



July 2019

**Sign up for July programs begins
Monday, July 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](http://www.seniorsservicecenter.org)

The Center News

SPECIAL PROGRAMS YOU DON'T WANT TO MISS!

The Chisholm Trail

Wednesday, July 10, 1:30 p.m.

Joseph McCoy's Great Gamble

Local author, KSU professor, and former Manhattan City Commissioner, Dr. James Sherow will share his latest book, *The Chisholm Trail*. The trail began in Texas and ended in Kansas. We may be familiar with the cattle drives but Dr. Sherow will share how the Texas cattle trade transformed our prairie and created the first big business-cattle.

Please sign up for this program by July 8th.

The Building of Tuttle Creek Dam

Tuesday, July 16th, 1 p.m.

Kevin Larson

Kevin program in May on the Blue River Valley brought us up to construction of the dam. Now we will find out about the trials and tribulations of the dam construction. Kevin brings the actual construction process alive through his narrative, slides, pictures, and newspaper articles.

Please sign up for this program by July 12th.

Blue Moon Shelves: Puzzles and books will be our theme for July. You can bring in your donations beginning the 1st of July. Thank you so much for your donations and purchases. We would also like your ideas about future themes for the shelves.

Crocheting Caps with Friends Tuesday, July 23 1 p.m.

This group is crocheting hats for chemotherapy patients, newborns and children. All you need is a basic ability to crochet, a hook (G,H, I) and a skein of baby yarn or soft worsted weight yarn (no wool). We are also looking for a couple of folks who would like to join us and teach crocheting. Wonderful company and a good cause. Let us know you are coming by July 19th.

THE ARTS

Art Studio Mondays, July 1, 8, 15, 22 and 29 1 p.m. \$3/month

Art Studio is a dedicated time and place to work on a project of your choice. The Center has a collection of brushes, acrylic paints, and canvases for your creative use. Our Art Studio Leader, Cheri Graham, will be available to aid in instruction, technique, or inspiration. Attend one class or all three! Please sign up at front desk.

ARTful Making Tuesday, July 9 1 p.m.

Kim Richards, Education Specialist with the Beach Museum staff will lead participants in Sumi-e (ink Painting) and watercolor painting. Please sign up by July 5th. Five (5) attendees are required.

ARTful Memories Thursday, July 18 11 a.m.

Caregivers and their loved ones are encouraged to attend this program which uses art as the focus of the group discussion. The discussion is led by Kim Richards, Educational Specialist with the Beach Museum. Caregivers must attend with their loved one. Sign up required by 15th.

HEALTH

Coffee Talk with MATHIS Physical Therapy Thursdays, July 10 & 24, 9:30-10

Discussions are led by Practice Liaison Garret Seacat. Please sign up by Mon. to attend. The topic for July 10 is hydration and the topic for July 24 is safe exercise.

Free Services by Local Providers Friday, July 11

11:00	Eyeglass adjustment & cleaning	Vision Source-Optical Perspectives
11:30	Hearing aid cleanings	Dr. Katie Bunker, Advanced Audiology
11:30	Blood pressure checks	Interim Healthcare

Medicare 101 Michael Miller, Humana Wednesday, July 17 12:45

Need a refresher or updates on Medicare. Bring your questions. While Michael is a Humana representative, the information provided will benefit anyone on Medicare. Please sign up by Mon., July 15.

July 2019 (sign up for programs/activities begins Monday, July 1st)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Won't You Be My Neighbor</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Art Studio</p> <p>5:30 Monday Yoga</p>	<p>2</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>1:00 Pitch</p>	<p>3</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand & Foot/Canasta</p> <p>1:00 Lifestory Writing Group</p> <p>1:00 Line Dancing</p>	<p>4</p> <p>Closed for July 4th</p>	<p>5</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Center Singers</p>
<p>8</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Midnight Sun</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Art Studio</p> <p>1:30 Alzheimer's Support Group for Caregivers</p> <p>5:30 Monday Yoga</p>	<p>9</p> <p>8:45 Oldies Sweatin' Council on Aging</p> <p>9:30 Gentle Yoga</p> <p>10:00 Chair Yoga</p> <p>1:00 ARTful Making</p> <p>1:00 Pitch</p> <p>2:00 Senior Social at west Dairy Queen</p>	<p>10</p> <p>8:30 Foot Care</p> <p>9:30 Coffee Talk w/ Mathis PT</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand & Foot/Canasta</p> <p>1:00 Line Dancing</p> <p>1:30 Chisholm Trail</p>	<p>11</p> <p>8:45 Oldies Sweatin' Stitch Therapy</p> <p>9:00 AARP Board</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>11:00 Eyeglass Cleaning & Adjustments</p> <p>11:30 Blood Pressure Checks & Hearing Aid Cleanings</p> <p>1:00 Bunco/Pinochle</p>	<p>12</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Sewing Angel</p> <p>12:45 Center Singers</p> <p>1:00 Texas Hold 'Em</p>
<p>15</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>11:00 CSFP Food Box Pick-up & Delivery</p> <p>12:30 Bridge</p> <p>12:45 Green Book</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Art Studio</p> <p>5:30 Monday Yoga</p>	<p>16</p> <p>8:45 Oldies Sweatin' Gentle Yoga</p> <p>10:00 Chair Yoga</p> <p>1:00 Building of Tuttle Creek Dam</p> <p>1:00 Pitch</p> <p>1:00 VIP Book Group</p> <p>2:00 VIP Support Group</p>	<p>17</p> <p>8:30 Footcare</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Medicare 101</p> <p>1:00 Hand & Foot/Canasta</p> <p>1:00 Line Dancing</p>	<p>18</p> <p>8:45 Oldies Sweatin' AARP</p> <p>9:00 Stitch Therapy</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>11:00 ARTful Memories</p> <p>1:00 Pinochle/Bunco</p> <p>3:00 Afternoon Appetizers</p>	<p>19</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Center Board Meeting</p> <p>12:30 Bridge</p> <p>12:45 Center Singers</p>
<p>22</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Fireproof</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Art Studio</p> <p>5:30 Monday Yoga</p>	<p>23</p> <p>8:45 Oldies Sweatin' Gentle Yoga</p> <p>10:00 Chair Yoga</p> <p>1:00 Pitch</p> <p>1:00 Crocheting Caps & Camaraderie</p>	<p>24</p> <p>8:30 Foot Care</p> <p>9:30 Coffee Talk w/ Mathis PT</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand & Foot/Canasta</p> <p>1:00 Line Dancing</p>	<p>25</p> <p>8:45 Oldies Sweatin' Stitch Therapy</p> <p>9:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>11:45 Lunch Bunch</p> <p>1:00 Pinochle/Bunco</p>	<p>26</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Sewing Angel</p> <p>12:45 Center Singers</p> <p>1:00 Texas Hold 'Em</p>
<p>29</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Little Women</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Art Studio</p> <p>5:30 Monday Yoga</p>	<p>30</p> <p>8:45 Oldies Sweatin' Gentle Yoga</p> <p>10:00 Chair Yoga</p> <p>1:00 Pitch</p>	<p>31</p> <p>8:30 Foot Care</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand & Foot/Canasta</p> <p>1:00 Line Dancing</p> <p>2:00 Ice Cream Social</p>	<p><small>MEMBER FDIC EQUAL HOUSING LENDER</small></p> <p>It's all about CONVENIENCE</p> <p>It's all about COMMUNITY</p> <p>It's all about YOU!</p> <p><small>KS StateBank supports the activities, mailings and services of the Seniors' Service Center.</small></p> <p>StateBank ksstatebank.com</p> <p>Westloop Downtown Aggieville Highway 24 785-587-4000</p>	

July 2019 Menu

Mon	Tue	Wed	Thu	Fri
1 Spaghetti Salad Garlic Bread Fruit	2 Ham Wrap Cucumber Salad Fruit	3 Cheese Burger Macaroni Salad Lettuce & Tomato Fruit	4 Center Closed Happy 4th of July!	5 Polish Sausage Sauerkraut Tator Tots Fruit
8 Swiss Steak Baked Potato Carrots Fruit	9 Chicken Pasta Salad Cottage Cheese Fruit	10 Pork Roast Baby Potatoes Peas Fruit	11 Goulash Three Bean Salad Fruit	12 Chicken Fried Steak, Mashed Potatoes, Gravy Caribbean Vegetables Fruit
15 Ham Scalloped Potatoes Broccoli Fruit	16 Chicken Tenders Mac-n-Cheese Brussel Sprouts Fruit	17 Taco Salad Refried Beans Fruit	18 Breakfast Burrito Hash Browns Cottage Cheese Fruit	19 Liver & Onions <u>or</u> Salisbury Steak Mashed Potatoes and Gravy Green Beans Fruit
22 Fish and Chips Beets Fruit	23 Chef Salad Fruit	24 Lasagna Salad Garlic Bread Fruit	25 Tuna Fish Sandwiches Slice Tomatoes Pasta Salad Fruit	26 Oven Fried Chicken Mashed Potatoes & Gravy Capri Vegetables Fruit
29 Ribettes French Fries Green Beans Fruit	30 Beef Tips Noodles Cole Slaw Fruit	31 BBQ Meatballs Mac & Cheese Cole Slaw Fruit	Menus Subjected to Change.	Over age 60: \$3.50 Under age 60: \$5.25 For more information, call 587-2462.

FOOD

Lunch Bunch Pizza Ranch, 511 McCall Road Thursday, July 25 11:45 a.m.
This is an opportunity to share a meal with friends, new and old. Please sign up by Monday, July 22nd.

ICE CREAM SOCIAL Wednesday, July 31st, 2 p.m.
Come by for ice cream, toppings, and good company.

July Senior Food Boxes Monday, July 15 Pick up and delivery. Call Center if you have questions about the Senior Food Boxes.

Movies

Each Monday at 12:45p.m. we offer a movie free of charge. The movies for July are:
July 1—Won't You Be My Neighbor
July 8—Midnight Sun
July 15—Green Book
July 22—Fireproof
July 29—Little Women (the latest release)

Exercise Participants

During the month of July, we will asking our exercise participants to sign an Informed Consent and Liability Waiver Release for Participation in Exercise Program. The form will be available at each class. Please read and sign. Thank you.

Ideas for New Classes: We would like to add some new classes to our exercise program. Several of you have suggested yoga in the afternoon and tai chi. We will be asking for your ideas in July. Hopefully this fall, there will be other exercise offerings.

Community

This month we will be collect times for T. Russell Reitz Animal Shelter. They are asking for egg cartons, card board toilet paper and paper towel rolls, creamy peanut butter, Dawn dish soap, bleach, clean used towels and bedding. And they can always use donations.

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

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Return service requested

Our Business Members

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

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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
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Dannatt Rentals

Dental Associates
Dunne's Pharmacy
Bill Wolf, Edward Jones
Gail Urban, Edward Jones
Flint Hills Heart, Vascular & Vein
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Welcome new member
Chiropractic Family Health Center