

THE CENTER NEWS

October

2021

The Center offers Medicare Part D Prescription Drug Counseling October 19-December 7. Call 537-4040 starting Friday October 1st for appointments . Appointment times are Tuesdays & Thursdays on the hour and half-hour, 9 a.m. - 3:00 p.m.



This month we are presenting a three part series called **Should I Stay or Should I Go?** Most of us want to continue living where we are. For others, outside forces such as our health, our home, our children, say it's time to go. Join us for these Friday events designed to help you think about your options in the Manhattan community. There will be a panel discussion by regular folks who have already faced this decision, an opportunity to meet experts like contractors, auctioneers and home health agencies, and virtual tours of apartment complexes and continuing care community living options. Please join us Friday October 8, 15 & 22.

Osher Course: The Tallgrass Prairie Origins, Inhabitants and Remnants

by Thomas Luellen Wednesdays, Oct. 6, 13 & 20/1:30-3:30 p.m. @ RCSSC
The North American Tallgrass Prairie is one of the most unique ecosystems in the world. Less than four percent of the original prairie still exists and most of that is in eastern Kansas. We will explore geologic and climatic factors, discuss key inhabitants, from bison to butterflies to meadowlarks and even discuss the first humans and indigenous tribes!

\$50/course Call 913-897-8530 to register for the course or visit osher.ku.edu

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. If you have any questions or program ideas please call us at 537-4040. As always, we are here for you.

Sign Up Begins: Monday September 20th

Email Us: rcseniorcenter@gmail.com

Facebook: Riley County Seniors' Service Center

Website: www.seniorservicecenter.org

SPECIAL PROGRAMS AND EVENTS

Sign up required- *Sign up starts September 20*

TOUR: Midwest Dream Car Collection Friday October 1 @ 1:00 PM
Tour the Midwest Dream Car Collection. With over 100 years of automotive history this collection has something for everyone. \$5 admission fee.
Meet on-site: 3007 Anderson Avenue.

CANDIDATE FORUM: The Center will host two forums:

Board of Education Tuesday October 5 @ 1:00PM

City Commission Tuesday October 12 @ 1:00PM

SHOULD I STAY OR SHOULD I GO?

Discussion Panel Friday October 8 @ 1:00PM

Hear from folks who have chosen to downsize and relocate, and those who have decided to stay and renovate. Ask questions and get ideas.

Talk to the Experts: Services and Vendor Fair Friday October 15 @ 1:00-2:30PM
Contractors, moving specialists, home health agencies and more will be available to help inform your decisions.

Tour Living Options: Virtual Tour Fair Friday October 22 @ 1:00-2:30pm
Virtual tours available for the following places: Georgetown Apartments, Birchwood Villas, National Church Residences, Homestead, Stoneybrook, Via Christi Village & Meadowlark Hills.

Coffee with Caregivers Monday Oct. 11 @ 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.

Lunch Bunch Thursday October 21 Tallgrass Taphouse @ 11:30AM
Enjoy a mini-Oktoberfest at this local brew-pub. Lunch prices start at \$11
Meet at the Taphouse- 320 Poyntz. Parking in back.

Food and Farm: Wednesday October 27 @ 1:00 PM
Learn more about the F&F council goals by watching their informational video.

Emergency Preparedness: Friday October 29 @1:00PM by the Red Cross
This program will help you be prepared for any emergency.

OCTOBER PROGRAMMING

Sign up required- Sign up starts September 20

ARTful Making: Tuesday October 19 @ 1:00PM by Kim Richards
Topic: Spooky Silhouettes: An 18th Century Art. All materials supplied.

Art Studio: Monday October 4 @ 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 . Click on "Live Exercises". Please enjoy the large library of previous classes in the videos section of our Facebook page or YouTube channel!

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

Movie Matinee: Mondays Octoberber 11, 18 & 25 @ 1:00PM

10/11 "Poms" Rated PG-13 Feel-good comedy

10/18 "Same Kind of Different as Me" Rated P-13 Inspiring, Emotional

10/25 "Crip Camp: A Disability Revolution" TV-MA Documentary

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 October 4 from 9:30 - 11:00AM by Wandean Rivers
Help with all your electronic communication devices. Call for an appointment.

Townie Tuesday: Candidate Forums will replace Townie Tuesday this month
Board of Education Tuesday October 5 @ 1:00PM
City Commission Tuesday October 12 @ 1:00PM

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.

Coming November 5 @ 1:00PM- TOUR: Bellus Academy Campus

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

Non-Profit Organization
U.S. Postage PAID
Permit 412
Manhattan, KS 66502

OCTOBER 2021
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
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

OCTOBER 2021

sign up for programs/activities
begins Sept 20th



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				<p>1 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 TOUR: Midwest Dream Car Collection</p>
<p>4 9:15 Adv. Strength Training 9:30 Tech Assistance 10:15 Strength Training 11:00 Strength Training 1:00 Duplicate Bridge 1:00 Art Studio</p>	<p>5 9:00 Seated Tai Chi 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 Dominoes 1:00 Candidate Forum: Board of Ed.</p>	<p>6 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing 1:30 Osher: Prairie</p>	<p>7 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Blood Pressure Check 1:00 Pinochle 1:00 Bunco</p>	<p>8 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Stay or Go: Discussion Panel</p>
<p>11 9:15 Adv. Strength Training 9:30 Coffee w/Caregivers 10:15 Strength Training 11:00 Strength Training 1:00 Duplicate Bridge 1:00 Movie Matinee “Poms” PG-13</p>	<p>12 9:00 Seated Tai Chi 9:30 Council on Aging 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch/Dominoes 1:00 Candidate Forum: City Comm.</p>	<p>13 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 11:30 Lunch@Nico's 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing 1:30 Osher: Prairie</p>	<p>14 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pinochle 1:00 Bunco</p>	<p>15 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00—2:30 Stay or Go: Meet the Experts</p>
<p>18 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 1:00 Duplicate Bridge 1:00 Movie Matinee “Same Kind of Different as Me” PG-13</p>	<p>19 <u>MED. PART D</u> 9:00 Seated Tai Chi 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 Dominoes 1:00 ARTful Making: Spooky Silhouettes</p>	<p>20 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Food & Farm 1:00 Hand & Foot 1:00 Line Dancing 1:30 Osher: Prairie</p>	<p>21 <u>MED. PART D</u> 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Lunch Bunch—Tallgrass Taphouse 1:00 Pinochle 1:00 Bunco</p>	<p>22 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00—2:30 Stay or Go: Virtual Tour</p>
<p>25 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 1:00 Duplicate Bridge 1:00 Movie Matinee “Crip Camp PG-13</p>	<p>26 <u>MED. PART D</u> 9:00 Seated Tai Chi 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 Tech Talk by Wandean Rivers 1:00 Dominoes</p>	<p>27 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot 1:00 Line Dancing</p>	<p>28 <u>MED. PART D</u> 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pinochle 1:00 Bunco</p>	<p>29 9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Red Cross Emergency Preparedness</p>

October 2021 Menu

Mon	Tue	Wed	Thu	Fri
4 Baked Chicken Mashed Potatoes/Gravy Green Beans Fruit	5 Fish Mac-N-Cheese Cole Slaw Fruit	6 Smothered Pork Chops Stuffing Carrots Fruit	7 Chili Dogs w/ Cheese French Fries Bean Salad Fruit	8 Meatloaf Baked Potato Salad Fruit
11 Chicken Fried Steak Mashed Potatoes/Gravy Brussel Sprouts Fruit	12 Chicken Strips Mashed Potatoes/Gravy Broccoli Salad Fruit	13 Pork Roast Mashed Potatoes/Gravy Cucumber Salad Fruit	14 Chicken and Noodles over Mashed Potatoes Sliced Tomatoes Fruit	15 Beef Tips Noodles Cole Slaw Fruit
18 Smothered Steak Baked Potato Peas/Carrots Fruit	19 Spaghetti Salad Garlic Bread Fruit	20 Beef Stew Cucumber Salad Biscuit Fruit	21 Ribettes Tater Tots Cottage Cheese Fruit	22 Sweet & Sour Pork Rice Cole Slaw Fruit
25 Ham Scalloped Potatoes Winter Blend Vegetables Fruit	26 Chicken Pasta Salad Beets Fruit	27 Chicken Fried Steak Mashed Potatoes/Gravy Green Beans Fruit	28 Chef Salad Crackers Fruit	29 Halloween Surprise-Cook's Choice

Over age 60: \$3.50 Under age 60: \$5.25 Served at 12pm

Milk, bread/fruit/dessert at all meals

Menus subject to change.

For more information, please call 785-587-2462.