

FEBRUARY 2026 | VOL. 51

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

February is Heart Health Month

Taking care of your heart is important at every age. Small, everyday choices can make a big difference. Here are a few heart-healthy tips:

- Stay active with gentle movement like walking or chair exercises
 - Choose heart-healthy foods such as fruits, vegetables, whole grains, and lean proteins
 - Limit salt and sugary foods when possible
 - Manage stress by staying socially connected and taking time to relax 
 - Keep up with regular medical checkups and take medications as prescribed
-

You know you're getting old when... · Everything that works hurts and what doesn't hurt doesn't work. · Your body stops growing vertically and starts expanding horizontally. · When you meet up with friends, your primary subjects of discussion are health conditions, medications and doctors. · You find yourself saying, "I remember when you were a baby," to younger people. · You talk constantly about how things used to be or used to cost. · You realize the music you loved in your youth is now considered, "oldies." · You realize all your friends are starting to retire. · You think you've gone to the wrong class reunion when all you see in the room is people with graying or white hair.

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, beginning February 5th.

We'll be traveling to Price Chopper, 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.

This is a great time to be a part of the
Kearney Senior ³³Activity⁹⁹ Center!

INCLEMENT WEATHER CLOSINGS

SNOW DAY REMINDER

IF THE KEARNEY R1 SCHOOL DISTRICT IS CLOSED OR IF THEY ARE HAVING A LATE START THE CENTER WILL BE CLOSED. THERE WILL ALSO BE NO MEALS ON WHEELS DELIVERIES. PLEASE WATCH THE LOCAL NEWS FOR THESE CLOSINGS.

POTLUCK & VALENTINE PARTY ❤️

February 12th at 5:00 p.m.

Join us as we celebrate the season of love with a Valentine's Day Potluck Party! There's nothing better than sharing a good meal with good friends, and this special gathering is all about fellowship, laughter, and connection. Bring a favorite dish to share, enjoy a variety of homemade treats, and help us spread a little extra love around the Senior Center. Whether you come for the food, the conversation, or the festive fun, we look forward to celebrating together!

DRIVE THRU FOOD DISTRIBUTION

MONDAY FEBRUARY 23rd

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.

If you see a new face at the Senior Center, please be sure to introduce yourself and extend a friendly welcome!

TECHNOLOGY

HELP

NCOA and AT&T are sponsoring a free 4-part digital literacy program geared toward making seniors more comfortable online.

We'll cover web surfing, emails, internet security, and cell phone basics.

- Location: Kearney Senior Center
 - Dates: 1/8, 1/15, 1/22, & 1/29
 - Time: 1PM
- Extra support available on Mondays & Fridays

IT'S NEVER TOO LATE TO LEARN!!

(all help is 100% free)

Lights, popcorn, action! Join us on Thursday, February 26th 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

THELMA

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.

Bingo February 17th at 9:30am

This bingo will be sponsored by Novus Lifecare. Novus Lifecare is a clinician owned and operated home health and hospice organization that began right here in the Kansas City metro area in 2015! Everyday we strive to help set the expectation on how you and your loved ones are cared for. You are our top priority. We pride ourselves in knowing that when you decide to use Novus Lifecare, you become an extended member of the Novus Lifecare family

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.

February theme is love songs!

Don't miss out... see if you can snag a bingo while humming along to your favorite tunes!

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

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.

BIBLE STUDY

Join us each week for Bible Study as we explore scripture together. We will also be watching The Chosen as part of our study.

All are welcome!

Wednesday Noon-1:45

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

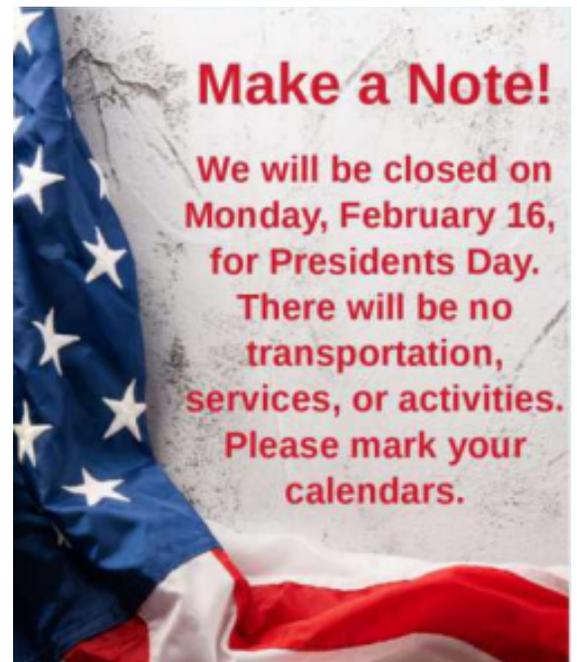
AARP TAX PREP INFO

Due to lack of volunteers AARP **will not be doing taxes** at the center this year. However the AARP Tax-Aide Program will be available on Mondays at both the Liberty United Methodist Church and the Pleasant Valley Baptist Church from 9:00 AM to 1:00 PM, and at the Grace Community Church in Smithville (same hours).

Appointments are required.

The number to call to make an appointment at any of these locations is

816-659-1747.



Wishing everyone celebrating this month a year filled with good health, happiness, and plenty of reasons to smile. ❤️

- **Bonnie Cavender- 3rd**
- **Connie Newman- 3rd**
- **Sally Coffman- 3rd**
- **Kenny Clevenger- 5th**
- **Sharon McCubbin- 8th**
- **Mariann Nauser- 10th**
- **Janie Crouse- 11th**
- **Margaret Long- 12th**
- **Mike Payne- 12th**
- **Paula Cummins- 12th**
- **Rita Eldridge- 12th**
- **Don Anderson- 14th**
- **Nan Casey- 15th**
- **Marge Kromeich- 15th**
- **Terry Wisdom- 15th**
- **Nancy Ancell- 21st**
- **Garold Crail- 22nd**
- **D.E. Matthews- 23rd**
- **Kirby Roach- 25th**
- **Anne Pruitt- 26th**
- **Debbie Strampher- 27th**
- **Helen Patten- 28th**

FREE HEALTH SCREENING by NKC Health

FEBRUARY 20th 9-11

Screenings include

- Blood Glucose
- Blood Pressure
- Total Cholesterol



Registration preferred. Walk-ins welcome.
Reserve your spot at nkchealth.org/HealthScreenings
or scan the QR code.

Or stop by the office and we can help you sign up!

We want everyone to enjoy our programs and activities. Please be mindful and respectful of others by keeping phone conversations and side conversations to a minimum during movies, daily announcements, and group activities. Your consideration helps create a pleasant experience for all. Thank you for helping make the center a welcoming and enjoyable place for everyone.

Join Us for an Amish Adventure!

Hop on the bus and come along for a fun and relaxing Amish adventure! This enjoyable trip includes a tour of an Amish homestead, where you'll learn about their way of life, as well as the chance to enjoy delicious, home-prepared meals made by the Amish. It's a wonderful opportunity to take in beautiful scenery, learn something new, and spend time with friends.

If you're looking for a day filled with laughter, learning, and great food, this trip is for you! Call Angela at 816-635-0576 to sign up. Seats are limited, so don't wait—this is a fun bus trip you won't want to miss!

KEARNEY ENRICHMENT COUNCIL PRESENTS

Shipshewana, Indiana Countryside Amish Adventure



INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 5 nights lodging including 3 consecutive nights in Indiana
- ♦ 8 meals: 5 breakfasts and 3 dinners
- ♦ FULL DAY GUIDED TOUR OF INDIANA'S AMISH COUNTRY & TOUR OF AN AMISH HOMESTEAD
- ♦ Authentic AMISH HOMESTEAD DINNER
- ♦ Admission to the show "A SIMPLE SANCTUARY" at the Blue Gate Theatre
- ♦ Admission to MENNO-HOF - "The Amish & Mennonite Story"
- ♦ Authentic Wagon Tour & Feeding at Cook's Bison Ranch
- ♦ Visit to Nationally Recognized SHIPSEHWANA TRADING PLACE & DOWNTOWN SHIPSEHWANA
- ♦ Explore Amish Country Goods at Eash Sales and E & S Foods

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

\$879*

6 Days 5 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Sun - Fri)
May 24 - 29
2026

Award Winning Musical Show



Random Acts of Kindness Day ❤️ February 17th

Random Acts of Kindness Day is a wonderful reminder that even the smallest gestures can make a big difference.

Kindness doesn't have to be complicated.

Simple, thoughtful actions can brighten someone's day, including your own.

Ways Seniors Can Share Kindness:

- Offer a smile or kind word to someone at the center
- Write a short note or card to a friend, family member, or neighbor
 - Hold a door open or help someone carry a bag
- Make a phone call to check in on someone who may be lonely
 - Share a laugh, a story, or words of encouragement

Kindness is ageless, and every act—no matter how small—helps build a stronger, more caring community. Let's spread kindness today and every day.



Home Health Services Informational Talk

On February 9 at 11:45 a.m., we will welcome Brian Willbond from RIGHT AT HOME for an informative and reassuring conversation about home health services. Many seniors hesitate to accept help at home due to common stereotypes or fears about what home health really means. Brian will help clear up those misconceptions and explain how services such as assistance with showering, personal hygiene, and laundry are designed to support dignity—not take away independence.

Learning about available support can make a big difference. Home health services can improve quality of life, promote safety, and help seniors remain independent in their own homes longer. This is a great opportunity to ask questions, share concerns, and gain peace of mind for yourself or a loved one. We encourage everyone to attend and be part of this helpful discussion.

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 12:00pm.



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!

FEBRUARY 2026

ACTIVITIES CALENDAR



MON	TUES	WED	THURS	FRI
2 9:00 Chair Yoga 10:00 PEPPi 6:00pm Zumba Gold	3 9:30 Music Bingo 12:15 Line Dancing 1:00 Dance	4 9:00 Chair Yoga 10:00 PEPPi 10:45 Music with Rachele 12 Bible Study & The Chosen 12:00 Pinochle	5 9:00 Cards&Games 10:00 Cardio Drumming	6 9:00 Stretch & Flex Yoga 10:00 PEPPi
9 9:00 Chair Yoga 10:00 PEPPi 6:00pm Zumba Gold	10 9:30 Bunco 12:15 Line Dancing 1:00 Dance	11 9:00 Chair Yoga 10:00 PEPPi 12:00 Bible Study & The Chosen 12:00 Pinochle	12 9:00 Cards&Games 10:00 Cardio Drumming 5:00 POTLUCK & Games	13 9:00 Stretch & Flex Yoga 10:00 Bingo
16 CLOSED FOR PRESIDENTS DAY	17 9:30 Bingo 12:15 Line Dancing 1:00 Dance	18 9:00 Chair Yoga 10:00 PEPPi 12:00 Bible Study & The Chosen 12:00Pinochle	19 9:00 Cards&Games 10:00 Cardio Drumming 4:30 LEO Hunan Garden	20 9:00 Stretch & Flex Yoga 10:00 PEPPi
23 9:00 Chair Yoga 10:00 PEPPi 6:00pm Zumba Gold	24 9:30 Bunco 12:15 Line Dancing 1:00 Dance	25 9:00 Chair Yoga 10:00 PEPPi 12:00 Bible Study & The Chosen 12:00 Pinochle	26 9:00 Cards&Games 10:00 Cardio Drumming	27 9:00 Stretch & Flex Yoga 10:00 Bingo

Valentine's Day proves you're never too old for hearts, hugs, and a little chocolate 🍫❤️

FEBRUARY 2026

MENU



MON	TUES	WED	THURS	FRI
2 Beef Mac veggies vanilla wafers pudding	3 BBQ Chicken veggie mix potato salad fruit mix bun	4 Taco Salad Beans Chips Orange	5 Pork Stir Fry/rice Veggies Coleslaw Pineapple Bread	6 Hamburger Steak Fries Banana
9 Chicken Fried Steak Mashed Potatoes Gravy Green Beans Fruit mix Roll	10 Fish Coleslaw Spinach Fruit corn muffin	11 Beef Stew Salad Banana Biscuit	12 Egg Omelet Sausage Link Roasted Potatoes Grapes Biscuit	13 Fettuccine Alfredo Broccoli Salad Orange Bread
16 CLOSED FOR PRESIDENTS DAY	17 Chicken Breast Potatoes Augratin Broccoli Pineapple cookies	18 Tilapia Coleslaw Sweet Potatoes Peaches/Straw Cookie	19 Chili Salad Peach Cobbler	20 Fish Patty Coleslaw Sweet Potato Wedges Banana Fig Newton
23 Sloppy Joe Parsley Potatoes Carrots Apple Slices Yogurt Cup	24 Chicken Strips Potato Wedges Salad Orange Graham Cracker	25 Cottage Pie Mashed Potatoes Green Beans Roasted Apples Roll	26 Smoked Pork & Beans Cucumber salad Banana Corn Muffin	27 Chicken Oven Fried Gravy Mashed Potatoes Green Beans Cake & Ice cream Roll

