

MARCH 2024 | VOL.27

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@KEARNEYENRICHMENT.ORG

STAY ACTIVE -STAY SOCIAL- STAY INFORMED

What comes to mind when you think of Spring cleaning? Renew? Refresh? Rejuvenate?

Spring is the time to assess our practices, streamline processes and refresh our approach to achieve our goals and mission. Just as we tidy up our living spaces, we are asking for your help in taking steps to air out our space at the Center (figuratively speaking). I'd like to take this time to talk about a few housekeeping items.

-Do not arrive more than 10-15 minutes before an activity starts. Staff needs time to clear, change over and clean rooms. Plus we don't want our friends, who are in an activity before us, to feel rushed to leave.

-Please be considerate of others at the center. Remember the Golden Rule you learned in school? "Do unto others as you would have them do unto you."

If you have any more questions or need further assistance with our spring cleaning efforts, feel free to ask. Thanks for your cooperation and understanding with these changes. We can do this together!

FREE AARP TAX PREP

MARCH 14TH AND 21ST 9AM-NOON
AT THE KEARNEY SENIOR CENTER

CALL 816-635-0466 TO SCHEDULE
YOUR APPOINTMENT



It's that time of year!

Team up to Clean up

We have teams of volunteers
ready to help elderly residents
with basic yard clean up.
If you'd like to get your name on
the list please call us.

816-635-0466



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

TECH TIP

Fixing Your Phone GETIN-PERSON HELP

While most phones are reliable--and surprisingly durable, considering how much we handle them--they can develop problems. Batteries fade over time, granting you less power per charge. And screens may break when you drop the device, but it's easy to find a repair shop with the tools and parts to fix those issues.

Be prepared with your passwords and relevant warranty or service plan info for these options.

Apple Store's Genius Bar

Apple Stores provide great service for Apple products, but they get a lot of foot traffic. It's best to book an appointment in advance at Apple Support Online. You can describe the problem, get a repair cost estimate, and select a time to go to a nearby Genius Bar - or call 800-275-2273.

Note: You may need your Apple ID.

Best Buy's Geek Squad

As an authorized service provider for Apple and Samsung, Best Buy provides parts and repairs at prices set by the manufacturer. Same-day repairs may be possible. Book an appointment online or call 800-433-5778.

uBreakiFix

uBreakiFix stores are authorized to repair Google and Samsung phones and out-of-warranty iPhones, and they fix Motorola and LG models too. There's usually a one-hour turnaround.

Book online or call 877-320-2237.

TRY THIS FIRST - You've probably heard this advice before, but it's effective: If the phone simply stops working right, turn it off, wait a few minutes, and turn it on again. That clears memory which can correct a lot of glitches. If the touchscreen has frozen and there's no way to turn the device off, follow these steps.

UNFREEZE AN IPHONE SCREEN:

Press and release the volume up button, then the volume down button, and then press and hold the side button until the Apple logo appears on screen.

UNFREEZE A SAMSUNG SCREEN: Press both the power and volume down buttons until the screen goes dark, then release.

Local Repair Shops: A neighborhood business may offer faster turnaround times, but if it's not authorized by your phone's manufacturer it might not have access to the diagnostic tools and parts required to complete the job. Right-to-repair advocates are working to address this, pushing for state and federal laws that grant access to those items, even for DIYers.

GET ONLINE HELP Tech companies are good at offering digital support on their websites (Apple Support, Google Support, etc.) and free companion apps. You can communicate with a trained technician via live chat (in a text-based window), find a repair store, get warranty information, and more. To expedite things, have your phone's model name, serial number, and password ready. The repair website iFixit also has helpful step-by-step info organized by device type; click on "Repair Guides."

Come and see us in the Tech Café first. We will help you determine if you need additional help. We also recommend our local shop SMART FIX for an honest referral on warranty phones, battery replacement, screen repair, and repair of out of warranty phones. 816-491-7255

THIS & THAT

DRIVE THRU FOOD DISTRIBUTION

MONDAY March 25th 10:30 AM

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.
(*arrangements may be made if you are a nondriver)**

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

COMMODITY BOXES

Commodities is an income based monthly food box for seniors. You can request an application anytime from the Senior Center. This box includes shelf-stable staples such as canned fruits and vegetables, juice, cereal, pasta or rice, canned beef or chicken, cheese and beans.

Interested in a monthly commodity box? Ask Shelly, Angela or Dianna for the info to see if you qualify.

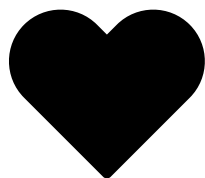
816-635-0466



Every Tuesday afternoon

LIVE MUSIC!!

Free Line Dancing Lessons at 12:15. The band, **Classic Country**, will start playing at 1:00 and will play until 3:30. Put on your dancing shoes and head down to the Center for a rocking good time! Couples, singles and groups are welcome! Dance with friends, and enjoy light refreshments and good company.
(No cover charge)



The Kearney Senior Community Center is funded by a grant from **Clay County Senior Services**, individual donors, and fundraising activities.

ONE ON ONE **TECHNOLOGY HELP**

Meet with an instructor one-on-one to tackle a technology problem you may be experiencing. 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 but we will work with you until you are a pro!

Monday and Wednesday
10AM-2PM &
Thursday NOON-2 PM
(all help is **100% free**)

BINGO

Come have some fun at Bingo on the 1st and 3rd Tuesday and on the 2nd and 4th Friday at 10am

POTLUCK

Monthly potluck birthday party!
March 19th after Bingo
Bring a dish to share and
let's celebrate!

BUNCO

2nd and 4th Tuesday
if there is a
5th Tuesday we will play Bunco
10-11:30ish



CHOP & CHAT

Wednesday March 27th at 2pm.

Join us for some cooking
and good conversation!

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 March 6th,
& 20th @10:45**

CARDS & GAMES

Thursday at 9am-NOON

Join us for a morning of fun, coffee and
conversation. We play various card
games and dominoes. We are always
willing to learn new games if you have
one!

WE WOULDN'T BE US WITHOUT YOU!!

LET'S GET MOVING

PEPPI EXERCISE

(Peer Exercise Program Promotes Independence) is a physical activity program specifically designed for older adults ages 60+, as well as disabled adults. 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 at 10**

Great for all fitness levels!

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

CHAIR YOGA

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. Make this class a part of your weekly schedule to help you slow down the aging process and prevent future injuries.

CARDIO DRUMMING

Use low-impact hand 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

LINE DANCING

You will learn basic line dance steps and routines set to music! Dust off your boots and join us!

Tuesday 12:15

STRETCH & FLEX YOGA

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

Friday at 9 am

“Christ the Lord is risen today,
sons of men and angels say.
Raise your joys and triumphs
high; sing, ye heavens and
earth reply.”

- CHARLES WESLEY



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

SENIOR CENTER SHUTTLE SERVICE!



Our Door*2*Door shuttle service is now up and running!! If you would like a ride to the Senior Community Center for activities or would want to ride to the Center for lunches please contact us

816-635-0444

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

Hem & Haw

Want to crochet, knit or sew your next project with other fabric artists?

Do you just want to show off your latest project?

Come Mondays after lunch, around 12:15 for conversation and creativity!

SENIOR CENTER FRIEND OF THE MONTH

Bryan Ivlow

Bryan is a friendly, reliable and knowledgeable part of our group here at the center. He enjoys coming here for the company. He has also been a major part of our raised bed gardens out back and the delicious tomatoes grown there.

Some things that Bryan enjoys are music, the shooting range, his Porsche, hunting and fishing. Bryan also enjoys working and is currently working at the prison in Cameron and also shares his knowledge with tourists at the Jesse James Farm. In his younger years Bryan attended Illinois Knox College, Park College and KC Junior College. With that education Bryan moved on to become a chemist for feed companies doing quality control. He was a supervisor covering seven stores, and he was a management consultant.

Some words of advice from Bryan..."**Be nice, get along, smooth out any problems and always keep trying to do better.**"

WOULDN'T YOU LIKE TO GET AWAY

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 on March 26th. Meet at the Center at 4:30pm to head to J&S Pizza in Liberty. Everyone orders off of the menu and pays their own way.

Limited Space 14 on the bus.

Sign up sheet is on the office door.

We are
planning 2
amazing
trips!...
fall 2024
and spring
2025

New Orleans



INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 6 nights lodging including 4 consecutive nights in the New Orleans area
- ♦ 10 meals: 6 breakfasts and 4 dinners
- ♦ GUIDED TOUR OF NEW ORLEANS
- ♦ Admission to the NATIONAL WORLD WAR II MUSEUM
- ♦ GUIDED TOUR OF A LOUISIANA PLANTATION
- ♦ Admission to MARDI GRAS WORLD
- ♦ Relaxing RIVERBOAT CRUISE on the Mississippi River
- ♦ Enjoy Historic New Orleans French Quarter

\$909*

7 Days 6 Nights

*PER PERSON, DOUBLE OCCUPANCY

**(Sun - Sat)
Sep 1 - 7
2024**

For info call Angela 816-635-0576

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OPTIONAL EXCURSIONS

Optional Excursions will be available for additional cost

These will be booked through the cruiseline. I will help you get those arranged

AIRFARE

I will book your air with the cruiseline

*Not included in the room pricing.



CONTACT ME :

PAM DOUGLASS

Phone : 913-548-6224

Website : www.sojntravelco.com



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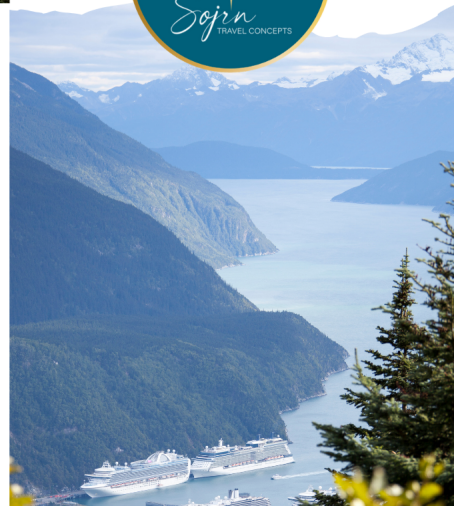
CABIN CATAGORIES

- INTERIOR = \$ 2,163.62/ PER ROOM
- BALCONY/VERANDA = \$3,075.18/PER ROOM
- MINI SUITE = \$3,277.48/ PER ROOM
(ONLY 4 MINI SUITES AVAILABLE)

* Pricing is based on Group Discount of Minimum of 5 Staterooms rooms with Double Occupancy

*Pricing is subject to change until Deposit is made

Cruise to
ALASKA
May 3-11, 2025



MARCH 2024


KEARNEY SENIOR COMMUNITY CENTER

Meals = \$5 Lunch at 11:30
PLEASE MAKE LUNCH RESERVATIONS
AT LEAST 24 HRS IN ADVANCE

816-635-0444

Linda Templeton -Cook

MENU SUBJECT TO CHANGE DUE TO DONATIONS
OR OUT OF STOCK ITEMS and WEATHER,
WE WILL ALWAYS TRY TO KEEP THE ENTREE THE SAME.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>If you have reservations and can't make it, please call 816-635-0444 to cancel. Thanks!</p>				<p>Happy Birthday 1 March Roast Beef Mashed Potatoes Spinach Cake / IceCream</p>
<p>4</p> <p>One Pot Creamy Chicken Beets Chocolate Mound Cake</p>	<p>5</p>	<p>6</p> <p>Mexican Skillet Salad Cookies</p>	<p>7</p>	<p>8</p> <p>Lasagna Garlic Bread Salad Tropical Dessert</p> <p>BINGO 10-11 Gift Card from OAK POINT</p>
<p>11</p> <p>Sweet & Sour Chicken Rice Pecan Upside-down Bundt Cake</p>	<p>12</p>	<p>13</p> <p>Chicken Casserole Salad Dessert</p>	<p>14</p>	<p>15</p> <p>Chili Cheese Tater Tot Casserole Salad Dessert</p>
<p>18</p> <p>Corned Beef Cabbage Baby Potatoes Cinnabun Cake</p>	<p>19</p>	<p>20</p> <p>Riblette Sandwich Potato Salad Cookies</p>	<p>21</p>	<p>22</p> <p>Breakfast Scrambled Eggs Sausage / Biscuit Gravy / Fruit</p> <p>BINGO 10-11 Gift Card from Hidden Valley Funeral Home</p>
<p>25</p> <p>Meatball Sub Baked Beans Chips Dessert by 3 Rivers Hospice Drive-thru food pick up 10:30</p>	<p>26</p>	<p>27</p> <p>Stuffed Pasta Roll Salad Dessert</p>	<p>28</p>	<p>29</p> <p>Fish Broccoli Slaw Smashed Potatoes Cornbread Dessert</p>