

THE CENTER NEWS

Nov

COVID REMINDER

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

2022

Medicare Part D Prescription Drug Counseling is underway at the Senior Center. Our counselors will help you find the best drug plans for your medications. Appointments available Tues-Wed-Thurs from 9:00 a.m. to 3:00 p.m.

You can also visit the center November 7-11 for our annual Veteran's Day Display! Come and support our veterans by coming to see pieces of our country's history.



ANNOUNCEMENTS

Thanksgiving Dinner Friday November 18 @ 12 PM

Join us for a Thanksgiving Dinner of turkey, mashed potatoes, green beans, and more at the center. Seating is limited to 100. Be sure to call 785-537-4040 to reserve your seat! If you are dining with a group, be sure to arrive early to be seated together.

TOUR: Beach Museum Thursday November 3 @ 10:00 AM

Education Specialist Kim Richards will lead a tour of the Marianna Kistler Beach Museum of Art. It's current exhibits feature ancient Indian art, feminist artists of the 60s and 70s, and art featuring Kansas' prairie. Parking on the west side of the museum is free.

Life Loss Support Group Thursday November 3 @ 1:00 PM by Nick French

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.

BINGO: Thursday November 17 @ 1:00 PM

Sponsored by the Home of the Flint Hills.

Garage Sales Listings available every Friday

Everyone loves finding sales, but sometimes its difficult to know where they're going to be. Come and pick up your copy to find all the best deals!

Sign Up Begins: October 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

NOVEMBER SPECIAL PROGRAMS AND EVENTS

Sign up required- *Sign-up starts October 20*

Dane's Weird Movies: The Platform Tuesday November 1 @ 1:00 PM

Do you like movies? Do you like *weird* movies? The kind of movies where when the lights turn on you look at each other and ask "What was that about?" Then Dane's Weird Movies is for you. The Platform is a movie where a slab of food descends floor by floor in a prison.

Healthy Moments Friday November 4 @ 1:00 PM with Kathy Crawford

Join Kathy and other like-minded seniors as they talk about diet, exercise, and getting in the right mindset to stay active. Healthy Moments is a recurring event to help keep everyone accountable, and progressing on their health journey!

Lunch Bunch: Olive Garden Thursday November 10 @ 11:30 AM

Join us at Olive Garden for breadsticks, pasta, or lasagna. Lunch specials start at \$13.

The 6888th Battalion Friday November 11 @ 1:00 PM by Commander Philpot

Our Veteran's Day presentation is about the 6888th Central Postal Directory Battalion, a unique U.S. Army unit that had the distinction of being the only all-African American, all-female unit sent overseas during World War II. The women kept mail flowing to nearly seven million soldiers in the European Theater.

Coffee With Caregivers Monday November 14 @ 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.

Book Club: Cold War Kansas Friday November 18 @ 1:00 PM

Kansas played an outsized role in the Cold War, when civilization's survival hung in the balance. Landry Brewer's book tells the fascinating story of highest-level national strategy and how everyday Kansans lived with threats to their way of life. Books are available at the center, and the book club will feature political science experts to speak on the cold war to lead discussion.

Seniors Go to the Movies Tuesday November 22 @ 1:00 PM (\$5)

We will be meeting at 1:00 PM at the AMC Theater lobby to get the best deals on movies and popcorn. Movie to be decided depending on availability.

Taste Test: Tuesday November 29 @ 1:00 PM

Can you tell the difference between name brand groceries versus off brand? Come and prove yourself with a blind tasting of similarly presented foods.

November 2022 Menu

MON	TUES	WED	THURS	FRI
	1 Chicken Strips Mash Potatoes & Gravy 3-Bean Salad	2 Chicken Fried Steak Mash Potatoes & Gravy Cucumber Salad	3 Ham & Beans Cornbread	4 Lasagna Salad Garlic Sticks
	7 Baked Chicken Rice Brussel Sprouts	8 Cheese Burger w/ Lettuce & Tomato Tater Tots Pork & Beans	9 Vegetable Beef Soup Salad	10 Tater Tots Casserole Beets
14 Ham Scalloped Potatoes Peas & Carrots	15 Chicken Strips Potato Salad Baked Beans	16 Chili Cinnamon Rolls Crackers	17 Beef Tips & Noodles Salad	18 (Signup Required) Turkey Stuffing Mash Potatoes & Gravy Green Beans Pie Dinner Roll
21 Fish Mac & Cheese Peas	22 Soft Taco w/ Lettuce, Tomato, & Cheese Refried Beans Chips	23 Salisbury Steak Baked Potato Carrots	24 25 CLOSED FOR THANKSGIVING	
28 Chicken Fried Steak Mash Potatoes & Gravy Broccoli Salad	29 Spaghetti Salad Garlic Sticks	30 BBQ Pork Sandwich Potato Salad Baked Beans	Menus subject to change. \$4.00 60+ \$7 under 60 Served at 12pm All meals include milk, bread and fruit/dessert (Menu subject to change) For more information, please call Keri at 785-587-2462.	

NOVEMBER PROGRAMMING

* **Sign up required**- Sign-up starts October 20

Art Studio Mondays November 7, 14, 28 @ 1:00 PM with Cheri Graham
Come and explore your artistic side with watercolors and acrylics. For beginners and experts alike!

Artist Profile*: Tuesday November 15 @ 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 November 15 @ 12:30 PM
All voices welcome. Piano player and song books included free of charge!

Food & Farm: Cooking w/ Herbs Wednesday November 30 @ 1:00 PM
Learn how to cook delicious and healthy food with a variety of herbs.

Line Dancing: Wednesdays @ 1:00 PM Instructor: Gayle Mullen
Lively music of all kinds provides the beat for this line dancing class. Beginners and experienced dancers welcome. Bring a friend and join us on the dance floor!

Movie Matinee*: Mondays November 7, 14, 28 @ 1:00 PM

11/7	"RRR"	Not Rated	Action/Drama
11/14	"1917"	Rated R	War/Drama
10/28	"On Body and Soul"	Not Rated	Drama/Romance

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 on Facebook.

Tech Asst*: Monday November 7 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
Permit 412
Manhattan, KS 66502

November 2022
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!

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
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BHS Construction, Inc.
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Candlewood Health Mart Pharmacy
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