



CHANGING SEASONS, CHANGING CENTER

As this newsletter goes to print, the Manhattan Senior Center will be finalizing a marketing video gifted to us by the Greater Manhattan Community Foundation. I'm so grateful to them and Middle Production for the opportunity to share with the public the goals and mission of the Senior Center. It is my hope that this video highlights the fun atmosphere, the friendly people, the fitness opportunities, and the services and information pertinent to the seniors in the Flint Hills. Our new website by Outdoor Resources will go live soon. I want to thank everyone who's been involved in this rebranding process, and I appreciate the patience of Senior Center members and others in the community who have been cheering us on.

Respectfully,
Liz Nelson, Director

ANNOUNCEMENTS

Taxes Continue

Tax Preparation continues at the Senior Center thanks to the AARP tax specialists! Call to make an appointment. Times available every weekday from 9 a.m. to 3 p.m.

Kitchen Restore Shed

Manhattan Senior Center is the new host of the Kitchen Restore Shed. It is located on the west side of the building near the Friendship Meal drive-through. Donate gently used or new household kitchen tools and equipment.

Visiting Artist: Deb Hanes-Nelson

Come and see art here in the center by local artists! Watercolor painting began as a way of seeking spiritual discipline that spoke to Deb's soul. Each painting has a title and subtitle based on a passage of scripture. She hopes you find spiritual insight and are uplifted as you study her watercolor paintings.

CONTACT

Sign Up Begins February 20th

Phone: (785)537-4040

E-mail:
rcseniorcenter@gmail.com
rcsscprograms@gmail.com

Website:
seniorsservicecenter.org

Facebook:
Riley County Seniors' Service Center

Friendship Meals Phone:
785-587-2462

COMMUNITY EVENTS

- St Patrick's Day Parade
3/18 @ 11 AM
Big Lakes Development Center will participate as part of their 50th anniversary of serving individuals with intellectual/developmental disabilities in Riley, Geary, Clay and Pottawatomie counties.
- St. Patrick's Day Run
3/18 @ 10 AM
Come join 1,500 other runners for the 45th anniversary of Manhattan's oldest running event! Feel free to walk or run distances of 10K or 2 miles.

HEALTH & WELLNESS

MON/WED/FRI

Advanced Strength Training—9:15 AM

Balance/Flexibility 10:15 AM

Strength Training 11 AM

TUE/THU

Move to Music 9 AM

Gentle Yoga 10 AM

Chair Yoga 11 AM

TUESDAYS ONLY

Fit to Fight PD 1 PM

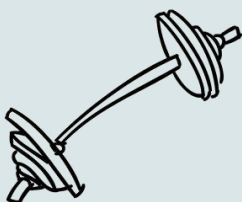
WEDNESDAYS ONLY

Line Dancing 1 PM

Hermes Footcare
Call (316) 260-4110
for available dates

SATURDAYS ONLY

Seated Tai Chi 9:30 AM



MARCH SPECIAL PROGRAMS AND EVENTS

Older Kansans Employment Program March 3 @ 1 PM
The North Central-Flint Hills Area Agency on Aging is hosting the Job Club every month! Job Club is put on as part of OKEP and aims to provide support and networking to those 55+ seeking employment. Come hear from Coordinator Shannon Strain about job hunting strategies while enjoying a nice cup of coffee. This is a great opportunity to meet with others and share experiences and tips.

Cyber Talk Friday March 10 @ 1 PM
Callie Hansen, local cyber-professional, returns to the Senior Center to talk about cyber-security and what you can do to protect yourself on electronic devices. As technology changes, so do the ways we have to be careful.

Ghost Stories Friday March 17 @ 1 PM
Have you started listening to podcasts yet? Bettina Boller is the host of the “Killer Hangover” podcast, where she and her daughter have a drink and discuss recent ghost stories and gruesome murders. Come meet the host and be ready to hear stories that they have collected through their podcast career.

Artist Profile Tuesday March 21 @ 1 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.

Food & Farm Wednesday March 22 @ 1 PM
Jordan Chen continues her instructions of easy air frying recipes. She will give a live cooking example of two different recipes, and samples will be available for everyone in attendance.

NBAF Friday March 24 @ 1 PM
Katie Pawlosky, Director of Communications at the National Bio and Agro-Defense Facility, will discuss the importance of NBAF. She will bring a virtual tour to put your mind at ease and explain the research that has been planned. Bring your questions for Katie as she can expand on the work being done at the facility.

Does the KKK Still Exist? Friday March 31 @ 1 PM
While we wish this organization had gone the way of the dinosaurs, they have managed to persist into the 21st century. Frequent contributor Jill Frese offers up information on hot spots of where the KKK still exists in Kansas. Come and learn about the rise and decline of one of America’s most racist organizations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>March 2023</h1> <p>Sign up for programs and activities begins February 20</p>		<p>1 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 11:00 Life Loss Support Group w/Nick French 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing</p>	<p>2 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga</p>	<p>3 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 OKEP with Shannon Strain</p>
<p>6 9:15 Adv. Strength Training 9:30 Tech Assistance 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: I Don't Feel at Home in This World Anymore</p>	<p>7 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 Weird Movie: Swiss Army Man</p>	<p>8 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing</p>	<p>9 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 "Look at this Weird Thing I Have"</p>	<p>10 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Cybertalk with Callie Hansen</p>
<p>13 9:15 Adv. Strength Training 9:30 Coffee w/ Caregivers & Mindful Memories 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: Ghislaine Maxwell: Filthy Rich</p>	<p>14 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 12:30 Center Singers 1:00 Fit to Fight PD</p>	<p>15 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing</p>	<p>16 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Lunch Bunch: McAlister's 1:00 BINGO w/ Home of the Flint Hills</p>	<p>17 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Ghost Stories with Bettina Boller</p>
<p>20 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 movie Matinee: We Have a Ghost</p>	<p>21 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD 1:00 Artist Profile w/ Kim Richards</p>	<p>22 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 & Farm</p>	<p>23 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Trivia w/ Accessible Home Health</p>	<p>24 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 NBAF with Katie Pawlosky</p>
<p>27 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 1:00 Art Studio 1:00 Movie Matinee: 14 Peaks: Nothing Is Impossible</p>	<p>28 9:00 Move to Music 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Fit to Fight PD</p>	<p>29 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing</p>	<p>30 9:00 Stitch Therapy 9:00 Move to Music+ 10:00 Gentle Yoga 11:00 Chair Yoga</p>	<p>31 9:15 Adv. Strength Training 10:15 Balance/Flexibility 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Does the KKK Still Exist? by Jill Frese</p>

March 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Friendship Meals \$4.00 if 60+; 7.00 if under 60 All meals include milk Menu is subject to change *Bad weather: Kitchen closed when schools closed or temp / wind chill is single digits *785-587-2462 ask for Keri		1 BBQ Chicken Sour Cream & Chive Mashed Potatoes Green Beans Rosy Pears Hot Roll	2 Pork Cutlet Hashbrown Casserole Glazed Carrots Applesauce Wheat Bread	3 Fish Roasted Red Potatoes Peas Peach Crisp Bread
6 Ham Yams Brussell Sprouts Mandarin Oranges & Pineapple Bread	7 Chicken Casserole Green Beans Cole Slaw Muffin Fruit Jello	8 Beef Stew Crackers Salad Cinnamon Apples Biscuit	9 Chicken Nuggets Mac & Cheese Glazed Carrots Pickled Beets Pudding Bread	10 Meatloaf Mashed Potatoes w/Gravy Steamed Broccoli Peaches Hot Roll
13 Spaghetti Salad Garlic Bread Baked Apples	14 Chicken n' Noodles Pickled Beets Pea Salad Peaches Wheat Bread	15 Roast Beef Mashed Potatoes w/Gravy Green Beans Rosy Pears Hot Roll	16 Sweet-n-Sour Chicken Rice w/ Veggies Salad Mandarin Oranges Wheat Bread	17 - St. Patty's Day Corn Beef Cabbage New Potatoes Green Applesauce Lime Poke Cake Bread
20 Chicken Pot Pie Mixed Veggies Mixed Fruit Oatmeal Cookie	21 Taco Salad w/ Chips Fiesta Corn Cinnamon Apples Frosted Spice Cake	22 Swiss Steak Baked Potato Green Beans Casserole Fresh Fruit Wheat Roll	23 Beef Tips n' Noodles Cucumber & Tomato Salad Pears Biscuit	24 Oven Fried Chicken Mashed Potatoes w/Gravy Green Beans Strawberry Shortcake & a roll
27 Chicken Enchilada Casserole Refried Beans Mexi Corn Mandarin Oranges Cookie	28 Smothered Roast Pork Steamed Cabbage Red Potatoes Cinnamon Applesauce Hot Roll	29 Chicken Fried Steak Mashed Potatoes w/Gravy Mixed Veggies Peaches Wheat Bread	30 Chili w/Crackers Coleslaw Baked Apples Cinnamon Roll	31 Hamburger Potato Wedges Baked Beans Lime Pears Brownie

MARCH SPECIAL PROGRAMS AND EVENTS

Life Loss Support Group Wed. March 1 @ 11 AM
Nick French is a support group leader, and is trained to help individuals, couples and families work through problems, crises or issues that are holding them back from wellness and life in the fullest. Come and talk with others about life after losing a loved one. Call or e-mail to sign up.

“Look at this Weird Thing I Have” March 9 @ 1 PM
As we live our lives, we collect strange and interesting things, each with their own stories. Come and share those stories in this informal round table discussion led by our own Dane Schmidt, who has no end of weird things to share with the world.

Tech Assistance Monday March 6 @ 9:30 - 11:00 AM
Wandean Rivers of the Manhattan Public Library is here to help with all your electronic communication devices. Appointment required due to limited availability.

Center Singers Tuesday March 14 @ 12:30 AM
Join the Center Singers as they perform a variety of seasonal pieces. All voices welcome. Piano player and song books included free of charge!

Coffee With Caregivers & Mindful Memories
Monday March 13 @ 9:30 AM
Coffee With Caregivers is a support group for caregivers of those with Alzheimer’s and other dementias. Hosted by the Heart of America Chapter of the Alzheimer’s Association to give caregivers a moment of rest. If you know a caregiver who can benefit from on-going support please tell them about this opportunity.

Mindful Memories is a session for individuals experiencing memory and cognitive challenges to reminisce, share stories, and participate in a variety of activities to encourage engagement and socialization. This monthly session takes place at the same time as Coffee with Caregivers to allow both the individual with dementia and the care giver to experience support in a safe environment.

Lunch Bunch: McAlister’s Thur. March 16 @ 11:30 AM
Join us at McAlister’s Deli for sandwiches, salads, or giant spuds (baked potatoes). And don’t forget about their sweet tea, available by the glass or the gallon! Sandwiches start at \$7.50

ARTS & ENTERTAINMENT

ALL EVENTS AT 1 PM

MONDAY MATINEE

3/6—I Don’t Feel At Home in This World Anymore (2017)

3/13—Ghislaine Maxwell: Filthy Rich? (2022)

3/20—We Have a Ghost (2023)

3/27—14 Peaks: Nothing is Impossible (2021)

WEIRD MOVIE

3/7—Swiss Army Man (2016)

GAMES

3/16—BINGO w/ Home of the Flint Hills

3/23—Trivia w/ Accessible Home Health

ART

Mondays—Art Studio

Thursdays*—
Stitch Therapy
*9 AM



SCROSS

“I don’t care if she is a tape dispenser. I love her.”

MANHATTAN SENIOR CENTER
301 N. 4TH ST
MANHATTAN, KANSAS 66502

MARCH 2023

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
PERMIT 412
MANHATTAN, KS 66502

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

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