



**Sign up for September programs begins
Monday, Aug. 26**

**Email us about programs/activities at:
rcseniors@sbcglobal.net**

**Find us on Facebook at
Riley County Seniors' Service Center**

**Check our website
www:seniorsservicecenter.org**

September, 2019

The Center News

TOUR THE FLINT HILLS DISCOVERY CENTER Wednesday Sept. 4 1 p.m.

Opened in April 2012, this 35,000 square foot facility immerses visitors within the wonder and beauty of the Flint Hills. Enjoy exploring over 10,000 square feet of interactive exhibits and exciting temporary exhibitions, as well as an one-of-a-kind theater experience and prairie-inspired outdoor plazas. This is the last week to enjoy the temporary Leonardo daVinci exhibit. Da Vinci was a dreamer and inventor. His love for math, science and art are highlighted through this interactive exhibition. Catapults, parachutes, and a hang glider are just some of the inventions used to explore the art of science. Meet there. Tickets \$7.66

SEPTEMBER IS NATIONAL SEWING MONTH!

The 1 Hour Dress Wednesday, September 11 1p.m. Sign up by Monday Sept. 9

Meet Mary Schmidt, Master Storyteller and Historical Re-Enactor, as she demonstrates making the 1920's 1 Hour Dress. The pattern for this dress was designed by Mary Brooks Picken of Arcadia, Kansas. Mary Brooks Picken (August 6, 1886 – March 8, 1981) was an American author of 96 books on needlework, sewing, and textile arts. Her Fashion Dictionary, published by Funk and Wagnalls in 1957, is the first dictionary in the English language to be published by a woman.

The Bag Lady Tuesday, September 24 1p.m. Sign up by Friday Sept. 20

Yvonne Grieger is known as The Bag Lady because she makes beautiful all-purpose bags from recycled vinyl feed bags. Yvonne is demonstrating her technique and talking with us about the inspiration for her sewing projects. She would love to hear about your projects, too!

THE CHURCHES OF NORTHERN RILEY COUNTY Tues., Sept.10, 1 p.m.

Kevin Larson– Pastor of Sedalia Community Church, will share the history of the many churches of Northern Riley County, past and present. This is a fascinating look at how our area has grown and evolved over time. Please sign up by Sept. 6th.

ATA New Bus Routes Thursday, Sept. 19 11:30a.m.

Michael Wilson, Mobility Manager, will be here to discuss the new bus routes. He can help you figure out routes and if needed, arrange a test run with you.

Free Pre-Retirement Counseling

Chuck Henry is a SHICK (Kansas Health Insurance Counseling for Kansas) counselor who will be available mornings from 9-12 on Tuesdays, Wednesdays, or Thursdays to discuss Social Security, retirement income and Medicare. Chuck does not provide financial investment advice. Please call the Center at 537-4040 to make an appointment.

Technology Assistance Monday, September 9, 9:30a.m.

We welcome back Wandean Rivers who provides technology assistance in a one-on-one setting as a free service through the Manhattan Public Library. No sign up necessary.

THE ARTS

Art Studio Monday, September 9, 16 and 23

Yeah for cooler temperatures and yeah for Painting Studio start-up! Since Fall is not far off we will be painting pumpkins for a harvest Display at the Center with a Pumpkin Painting Contest to follow in October. Please bring a “real” medium to large pumpkin. As usual, additional reference photos will be provided if you want to also paint on canvas. All are welcome no matter your ability. Fun, friends, art and instruction if needed. Brushes, acrylic paints and canvas are provided

ARTful Making: Kim Richards Tuesday, September 17 1 p.m.

Kim Richards, Education Specialist with the Beach Museum of Art, will help you discover Zentangle– a relaxing, focused, creative, expressive free-form activity. Supplies are provided. Please sign up by Sept. 13th.. Five (5) attendees are required.

HEALTH

Coffee Talk with MATHIS Physical Therapy Wednesday, Sept. 11 & 25 9:30-10

Discussions are lead by Practice Liaison Garret Seacat.

Free Services by Local Providers

11:00 Thurs., Sept 12 Eyeglass adjustment & cleaning Vision Source-Optical Perspectives
11:30 Thurs., Sept. 12th Hearing Aide cleanings Dr. Bunker Advanced Audiology
11:30 Tues., Sept. 10th Blood pressure checks Interim Healthcare

September, 2019 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Center Closed Labor Day	3 Ham & Beans Cornbread Fruit	4 Ham Scalloped Potatoes Cole Slaw Fruit	5 Chef Salad Crackers Fruit	6 Oven Fried Chicken Mashed Potatoes/Gravy Capri Veg. Fruit
9 Swiss Steak Baked Potato Peas & Carrots Fruit	10 Fish Potato Salad Sliced Tomatoes Fruit	11 Spaghetti Tossed Salad Garlic Bread Fruit	12 Chicken & Noodles Mashed Potatoes Cucumber Salad Fruit	13 Meatloaf Baked Potato Green Beans Fruit
16 Baked Chicken Rice Spinach Fruit	17 BBQ Pulled Pork Sandwiches French Fries Beets Fruit	18 Taco Salad Refried Beans Fruit	19 Chili Cinnamon Roll Fruit	20 Roast Beef Mashed Potatoes/Gravy Caribbean Veg. Fruit
23 Chicken Fried Steak Mashed Potatoes Broccoli Fruit	24 Meatballs Noodles Green Beans Fruit	25 Fish Mac & Cheese 3 Bean Salad Fruit	26 Vegetable Beef Soup Salad Fruit	27 Salisbury Steak Baked Potato Carrots Fruit
30 Chicken Tenders French Fries Beets Fruit			Menus subject to change. \$3.50-60 yrs. & over \$5.25-under 60 yrs.	

September 2019 (sign up for programs/activities begins Monday, August 26)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Center Closed for Labor Day</p>	<p>3</p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 Crocheting Caps w/ Friends 1:45 Yoga</p>	<p>4</p> <p>11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/ Canasta 1:00 Line Dancing 1:00 Lifestory 1:00 Tour Discovery CTR</p>	<p>5</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bunco/Pinochle</p>	<p>6 TED TALKS</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers 1:45 Yoga</p>
<p>9</p> <p>9:15 Adv. Strength Training 9:30 Tech-Assistance 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Movie: Brooklyn 1:00 Duplicate Bridge 1:00 Art Studio</p>	<p>10</p> <p>8:45 Oldies Sweatin' 9:00 Grief Group 9:30 Council on Aging 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 Churches of Northern Riley County 1:45 Yoga</p>	<p>11</p> <p>8:30 Foot Care 9:30 Coffee Talk w/ Mathis PT 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/ Canasta 1:00 NO Line Dancing 1:00 The 1 Hour Dress</p>	<p>12</p> <p>8:45 Oldies Sweatin' 9:00 AARP Board 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Eyeglass Clean & Adjust 11:30 Hearing Aid Cleanings 1:00 Bunco/Pinochle</p>	<p>13 TED TALKS</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers 1:00 Sewing Angel 1:00 Texas Hold 'Em 1:45 Yoga</p>
<p>16</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 11:00 CSFP Food Box 12:30 Bridge 12:45 Movie: Date Night 1:00 Duplicate Bridge 1:00 Art Studio 1:30 Alzheimer's Support Group</p>	<p>17</p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Blood Pressure Checks 1:00 Pitch 1:00 Crocheting Caps w/ Friends 1:00 Artful Making 1:45 Yoga</p>	<p>18</p> <p>8:30 Foot Care 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/ Canasta 1:00 Line Dancing</p>	<p>19</p> <p>8:45 Oldies Sweatin' 9:00 AARP 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 ATA New Bus Routes 1:00 Pinochle/Bunco</p>	<p>20 TED TALKS</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Center Board Mtg 12:30 Bridge 12:45 Center Singers 1:45 Yoga</p>
<p>23</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Monday Movie 1:00 Duplicate Bridge 1:00 Art Studio</p>	<p>24</p> <p>8:45 Oldies Sweatin' 9:00 Grief Group 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch 1:00 The Bag Lady 1:45 Yoga</p>	<p>25</p> <p>8:30 Foot Care 9:30 Coffee Talk w/ Mathis PT 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand & Foot/ Canasta 1:00 Line Dancing</p>	<p>26</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:45 Lunch Bunch: Vikings Grille 1:00 Pinochle/Bunco</p>	<p>27 TED TALKS</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers 1:00 Sewing Angel 1:00 Texas Hold 'Em 1:45 Yoga</p>
<p>30</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Monday Movie 1:00 Duplicate Bridge</p>	<p>September is National Sewing Month! Themed Special Events are <i>"The 1 Hr. Dress"</i> & <i>"The Bag Lady"</i></p>			<p>TED TALKS are shown in the Sertoma Room Fridays after every exercise class</p>

HEALTH con't

Afternoon Yoga Tuesdays and Fridays 1:45 p.m.

By request, we have added an afternoon yoga class to our fitness classes schedule. Please welcome Debbie Newton to the Center as the instructor. Debbie also teaches for UFM. Tell your friends!

Grief Counseling Tuesdays, Sept. 10th and 24th 9 a.m.

Chaplain Linda Lewis with Accord Hospice will lead a grief support group. Anyone who has experienced grief (spouse, friend, health, independence) is invite to share with the group. Please sign up by the Friday before the group (Fri. Sept. 6 and Fri. Sept. 20).

FOOD

Lunch Bunch Thursday, September 26 11:45 a.m.

Join us at Manhattan's newest restaurant, Vikings Grille, located behind Target at the former Famous Dave's. Vikings Grille is originally a Topeka establishment. Started by two Seaman High school grads, it was named Topeka's Best Sports Bar of 2018! Menu items include hamburgers, chicken wings and your grille food favorites. Pricing starts at \$10.00/meal.

Movies

Each Monday at 12:45 p.m. we offer a movie free of charge. The movies for September are:

- Sept. 9— Brooklyn (drama)
- Sept. 16 — Date Night (comedy)
- Sept. 23 — God Bless the Broken Road (faith-based)
- Sept. 30 — Bohemian Rhapsody (musical bio-pic)

TED Talks

TED Talks are shown every Friday after each exercise class in the Sertoma Room.

- Sept. 6 — What It Was Like Growing Up Under China's One Child Policy
- Sept. 13— How Policewomen Make Communities Safer
- Sept. 20— What I learned Writing Jokes for "The Onion"
- Sept. 27— Anew Way to Get Every Child Ready for Kindergarten

Alzheimer's Walk

We are joining the Little Apple 2 End Alz Team this year for the Alzheimer's Walk, September 14, Manhattan City Park. Register through alzwalkmahattan.org. The campaign kickoff is Wednesday, July 31, 5-7 p.m. at the Midwest Dream Car Collection, 3007 Anderson. If you have questions, call Jami at the Center, 537-4040.

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

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September 2019

Our Business Members

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

Advanced Audiology	Dental Associates	Orazem & Scalora Engineering
Angels Care Home Health	Dunne's Pharmacy	Pawnee Mental Health Services
Angels At Home Care	Bill Wolf, Edward Jones	Peoples State Bank
At Home Assisted Care	Gail Urban, Edward Jones	Professional Planning Services
Barton Co. Com. College (Ft. Riley)	Flint Hills Heart, Vascular & Vein	Sink, Gordon & Associates
Barry's Drug Center	Clinic	Stonecreek Family Physicians
Bayer Construction	Great Clips	Stoneybrook Health & Rehabilitation
BD4 Distributing	Heartland O & P	Sunflower Bank
Best Pest Control	Homecare & Hospice	The Manhattan Mercury
BHS Construction	Homestead Assisted Living	The Trust Company, Inc.
Briggs Auto Group	Jon Murdock Auto	Thermal Comfort Air
Candlewood Health Mart Pharmacy	KS State Bank	Via Christi Village Manhattan
Cardinal Insurance	Kaw Valley Green Houses	Varney and Associates CPAs
Charlson Wilson Bonded Abstractors	Little Apple Toyota Honda	Vision Source
Chiropractic Family Health Center	Manhattan Duplicate Bridge Club	Welcome Club Manhattan
Coldwell Banker Realty Group One	Manhattan Medical Group	The Wilson Company
Community First National Bank	Meadowlark	Witt Eye Centers
Dannatt Rentals		

**Blue Moon gift shelves will be accepting donations of
tea pots, tea cups, saucers, and mugs for September.**