



# January



**Joyce Schrimsher & Maggie Elder**

**2026**

**1) Where were you Born and raised?**

Joyce- Cameron, MO.

Maggie Manhattan, KS

**2) 3 words that best describes you?**

Joyce-Friendly, Helpful, Creative.

Maggie-Giving, Loving, Thankful

**3) What motivates you?**

Joyce- Deadlines motivates me.

Maggie- To help others in any way possible.

**4) 3 things you cant live without?**

Joyce- Family, Friends, Laughter

Maggie- Family, Friends, Wine.

**5) How long have you been volunteering/ at PSSI?**

Joyce- off and on for many years.

Maggie- Many years, not sure

**6) Advice to your younger self.**

Joyce- Lighten up! You'll be fine.

Maggie- Laugh more.

**7)Favorite Quote?**

Joyce- " Whether you think you can or you can't, you're right"

Maggie-"Ask not what your county can do for you, ask what you can do for your country" JFK

**8)Someone that inspires you?**

Joyce-I am inspired by those who help others, especially children and the elderly.

Maggie- I'm inspired by people that speak up, speak the truth and believe in the USA.

**9)Favorite food/ drink?**

Joyce- I enjoy all foods and wine-everything tastes better with friends and family.

Maggie- a great glass of wine with a great friend.

**10) What do you want people to remember about you?**

Joyce- That I loved being a wife, mother, grandmother, and teacher.

Maggie- I would like to be remembered for a sense of humor and a love of people.

**11) what makes you smile?**

Joyce- My husband, daughter, & son each have a hilarious sense of humor. I smile thinking of them.

Maggie- My grandchildren make me smile.



**Suzanne Webb**  
**Administrative Assistant**  
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**MOW / Volunteer Director**  
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**Programs Director/ CFSP**  
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**platteseniorservices.org**  
**Facebook.com/platteseniorservices**

**Happy Birthday!!!**

**Matt West**  
**1/7**

**Patricia Munk**  
**1/9**

**Peggy Geiger**  
**1/11**

**Gloria Costanzo**  
**1/15**

**Gladys Herrera**  
**1/22**

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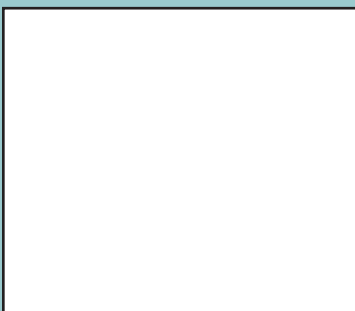
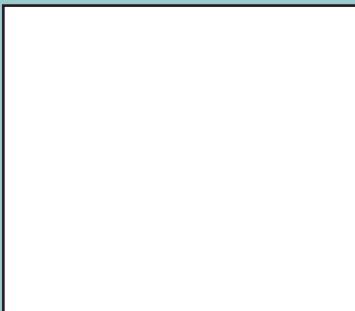
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Janice Richbourg  
 Au.D., CCC-A



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## MESSAGE FROM THE STAFF

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As the winter months settle in, we want you to know that you are in our thoughts and hearts. This season may bring colder days, but it also offers time for peaceful reflection, cozy moments, and connection with those who care about you. Please remember that you are never alone— your community, friends, and caregivers are here to support you.

We encourage you to stay warm, stay active in ways that feel good for your body and reach out if you need anything at all. Whether its friendly conversation, a helping hand, or simply a reminder that you matter. We are always here for you. Winter may be cold, but your presence brings warmth to our community.

Wishing you good health, and bright days throughout this winter season.

Suzanne, Roshonda, and DJ

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Platte County Senior Center, Kansas City, MO

B 4C 02-1070

## MONDAY



## TUESDAY



## WEDNESDAY



## 5 Yoga

7:45: Yoga  
9:00 Socialization  
10:30 Cardio Drumming  
12:30 Games

## 6 Noon Years Party

7:45: Yoga  
9:00 Socialization  
10:30 Let's Move  
12:00 Noon Years Party

## 7 Music Therapy

7:45: Yoga  
9:30 Music Therapy  
10:30 Let's Move  
12:30 Bingo

## 12 Book Club

7:45: Yoga  
9:00 Socialization  
10:00 Book Club  
10:30 Cardio Drumming  
12:30 Games

## 13 Group W/ Katie

7:45: Yoga  
9:00 Socialization  
10:30 Let's Move  
12:30 Group W/ Katie

## 14 Coffee W/ The law

7:45: Yoga  
9:30 Coffee W/ The Law  
10:30 Let's Move  
11:30 Lunch out @  
Jason's Deli

## 19 Closed



## 20 Group W/ Katie

7:45: Yoga  
9:00 Socialization  
10:30 Let's Move  
12:30 Group W/ Katie

## 21 Music Therapy

7:45: Yoga  
9:30 Music Therapy  
10:30 Let's Move  
12:30 Bingo

## 26 Yoga

7:45: Yoga  
9:00 Socialization  
10:30 Cardio Drumming  
12:30 Games

## 27 Group W/ Katie

7:45: Yoga  
9:00 Socialization  
10:30 Let's Move  
12:30 Group W/ Katie

## 28 Bingo

7:45: Yoga  
9:00 Socialization  
10:30 Let's Move  
12:30 Bingo

# JANUARY ACTIVITIES

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## THURSDAY

## FRIDAY

**1 Closed**

**2 Closed**



**8 Birthday's**

**9 Yoga**

7:45: Yoga  
9:00 Socialization  
10:30 Let's Move  
12:30 Birthday Celebrations

7:45: Yoga  
9:00 Socialization  
10:30 Cardio Drumming  
12:30 Games

**15 Sing along**

**16 Yoga**

7:45: Yoga  
9:00 Socialization  
10:30 Let's Move  
12:30 Sing along

7:45: Yoga  
9:00 Socialization  
10:30 Cardio Drumming  
12:30 Games

**22 Movie Day**

**23 Yoga**

7:45: Yoga  
9:00 Socialization  
10:30 Let's Move  
11:30 Movie Day !

7:45: Yoga  
9:00 Socialization  
10:30 Cardio Drumming  
12:30 Games

**29 Free Day**

**30 Yoga**

7:45: Yoga  
9:00 Socialization  
10:30 Let's Move  
12 :30 Free Day

7:45: Yoga  
9:00 Socialization  
10:30 Cardio Drumming  
12:30 Games

DAILY  
Mon- Wed- Fri  
7:45 Yoga

2nd Monday  
10:00 Book Club

Every Wednesday  
12:30 Bingo

2nd Wednesday  
Lunch out

1st & 3rd  
Wednesday  
9:00 Music Therapy

2nd Wednesday  
9:00 Coffee w/the Law

1st Thursday  
12:00 Celebration of  
monthly birthdays

3rd Thursday  
12:30 Sharon Austin  
Gospel Singalongs





**Inclement weather is upon us.**

**During the winter months, Platte Senior Center will follow the lead of Platte County School District**

**(If Platte County School District is closed, the Center will NOT be open. This means our Home Delivered Meals will not be delivered.)**

**Our Administrative Assistant, Suzanne Web, will assist in the facilitating of a message displayed on FOX4 and KMBC9, such as:**

***“Platte Senior Center—Closed”***

**If you have any questions regarding this policy, please feel free to ask any one of our team. Stay safe!**

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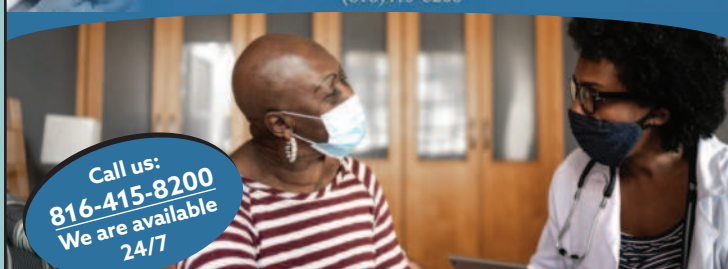
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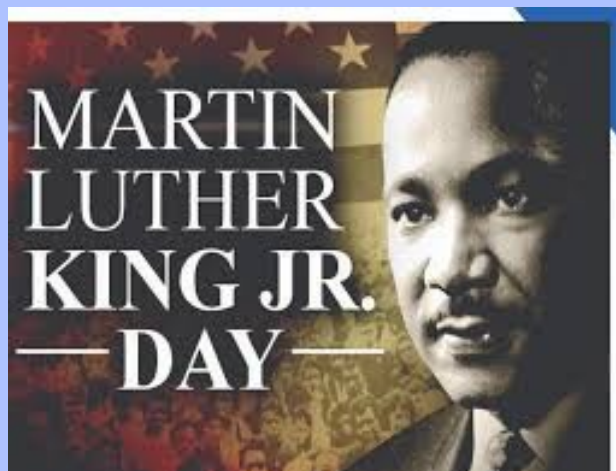
Assured Healthcare is locally owned and operated in Liberty, MO, and serves many counties across Missouri. We understand the importance and the desire for our clients to maintain their independence and stay in their homes. Our clients as well as our employees feel that our mission embodies a family-centered environment and each of our services are designed to help our clients feel at home.

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**E**ach year on the third Monday of January, America honors the birth, life and dream of Dr. Martin Luther King, Jr. Dr. King was born on January 15, 1929 and died on April 4, 1968.

The “I Have a Dream” speech, delivered by Martin Luther King, Jr. before a crowd of some 250,000 people at the 1963 March on Washington, remains one of the most famous speeches in history. Weaving in references to the country’s Founding

Father and the Bible, King used universal themes to depict the struggles of African Americans before closing with an improvised riff on his dreams of equality. The eloquent speech was immediately recognized as a highlight of the successful protest and has endured as one of the signature moments of the civil rights movement.



**Are You a Caregiver?**  
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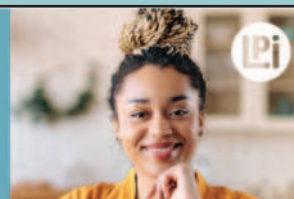
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**THRIVE**  
**LOCALLY**



**Platte County has over 24,000 senior citizens— and the number of seniors without food is steadily increasing.**

**Platte Senior Services, Inc. (PSSI) currently serves over 1,000 meals per month, but that is only one-third of what is needed.  
Would you consider helping by “Sponsoring a Senior”?**

## **Price Breakdown**

**\$4.00 per meal (up to 5 days a week)**

**\$20.00 per week**

**\$80–\$84 per month (depending on the number of days in the month)**

**Sponsor a senior for a week, a month, or more!**

## **Make a Donation:**

**Support Platte Senior Services, Inc.**

## **Know Someone Who Might Need Help?**

**Do you know someone in need of a balanced meal?**

**A neighbor who doesn't get out much?**

**Someone with few visitors who is rarely seen?**

**Please consider “Sponsoring a Senior.” Your support provides nutritional meals and essential wellness checks.**

## **Meal Delivery Information**

**Delivered up to 5 days per week (depending on county location)**

**Delivery time: 11:00 a.m. – 12:30 p.m.**

**All meals are served with 1% milk (no substitutions)**

## **Contact Us**

**Platte Senior Services, Inc.**

**Call us at (816) 270-4100**

**Together, we can ensure Platte County seniors receive the meals and care they deserve!**



# THANKSGIVING PARTY

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# January 2026

## (816)270-4100 MENU for PSSI MOW/Home-Delivered Meals

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <p><b>YOU MUST CALL<br/>816.270.4100 BY<br/>11 AM THE BUSINESS<br/>DAY BEFORE TO<br/>ORDER/CANCEL A MEAL</b></p>                                 | <p><b>*Margarine &amp; 1%<br/>Milk served w/all<br/>meals</b></p>  |   | <p><b>1</b></p> <p><b>Happy New Year!</b></p>  | <p><b>2</b></p> <p>Swiss Steak w/tomato<br/>Mashed Potatoes<br/>Peas/Carrots<br/>Apple Slices<br/>Multigrain Bread<br/>Tapioca Pudding</p>                          |
| <p><b>5</b></p> <p>Beef-Mac Casserole<br/>Scandnav-veggies<br/>Vanilla Waf/Ban. Pudding<br/>Pears<br/>White Bread</p>                            | <p><b>6</b></p> <p>BBQ Chicken<br/>Prince Edward Veggies<br/>Potato Salad<br/>Tropical Fruit Mix<br/>Hamburger Bun (WG)</p>  | <p><b>7</b></p> <p>Mexican Taco Salad<br/>Shredded Cheddar<br/>Lettuce/D Tomatoes<br/>Pinto Beans<br/>Orange<br/>Nacho Light Chips<br/>Taco Sauce</p> | <p><b>8</b></p> <p>Pork Stir Fry<br/>Stir Fry Veg.<br/>Coleslaw vin/drsng<br/>Pineapple man-o-mix<br/>White WG Bread<br/>Soy Sauce (Low Sod.)</p>                      | <p><b>9</b></p> <p>Beef Pattie<br/>Salad Tom/Carrots<br/>Steak Fries<br/>Banana<br/>Hamb Bun (WG)<br/>Salad Dress. (1000)</p>                                       |
| <p><b>12</b></p> <p>Meatloaf<br/>Gravy (Brown)Low So.<br/>Fiesta Vegetables<br/>Mashed Potatoes<br/>Pears/Strawberries<br/>Wheat Dinner Roll</p> | <p><b>13</b></p> <p>Fettuccine Alfr./Chicken<br/>Broccoli<br/>Salad/Tom/Carr<br/>Orange<br/>Italian Bread<br/>Salad Dress. Italian</p>                                       | <p><b>14</b></p> <p>Eggs Omelet<br/>Sausage Links/Turkey<br/>Potatoes Roasted<br/>Grapes (Red)<br/>WG Biscuit<br/>Jelly</p>                           | <p><b>15</b></p> <p>Mostaccoli/Whl Grain<br/>W Meat Sauce<br/>Italian Veggies<br/>Salad Tom/Carrots<br/>Pineapple/man or mix<br/>Italian Bread<br/>Graham Crackers</p> | <p><b>16</b></p> <p>Tilapia (Battered)<br/>Coleslaw-creamy<br/>Sweet Potatoes<br/>Peaches/Strwbrry<br/>White WG Bread<br/>Snickr Doodle Cookie<br/>Tartar Sauce</p> |
| <p><b>19 NO MEALS SERVED</b></p> <p><b>Martin Luther King Day</b></p>  | <p><b>20</b></p> <p>Chicken Fried Steak<br/>Gravy (Country)<br/>Mashed Potatoes<br/>Green Beans<br/>Citrus Fruit Mix<br/>Wheat Dinner Roll</p>                               | <p><b>21</b></p> <p>Fish (Breaded)<br/>Spinach<br/>Coleslaw vin/drsng<br/>Citrus Fruit Mix<br/>Corn Muffin<br/>Tartar Sauce/Vinegar</p>               | <p><b>22</b></p> <p>Meatball Sub<br/>Root Veg./Kale<br/>Salad/Tom/Carrots<br/>Orange<br/>Hoagie Roll<br/>Salad Dress. Italian</p>                                      | <p><b>23</b></p> <p>Seas. Chicken Breast<br/>Potatoes Au Gratin<br/>Broccoli<br/>Pineapple man-o-mix<br/>WG Wheat Bread<br/>Shrt. Brd. Cookies</p>                  |
| <p><b>26</b></p> <p>Sloppy Joe<br/>Potato Salad<br/>Carrots<br/>Apple slices<br/>WG HB Bun</p>   | <p><b>27</b></p> <p>Chicken Strips<br/>Potato Wedges<br/>Salad Tom/Carrots<br/>Orange<br/>Multigrain Bread<br/>Graham Crackers<br/>French Salad Drsng.<br/>Honey Mustard</p> | <p><b>28</b></p> <p>Chili/ Beans<br/>Shredded Cheddar<br/>Salad Tom/Carrots<br/>Peach Cobbler<br/>Crackers Wht/Whl Grn<br/>Salad Dress. French</p>    | <p><b>29</b></p> <p>Pork&amp;Beans/Smoked<br/>Cucumber/Onion Sal.<br/>Banana<br/>Corn Muffin (WG)</p>  | <p><b>30</b></p> <p>Chicken Oven Fried<br/>Gravy (LS Chicken)<br/>Mashed Potatoes<br/>Green Beans<br/>Orange Cake<br/>Ice Cream (FFSF)<br/>Wheat Dinner Roll</p>    |

**Menu is subject to change; substitutions may be made if approved by dietician.**

## **Ingredients**

**1/2 pound ground beef  
4 tablespoons butter, divided  
3/4 cup chopped onion  
3/4 cup shredded carrots  
3/4 cup diced celery  
1 teaspoon dried basil  
1 teaspoon dried parsley flakes  
1-3/4 pounds (about 4 cups) cubed peeled potatoes  
3 cups chicken broth  
1/4 cup all-purpose flour  
8 to 16 ounces Velveeta, cubed  
1-1/2 cups whole milk  
3/4 teaspoon salt  
1/4 to 1/2 teaspoon pepper  
1/4 cup sour cream**

**Optional: Onion rings and thinly sliced green onions**

## **Directions**

**In a large saucepan over medium heat, cook and crumble beef until no longer pink, 6-8 minutes; drain and remove from pan. In same saucepan, melt 1 tablespoon butter over medium heat. Saute onion, carrots, celery, basil and parsley until vegetables are tender, about 10 minutes. Add potatoes, broth and beef; bring to a boil. Reduce heat; simmer, covered, 10-12 minutes or until potatoes are tender.**

**Meanwhile, in a small skillet, melt remaining 3 tablespoons butter. Add flour; cook and stir until bubbly, 3-5 minutes. Add to soup; bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Stir in cheese, milk, salt and pepper; cook until cheese melts. Remove from heat; blend in sour cream. If desired, serve with onion rings and green onion.**