

AUGUST 2025 | VOL. 44

THE SENIOR CONNECTION

INFORMATION ON ACTIVITIES, PROGRAMS
AND SPECIAL EVENTS FOR SENIORS
IN OUR COMMUNITY

600 N JEFFERSON ST KEARNEY MO

816-635-0466

SENIORS@KEARNEYENRICHMENTCOUNCIL.ORG

STAY ACTIVE -STAY SOCIAL-
STAY INFORMED

Summer fun continues at the KEARNEY SENIOR CENTER as the tail of summer approaches and fall is on the horizon. If you're looking for some great company on Wednesday mornings, join us for our 9am chair yoga. Feeling like music? Check out the band on Tuesday afternoons. Looking to be active and beat the heat? Come join us for lunch Monday thru Friday at 11:30. Check out Pinochle on Wednesday afternoons or card making on Thursday afternoons for a quieter environment. If engaging your mind is on your mind, one of the best ways to keep your mind active is to stay curious. Try something new this month—attend an activity you haven't tried before, sit with someone new at lunch, or pick up a crossword puzzle. Remember, it's never too late to grow, learn, and thrive. Your mind is a gift—keep it engaged, and it will serve you well for years to come.

“You don't stop learning because you grow old. You grow old because you stop learning.”

Let's keep learning—together!



We Appreciate Our Generous Activities Sponsors!

We'd like to extend a heartfelt thank you to Oak Pointe of Kearney for their ongoing support of our senior center. Each month, Oak Pointe donates gift cards that we use as prizes for our Bingo and Bunco games and our participants love it!

Their generosity brings smiles, fun, and friendly competition to our activities. We truly appreciate their partnership and commitment to our senior center.

Thank you, Oak Pointe!

LUNCH RESERVATION REMINDER

Just a quick reminder to please call in your reservation by noon on the serving day before your desired lunch. That means, for a Monday meal, you'll need to call by noon on the Friday before. A \$2 voluntary donation per meal is suggested, and your cooperation in helping us plan accurately is greatly appreciated. If your plans change, and you're unable to attend, please call and cancel your reservation as soon as possible. 816-635-0444 for lunch reservations

PEPPI EXERCISE

(Peer Exercise Program Promotes Independence) is a physical activity program specifically designed for older adults ages 60+. The goal of the program is to maintain or improve a person's level of fitness and independence. PEPPI includes strength training using resistance bands.

Monday & Wednesday at 10:00

Great for all fitness levels!

CARDIO DRUMMING

Use low-impact arm movements with drumsticks and an exercise ball to achieve a full body workout. **For all skill levels.**

Benefits the mind and body,
plus it's a lot of fun!

Thursday at 10

CHAIR YOGA

Wednesday at 9am &

Friday at 10 am (when no bingo)

Chair yoga is the answer for people with limited mobility or limited strength. We will decompress the spine, increase range of motion while lubricating our major joints, and release tension in the neck and shoulders.

STRETCH & FLEX YOGA

Stretch and Flex with Amy. Please bring a yoga mat if you have one.

Friday at 9 am

ZUMBA GOLD

The easy-to-follow program that lets you move to the beat at your own speed! It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold classes provide modified, low impact moves!

Monday at 6:00 PM

Cost is \$7 *payable to the instructor

MUSIC BINGO

Music Bingo is an exciting, lively variation of the classic bingo game. Instead of marking off numbers, players listen to music and mark off song titles from their bingo cards.



Since this was such a "HIT" we will be playing music bingo the **1st Tuesday of every month**. July theme is "Old Country"

BINGO

Come have some fun at Bingo on the 3rd Tuesday at **9:30** and on the 2nd and 4th Friday at **10:00 (after the bus drops off)**

BUNCO

2nd and 4th Tuesday



if there is a 5th Tuesday, we will play Bunco

9:30-11:30ish

PINOCHLE

Wednesday at 12:30pm.

New players needed!

Drop-ins are welcome.

Experience not necessary!

MUSIC WITH RACHELLE

Each interactive music therapy session includes: *Singing *Movement to music
*Instrument playing and *Discussion

**Wednesday August 6th and 20th
@10:45**

CARDS & GAMES

Thursday at 9am-11:30

Join us for a morning of fun, coffee and conversation. We play various card games, Farkle, and dominoes.

We are always willing to learn new games if you have one!

LEO (LET'S EAT OUT) CLUB

Do you like eating out, but don't like going alone? No need to!

Join us each month for dinner at an area restaurant. This month we will be going to **Dinos Diner!**

Thursday August 28th

We will leave the center at **4:30.**

Everyone orders off of the menu and pays their own way.

Limited bus space 14 total.

Sign up sheet is on the office door.

We need to know if you plan on driving yourself so that we can let the restaurant know and reserve enough seats.



Sending sunny wishes to our August birthday stars! May your day be filled with laughter, love, and cake!

4th Joy Unruh

8th Cheryl Skinner

16th Roy Howard

26th Mike Harrison

28th Shirley Hook

29th Joe Cavender

Don't want us to miss your special day? Let us know when it is so we can make sure it doesn't get missed!

If you see a new face around the center, be sure to say hello.

We're welcoming a few new members this month, and we know they'll feel right at home thanks to all of you.

Stay cool, stay kind, and we'll see you soon!

POTLUCK & GAMES

Join us for a fun-filled evening! We're hosting a potluck, and you're invited to bring a dish to share with the group. Whether it's your famous casserole, a fresh salad, or a sweet treat, we can't wait to try it!

After we eat, the fun continues with cards and games. A great way to laugh, relax, and enjoy each other's company. Don't miss out on the food, fellowship, and fun!

August 21st AT 5:00 PM

ONCE A MONTH STROKE SUPPORT GROUP AT LIBERTY HOSPITAL

This group is open to anyone who has had a stroke and their families or caregivers. It is intended to help survivors and families cope with life after a stroke.

Emotional support:

Connecting with others who understand the challenges of stroke recovery can be incredibly helpful.

Practical advice:

Members can share tips and strategies for coping with the physical and emotional challenges of stroke recovery.

**THIS GROUP MEETS THE 4TH
TUESDAY OF EACH MONTH
1:30-3:00**

**OUR BUS WILL BE PROVIDING
TRANSPORTATION.
SIGN UP IN THE OFFICE**

DRIVE THRU
FOOD DISTRIBUTION

MONDAY AUGUST 25th

4th Monday of each month

Kearney Senior Community Center.

Address: 600 N. Jefferson in the parking lot

Time: 10:30 am

No qualifications other than being a 60+ member of our community.

Please call 816-635-0466 for more info.

Please do not block the highway while waiting in line. This puts this program at risk of being shut down by law enforcement.

TECHNOLOGY HELP

Common issues we deal with—passwords, setting up new devices, navigating Facebook or certain apps, saving pictures, exploring features on your devices, texting, talk features and more. Keep in mind it's not always a "one and done" appointment. We will help solve your technology issues to the best of our abilities; however, we **cannot** guarantee that we can fix every issue you may have.

IT'S NEVER TOO LATE TO LEARN!!
(all help is 100% free)



The Kearney Senior Community Center is funded in part by grants from Clay County Senior Services, MARC, individual donors, and fundraising activities.. The Center is non-discriminatory in services and employment. The building is handicapped accessible.



Old-Fashioned Tomato Pie

Ingredients:

- 1 9-inch pie crust (homemade or store-bought)
- 3-4 large ripe tomatoes, sliced
- 1/2 teaspoon salt
- 1/2 cup chopped onion (optional)
- 1/4 cup chopped fresh basil
- 1 cup shredded mozzarella
- 1 cup shredded cheddar
- 1/2 cup mayonnaise

Freshly ground black pepper to taste

Instructions:

1. Preheat oven to 350°F
2. Bake the pie crust for 8-10 minutes or until lightly golden. Set aside to cool.
3. Slice tomatoes and place them on paper towels. Sprinkle with salt and let them sit for about
4. 10-15 minutes to draw out excess moisture. Pat dry with another paper towel.
5. Layer tomatoes in the pie crust. Sprinkle with black pepper, then top with onions and basil.
6. In a bowl, mix mayonnaise, cheddar, and mozzarella until combined. Spread this mixture over
7. the top of the pie, like frosting.
8. Bake for 30-35 minutes, or until bubbly and golden.
9. Let cool for at least 10 minutes before slicing. Serve warm or at room temperature.

☀️ Meet Our New Team Member: Ella Rose ☀️

We're excited to welcome Ella Rose to the Kearney Senior Center team!

Ella grew up in Lathrop, Missouri, with her parents Lindea and Tim Rose, and her younger sister Raelynn. Family is important to her, and you may recognize one special relative, her grandma, Ann DeWitt, is also a regular here at the Senior Center!

Ella has a warm heart, a fun personality, and a true passion for working with older adults. She says her favorite part of the job so far has been meeting new people in the community, having friendly conversations, and learning something new every day.

Her goal is to help make a positive difference in people's lives, and she's already doing just that.

When Ella's not at work, she loves spending time with friends and family, going on walks when the weather is nice, and watching her dad's band perform. She's also a big fan of puzzles, and if you didn't know, she's left-handed! Ella shares her home with two adorable basset hounds named Paisley and Cooter.

One of her biggest passions? The Kansas City Chiefs! If she could have dinner with anyone, her dream guests would be Laine Wilson, Travis Kelce, and Patrick Mahomes. Her favorite season is fall. She loves the cool weather, the changing leaves, and of course, football season. Go Chiefs! ❤️❤️

Ella says her mom and her two grandmas have been the biggest influences in her life, shaping her into the caring and compassionate person she is today.

We're so lucky to have her on our team!

If you see Ella around the center, be sure to say hello and introduce yourself.

We know she's going to be a wonderful addition to our Senior Center family.

.....

🥕 Fresh Is Best: The Power of Produce for Seniors 🥬

Summer is the perfect time to enjoy the fresh fruits and vegetables that are in season—and it's not just about flavor! Eating fresh produce can be one of the best ways to support your overall health, especially as we age.

Why fresh produce matters:

Fresh fruits and vegetables are packed with essential nutrients like vitamins, minerals, and fiber, which can help boost your immune system, improve digestion, and support heart and brain health. They're also naturally low in calories, sodium, and unhealthy fats—making them a smart choice for managing weight, blood pressure, and blood sugar.

Tips for seniors:

- If chewing is difficult, opt for soft fruits like ripe peaches or cooked veggies like zucchini or green beans
 - If fresh produce isn't available, frozen fruits and vegetables are a good alternative—they're often just as nutritious
 - Stay hydrated—many fruits like watermelon, strawberries, and oranges help with hydration too
- Eating well doesn't have to be complicated. Small changes can lead to big health benefits. So this summer, fill your plate with the colors of the season and enjoy the fresh, delicious taste of good health!



Every Tuesday Afternoon **LIVE MUSIC!!**

Classic Country Brings Live Music to Kearney Senior Center

Every Tuesday from 1:00-3:30 PM, the Kearney Senior Center comes alive with the sounds of Classic Country, a talented group of musicians who share their love for traditional country music. The band features (left to right) **Terry McMillan, Bob Cates, Jack Soutter, Lisa and Bill Bennett, and Don Anderson** all of whom bring their own unique style and energy to the stage. This free event welcomes couples, singles, and groups to enjoy an afternoon of live music, dancing, and camaraderie. There is no cover charge, making it the perfect opportunity for music lovers to gather and enjoy timeless country tunes.

Whether you're tapping your feet, singing along, or hitting the dance floor, Classic Country delivers a warm and entertaining experience for all.

Come join the fun every Tuesday at the Kearney Senior Center!

Line Dancing Lessons 12:15

HOP ON THE BUS

KEARNEY RIDES PROGRAM

Are you 60+ and needing a ride to a doctor appointment? How about the dentist or bank?

LEAVE A MESSAGE AT LEAST 3 BUSINESS DAYS IN ADVANCE AND WE WILL GET YOU WHERE YOU NEED TO GO!

816-635-0466

GROCERY STORE TRIP

On the 1st Thursday Walmart/Dollar Tree and the 3rd Thursday will be Walmart/Aldi. We will pick you up at your home and help you back inside with your bags afterwards.

Call to get on the list.

816-635-0444

**This is a great time to be a part of the
Kearney Senior Community Center!**

AUGUST 2025

ACTIVITIES CALENDAR



MON

TUES

WED

THURS

FRI

1

9:00 Stretch
& Flex Yoga
10:00 Bingo

4

10:00 PEPPi
6:00pm Zumba
Gold

5

9:30 Bingo
12:15 Line
Dancing
1:00 Dance

6

9:00
Chair Yoga
10:00 PEPPi
12:30 Pinochle

7

9:00
Cards&Games
10:00 Cardio
Drumming
5:00 POTLUCK
& Games

8

9:00 Stretch
& Flex Yoga
**10:00 CHAIR
YOGA**

11

10:00 PEPPi
6:00pm Zumba
Gold

12

9:30 Bunco
12:15 Line
Dancing
1:00 Dance

13

9:00
Chair Yoga
10:00 PEPPi
10:45 Music
with Rachelle
12:30 Pinochle

14

9:00
Cards&Games
10:00 Cardio
Drumming

15

9:00 Stretch
& Flex Yoga
10:00 Bingo

18

10:00 PEPPi
6:00pm Zumba
Gold

19

9:30 Bingo
12:15 Line
Dancing
1:00 Dance

20

9:00
Chair Yoga
10:00 PEPPi
12:30 Pinochle

21

9:00
Cards&Games
10:00 Cardio
Drumming
5:00
POTLUCK
& GAMES

22

9:00 Stretch
& Flex Yoga
**10:00 CHAIR
YOGA**

25

10:00 PEPPi
10:30 **FOOD
PICKUP**
6:00pm Zumba
Gold

26

9:30 Bunco
12:15 Line
Dancing
1:00 Dance

27

9:00
Chair Yoga
10:00 PEPPi
12:30 Pinochle

28

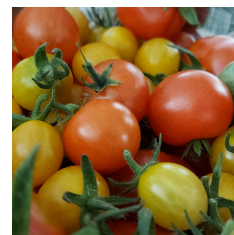
9:00
Cards&Games
10:00 Cardio
Drumming
3:30 LEO @
DINOS DINER

22

9:00 Stretch
& Flex Yoga
10:00 Bingo

AUGUST 2025

LUNCH CALENDAR



MON

TUES

WED

THURS

FRI

1

Fish
Potatoes O'brien
Carrots
Mixed Fruit
Bun

4

Meatloaf
Mashed/Gravy
Fiesta Veggies
Pears/Strawberry
Dinner Roll

5

Chicken Parm
Penne Pasta
Broccoli
Salad
Banana
Bread

6

Battered Fish
Coleslaw
Sweet Potatoes
Fruit Mix
Bread

7

Beef Hotdog
Baked Beans
Potato Salad
Watermelon

8

Diced Chicken
Salad
Corn
Apple
Tortilla

11

BBQ Riblette
Peas & Carrots
Coleslaw
Pears/Strawberry
Bun

12

Chicken Strips
Potato Wedges
Salad
Oranges
Graham cracker

13

Chicken Fried Steak
Mashed/Gravy
Green Beans
fruit mix
Roll

14

Tuna Salad
Broccolini
Potato Salad
Banana
Rye Bread

15

Taco Salad
Pinto Beans
Chips
Orange

18

Sloppy Joes
Potato Salad
Veggie Mix
Peaches &
Strawberries

19

Chicken Salad
Lettuce Salad
Cucumber Onion
Apple
Wheat Bread
Cookie

20

Beef Mac
Casserole
Green Beans
Pears
Bread

21

Fried Eggs
Sausage Patty
Roasted Potatoes
Applesauce
Biscuit
Fig Newton

22

BBQ Beef
Veggies
Potato Salad
Bun
Banana

25

Breaded Fish
Coleslaw
Succotash
Tropical Fruit

26

Turkey Deli
Sandwich
Salad
Potato Salad
Orange
Bread

27

Egg Omelet
Sausage Links
Hash browns
Gravy
Applesauce
Biscuit

28

Beef Pattie
(hamburger)
Salad
Steak Fries
Banana

29

Oven Fried
Chicken
Mashed&Gravy
Green Beans
Ice Cream & Cake