

THE CENTER NEWS

July

[COVID REMINDER](#)
YOU NEED TO BE FULLY VACCINATED AND BOOSTED TO PARTICIPATE IN CENTER ACTIVITIES

2022

Hail and Farewell: Please join me in welcoming Cyndi O'Connell as the new Program Coordinator of the Senior Center. She's already off to a good start. Come to an event at the Center to meet her! We also say farewell to Melinda Marshall who was the afternoon receptionist volunteer for 8 years. She displayed an amazing level of loyalty to this organization and can't be thanked enough for her dedication. We'll miss her smiling face.



ANNOUNCEMENTS

No Home Delivery July 5-8

There will be no home delivered meals the week of 4th of July, from the 5th to the 8th. Center meals will be a variety of special in-house meals from various dining services, from Hy-Vee to pizza joints!

Municipal Band Performances Every Tuesday at 7:30 PM

The Manhattan Municipal band has been performing for over 100 years! Over the years the band's membership has come from all conceivable walks of life, including students, staff, and faculty from Kansas State University, Manhattan Christian College and surrounding public schools, as well as military and civilian personnel from nearby Fort Riley, representatives of the community's diverse private sector, clergy, and retirees.

Arts in the Park Fridays at 8:00 PM at Larry Norvell Band Shell

Arts in the Park is Manhattan's summer concert series that brings live music to you every Friday throughout the summer. These free performances have been organized at the park for over 40 years! The city offers a variety of musical genres, including Country, Folk, Americana, Rock & Roll, Alt Rock, Soul, and Funk.

August Book Club: "Making Waves" Books available at the center July 1

An inside look at the race for one of sports oldest trophies by a local sports legend. "Making Waves," written by Anna Seaton Huntington, gives a behind-the-scenes account of the 1994 all-women's 28-member squad competing for the America's Cup. "Making Waves" is instructive and accessible to anybody interested in how sports are changing women and women are changing sports.

Sign Up Begins: June 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

JULY SPECIAL PROGRAMS AND EVENTS

Sign up required- *Sign-up starts June 20*

RCPD K-9 Unit: Friday July 1 @ 1:00 PM by Officer Jeffrey Childs
Officer Childs will demonstrate his trained K-9 police dog named Monster. He has been working with Monster for 2 years, after receiving him from a trainer in Omaha. Monster is now 6 years old, very friendly and enjoys attention. He is trained to find illegal substances and will demonstrate this skill while here with Officer Childs.

Coffee with Caregivers: Monday July 11 @ 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.

History of KSU Vet School Friday July 15 @ 1:00 PM by Dr. Howard Erickson
Dr. Erickson will be at the Center to talk about the history of K-State College of Veterinary Medicine. The College was established in 1905, and since then more than 7,000 men and women have been granted the Doctor of Veterinary Medicine degree. Dr. Erickson's research and scholarly interests are in cardiopulmonary physiology, exercise physiology, and (fittingly) the history of veterinary medicine.

Lunch Bunch: Nico's Little Italy Thursday June 21 @ 11:30 AM
1101 Moro St Suite 111
The Nico's Little Italy menu has a variety of delicious sandwiches, appetizers, steaks and more! Located at the intersection of Moro and N 11th Street. Lunch Specials start at \$9.99.

TOUR: T. Russell Reitz Animal Shelter Friday July 22 @ 1:00 PM
The Animal Shelter gives sanctuary to animals, encourages adoptions, and promotes responsible pet ownership. The shelter also now accepts monetary donations if you want to help the staff and animals of the shelter.

CONCERT: Bob Hughes Wednesday July 27 @ 6:30 PM
Bob Hughes has lived in Kansas all his life and has played guitar in numerous bands. He performs country, folk, gospel, rock, and even polka music. Bob enjoys performing and meeting people, so come and enjoy this indoor concert!

Documentary: American Factory: Friday July 29 @ 1:00 PM
In post-industrial Ohio, a Chinese billionaire opens a factory in an abandoned General Motors plant, hiring two thousand Americans. Early days of hope and optimism give way to setbacks as high-tech China clashes with working-class America.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1 FRIDAY

July 2022

sign up for programs/activities begins June 20th



9:15 Adv. Strength Training
 10:15 Balance/Flexibility
 11:00 Strength Training
 12:30 Bridge
 1:00 Poker
 1:00 RCPD K-9 by Jeffrey Childs

4

CLOSED FOR INDEPENDENCE DAY



5
 9:00 Move to Music
 9:30 Seated Tai Chi
 10:00 Gentle Yoga
 11:00 Chair Yoga
 1:00 Pitch

6
 9:15 Adv. Strength Training
 10:15 Balance/Flexibility
 11:00 Strength Training
 12:30 Bridge
 1:00 Hand & Foot
 1:00 Line Dancing

7
 9:00 Stitch Therapy
 9:00 Move to Music+
 10:00 Gentle Yoga
 11:00 Chair Yoga

8
 9:15 Adv. Strength Training
 10:15 Balance/Flexibility
 11:00 Strength Training
 12:30 Bridge
 1:00 Poker

11
 9:15 Adv. Strength Training
 9:30 Coffee w/ Caregivers
 10:15 Strength Training
 11:00 Strength Training
 1:00 Movie Matinee: Operation Mincemeat

12
 9:00 Move to Music
 9:30 Seated Tai Chi
 9:30 Council on Aging
 10:00 Gentle Yoga
 11:00 Chair Yoga
 12:30 Center Singers
 1:00 Pitch
 1:00 Townie Tuesday: Old Town Manhattan

13
 9:15 Adv. Strength Training
 10:15 Balance/Flexibility
 11:00 Strength Training
 12:30 Bridge
 1:00 Hand & Foot
 1:00 Line Dancing

14
 9:00 Stitch Therapy
 9:00 Move to Music+
 10:00 Gentle Yoga
 11:00 Chair Yoga
 1:30 Train Dominoes

15
 9:15 Adv. Strength Training
 10:15 Balance/Flexibility
 11:00 Strength Training
 12:30 Bridge
 1:00 Poker
 1:00 History of Vet School by Howard Erickson

18
 9:15 Adv. Strength Training
 9:30 Tech Assistance
 10:15 Strength Training
 11:00 Strength Training

19
 9:00 Move to Music
 9:30 Seated Tai Chi
 10:00 Gentle Yoga
 11:00 Chair Yoga
 1:00 Pitch
 1:00 Artist Profile

20
 9:15 Adv. Strength Training
 10:15 Balance/Flexibility
 11:00 Strength Training
 12:30 Bridge
 1:00 Hand & Foot
 1:00 Line Dancing

21
 9:00 Stitch Therapy
 9:00 Move to Music+
 10:00 Gentle Yoga
 11:00 Chair Yoga
 11:30 Lunch Bunch: Nico's in Aggieville

22
 9:15 Adv. Strength Training
 10:15 Balance/Flexibility
 11:00 Strength Training
 12:30 Bridge
 1:00 Poker
 1:00 TOUR: T. Russel Reitz Animal Shelter

25
 9:15 Adv. Strength Training
 10:15 Strength Training
 11:00 Strength Training
 1:00 Movie Matinee: The Power of the Dog

26
 9:00 Move to Music
 9:30 Seated Tai Chi
 10:00 Gentle Yoga
 11:00 Chair Yoga
 1:00 Pitch

27
 9:15 Adv. Strength Training
 10:15 Balance/Flexibility
 11:00 Strength Training
 12:30 Bridge
 1:00 Hand & Foot
 1:00 Line Dancing
 1:00 Food and Farm
 6:30 Concert: Bob Hughes

28
 9:00 Stitch Therapy
 9:00 Move to Music+
 10:00 Gentle Yoga
 11:00 Chair Yoga
 1:30 Train Dominoes

29
 9:15 Adv. Strength Training
 10:15 Balance/Flexibility
 11:00 Strength Training
 12:30 Bridge
 1:00 Poker
 1:00 Documentary: American Factory

July 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRIENDSHIP MEALS \$3.50 60+ \$5.25 under 60 All meals include milk, bread and fruit/dessert (menu subject to change) 785-587-2462 ask for Margaret				1 Pork Roast Mashed Potato with Gravy Corn Fruit
4 Closed for Independence Day	5 Hy-Vee Meal	6 Potluck	7 Sandwiches	8 Pizza
NO HOME DELIVERY JULY 5-8				
11 Spaghetti Salad Garlic Sticks Fruit	12 Fish Mac-N-Cheese Peas/Carrots Fruit	13 Baked Chicken Mashed Potato with Gravy Carrots Fruit	14 Chicken Strips Tater Tots Gravy 3 Bean Salad Fruit	15 Swiss Steak Baked Potato Corn Fruit
18 Beef Tips Noodles Cole Slaw Fruit	19 Taco Salad Refried Beans Chips Fruit	20 Beef Stew Salad Fruit	21 Cheeseburger Lettuce/Tomato Potato Salad Pork-N-Beans Fruit	22 Oven Fried Chicken Mashed Potato with Gravy Green Beans Fruit
25 Chicken Fried Steak Mashed Potato with Gravy Brussel Sprouts Fruit	26 Chef's Salad Crackers Fruit	27 Sweet-N-Sour Pork Rice Salad Fruit	28 Fish Tacos Refried Beans Rice Fruit	29 Salisbury Steak Baked Potato Cucumber Salad Fruit

JULY PROGRAMMING

** **Sign up required**- Sign-up starts June 20*

Townie Tuesday: Haunts and Hangouts MHK Tuesday July 12 @ 1:00 PM
Did you sunbathe at The Rocks, or make out at The Wareham Theater? Join us at Townie Tuesday as we talk about the old stomping grounds of Manhattan.

Artist Profile*: Tuesday July 19 @ 1:00 PM by Kim Richards
Kim Richards, Education Specialist at the Marianna Kistler Beach Museum of Art talks about the life and works of artists, from the local level to those of national prominence.

Center Singers: Tuesday July 12 @ 12:30 PM
The Center is singing patriotic songs this month! All voices welcome. Piano player and song books included free of charge!

Food and Farm Wednesday July 27 @ 1:00 PM by Jacque Mack
Come and learn about heart-healthy cooking and eating!

Line Dancing: Wednesdays @ 1:00 PM Instructor: Gayle Mullen
Lively music of all kinds provides the beat for this line dancing class. The New England Journal of Medicine says studies show that dancing is good for your memory, strength, balance, flexibility and heart health. Beginners and experienced dancers welcome. Bring a friend and join us on the dance floor!

Movie Matinee*: Mondays July 11 and 25 @ 1:00PM
7/11 "Operation Mincemeat" Rated PG-13 War/Drama
7/25 "The Power of the Dog" Rated R Revisionist Western

Seated Tai Chi*: Every Tuesday @ 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/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 in the videos section of our Facebook page or YouTube channel to exercise at home.

Tech Asst*: Monday July 11 from 9:30 - 11:00AM by Wandean Rivers
Help with all your electronic communication devices. Call for an appointment.

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

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

JULY 2022

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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Gail Urban, AMICUS Wealth Partners
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Angels At Home Care
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Barry's Drug Center
Bayer Construction
BD4 Distributing
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BHS Construction, Inc.
Briggs Auto Group
Candlewood Health Mart Pharmacy
Cardinal Insurance
Charlson Wilson Abstractors
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Bill Wolf, Edward Jones
Flint Hills Heart, Vascular & Vein Clinic
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