on Fri., Dec. 28. No need to sign up to play Texas Hold 'Em. Just show up ready to play with your best poker face. If there are more than eight (8) players, we will set up a second table.

## **SOCIAL OPPORTUNITIES OUTSIDE THE CENTER**

Applebee's, 100 Manhattan Town Center - **Thurs., Dec. 6 & Dec. 20 at 3:00**

Dairy Queen, 3116 Anderson Avenue - **Tues., Dec. 11 at 2:00**

No need to sign up for either of the above. Just show up!

## **CLASSIC HOLIDAY MOVIES - FRI., DEC. 7, 14 & 21 AT 12:45**

Celebrate the holidays with us each Friday in December (except Dec. 28) at 12:45 for a feature showing of some of your favorite holiday movies. Remember the classics like *Miracle on 34th Street*, *The Bishop's Wife*, *The Muppets Christmas Carol*, or *White Christmas*? Please plan to join us for one of your favorites - to be determined by YOU each Friday!

## **NEW CENTER STAFF - COMMUNITY CARE COORDINATOR**

Beginning Mon., Dec. 3, the Center welcomes Whitney Short as our Community Care Coordinator. This part-time position is funded by a grant from the Memorial Hospital Association. This service was identified as a community need in a survey we did last year on services for individuals and families dealing with Alzheimer's disease. The Community Care Coordinator will support older adults - frail or with dementia - and their families in accessing services to meet their needs. Sometimes it is hard to find the service or combination of services needed to stay in your home, live independently, and/or are affordable. Whitney has a background in nursing and experience in working with older adults and their families. Please welcome Whitney to the Center!

## **HOLIDAY POTLUCK - WED., DEC. 5 AT 11:30**

*Come eat, drink (non-alcoholic), and be merry!* Join us on **Wed., Dec. 5 at 11:30** to celebrate the holiday season with your favorite festive dish. The Center will serve “Holiday Punch” while members are asked to bring a main dish, side dish, or dessert. As always, you may pay \$5 to participate if you don’t cook, but please get your name on the list if you plan to pay as this gives those who are cooking an idea of how many to prepare for. Also, please keep in mind that some people have dietary restrictions. **The deadline to sign up for the Dec. 5 potluck is Fri., Nov. 30.**

## **DECEMBER COLLECTION FOR THE FIT CLOSET**

Please consider purchasing a pair of gloves or mittens or a warm hat or scarf to contribute to our collection of winter items. Items will be donated to the FIT Closet at the end of December.

## **ALZHEIMER’S SUPPORT GROUP FOR CAREGIVERS MON., DEC. 10 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., Dec. 10 at 1:30.** Please contact Whitney at 537-4040 for further information. *Since we strive to provide an environment for open sharing, we ask that only caregivers attend the support group meetings. Thank you for understanding.*

## **LUNCH BUNCH - GORDO’S (IN AGGIEVILLE) THURS., DEC. 13 AT 12:00 NOON**

Lunch Bunch with us in Aggieville at the KSU students leave for the holiday break! **Plan to meet at Gordo’s, 1116 Moro Street, on Thurs., Dec. 13 at noon for authentic Mexican cuisine. Please sign up no later than Mon., Dec. 10** if you plan to join us so Melissa can make a reservation for seating. Call 537-4040.

## **DO YOU ENJOY PLAYING PINOCHLE OR WANT TO LEARN?**

Our Thursday afternoon Pinochle group is looking to expand its membership. If you enjoy this classic card game you should consider playing at the Center. Even if you don’t know how to play, our Pinochle players would be happy to teach you. They play every Thursday at 1:00 but you don’t have to commit to being here every time — come when you can. An added benefit - they share snacks and treats.

## **REMINDER - LIFESTORY WRITING GROUP MEETS ONCE A MONTH**

The Lifestory Writing Group is now only meeting once a month - on the first Wednesday of each month. **Their December meeting will be on Wed., Dec. 5 at 1:00.**

## **THE CENTER’S WISH LIST FOR SANTA**

We’ve made our list and checked it twice, but Santa said to check with Center members first. The Center always needs the following items: coffee, tea bags, cocoa packets, paper towels, Clorox wipes, Kleenex, popcorn, and popcorn sacks. Your donations are very much appreciated.

## DECEMBER PRESENTATIONS



### **Drones - Come Fly With Me!**

**Arthur Elby, Student of Chemical Engineering**

**Kansas State University**

**Mon., Dec. 17 at 10:30**

KSU Chemical Engineering student, Arthur Elby, is a drone pilot and is excited to share what he knows about drones. Not only will he bring his own drone, but he will also do a flight demonstration outdoors to show how he commands the drone. His presentation will include a short slide show to highlight a few videos he has made with his drone including beautiful local photographs he has captured. Immediately following his presentation, Arthur will be available for technology assistance. He specializes in apps that can be particularly helpful to older adults. He will also demonstrate how to take a great photo with a phone. **Please sign up for what is sure to be an interesting presentation. Deadline to sign up is Thurs., Dec. 13.**



### **Holiday Gifts in a Jar**

**Megan Dougherty, K-State Extension**

**Tues., Dec. 18 at 12:45**

Skip the holiday shopping craze with Megan from K-State Extension. Discover all the different ways to give a gift “wrapped” in a classic Mason jar. With a little DIY (do-it-yourself) your friends and family will love the personalized thought behind your gesture. Megan will give a short presentation describing and displaying different ideas you can create at home. **Please sign up for this fun, holiday themed presentation by Fri., Dec. 14.**

## COMMODITY SUPPLEMENTAL FOOD PROGRAM BOXES

The Community Supplemental Food Program (CSFP) is a federally funded program that provides food and nutrition education to income eligible seniors age 60 and older. Food boxes contain ten (10) items: beans/rice/paste, canned fruit/fruit juice, canned meat, canned vegetables, evaporated/nonfat dry milk, cereal, and cheese.

To be eligible for the program, seniors must meet the following requirements: 1) your household income must be less than 130% of poverty; 2) you must be a resident of Riley County; and 3) you must be 60-yrs of age or older (born no later than 1957).

**Food boxes are delivered to the Center on the third Monday of each month (weather dependent). Deadline to sign up for the December box is Mon., Dec. 10. Pick-up and delivery is on Mon., Dec. 17.**

If you are interested in the program (and NOT already receiving a food box from the Flint Hills Breadbasket), please call Debbie at the Center at 537-4040.

**Our website: [www.seniorsservicecenter.org](http://www.seniorsservicecenter.org)**

## THE ARTS



### **Second Annual Gingerbread Village Display**

Our dedicated members worked diligently for three weeks to create a Holiday Gingerbread Village. It is now on display at the Center. Be sure to check it out.

### **Art Studio Returns**

**Mon., Dec. 3, 10 & 17 from 1:00-3:00**

No painting experience necessary and ALL are welcome. This month please plan to bring a photo of the house you grew up in to paint a family memory, or feel free to bring a reference photo of your choice. As before, Cheri Graham will begin each session with a “how to” exercise to help improve your painting skills. The remainder of the time will be spent working on your individual paintings. The Center will provide the 10 x 12 canvases, paintbrushes, and acrylic paints. You just need to bring an art shirt and the photo of your choice. **The cost of all three classes is \$3 and must be paid prior to the first class. The class size is limited to 10 with a minimum of four required.**

**Deadline to sign up is Mon., Dec. 3.**

### **The Center Singers Special Holiday Sing-a-long**

**Fri., Dec. 21 at 12:45**

The Center Singers invite everyone to sing carols with them as they celebrate Christmas! Following lunch in the dining room, please gather in the Mary Border Room to sing your favorite holiday songs and hymns. No need to sign up. No experience necessary. Just join us and sing-a-long.

Don't forget that the Center Singers meet every Friday (except Fri., Dec. 28 when the Center closes at 1:00) and anyone is welcome to join to blend your voices in song. No experience necessary and you don't have to commit to a schedule.

## **FREE SERVICES PROVIDED BY LOCAL PROVIDERS**

**THURS., DEC. 13**

Eyeglass adjustments & cleaning at 11:00 - provided by *Vision Source—Optical Perspectives.*

Hearing aid cleanings at 11:30 - provided by *Dr. Katie Bunker, Advanced Audiology.*

Blood pressure checks at 11:30 - provided by *Interim Healthcare.*

*Just a reminder - these providers donate their time to the Center each month and their availability is subject to change based on staffing needs at their respective businesses. Sometimes cancellations are unavoidable.*

## **PROGRAM & TOUR SUGGESTIONS NEEDED**

We had a banner year when it comes to new programs and tours and we're already thinking about what to offer in 2019. However, our best program and tour suggestions come from you - our members! If you have suggestions or ideas - we'll consider most anything - please share them with Melissa, our program coordinator. Send her an email at [rcseniors@sbcglobal.net](mailto:rcseniors@sbcglobal.net) or give her a call 537-4040.

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*December 2018*

## HOLIDAY CHEER AT THE CENTER

### Holiday Cookies & Hot Chocolate Social

**Wed., Dec. 12 at 12:45**

Plan to join us while we share cookies and hot chocolate over conversation. Feel free to bring your favorite Christmas ornament or photo from a past Christmas, as these items will make for great story sharing. We will mix up the homemade hot chocolate if you will please bring a half dozen (6) cookies of your choice to share. **Please sign up by Mon., Dec. 10 so we know how much hot chocolate we will need to make.**



### Holiday Hotcakes!

**Wed., Dec. 19 from 9:30-10:00**



'Tis the season to come and enjoy a holiday pancake breakfast. Take a break from the hustle and bustle of the holiday season with a cup of hot coffee and our version of a Holiday Hotcake. No need to sign up but mark your calendar so you don't miss out. We will begin serving at 9:30 and will turn off the griddles by 10:00. Who knows? A special guest just might make an appearance that morning so you won't want to miss out on the food and fun!

**December 2018**