

MAY 2026 | VOL. 54

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

Welcome, May!

Spring is in full swing, and while we're thankful for the April showers that brought beautiful May flowers, we're certainly enjoying the sunshine and warmer days ahead. It's the perfect time to get out, connect with friends, and enjoy all that the season has to offer. We have lots of fun and engaging activities planned at the center this month, and we look forward to sharing them with all of you.

Here's to a bright, cheerful May filled with laughter, friendship, and new memories!

May is also Older Americans Month—a special time to recognize and celebrate the countless contributions, wisdom, and experiences of older adults in our community.

Each of you brings something unique and meaningful to the center, and we are so grateful for the friendships, stories, and spirit you share every day.

This month, we celebrate you...your strength, your resilience, and the joy you bring to those around you. We look forward to honoring you throughout the month with activities, connection, and plenty of opportunities to celebrate together.



The 2026 theme, Champion Your Health, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

How can individuals take charge of their health at every age?

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.



FOOD PICK UP DAY HAS CHANGED THIS MONTH DUE TO MEMORIAL DAY.

MAY PICK UP WILL BE ON FRIDAY MAY 29TH!

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!

EVERY MONDAY 12:30-2:00

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'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.

FOOD PICK UP DAY HAS CHANGED THIS MONTH DUE TO MEMORIAL DAY.

MAY PICK UP WILL BE ON FRIDAY MAY 29TH!

POTLUCK

Join us for a fun evening of food, friends, and games on May 21st! 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, MAY 21st

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, May 21st 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...

"WICKED 2"

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

FRIDAY MAY 29th

DAY CHANGED DUE TO MEMORIAL DAY

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 @ 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

Join us for LEO (Let's Eat Out)!

We're heading to La Fuente in Kearney on Tuesday, **May 26th** for a fiesta full of flavor, fun, and friendship! Come enjoy delicious Mexican food, great conversation, and a lively evening out with friends. Bring your appetite and your festive spirit—we'd love to have you join us for this tasty night out!

The bus will depart at **4:45 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 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!



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.

Join us in wishing all of our May birthday friends a very happy birthday!

May your days be filled with sunshine, laughter, and all the little things that bring you joy. Each of you brings something special to our center, and we are so grateful to celebrate another year with you.

We hope your birthday is filled with warm wishes, good company, and plenty of reasons to smile. Here's to a wonderful year ahead—happy birthday to all our May celebrants!

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!

- Wilma Falkenstein- 2nd
- Mike Mays- 6th
- Ed Hutchison- 11th
- Bill Skelton- 12th
- Wayne Isenhour- 21st
- Kathe Boyer- 23rd
- Delores Avery- 25th
- Charity Adams- 26th



MAY 2026

ACTIVITIES CALENDAR



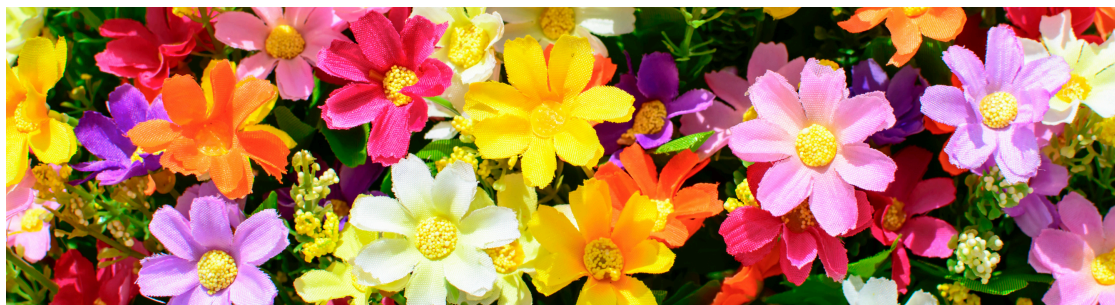
MON

TUES

WED

THURS

FRI



1

9:00 Stretch & Flex Yoga
10:00 PEPPi

4

9:00 Chair Yoga
10:00 PEPPi
12:00 MAHJONG
6:00pm Zumba Gold

5

9:30 Music Bingo
12:15 Line Dancing
1:00 Dance

6

9:00 Chair Yoga
10:00 PEPPi
10:45 Music with Rachelle
12 Bible Study & The Chosen
12:00 Pinochle

7

9:00 Cards&Games
10:00 Cardio Drumming

8

9:00 Stretch & Flex Yoga
10:00 Bingo

11

9:00 Chair Yoga
10:00 PEPPi
12:00 MAHJONG
6:00pm Zumba Gold

12

9:30 Bunco
12:15 Line Dancing
1:00 Dance

13

9:00 Chair Yoga
9:30 PEPPi
12:00 Bible Study & The Chosen
12:00 Pinochle

14

9:00 Cards&Games
10:00 Cardio Drumming

15

9:00 Stretch & Flex Yoga
10:00 PEPPi

18

9:00 Chair Yoga
10:00 PEPPi
12:00 MAHJONG
6:00pm Zumba Gold

19

9:30 Bingo
12:15 Line Dancing
1:00 Dance

20

9:00 Chair Yoga
10:00 PEPPi
10:45 Music with Rachelle
12 Bible Study & The Chosen
12:00 Pinochle

21

9:00 Cards&Games
10:00 Cardio Drumming
12:00 MOVIE
5:00 POTLUCK & Games

22

9:00 Stretch & Flex Yoga
10:00 Bingo

25

26

9:30 Bunco
12:15 Line Dancing
1:00 Dance
5:00 LEO CLUB @ LAFUENTE

27

9:00 Chair Yoga
10:00 PEPPi
12:00 Bible Study & The Chosen
12:00 Pinochle

28

9:00 Cards&Games
10:00 Cardio Drumming 4:15

29

9:00 Stretch & Flex Yoga
10:00 PEPPi
10:30 FOOD PICK UP

MAY 2026

LUNCH MENU



MON

TUES

WED

THURS

FRI



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.

1
 Fish
 Beets
 Spinach
 Mixed Fruit
 corn muffin

4
 Meatloaf
 Gravy
 Mixed Veggies
 Mashed Potato
 Peach&Straw
 Roll

5
 Taco Salad
 Beans
 Chips
 Orange

6
 Chicken Parm
 Penne pasta
 Brussel Sprouts
 Salad
 Fruit Mix
 Bread

7
 Chicken
 StirFry/rice
 Veggies
 Coleslaw
 Pineapple
 Bread

8
 Chili
 Salad
 Bread
 Peach Cobbler

11
 BBQ Chicken
 Carrots
 potato salad
 fruit mix
 bun

12
 Beef Tator tot
 Casserole
 Green Beans
 Peaches&Straw
 Bread

13
 Diced Chicken
 Cheese
 Salad
 Chuckwagon Corn
 Fruit Mix
 Tortilla

14
 Tuna Casserole
 Cauliflower/Peas
 Cucumber/Onions
 Banana
 Bread

15
 Chicken Strips
 Potato Wedges
 Salad
 Orange
 Graham Cracker

18
 Egg Omelet
 Sausage Link
 Roasted
 Potatoes
 Grapes
 Biscuit

19
 Hamburger
 Steak Fries
 Salad
 Banana

20
 Tilapia battered
 Coleslaw
 Sweet Potatoes
 Mac&cheese
 Peaches/Straw
 Cookie

21
 Beef Stew
 w/veggies
 Salad
 Banana
 Corn Muffin

22
 Beef Hotdog
 3 bean salad
 Potato Salad
 Watermelon
 Bun

25


26
 Chicken Fried Steak
 Mashed Potatoes
 Gravy
 Green Beans
 Fruit mix
 Roll

27
 Fettuccine
 Alfredo
 Broccoli
 Salad
 Orange
 Bread

28
 Smoked Pork &
 Beans
 Cucumber salad
 Banana
 Corn Muffin

29
 Chicken Oven Fried
 Gravy
 Mashed Potatoes
 Green Beans
 Cake & Ice cream
 Roll