

# THE CENTER NEWS

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Nov./Dec.

2021

The Flint Hills Veterans Coalition display honoring all branches of the service will be at the Center Nov 8 - 12.

The Center offers Medicare Part D Prescription Drug Counseling through December 7. Call 537-4040 for appt.

Appointment times are Tuesdays & Thursdays 9 a.m. - 3:00 p.m.



**Annual Board Meeting & Thanksgiving Dinner:** Friday Nov. 19 @ 11:45 AM  
The Center membership will be electing the 2022 Board officers and directors. The Thanksgiving Dinner will follow immediately after. Please purchase tickets in advance. 50 tickets are available. On sale Monday Nov. 1. \$8 each at Center reception desk. Cash or check only.

**Holiday Dinner:** Friday December 10 @ 12 noon  
Join us for our Holiday Dinner. Tickets go on sale Wednesday December 1 for 50 lucky folks. Please purchase tickets in advance at the Center reception desk. \$7/ticket. Cash or check only.

**Osher Course: Thanksgiving as a Celebration of Western Hemisphere, Indigenous Foods** by Thomas Fox Averill Nov. 15, 22, 29/1:30-3:30 p.m.  
From the 1492 "discovery" of the Americas to the first legendary Thanksgiving we have celebrated with American foods. Enjoy the history and tastings of the new world! \$50/3-part course. 913-897-8530 to register or visit osher.ku.edu

**Blue Moon Purse Sale:** Donate now! Shop all November long!

**Friendly Reminder!** COVID-19 vaccinations are **required** to participate in Center activities. If you are coming to the Center for the first time, we will want to see your vaccination card. Be prepared to use a mask, based on CDC recommendations. We want the Center to be a safe place for you to eat, play, and exercise. Questions? Call us at 537-4040. As always, we are here for you.

**Nov. Sign Up Begins:** Mon. Oct. 25th **Dec. Sign Up Begins:** Mon. Nov. 22th  
**Email Us:** rcseniorcenter@gmail.com **Website:** www.seniorsservicecenter.org  
**Facebook:** Riley County Seniors' Service Center

## NOVEMBER SPECIAL PROGRAMS AND EVENTS

**Sign up required-** *Sign up starts October 25*

**TOUR: Bellus Academy Campus:** Friday November 5 @ 1:00 PM

Bellus Academy is one of the most awarded beauty and wellness institutions in the country. Tour this gem in the heart of MHK! Meet at Bellus Academy in the Westloop Shopping District at 12:45 p.m. Tour starts at 1:00 p.m.

**Coffee with Caregivers:** Monday Nov. 8 @ 9:30AM by Alzheimer's Assoc.

The Heart of America Chapter of the Alzheimer's Association invites you to a discussion about caregiving for 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.

**Townie Tuesday:** Tuesday November 9 @ 1:00 pm by Friends of the PMA

Topic- Peace Memorial Auditorium. The renovated auditorium honors the 101 Riley County World War I & II veterans who paid the ultimate sacrifice, and serves the community's many needs, including the arts, athletics, and civic events. Share your memories of Peace Memorial Auditorium like Teen Town, band programs and more at this event!

**Veterans Day Speaker:** Thursday November 11 @ 1:00p.m. by Diana Chapel

Lieutenant Col. Ret. Diana Chapel will share her military experience with us on Veterans Day. Please join us.

**The 6888th:** Friday November 12 @ 1:00PM by Navy Commander Carlton Philpot

The 6888th Central Postal Directory Battalion was a unique U.S. Army unit having 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 7M soldiers in the European Theater of Operations. Commander Philpot was instrumental in bringing a 6888th memorial to Ft. Leavenworth.

**Mini-Manicures:** Tuesday November 16 from 12:30 - 2:00PM

Bellus Academy students will be on hand to give you a beautiful manicure for the holidays. Get your nails filed and painted. Call 537-4040 for your appointment. Space is limited.

**History of Manhattan Fire Department:** Friday November 19 @ 1:00PM

by Chuck Tannehill- The Manhattan, Kansas Fire Department is a career fire department serving the city since 1892. The MFD provides a wide range of services to Manhattan residents. Chuck will tell us the fascinating history of our local Fire Department.

## NOVEMBER PROGRAMMING

**Sign up required-** Sign up starts October 25

**Artist Profile:** Tuesday November 23 @ 1:00PM by Kim Richards  
Topic: "Grandma" Moses (1860 -1961), self-taught American folk artist.

**Art Studio:** Monday November 1, 8, 15 @ 1:00PM by Cheri Graham \$3/class  
Group instruction in watercolor and acrylic techniques.

**Exercise/Yoga:** See Program Calendar. Must be fully vaccinated to attend.  
FOR LIVE ON-LINE CLASSES GO TO: [seniorsservicecenter.org](http://seniorsservicecenter.org) . Click on "Live Exercises". Please enjoy the large library of previous classes in the videos section of our Facebook page or YouTube channel!

**Food and Farm:** Wednesday November 17 @ 1:00 PM by Jordan Chen  
Attend a cooking demonstration of Thanksgiving side dishes.

**Line Dancing:** Wednesdays at 1:00PM Instructor: Gayle Mullen. Let's boogie!

**Lunch Bunch** Thursday November 18 Bourbon & Baker @ 11:30AM  
The inspiration behind Bourbon & Baker is rooted in Midwestern and Southern influences. So, sit back and relax, they're here to make sure you enjoy. Small plates starting at \$8. Meet at the restaurant: 312 Poyntz Ave. Parking in back.

**Movie Matinee:** Mondays November 1 & 8 @ 1:00PM  
11/1 "Ride Like a Girl" Rated PG Feel-good, rousing inspiring, true story  
11/8 "Fatherhood" Rated PG-13 Heartfelt, emotional, based on a book

**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!

**Tech Asst:** Monday November 1 from 9:30 - 11:00AM by Wandean Rivers  
Help with all your electronic communication devices. Call for an appointment.

Thank you for signing up for events in advance! This practice allows staff to choose which rooms to have programs in and presenters to be fully prepared when bringing informational handouts.

## DECEMBER SPECIAL PROGRAMS AND EVENTS

**Sign up required-** *Sign up starts November 22*

### **LUNCH BUNCH and TOUR: Rockin' K's + Bill Snyder Family Stadium**

**Lunch Bunch:** Friday December 3 Rockin' K's @ 11:30AM

Located across from "The Bill", Rockin' K's always has a game day atmosphere! Lunch prices start at \$11. Meet at Rockin K's- 1880 Kimball Ave. Park on site.

**TOUR:** Friday December 3 @ 1:00 PM

Enjoy a guided tour of the West Stadium Center and the brand new Shamrock Zone! Meet outside by the Bill Snyder statue, gate B, by 12:50 pm.

**Great American Baking Show** by Sally Newton @ 1:00PM

Sally Newton, local scientist at KSU, competed in the 2019 GABS on network TV. She tested her bakes on grateful Senior Center members. Hear about her journey to baking stardom! Held immediately following the Christmas lunch.

**Coffee with Caregivers** Monday Dec. 13 @ 9:30AM by Rita Zeller

The Heart of America Chapter of the Alzheimer's Association invites you to a discussion about caregiving for 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.

**Townie Tuesday** Tuesday December 14 @ 1:00 PM

The Riley County Historical Museum has "home movies" for us to watch documenting special events of Manhattan from past decades. Come take a walk down memory lane!

**Barbershop Quartet Music** Friday Dec. 17 @ 1:00PM by the Charades

This fabulous quartet, part of the Little Apple Barbershop Chorus, is on hand to get us into the Christmas spirit with the holiday songs we all know and love. Come for lunch and stay for the music!

### **Announcement:**

RCSSC is pleased to introduce a new exercise instructor, Becky Behling, and Awareness Through Movement. Gentle enough for any fitness level, it offers greater freedom and mobility while keeping your brain active. Try a 25 min. introductory class, plus 25 min. of low impact aerobic dance (with a break in between!) on Wednesday December 1 @ 9:15AM and Thursday December 2 @ 9:00AM. Her regular schedule will be added to existing classes January 2022.

## DECEMBER PROGRAMMING

**Sign up required-** *Sign up starts November 22*

**ARTful Making:** Tuesday December 21 @ 1:00PM by Kim Richards  
Topic: Melodious Portraits- Take simple melodies of a song and turn it into a colorful portrait. No experience necessary! All materials are provided.

**Art Studio:** Monday December 6 & 13 @ 1:00PM by Cheri Graham \$3/class  
Group instruction in watercolor and acrylic techniques.

**Exercise/Yoga:** See Program Calendar. Must be fully vaccinated to attend.  
FOR LIVE ON-LINE CLASSES GO TO: [seniorsservicecenter.org](http://seniorsservicecenter.org) . Click on "Live Exercises". Please enjoy the large library of previous classes in the videos section of our Facebook page or YouTube channel!

**Food and Farm:** Wednesday December 15 @ 1:00 PM by Anna Biggins  
Air Fryer Recipes and sweet treat cooking demonstrations.

**Line Dancing:** Wednesdays at 1:00PM Instructor: Gayle Mullen. Let's boogie!

**Movie Matinee:** Mondays December 6, 13 & 20 @ 1:00PM  
12/6 "Flipped" Rated PG-13 Feel-good comedy  
12/13 "Holiday in the Wild" Rated PG-13 Inspiring, Emotional, Romance  
12/20 "Blue Miracle" TV-PG Heartfelt, Inspiring, Children & Family Movie

**Seated Tai Chi:** Every Tuesday @ 9:00AM Limit 8  
Seated Tai Chi provides a calming atmosphere to stretch & improve balance.

**Stitch Therapy:** Every Thursday @ 9:00AM Bring a project! Bring a friend!

**Tech Asst:** Monday December 6 from 9:30 - 11:00AM by Wandean Rivers  
Help with all your electronic communication devices. Call for an appointment.

Thank you for signing up for events in advance! This practice allows staff to choose which rooms to have programs in and presenters to be fully prepared when bringing informational handouts.

**The Center is closed on the following dates:**

**CLOSED-** December 23 & 24

December 27 thru 31

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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**

**NOVEMBER/DECEMBER 2021**

### **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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:15 Adv. Strength Training 9:30 Tech Assistance 10:15 Strength Training 11:00 Strength Training 1:00 Art Studio 1:00 Monday Movie: "Ride Like a Girl" PG</p>	<p>2 <b><u>MED. PART D</u></b> <b>ELECTION DAY</b> <b>NO YOGA OR SEATED TAI CHI CLASSES TODAY</b> 1:00 Pitch 1:00 Dominoes</p>	<p>3 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot 1:00 Line Dancing</p>	<p>4 <b><u>MED. PART D</u></b> 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Blood Pressure Check 1:00 Bunco</p>	<p>5 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 TOUR: Bellus Academy Campus</p>
<p>8 9:15 Adv. Strength Training 9:30 Coffee w/ Caregivers 10:15 Strength Training 11:00 Strength Training 1:00 Art Studio 1:00 Monday Movie: "Fatherhood" PG-13</p>	<p>9 <b><u>MED. PART D</u></b> 9:00 Seated Tai Chi 9:30 Council on Aging 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch/ Dominoes 1:00 Townie Tuesday: Peace Memorial Aud.</p>	<p>10 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot 1:00 Line Dancing</p>	<p>11 <b><u>MED. PART D</u></b> 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bunco 1:00 Diana Chapel Guest Speaker <b>VETERANS DAY</b></p>	<p>12 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 <b>The 688th</b> by Cmd. Carlton Philpot</p>
<p>15 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 1:00 Art Studio 1:30 Osher: Am. Foods</p>	<p>16 <b><u>MED. PART D</u></b> 9:00 Seated Tai Chi 10:00 Gentle Yoga 11:00 Chair Yoga 12:30—2:00 Bellus Mini-Manicures 1:00 Pitch/Dominoes</p>	<p>17 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot 1:00 Line Dancing 1:00 Food and Farm Cooking Demo</p>	<p>18 <b><u>MED. PART D</u></b> 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Lunch Bunch: Bourbon &amp; Baker 1:00 Bunco</p>	<p>19 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 11:45 Annual Meeting 12:00 T-giving Dinner 12:30 Bridge/ 1:00 Poker 1:00 History of MFD</p>
<p>22 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 1:30 Osher: Am. Foods</p>	<p>23 <b><u>MED. PART D</u></b> 9:00 Seated Tai Chi 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 Dominoes 1:00 Artist Profile</p>	<p>24 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot 1:00 Line Dancing</p>	<p>25 <b>CLOSED</b></p> <p>26 <b>CLOSED</b></p> 	
<p>29 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 1:30 Osher: Am. Foods</p>	<p>30 <b><u>MED. PART D</u></b> 9:00 Seated Tai Chi 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch / Dominoes</p>	<p style="text-align: center;"><b>NOVEMBER 2021</b> sign up for programs/activities begins October 20th</p>		

# November 2021 Menu

MON	TUES	WED	THURS	FRI
1 Swiss Steak Baked Potato Brussel Sprouts Fruit	2 Ch. Tenders Mac & Cheese Cucumber Salad Fruit	3 Spaghetti Salad Garlic Bread Fruit	4 Chili Dog French Fries Beets Fruit	5 Pork Roast Mashed Potatoes/Gravy Green Beans Fruit
8 Ham Yams Spinach Fruit	9 Ribettes Sweet Potato Fries Peas Fruit	10 Ch Fried Steak Mashed Potatoes/Gravy Brussel Sprouts Fruit	11 Taco Burger Spanish Rice Fruit	12 Beef Tips Noodles Broccoli Salad Fruit
15 Fish Mac-N-Cheese Baked Beans Fruit	16 Chef Salad Crackers Fruit	17 Beef Enchilada Black Bean Salad Fruit	18 Chili Cinnamon Roll Fruit	19 <u>Thanksgiving Dinner</u> Turkey Mashed Potatoes/Gravy Green Beans Stuffing/Roll Dessert
22 Smothered Steak Mashed Potatoes/Gravy Corn Fruit	23 Baked Chicken Baked Potato Green Beans Fruit	24 Fish French Fries Beets Fruit	25 <b>CLOSED</b>	26 <b>CLOSED</b>
29 Chicken Fried Steak Mash/Gravy Green Beans Fruit	30 Taco Salad Refried Beans Fruit	<b>Menus subject to change.</b> Over age 60: \$3.50 Under age 60: \$5.25 Served at 12pm For more information, please call 785-587-2462.		



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>DECEMBER</h1> <h1>2021</h1> <p>sign up for programs/activities begins Oct 25th</p>		<p>1</p> <p>9:15 Intro to Becky B. 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot 1:00 Line Dancing</p>	<p>2 <b><u>MED. PART D</u></b></p> <p>9:00 Intro to Becky B. 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Blood Pressure Check 1:00 Bunco</p>	<p>3</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 11:30 LUNCH: Rockin' K's 12:30 Bridge 1:00 Poker 1:00 TOUR: Stadium</p>
<p>6</p> <p>9:15 Adv. Strength Training 9:30 Tech Assistance 10:15 Strength Training 11:00 Strength Training 1:00 Art Studio 1:00 Movie: "Flipped" PG</p>	<p>7 <b><u>MED. PART D</u></b></p> <p>9:00 Seated Tai Chi 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 Dominoes</p>	<p>8</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot 1:00 Line Dancing</p>	<p>9</p> <p>9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bunco</p>	<p>10 <b><u>Holiday Meal</u></b></p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:00 Holiday Dinner 12:30 Bridge/1:00 Poker 1:00 GABS with <b>Sally Newton</b></p>
<p>13</p> <p>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 "Holiday in the Wild" PG</p>	<p>14</p> <p>9:00 Seated Tai Chi 9:30 Council on Aging 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch/Dominoes 1:00 Townie Tuesday: Home Movies</p>	<p>15</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot 1:00 Line Dancing 1:00 Food and Farm Cooking Demo</p>	<p>16</p> <p>9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bunco</p>	<p>17</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Poker 1:00 Charades Barbershop Quartet</p>
<p>20</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 1:00 Movie Matinee: "Blue Miracle" TV-PG</p>	<p>21</p> <p>9:00 Seated Tai Chi 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 Dominoes 1: ARTful Making: Melodious Portraits</p>	<p>22</p> <p style="text-align: center;"><b>NO EXERCISE CLASSES TODAY</b></p> <p>12:30 Bridge 1:00 Hand &amp; Foot 1:00 Line Dancing</p>	<p>23 <b>CLOSED</b>      24 <b>CLOSED</b></p>  <p><b>HAPPY HOLIDAYS</b></p>	
<p>27 <b>CLOSED</b></p>	<p>28 <b>CLOSED</b></p>	<p>29 <b>CLOSED</b></p>	<p>30 <b>CLOSED</b>      31 <b>CLOSED</b></p> 	

# December 2021 Menu

MON	TUES	WED	THUR	FRI
<b>Menus subject to change</b> +60 yrs. \$3.50 / under 60 yrs. \$5.25 Served at 12p.m. <b>Information line: 785-587-2462</b>		1 Fish Mac-N-Cheese Beets Fruit	2 Ch. & Noodles Mashed Potatoes Cucumber Salad Fruit	3 Tater tot Casserole Salad Fruit
6 Baked Chicken Mashed Pot./Gravy Spinach Fruit	7 BBQ Pork Sand. Mac & Cheese Beets Fruit	8 Beef Stew Salad Biscuit Fruit	9 Hamburger on a Bun Macaroni Salad Fruit	10 <b><u>HOLIDAY MEAL</u></b> Roast Beef Mashed Pot./Gravy Green Beans/ Fruit Roll/ Dessert
13 Swiss Steak Baked Potato Medley Veg. Fruit	14 Bierocks Salad Fruit	15 Ch. Enchilada Black Bean Salad Fruit	16 Chili Cinnamon Roll Fruit	17 Ham Yams Cooked Cabbage Fruit
20 Smothered Steak Baked Potatoes Peas & Carrots Fruit	21 Ribettes French Fries Cole Slaw Fruit	22 Spaghetti Salad Garlic Bread Fruit	23 <b>CLOSED</b>	24 <b>CLOSED</b>
27 <u>Home Delivered</u> Chicken Fried Steak Mashed Pot./Gravy Green Beans Fruit	28 <u>Home Delivered</u> Polish Sausage Sauerkraut Tater Tots Fruit	29 <u>Home Delivered</u> Baked Chicken Mash Pot./Gravy Winter Blend Fruit	30 <b>CLOSED</b> 31 <b>CLOSED</b>  Meals for December 27, 28 & 29 are <b>Home Delivered Meals Only.</b>  No meals will be served at the Center on these dates.	