

# THE CENTER NEWS

COVID REMINDER

June

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

2022

**From the Director:** My name is Liz Nelson. I have been the Senior Center Program Coordinator for two and a half years, and am pleased to be named the new Director as of April 25, 2022. Grow Green Day was a wonderful success with \$20,466.93 in donations. Manhattan, Kansas is truly a great community, and RCSSC is humbled by your support.



## ANNOUNCEMENTS

### **Coffee in the Mornings**

There's a fresh pot of coffee here at the Center, every morning at 9:00 AM. Come on in and have a cup of joe to perk up!

### **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.

### **Intro to Tap Dance** Begins Thursday May 26 at 3:00 PM. \$30 (\$20 for members)

Always wanted to learn to dance? Tap dancing is so much fun. This beginner class provides a warm-up at the barre to help with balance, centre floor combinations, and work on a dance to an old standard. Enjoy dancing to the old favorites you loved to listen to when you were younger.

### **Book Club: "The Art of Being Human"** Wednesday June 15 at 1:00 PM

Dr. Michael Wesch will join us at the Center to discuss his book. In this unique book, Dr. Wesch shares many of his own adventures of being an anthropologist and what the science of human beings can tell us about the art of being human. Dr. Wesch is internationally recognized as a leader in teaching innovation. Dr. Wesch has won several major awards for his work, including the U.S. Professor of the Year Award from the Carnegie Foundation, the Wired Magazine Rave Award, and he was named an Emerging Explorer by National Geographic. Copies available to borrow at the Center.

**Sign Up Begins:** May 20, 2022      **Phone:** (785) 537-4040

**Email Us:** [rcseniorcenter@gmail.com](mailto:rcseniorcenter@gmail.com)      **Website:** [www.seniorsservicecenter.org](http://www.seniorsservicecenter.org)

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

## **JUNE SPECIAL PROGRAMS AND EVENTS**

**Sign up required-** *Sign-up starts May 20*

**TOUR: Beach Museum:** Friday June 3 @ 1:00 PM (FREE) by Kim Richards  
Come and celebrate 25 years of the Marianna Kistler Beach Museum of Art. Exhibitions include animations of Paleolithic Hand Axes, and the photography of African-American artists Gordon Parks and Doug Barrett.

**Medicare 101** Wednesday June 8 @ 5:30 PM by Michael Miller of Humana  
This program is intended for those who are not yet on Medicare. Whether just becoming eligible, or if you've never heard of the benefits, come and learn about how Medicare works, and what it has to offer. Light refreshments will be available during the presentation. Tell a friend!

**STEM: Water Treatment Plant** Friday June 10 @ 1:00 PM by Ethan Kloster  
What goes on in the big Water Treatment Plant? Ethan Kloster joins us to talk about the facility that has a capacity of 30 million gallons per day, and maintains the six water towers in the city. Learn about the water treatment processes and maintenance required to keep our water safe.

**Coffee with Caregivers:** Monday June 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.

**Nature Photography** Friday June 17 @ 1:00 PM by Tod Salfrank  
Tod Salfrank presents on what it takes to get the perfect shot while out in the wild. Come and see his stunning images! Whether plants, animals, or landscapes, what kind of practices makes for the best photo?

**Lunch Bunch:** Thursday June 23 @ 11:30 AM Early Edition (East) 600 4th St.  
Serving breakfast, brunch, and lunch. Take your pick! Located just off of Fort Riley Boulevard. Meals start at \$10.29.

**Fossils** Friday June 24 @ 1:00 PM by Angelia Lentz  
The Tuttle Creek Dam has been under the supervision of the Army Corps of Engineers for 70 years. Angelia Lentz joins us to talk about the ancient remnants of creatures past we've been able to discover with the changing water levels and floods since the dam's construction.

**The Sniders** Wednesday June 29 @ 6:30 PM  
Come and join us for our first summer concert! The Sniders will perform a combination of 1960's pop music, and contemporary Christian songs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>June 2022</h1> <p><b>Sign up for programs and activities begins May 20</b></p>		<p><b>1</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>2</b>            9:00 Stitch Therapy            10:00 Gentle Yoga            11:00 Chair Yoga            11:30 Blood Pressure Check            3:00 Intro to Tap</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 TOUR: Beach Museum</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: "The Water Man" PG</p>	<p><b>7</b>            9:00 Seated Tai Chi            10:00 Gentle Yoga            11:00 Chair Yoga            12:30 Angel Care Community Classroom            1:00 Pitch            1:00 Dominoes</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            5:30 Medicare 101 by Humana</p>	<p><b>9</b>            9:00 Stitch Therapy            10:00 Gentle Yoga            11:00 Chair Yoga            3:00 Intro to Tap</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 STEM: Water Treatment Plant by Ethan Kloster</p>
<p><b>13</b>            9:15 Adv. Strength Training            9:30 Coffee w/ Caregivers            10:15 Strength Training            11:00 Strength Training            1:00 Art Studio            1:00 Movie Matinee "Selfless" PG-13</p>	<p><b>14</b>            9:00 Seated Tai Chi            9:30 Council on Aging            10:00 Gentle Yoga            11:00 Chair Yoga            12:00 Center Singers            1:00 Pitch/Dominoes            1:00 Diabetes Support</p>	<p><b>15</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            1:00 Book Club—Meet the Author w/ Michael Wesch</p>	<p><b>16</b>            9:00 Stitch Therapy            10:00 Gentle Yoga            11:00 Chair Yoga            3:00 Intro to Tap</p>	<p><b>17</b>            9:15 Adv. Strength Training            10:15 Balance/Flexibility            11:00 Strength Training            12:30 Bridge            1:00 Poker            1:00 Nature Photography by Tod Salfrank</p>
<p><b>20</b>            9:15 Adv. Strength Training            10:15 Balance/Flexibility            11:00 Strength Training</p>	<p><b>21</b>            9:00 Seated Tai Chi            10:00 Gentle Yoga            11:00 Chair Yoga            1:00 Pitch            1:00 Dominoes            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            10:00 Gentle Yoga            11:00 Chair Yoga            11:30 Lunch Bunch at Early Edition (East)            3:00 Intro to Tap</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 Fossils by Angelia Lentz of the Army Corps of Engineers</p>
<p><b>27</b>            9:15 Adv. Strength Training            10:15 Balance/Flexibility            11:00 Strength Training            1:00 Movie Matinee: "21 Bridges" R</p>	<p><b>28</b>            9:00 Seated Tai Chi            10:00 Gentle Yoga            11:00 Chair Yoga            1:00 Pitch            1:00 Dominoes</p>	<p><b>29</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            6:30 Concert: The Sniders</p>	<p><b>30</b>            9:00 Stitch Therapy            10:00 Gentle Yoga            11:00 Chair Yoga            3:00 Intro to Tap</p>	

# June 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>FRIENDSHIP MEALS</u></b> \$3.50 60+ \$5.25 under 60 All meals include milk, bread and fruit/dessert Menu subject to change Ph: Margaret at 785-587-2462		<b>1</b> Pork Roast Mashed Potato with Gravy Green Beans Fruit	<b>2</b> Chicken Strips Mashed Potato with Gravy Corn Fruit	<b>3</b> Lasagna Salad Garlic Sticks Fruit
<b>6</b> Smothered Hamburger Baked Potato Green Beans Fruit	<b>7</b> BBQ Pork Sandwich French Fries Baked Beans Fruit	<b>8</b> Chicken-N- Noodles Mashed Potato Salad Fruit	<b>9</b> Taco Salad Refried Beans Fruit	<b>10</b> Chicken Fried Steak Mash Potatoes with Gravy Meadow Blend Fruit
<b>13</b> Ham Yams Broccoli Fruit	<b>14</b> Fish Cole Slaw Beets Fruit	<b>15</b> Sweet-N-Sour Chicken Rice Salad Fruit	<b>16</b> Chef's Salad Crackers Fruit	<b>17</b> Meatloaf Baked Potato Corn Fruit
<b>20</b> Swiss Steak Baked Potato Green Beans Fruit	<b>21</b> Baked Chicken Scalloped Potatoes Broccoli Fruit	<b>22</b> Spaghetti Salad Garlic Bread Fruit	<b>23</b> Polish Sausage Sauerkraut French Fries Cucumber Salad Fruit	<b>24</b> Liver-N-Onion Hamburger Steak M/P and Gravy Spinach Fruit
<b>27</b> Meatball Sandwich French Fries Peas/Carrots Fruit	<b>28</b> Tater Tot Casserole Salad Fruit	<b>29</b> Hot Roast Beef Sandwich Mashed Potato with Gravy Green Beans Fruit	<b>30</b> Fish Potato Salad Baked Beans Fruit	<b>July 1</b> Pork Roast Mashed Potato with Gravy Spinach Fruit

## JUNE PROGRAMMING

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

**Angel Care Community Classroom\*:** Tuesday June 7 @ 12:30 PM

Angels Care Home Health strives to give back to their community in a variety of ways. The Community Classroom program is geared towards education for not only patients, but local community on a unique series of topics in a classroom-style setting.

**ArtFUL Making\*:** Tuesday June 21 @ 1:00 PM by Kim Richards

Make wonderful art with Kim Richards, Education Specialist at the Marianna Kistler Beach Museum of Art. Come away with something new to decorate your home! All materials provided.

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

The Center is singing songs to celebrate dads! All voices welcome. Piano player and song books included free of charge!

**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 May 6, 13, & 27 @ 1:00PM

6/06 "The Water Man" Rated PG Adventure Drama

6/13 "Selfless" Rated PG-13 Sci-Fi Thriller

6/27 "21 Bridges" Rated R Action Thriller

**Seated Tai Chi\*:** Every Tuesday @ 9:00AM 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 June 6 from 9:30 - 11:00AM by Wandean Rivers

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**

**JUNE 2022**

### **Our Business Members**

Supporting the Center through their annual membership.

We appreciate their support. Please thank them when you have a chance!

Advanced Audiology  
Gail Urban, AMICUS Wealth Partners  
Angels Care Home Health  
Angels At Home Care  
At Home Assisted Care  
Barry's Drug Center  
Bayer Construction  
BD4 Distributing  
Best Pest Control  
BHS Construction, Inc.  
Briggs Auto Group  
Candlewood Health Mart Pharmacy  
Cardinal Insurance  
Charlson Wilson Abstractors  
Chiropractic Family Health Center  
Community First National Bank  
Dannatt Rentals

Dental Associates of Manhattan  
Dunne's Pharmacy  
Bill Wolf, Edward Jones  
Flint Hills Heart, Vascular & Vein Clinic  
Good Shepherd Home Care & Hospice  
Great Clips  
Heartland O & P, Inc.  
Homestead Assisted Living  
Jon Murdock, Inc.  
Kelly & Therese Adams, Coldwell Banker  
Real Estate Advisers  
KS State Bank  
Kaw Valley Green Houses  
Little Apple Toyota Honda  
Manhattan Duplicate Bridge Club  
Manhattan Medical Group  
Manhattan Mercury

Meadowlark Hills  
Orazem & Scalora Engineering, P.A.  
Pawnee Mental Health Services  
Peoples State Bank  
Professional Planning Services  
Sink, Gordon & Associates  
Stonecreek Family Physicians  
Stoneybrook Health & Rehabilitation  
Sunflower Bank  
Thermal Comfort Air  
The Trust Company, Inc.  
Varney and Associates  
Via Christi Village Manhattan  
Vision Source!  
Welcome Club Manhattan  
The Wilson Company  
Witt Eye Centers