



APRIL 2026 | VOL.53

THE SENIOR CONNECTION

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

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STAY ACTIVE - STAY SOCIAL -
STAY INFORMED

Spring is here, bringing in warmer days and new beginnings! Get ready for sunshine, blooming flowers, and a burst of energy here at our Center. We've got new and exciting activities planned, from garden dirt to outdoor opportunities, so let's shake off the winter blues together and embrace the beauty of springtime!

Why is it that we often learn the most beautiful things about a person only after they're gone? Obituaries are filled with stories of kindness, accomplishments, and the little ways someone made the world better. Yet while we're living, those same stories often go untold. Maybe it's because we don't want to brag. Maybe we think others already know. Or maybe we're just busy with everyday life and forget to pause and share what really matters.

But our stories matter—right now.

The paths we've walked, the challenges we've overcome, the love we've given, and the friendships we've built are all part of a life worth celebrating while we're still here to enjoy it. Sharing our stories isn't about showing off...it's about connecting. It helps others feel inspired, understood, and less alone.

It's also a reminder to speak up about others, too. A kind word, a compliment, or a simple "I appreciate you" can mean more than we realize.

So don't wait for someone else to tell your story someday. Share a memory.

Talk about your journey. Tell someone what they mean to you.

Because the best time to celebrate a life... is while it's still being lived.



Wishing you a joyful and blessed Easter filled with hope, renewal, and happiness. May your day be spent surrounded by family and friends, sharing laughter, love, and meaningful moments together.

As the season of spring reminds us of new beginnings, may your hearts be light and your days ahead be bright.

Have a wonderful Easter celebration!

April is Volunteer Appreciation Month, and we want to take a moment to recognize just how lucky we are at the center. Our volunteers are the heart of everything we do bringing their time, energy, kindness, and smiles to each day.

Whether they are helping in the kitchen, assisting with activities, or simply brightening someone's day with a friendly conversation, their impact is truly priceless. Because of them, our center is a warm, welcoming place for all.

Dedicated hearts like yours are not so easy to find.

It takes a special person to be so generous and kind.

Thank you to each and every one of our amazing volunteers.

We appreciate you more than we can say!

Please don't forget to share a kind word with our wonderful volunteers!

MONTHLY GROCERY SHOPPING TRIP

Thanks to a generous donor who is covering the cost for the bus, we are excited to once again offer a monthly shopping bus trip on the first Thursday of each month!

We'll be traveling to Walmart, Dollar Tree, and Aldi.

Space is limited to 14 passengers, so please call the center to reserve your spot.

816-635-0466 We're grateful for this kindness and look forward to helping make shopping easier and more accessible for our seniors.

Let's Learn American Mahjong Together!

Have you ever been curious about how to play American Mahjong?

Now is your chance to learn in a fun and relaxed setting right here at the center!

We'll be starting with a few short, easy-to-follow videos that walk us through the basics of the game. Then, we'll spend time together looking at the Mahjong tiles, getting familiar with the different symbols, and talking through the National American Mahjong rules step by step.

No experience is needed! Just bring your curiosity and a willingness to try something new!

Mahjong is a wonderful way to keep your mind sharp, enjoy friendly conversation, and connect with others.

Come join us as we learn, laugh, and maybe even discover a new favorite game together!

Monday April 20th 12:30-2:00

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 & Friday (if no bingo) at 10:00am 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

Monday & Wednesday at 9am

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 in person 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 \$6 *payable to the instructor

MUSIC BINGO

Get ready for some fun with Music Bingo...a lively twist on the classic game! Instead of numbers, players listen for songs and mark the titles on their bingo cards. It's energetic, familiar, and a great way to kick off the morning.

Join us on the first Tuesday of each month 9:30 a.m. sharp for music, laughter, and good company.

Don't miss out... see if you can snag a bingo while humming along to your favorite tunes or maybe even some new ones!

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

MUSIC WITH RACHELLE

Each interactive music therapy session includes: *Singing *Movement to music *Instrument playing and *Discussion
1st and 3rd Wednesday of the month at 10:45

THE BACKROOM GALLERY

We are excited to share that we will now be gluing and hanging our finished puzzles in the back room for everyone to enjoy. It is a wonderful way to showcase the hard work and teamwork that goes into completing each one. Be sure to stop by the puzzle table, visit with friends, and stick a few pieces in. Every piece makes a difference, and together we create something beautiful.

Please remember to sign in when you come to the programs. Those numbers are important to us. Thanks for making us the place to be!

POTLUCK

Join us for a fun evening of food, friends, and games on April 16th! Bring a favorite dish to share and enjoy a delicious variety of homemade favorites. After dinner, we'll keep the good times going with games, laughter, and great company.

This is a wonderful opportunity to connect, relax, and enjoy time together. We hope to see you there!

Wednesday, April 16th

Dinner at 5:00 p.m.

**Doors will open between
4:30 and 4:45 PM.**

**Doors will open between 4:30 and 4:45 PM.
We love sharing dinner with you, but to help
our staff, please do not arrive early.**

**Lights, popcorn, action! Join us
on Thursday, April 16th at 12:15
p.m. for our afternoon movie
matinee. Come enjoy a
big-screen experience with
friends, laughter, and plenty of
popcorn...because movies are
always better together!**

We will be

watching..."WICKED"

**A tale of friendship, adventure,
and seeing the world from a
different perspective. Follow
the journey of two unlikely
friends as they discover that
there's more to every story than
meets the eye. Filled with music,
heart, and a touch of humor, it's
a fun and meaningful
experience for all!**



[This is a great time to be a part of the
Kearney Senior Activity Center!](#)

DRIVE THRU FOOD DISTRIBUTION

MONDAY APRIL 27th

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 local
law enforcement.**

TECHNOLOGY HELP

FREE! Digital literacy program geared toward making seniors more comfortable online. Melody will cover web surfing, emails, internet security, and cell phone basics.

- **Dates: Mondays 4/6, 4/13, 4/20, & 4/27**
Time: 10:00

Extra support available on Thursdays at 1:00

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

Meals On Wheels

There are many circumstances that can make shopping or preparing food difficult for older adults. That's where Meals on Wheels steps in, offering relief to older adults and caregivers by delivering reliable, nutritious meals on a regular basis directly to their home. Right now we are looking for volunteer drivers to help deliver meals in our community.

This is a wonderful opportunity to make a difference in someone's day by providing not only a warm meal, but also a friendly smile. If you would like to volunteer, sign up for meal delivery, or know someone who would benefit from this service, please call 816-200-0135 for more information.

Delivering so much more than a meal

CARDS & GAMES

Thursday at 9am-11:30

Join us for a morning of fun, coffee, and conversation. It is a wonderful time to relax, laugh, and enjoy good company.

We play a variety of card games, along with Farkle and dominoes. Whether you are competitive or just playing for fun, there is always a seat at the table for you.

Come start your day with friends and fellowship. We would love to see you there!

Come be a part of all that
we have to offer!

PINOCHLE

If you're looking for a game that's full of laughter, friendly competition, and just the right amount of challenge, come join our

Pinochle group! It's one of our favorite activities here at the Center, and we're always happy to welcome new players. Never played before? Don't worry, we'll teach you! Pinochle is a card game that's easy to learn but keeps things interesting once you get the hang of it. It's a great way to keep your mind sharp, share some laughs, and enjoy time with friends old and new. Whether you're a seasoned player or just curious to try, come pull up a chair and join the fun. We promise you'll be hooked in no time!

Wednesday at Noon & Thursday at 9am



Every Tuesday Afternoon LIVE MUSIC!!

Classic Country Brings Music and Fun Every Tuesday!

Every Tuesday from 1:00 to 3:30 PM, the Kearney Senior Center comes alive with the toe-tapping sounds of Classic Country, a talented group of musicians who share a true love for traditional country music.

The band features (from left to right) Terry McMillan, Bob Cates, Jack Soutter, Lisa and Bill Bennett, and Don Anderson. Each musician brings their own unique style, creating a warm and lively atmosphere that fills the room.

This free weekly event welcomes couples, singles, and groups to enjoy an afternoon of live music, dancing, laughter, and camaraderie. With no cover charge, it is the perfect opportunity for music lovers to gather, reconnect, and enjoy timeless country favorites.

Whether you are tapping your feet, singing along, or heading out to the dance floor, Classic Country delivers an afternoon that feels like home.

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

Line Dancing Lessons at 12:15 PM - come early and warm up your dancing boots!

LEO CLUB

Come along for a fun evening out as we head to the Black Bear Diner for our LEO Club gathering on **April 23rd!**

Known for its cozy, cabin-style atmosphere and hearty, homestyle comfort food, Black Bear Diner offers generous portions and a welcoming place to relax and enjoy a great meal with friends.

The bus will depart at **4:15 PM**, so be sure to arrive a little early and get settled. **Space is limited, so we encourage you to sign up as soon as possible to reserve your spot.**

If you plan on driving yourself we need to know that so we can reserve your seat at the restaurant.

Enjoy great food, good company, and a relaxing night out...we'd love to have you join us!



WHAT IS CSFP (often referred to as Commodity boxes)

CSFP stands for the Commodity Supplemental Food Program. It is a federally funded nutrition assistance program administered by the U.S. Department of Agriculture that provides supplemental nutritious food to eligible older adults. The program's purpose is to improve the health of seniors by adding nutritious USDA provided foods to their monthly food supply. The monthly boxes contain shelf stable and nutritious items intended to supplement a senior's diet. Typical CSFP boxes may include canned vegetables, fruits, and proteins, shelf stable or powdered milk, cereal, pasta or rice, peanut butter or dry beans, cheese blocks, and fruit juice. To participate in the CSFP program, you must be 60 years of age or older and your household income must be at or below the income eligibility guidelines.

CSFP is designed to help older adults who may be food insecure or living on limited incomes by supplementing their food supply with nutritious foods that support better health and help stretch food dollars. If you or someone you know would be interested we can help. CSFP boxes are handed out the fourth Monday of each month when we pass out the produce. You can also pick it up at your convenience any other day after the fourth Monday.

To enroll, grab an application from the office or from the wall brochure holder by the door.

April is a wonderful time to celebrate, and we are so happy to recognize all of our birthday friends this month! May your special day be filled with laughter, joy, and the company of those who make you smile.

Each year is a gift, and we are grateful to celebrate alongside such amazing individuals who bring so much warmth and friendship to our center.

If you would like your birthday to be included in our newsletter, please let someone in the office know—we would love to celebrate you!

- Angela Gudde- 1st
- Margart Greene- 7th
- Lisa Jackson- 7th
- Phil Walker- 7th
- Dianna Hickman- 9th
- Steve Main- 10th
- Chad James- 17th
- Cora Allen- 19th
- Jim Campbell- 19th
- Dean Dawson- 21st
- Terry Reno- 21st
- Donna Townsend- 23rd
- Judy Dyer- 23rd
- Jo Culham- 24th
- Becky Callison- 27th
- Bill Doan- 30th



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ACTIVITIES CALENDAR



MON	TUES	WED	THURS	FRI
	<p>1 9:00 Chair Yoga 10:00 PEPPi 10:45 Music with Rachelle 12 Bible Study & The Chosen 12:00 Pinochle</p>	<p>2 9:00 Cards&Games 10:00 Cardio Drumming</p>	<p>3 9:00 Stretch & Flex Yoga 10:00 PEPPi</p>	
<p>6 9:00 Chair Yoga 10:00 PEPPi 6:00pm Zumba Gold</p>	<p>7 9:30 Music Bingo 12:15 Line Dancing 1:00 Dance</p>	<p>8 9:00 Chair Yoga 9:30 PEPPi 12:00 Bible Study & The Chosen 12:00 Pinochle</p>	<p>9 9:00 Cards&Games 10:00 Cardio Drumming</p>	<p>10 9:00 Stretch & Flex Yoga 10:00 Bingo</p>
<p>13 9:00 Chair Yoga 10:00 PEPPi 6:00pm Zumba Gold</p>	<p>14 9:30 Bunco 12:15 Line Dancing 1:00 Dance</p>	<p>15 9:00 Chair Yoga 10:00 PEPPi 10:45 Music with Rachelle 12 Bible Study & The Chosen 12:00 Pinochle</p>	<p>16 9:00 Cards&Games 10:00 Cardio Drumming 12:15 MOVIE 5:00 POTLUCK & Games</p>	<p>17 9:00 Stretch & Flex Yoga 10:00 PEPPi</p>
<p>20 9:00 Chair Yoga 10:00 PEPPi 6:00pm Zumba Gold</p>	<p>21 9:30 Bingo 12:15 Line Dancing 1:00 Dance</p>	<p>22 9:00 Chair Yoga 10:00 PEPPi 12:00 Bible Study & The Chosen 12:00 Pinochle</p>	<p>23 9:00 Cards&Games 10:00 Cardio Drumming 4:15 LEO CLUB</p>	<p>24 9:00 Stretch & Flex Yoga 10:00 Bingo</p>
<p>27 9:00 Chair Yoga 10:00 PEPPi 10:30 FOOD PICK UP 6:00pm Zumba Gold</p>	<p>28 9:30 Bunco 12:15 Line Dancing 1:00 Dance</p>	<p>29 9:00 Chair Yoga 10:00 PEPPi 12:00 Bible Study & The Chosen 12:00 Pinochle</p>	<p>30 9:00 Cards&Games 10:00 Cardio Drumming</p>	

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LUNCH MENU



MON

TUES

WED

THURS

FRI



1 Diced Chicken
Cheese
Salad
Chuckwagon
Corn
Fruit Mix
Tortilla

2 Sloppy Joe
Potato Wedges
Veggie Mix
Apple Slices
Bun

3 Fish
Beets
Spinach
Mixed Fruit
corn muffin

6 Beef Hotdog
3 bean salad
Potato Salad
Watermelon
Bun

7 Chicken Parm
Penne pasta
Brussel Sprouts
Salad
Fruit Mix
Bread

8 Meatloaf
Gravy
Mixed Veggies
Mashed Potato
Peach&Straw
Roll

9 Chicken
StirFry/rice
Veggies
Coleslaw
Pineapple
Bread

10 Taco Salad
Beans
Chips
Orange

13 BBQ Chicken
Carrots
potato salad
fruit mix
bun

14 Mostaccoli
Meat Sauce
Italian Veggie
Salad
Stewed Apples
Bread

15 Beef Tator tot
Casserole
Green Beans
Peaches&Straw
Bread

16 Tuna Casserole
Cauliflower/Peas
Cucumber/Onions
Banana
Bread

17 Chicken Strips
Potato Wedges
Salad
Orange
Graham Cracker

20 Egg Omelet
Sausage Link
Roasted
Potatoes
Grapes
Biscuit

21 Beef Stew
w/veggies
Salad
Banana
Corn Muffin

22 Tilapia battered
Coleslaw
Sweet Potatoes
Mac&cheese
Peaches/Straw
Cookie

23 Hamburger
Steak Fries
Salad
Banana

24 Chicken Oven Fried
Gravy
Mashed Potatoes
Green Beans
Cake & Ice cream
Roll

27 Chicken Fried Steak
Mashed Potatoes
Gravy
Green Beans
Fruit mix
Roll

28 Fettuccine
Alfredo
Broccoli
Salad
Orange
Bread

29 Smoked Pork &
Beans
Cucumber salad
Banana
Corn Muffin

30 Chili
Salad
Bread
Peach Cobbler

