

JUNE 2026 | VOL.55

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

Sunshine, Summer & Senior Center Fun!

As we welcome June, we're enjoying the beautiful spring weather and all the signs of summer beginning to appear. Our garden is getting started, and we're excited to watch it grow over the coming weeks. If you happen to stop by and feel inspired to pull a weed or lend a helping hand in the garden, we would certainly appreciate it!

Please remember that the Kearney Senior Center will be closed on Thursday, June 19th, in observance of the Juneteenth holiday. Also, if you plan to travel through Kearney on the 19th, be prepared for heavier traffic due to FIFA World Cup events at the Kearney Amphitheater and increased visitors in the area.

Give yourself a little extra time and plan accordingly.

Summer is shaping up to be a fun and busy season at the center, and we invite everyone to come join us for all kinds of activities, fellowship, laughter, and good times. Whether you want to exercise, play cards, learn something new, or simply enjoy the company of friends, there's always something happening at the Kearney Senior Center!



Did you know these fun summer facts?

- The first official day of summer this year is June 20th, known as the Summer Solstice, the longest day of the year!
- Watermelon is one of the most popular summer fruits and is made up of over 90% water.
- The world's largest picnic was held with more than 20,000 people attending.
- Fireflies light up on summer evenings because of a chemical reaction in their bodies called bioluminescence.
- June is named after Juno, the Roman goddess of marriage and family.
- Ice cream becomes one of America's favorite treats during the summer months. The average American eats about 20 pounds of ice cream each year!
- The tradition of summer vacations became popular in the early 1900s when families began taking road trips together.
- Baseball is often called "America's Favorite Pastime" and is strongly connected to summertime memories.

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.

The Kearney Senior Center will be CLOSED on Thursday, June 19th, in observance of Juneteenth. Juneteenth commemorates the day in 1865 when enslaved people in Texas were finally informed of their freedom, more than two years after the Emancipation Proclamation was issued. It is a day of reflection, celebration, and recognition of freedom, history, and culture throughout the United States. We hope everyone enjoys a safe and meaningful holiday.

American Mahjong

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!

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! 🀄 **EVERY MONDAY 12:00-2:00ish**

Mahjong may seem a little intimidating at first, but don't let that stop you from giving it a try! Like anything new, it can feel a bit confusing in the beginning, but I promise it gets easier the more you play and learn. Don't let one time trying to learn stop you!!

Before long, the tiles will start to make sense, patterns will become familiar, and your confidence will grow. Best of all, it's a wonderful way to challenge your mind, share some laughs, and enjoy time with friends. Come join us—we're all learning together!

“Learning Mahjong: because even old dogs deserve a few new tricks (and a good laugh)!”

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 are unable to attend, please call and cancel your reservation as soon as possible.

Please also remember that on weeks with holidays, reservations may need to be made earlier than usual. For example, if you would like to eat on Monday, June 22, you will need to call or sign up by Thursday, June 18, since we will not be working during the holiday or over the weekend. Thank you for helping us with meal planning and preparation!

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
3rd Wednesday of
the month at 10:45



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

POTLUCK

Join us for a fun evening of food, friends, and games on June 18th! 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, JUNE 18th

Dinner at 5:00 p.m.

**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, June 18th at 12:00 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...

"Remarkably Bright Creatures"
Remarkably Bright Creatures is a heartwarming novel about friendship, grief, and finding connection in unexpected places. The story follows Tova, an elderly widow working at an aquarium, who forms an unusual bond with a highly intelligent octopus named Marcellus. Together, they help uncover long-held secrets while showing that it's never too late for friendship, healing, and new beginnings.



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

DRIVE THRU FOOD DISTRIBUTION

MONDAY June 22nd

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.

*Sweet
Summer*



LEO CLUB

(Let's Eat Out)

This month for LEO we will be heading North to Catricks Cafe on JUNE 25th!!

Catrick's Café in Lawson is known for its welcoming hometown atmosphere, delicious comfort food, and friendly service. Join us as we enjoy a fun outing together, good conversation, and a chance to support a wonderful local restaurant. It's sure to be a great time together!

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!

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!

Government imposter scammers pretend to be representatives of government agencies, such as the Social Security Administration (SSA) or Internal Revenue Service (IRS). They may threaten your Social Security benefits, demand payment for back taxes or fees they claim you owe, or claim there is a problem with your account or benefits. Their goal is to steal your money or gain personal information from you. To look legitimate, they may use official-looking documents or images when sending correspondence. According to the United States Senate Special Committee on Aging, Social Security related scams are the most common government imposter scams. According to the Federal Trade Commission (FTC), people lost \$789 million to government imposter scams last year.

Protect yourself and be on the lookout for red flags of a potential scammer. Beware of phone calls, texts, and emails asking you to confirm information that the government agency should already have. This could be information about your address or social security number. If the alleged government representative threatens your benefits or asks you to wire money or put money on a prepaid debit card or gift card, asks you to send money using a delivery service, or asks you to pay using cryptocurrency or an app, this is a scam. Being pressured to decide quickly is also a red flag that it is a scam. If you receive a suspicious call, hang up the phone. Do not reply to suspicious e-mails or texts. Never give out or confirm sensitive information in response to unexpected calls. Do not blindly trust a name or telephone number. Scammers will use official sounding names to make you trust them. They also use technology to disguise the real phone numbers they are calling from. Government agencies will never ask you to wire money or send money through a gift card. Always call the government agency directly with a known phone number and wait to speak to a representative to verify calls or emails you receive.

You can report scams to the Clay County Sheriff's Office at (816) 407-3700.

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

A very Happy Birthday to all of our June birthday friends!

We hope your special day is filled with laughter, love, sweet treats, and time spent with the people who mean the most to you. Birthdays are a wonderful reminder to celebrate the memories we've made, the friendships we share, and the joy each person brings to the Kearney Senior Center family. We are grateful to celebrate another year of your life with you and hope this next year brings you happiness, good health, and many blessings. Be sure to let us help celebrate you this month!

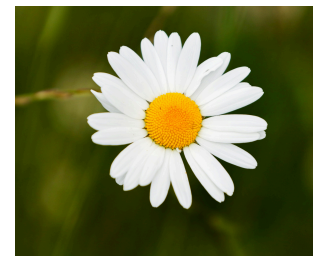
If you would like your birthday to be included in our newsletter, please let someone in the office know—we would love to celebrate you! 🎈



- Bob Utz- 8th
- Judy Allen- 11th
- Cheryl Payne- 12th
- Jack Ancona- 15th
- Linda Marler- 15th
- Sherrie Ancona- 20th
- Terri Simmons- 20th
- Cathy Verbrugge- 26th



JUNE 2026

ACTIVITIES CALENDAR



MON	TUES	WED	THURS	FRI
<p>1</p> <p>9:00 Chair Yoga 10:00 PEPPi 12:00 MAHJONG 6:00pm Zumba Gold</p>	<p>2</p> <p>9:30 Music Bingo 12:15 Line Dancing 1:00 Dance</p>	<p>3</p> <p>9:00 Chair Yoga 10:00 PEPPi 12 Bible Study & The Chosen 12:00 Pinochle</p>	<p>4</p> <p>9:00 Cards&Games 10:00 Cardio Drumming</p>	<p>5</p> <p>9:00 Stretch & Flex Yoga 10:00 PEPPi</p>
<p>8</p> <p>9:00 Chair Yoga 10:00 PEPPi 12:00 MAHJONG 6:00pm Zumba Gold</p>	<p>9</p> <p>9:30 Bunco 12:15 Line Dancing 1:00 Dance</p>	<p>10</p> <p>9:00 Chair Yoga 9:30 PEPPi 12:00 Bible Study & The Chosen 12:00 Pinochle</p>	<p>11</p> <p>9:00 Cards&Games 10:00 Cardio Drumming</p>	<p>12</p> <p>9:00 Stretch & Flex Yoga 10:00 Bingo</p>
<p>15</p> <p>9:00 Chair Yoga 10:00 PEPPi 12:00 MAHJONG 6:00pm Zumba Gold</p>	<p>16</p> <p>9:30 Bingo 12:15 Line Dancing 1:00 Dance</p>	<p>17</p> <p>9:00 Chair Yoga 9:30 PEPPi 12:00 Bible Study & The Chosen 12:00 Pinochle</p>	<p>18</p> <p>9:00 Cards&Games 10:00 Cardio Drumming 12:15 Movie 5:00 Potluck</p>	<p>19</p> 
<p>22</p> <p>9:00 Chair Yoga 10:00 PEPPi 10:30 FOOD PICK UP 12:00 MAHJONG 6:00pm Zumba Gold</p>	<p>23</p> <p>9:30 Bunco 12:15 Line Dancing 1:00 Dance</p>	<p>24</p> <p>9:00 Chair Yoga 10:00 PEPPi 10:45 Music with Rachele 12 Bible Study & The Chosen 12:00 Pinochle</p>	<p>25</p> <p>9:00 Cards&Games 10:00 Cardio Drumming 4:30 LEO @ Catricks</p>	<p>26</p> <p>9:00 Stretch & Flex Yoga 10:00 Bingo</p>
<p>29</p> <p>9:00 Chair Yoga 10:00 PEPPi 12:00 MAHJONG 6:00pm Zumba Gold</p>	<p>30</p> <p>9:30 Bunco 12:15 Line Dancing 1:00 Dance</p>			

JUNE 2026

LUNCH MENU



MON	TUES	WED	THURS	FRI
<p>1</p> <p>Beef Hotdog 3 bean salad Potato Salad Watermelon Bun</p>	<p>2</p> <p>Chicken Parm Penne pasta Brussel Sprouts Salad Fruit Mix Bread</p>	<p>3</p> <p>Taco Salad Beans Chips Orange</p>	<p>4</p> <p>BBQ Chicken Carrots potato salad fruit mix bun</p>	<p>5</p> <p>Chili Salad Bread Peach Cobbler</p>
<p>8</p> <p>Meatloaf Gravy Mixed Veggies Mashed Potato Peach&Straw Roll</p>	<p>9</p> <p>Fish Beets Spinach Mixed Fruit corn muffin</p>	<p>10</p> <p>Mostaccoli Italian Veggie Salad Stewed Apples Italian Bread Graham Crackers</p>	<p>11</p> <p>Smoked Pork & Beans Cucumber salad Banana Corn Muffin</p>	<p>12</p> <p>Chicken Strips Potato Wedges Salad Orange Graham Cracker</p>
<p>15</p> <p>Beef Tator tot Casserole Green Beans Peaches&Straw Bread</p>	<p>16</p> <p>Chicken StirFry/rice Veggies Coleslaw Pineapple Bread</p>	<p>17</p> <p>Sloppy Joes Potato Wedges Veggies Apple Slices</p>	<p>18</p> <p>Fettuccine Alfredo Broccoli Salad Orange Bread</p>	<p>19</p> 
<p>22</p> <p>Egg Omelet Sausage Link Roasted Potatoes Grapes Biscuit</p>	<p>23</p> <p>Hamburger Steak Fries Salad Banana</p>	<p>24</p> <p>Tilapia battered Coleslaw Sweet Potatoes Mac&cheese Peaches/Straw Cookie</p>	<p>25</p> <p>Beef Stew w/veggies Salad Banana Corn Muffin</p>	<p>26</p> <p>Chicken Oven Fried Gravy Mashed Potatoes Green Beans Cake & Ice cream Roll</p>
<p>29</p> <p>Chicken Fried Steak Mashed Potatoes Gravy Green Beans Fruit mix Roll</p>	<p>30</p> <p>Diced Chicken Salad Corn Pineapple Mix Tortilla</p>	<p>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.</p>		