

AUGUST 2026 | VOL. 57

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

The Heart of the Kearney Senior Center: Our Volunteers

Every day, something special happens at the Kearney Senior Center—and it happens because of the dedication and kindness of our amazing volunteers.

From serving meals, delivering Meals on Wheels, leading activities, helping with special events, decorating, and stepping in wherever they are needed, our volunteers are the heart of everything we do.

Our Meals on Wheels volunteers make a difference five days a week by delivering nutritious meals, friendly smiles, and a caring connection to our homebound clients. For many of these seniors, their delivery driver may be the only person they see that day.

These wellness checks and friendly visits are just as important as the meal itself. Our kitchen is also completely operated by volunteers. Their hard work allows us to provide affordable, nutritious lunches and create a welcoming gathering place where seniors can enjoy good food and great company.

Every hour donated, every meal served, every delivery made, and every conversation shared helps strengthen our community and allows us to continue serving older adults in Kearney and the surrounding area.

Simply put, without our volunteers, we couldn't do what we do. Their generosity, compassion, and commitment make an immeasurable difference in the lives of the seniors we serve.

To every volunteer...thank you!

You are the reason our programs continue to thrive, and your kindness helps make the Kearney Senior Center a place where everyone feels welcome, valued, and connected.



Learn American Mahjong!

Have you ever wanted to learn American Mahjong? Now's the perfect time! Whether you're brand new or just need a little practice, we'd love to have you join us.

Don't let the tiles intimidate you! Like any new game, Mahjong takes a little time to learn, but it gets easier—and more fun—the more you play. It's a great way to keep your mind sharp, make new friends, and enjoy plenty of laughs along the way.

 Mondays: 12:00–2:00 PM

 Thursdays: 9:00–11:30 AM

No experience is necessary—just bring your curiosity and we'll help you learn!

"Learning Mahjong: because even old dogs deserve a few new tricks... and a good laugh!"

WOODEN BARN QUILT WALL

HANGING

Stacey, owner of Bluebirds Ranch LLC in Holt Mo, will teach you different painting techniques to make yourself an adorable, quality wooden barn quilt wall hanging.

Whether you've never picked up a paintbrush or you're a seasoned crafter, Stacey will guide you step by step to create a piece you'll be proud to hang in your home.

Class space is limited! **The first 12 people to pay the \$10 fee will be signed up, so don't wait to reserve your spot.**

AUGUST 6TH at 12:30

Sign up and pay at the office to guarantee your seat. We can't wait to see what you create!



Missouri Star

Star Puzzle

Big Dipper

A red-bordered form titled 'FILE OF LIFE' in white text on a red background. The form contains fields for Name, Address, and Phone for both the individual and their physician, as well as a section for EMERGENCY CONTACTS.

♥ File of Life: A Small Form That Could Save Your Life

In an emergency, every second counts. If you're unable to speak, would first responders know your medications, allergies, medical conditions, or who to contact?

The File of Life provides that critical information in one easy-to-find place. Simply complete the form and keep it in the magnetic pouch on your refrigerator, where emergency personnel are trained to look.

Include:

- Medications
- Allergies
- Medical conditions
- Emergency contacts
- Physician information

Remember to update your File of Life anytime your medications or emergency contacts change.

FREE at the Kearney Senior Center!

We have File of Life packets available at no cost in our office. Stop by and pick one up for yourself or a loved one. It only takes a few minutes to complete, but it could make a lifesaving difference.

🌻 Happy Birthday to Our August Birthday Friends! 🎉

Warmest birthday wishes to all of our wonderful friends celebrating in August!

Your birthday is a chance to celebrate not only another year of life, but also the kindness, laughter, and friendship you bring to the Kearney Senior Center. Whether you're celebrating with family, friends, or fellow members here at the Center, we hope your day is filled with happy moments, delicious cake, and plenty of reasons to smile.

May the year ahead bring you good health, new memories, exciting adventures, and countless blessings. Thank you for making our Senior Center such a welcoming and joyful place—we're so glad you're part of our family!

Don't see your birthday in the newsletter? Let the office know your birth date, and we'll be happy to include you in future birthday celebrations.

We love celebrating our members! 🎈

- Joy Unruh- 4th
- Cheryl Skinner- 8th
- Roy Howard- 16th
- Mike Harrison- 26th
- Sherley Hook- 28th
- Joe Cavender- 29th



San Antonio, TX



INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 6 nights lodging including 4 consecutive nights in the San Antonio area
- ♦ 10 meals: 6 breakfasts and 4 dinners
- ♦ Guided Tour of San Antonio
- ♦ Cruise at San Antonio's famous River Walk District
- ♦ Visit to the famous ALAMO and IMAX Theater presentation: "ALAMO...The Price of Freedom"
- ♦ Visit to the San Antonio Missions
- ♦ Tour of the LBJ Ranch

For more pictures, video, and information visit:
www.GroupTrips.com/kearney

\$905*

7 Days 6 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Sun - Sat)
Oct 4 - 10
2026

Don't Miss Out on This Amazing Trip!

We still have a few spaces available for this wonderful travel adventure!

Each year, we look forward to exploring new places, making new friends, and creating memories together. Our trips are a great way to travel safely, have fun, and enjoy the company of friends.

If you have questions or would like more information, please call Angela at the Senior Center.

We would love to have you join us!

DO NOT REGRET GROWING OLDER... IT IS A PRIVILEGE DENIED TO MANY!

Lunch Reservation Reminder

Planning to join us for lunch? Please remember to call **816-635-0444** to reserve your meal by noon on the serving day before your desired lunch. For example, if you'd like to join us on

Monday, please make your reservation by noon on Friday.

Please note: Our phones are not answered in the evenings or on weekends. If you call after hours, simply leave us a voicemail with your name and the day you'd like lunch.

We will receive your message the next business day and get you signed up.

If your plans change and you are unable to attend, please call and cancel your reservation as soon as possible. Your cooperation helps us plan meals accurately, reduce food waste, and better serve everyone in our community.

A \$2 voluntary donation is suggested for adults 60 and older,
and lunch is \$7 for those 59 and under.



Please also remember that during holiday weeks, reservation deadlines may be earlier than usual, so be sure to watch for any special announcements.

Thank you for helping us make our lunch program a success—we look forward to sharing a meal with you!

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

Staying active is more than a
trend, it's a
Lifestyle

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

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
3rd Wednesday of
the month at 10:45

CARDS & GAMES

Looking for a fun way to spend your Thursday morning? Grab a cup of coffee and join us for a relaxed morning filled with games, laughter, and great conversation! From 9:00–11:30 AM, you'll find friends gathered around the tables playing cards, Farkle, Dominoes, Mahjong, and whatever other games the group is in the mood for. Whether you're a seasoned player or trying something new, everyone is welcome. There's no pressure, no experience required—just good company, plenty of laughs, and a seat waiting for you.

Come for the games... stay for the friendships!

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.

DRIVE THRU FOOD DISTRIBUTION

MONDAY August 24th

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.

Lights, popcorn, action! Join us on Thursday, August 20th at noon 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...

Mamma Mia!

Here We Go Again

is a 2008 sequel and prequel that splits time between Sophie preparing to reopen her mother's hotel and flashbacks to a young Donna arriving in Greece. (This is the second movie in this series)

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

PINOCHLE

Looking for a fun way to challenge your mind and enjoy great company? Join our Pinochle group! Whether you're an experienced player or have never played before, everyone is welcome—we're happy to teach you.

Pinochle is easy to learn, fun to master, and a wonderful way to make new friends while enjoying a little friendly competition.

 Wednesdays at 12:00 PM

 Thursdays at 9:00 AM

Come for the cards... stay for the friendships!

LEO CLUB

(Let's Eat Out)

This month we will be heading to one of our favorites...

Captains Corner August 27th.

Captain's Corner brings warmth and charm to Paradise, Missouri. Tucked next to Smithville Lake, this family-run gem offers more than just a meal. Expect a cozy atmosphere where the smell of home-cooked food fills the air.

Fresh burgers, sweet treats, and local specialties await.

The sign up sheet is on the office door!

The bus will depart at **4:30 PM**. **Space is limited, so we encourage you to sign up as soon as possible to reserve your spot on the bus. \$5 if you are riding the bus.**

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!

T T K M R F D L K O B W K P A Z F Y K T J
H O H I M J U Z I Q U N P O P E Y E F Q M
E V F E K A X Z X C I H T P L C X E J G W
B Y R O B V N Y J R E U X B O D Y Z P A O
I Y O C O I B O H B C N G H S M D K V U B
R H S R M M G S F L M N S G V O S O Y G C
D P T I C R Q W A T I O N E O C O B G U A
C O A W P Q S N H K H I Q A T X Y O X S D
A N P T F K I D R I N E J U F O I U V T I
G E Z H C F B E O E T E Y G V O W L X R L
E H L B E H H C K U N E A E D N E E T U L
B O F H N S A A C G B Q A O A W J V D S A
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C G P Z A U N P Z P S F L U B B E R M Y R
F A T H E R S D A Y D B J H O U S E O F D

August Rush - Hook - Man of the Year - Shrink -
Awakenings House of D - Mrs. Doubtfire - The Big White -
Boulevard Insomnia - Old Dogs - The Birdcage - Cadillac
Man - Jumanji Jakob the Liar - One Hour Photo - The Final
Cut - Father's Day Patch Adams - The Fisher King - Flubber
- License to Wed Popeye - Toys

Robin Williams, born July 21, 1951 in Chicago, Illinois, was an actor and comedian best known for his roles in films such as Good Will Hunting—for which he won an Academy Award for Best Supporting Actor—Dead Poets Society, and Good Morning, Vietnam. He first gained popularity through his role on the television show

Mork & Mindy, before transitioning into leading parts, both comedic and dramatic, in film. Known for his improvisational style, Williams starred in a number of stand-up comedy specials and is considered one of the greatest humorists of all time. He navigated a high-profile, decades-long career as one of the world's most beloved entertainers, marked by explosive comedic genius and deep vulnerability. He has been affectionately referred to as the "brightest star in the comedy galaxy" and often described as "profoundly empathetic." Behind the laughter, Williams battled severe depression, anxiety, and paranoia, and was diagnosed with Lewy Body Dementia in his later years. Following his death, his widow, Susan Schneider Williams, became a dedicated advocate for LBD awareness.



Every Tuesday Afternoon LIVE MUSIC!!

Looking for a fun way to spend your Tuesday afternoon? Join us each week for an afternoon of live country music, dancing, and great company!

From 1:00–3:30 PM, Classic Country fills the center with your favorite traditional country tunes. The band—Terry McMillan, Bob Cates, Jack Soutter, Lisa and Bill Bennett, and Don Anderson—keeps the music going and the dance floor full with timeless favorites everyone can enjoy.

Whether you love to dance, sing along, or simply sit back and listen, you'll find a warm, welcoming atmosphere and plenty of friendly faces. Best of all, it's completely FREE! Everyone is welcome—bring a friend or come make a few new ones.

🤠 Come early for Line Dancing Lessons at 12:15 PM and brush up on your steps before the band starts!

Every Tuesday is a celebration of music, friendship, and fun—we'd love to see you there!

AUGUST 2026

ACTIVITIES CALENDAR



MON	TUES	WED	THURS	FRI
3 9:00 Chair Yoga 10:00 PEPPi 12:00 MAHJONG 6:00pm Zumba Gold	4 9:30 Music Bingo 12:15 Line Dancing 1:00 Dance	5 9:00 Chair Yoga 9:30 PEPPi 12:00 Bible Study & The Chosen 12:00 Pinochle	6 9:00 Cards&Games 10:00 Cardio Drumming 12:30 Barn Quilt Art with Stacey	7 9:00 Stretch & Flex Yoga 10:00 PEPPi
10 9:00 Chair Yoga 10:00 PEPPi 12:00 MAHJONG 6:00pm Zumba Gold	11 9:30 Bunco 12:15 Line Dancing 1:00 Dance	12 9:00 Chair Yoga 9:30 PEPPi 12:00 Bible Study & The Chosen 12:00 Pinochle	13 9:00 Cards&Games 10:00 Cardio Drumming	14 9:00 Stretch & Flex Yoga 10:00 Bingo
17 9:00 Chair Yoga 10:00 PEPPi 12:00 MAHJONG 6:00pm Zumba Gold	18 9:30 Bingo 12:15 Line Dancing 1:00 Dance	19 9:00 Chair Yoga 9:30 PEPPi 12:00 Bible Study & The Chosen 12:00 Pinochle	20 9:00 Cards&Games 10:00 Cardio Drumming 12:15 Movie	21 9:00 Stretch & Flex Yoga 10:00 PEPPi
24 9:00 Chair Yoga 10:00 PEPPi 10:30 FOOD PICK UP 12:00 MAHJONG 6:00pm Zumba Gold	25 9:30 Bunco 12:15 Line Dancing 1:00 Dance	26 9:00 Chair Yoga 10:00 PEPPi 10:45 Music with Rachelle 12 Bible Study & The Chosen 12:00 Pinochle	27 9:00 Cards&Games 10:00 Cardio Drumming 4:30 LEO @ Captains Corner	28 9:00 Stretch & Flex Yoga 10:00 Bingo
31 9:00 Chair Yoga 10:00 PEPPi 12:00 MAHJONG 6:00pm Zumba Gold				

AUGUST 2026 LUNCH MENU

60+ MEALS ARE A \$2 DONATION

ALL MEALS SERVED WITH MILK

PLEASE MAKE OR CANCEL YOUR RESERVATION BY
NOON THE SERVING DAY BEFORE.

816-635-0444 MONDAYS RESERVATIONS NEED TO
BE CALLED IN ON THE FRIDAY BEFORE.

MON	TUES	WED	THURS	FRI
3 BREADED FISH MIXED VEGGIE COLESLAW FRUIT MIX MAC&CHEESE	4 HAMBURGER SALAD STEAK FRIES BANANA	5 BBQ CHICKEN CARROTS SW SALAD ROASTED APPLES	6 EGG OMELET SAUSAGE PATTY ROASTED POTATOES APPLESAUCE BISCUIT	7 BEEF HOTDOG BAKED BEANS CARROT RAISIN SALAD WATERMELON
10 CHICKEN BREAST BROCCOLI/RICE CASSEROLE CARROTS FRUIT MIX	11 TACO SALAD PINTO BEANS ORANGE CHIPS	12 FISH COLESLAW SWEET POTATOES FRUIT MIX BREAD	13 BBQ BEEF SANDWICH POTATO SALAD MIXED VEGGIE BANANA	14 CHICKEN SALAD SALAD CUCUMBER & ONIONS APPLE BREAD
17 MEATLOAF MASHED & GRAVY MIXED VEGGIE FRUIT CUP DINNER ROLL	18 CHICKEN PARM BROCCOLI SALAD GRAPES BREAD	19 TUNA SALAD SESAME PEA SALAD BANANA RYE BREAD	20 DICED CHICKEN CHEESE SALAD CORN APPLE	21 SLOPPY JOES PEA SALAD VEGGIE MIX PEACHES & STRAWBERRIES
24 BEEF MAC CASSEROLE GREEN BEANS PEARS BREAD	25 CHICKEN STRIPS POTATO WEDGES SALAD ORANGE GRAHAM CRACKERS	26 CHICKEN FRIED STEAK MASHED & GRAVY GREEN BEANS FRUIT MIX ROLL	27 TURKEY DELI SANDWICH POTATO SALAD ORANGE	28 OVEN FRIED CHICKEN MASHED & GRAVY GREEN BEANS CAKE & ICECREAM ROLL
31 CHICKEN BREAST POTATOES AUGRATIN BROCCOLI BREAD	To comply with program guidelines, the Kearney Senior Center is unable to provide carry-out meals. If you would like to take home any unfinished portion of your meal we can give you a container. Thank you for your understanding and for helping us follow these guidelines!			