

NOVEMBER 2025 | VOL.48

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

November brings a season of connection and gratitude. As we step into this season of gatherings, let's carry with us a spirit of welcome, warmth, and inclusion. I hope November brings you joy in both the little moments and the big celebrations. I'm grateful for the spirit of community we share here at the Center, and I hope you'll take time this month to enjoy the friendships, laughter, and warmth all around you. 

Code of Conduct and Courtesy Guidelines

“Treat others the way you would like to be treated” shall be a standard of behavior at the Center.

We ask that everyone show kindness and respect toward others at all times. Assistance and courtesy extended to participants with disabilities are both encouraged and appreciated.

A neat and clean appearance helps create a welcoming environment for all. Please avoid wearing clothing with offensive language, questionable images, or inappropriate graphics when attending Center events or activities.

Unacceptable Behavior

To ensure a positive and safe atmosphere, the following behaviors will not be tolerated:

- Use of abusive or profane language, or obscene conduct.
- Intoxication while at the Center or during activities.
- Disrespect toward others' backgrounds, beliefs, or ethnic diversity.
- Sexual harassment or sexually explicit behavior.
- Any behavior intended to harm the Center's mission, services, or programs.
- Disrespect toward members, volunteers, or staff.
- Physical contact meant to cause harm to another person or property.
- Behavior that causes major disruption to programs or fellow participants.
- Failure to follow the Center's policies, or operational procedures.
- Violation of any town, state, or federal laws.

NOVEMBER CLOSURES

The Senior Center will be **CLOSED**
the following dates in November
NOVEMBER 11th

in observance of Veterans Day

NOVEMBER 28th & 29th

in observance of Thanksgiving



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.

Did You Know?

When you call the Kearney
Senior Center at

816-635-0466, your call

rings through to the cell
phones of Angela, Dianna,
and Ella. Because of this,
calls may come in at all
hours of the day and night.

Please note that we only try
to answer during normal
work hours, and even then,
we may not be able to pick
up because we are busy
leading activities.

If we don't answer, it is
important that you leave a
voicemail.

No need to call numerous
times. All three of us check
messages frequently
throughout the day. Please
also understand that we will
return your call only if it is
necessary for us to do so.

DRIVE THRU FOOD DISTRIBUTION

MONDAY NOVEMBER 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.

TECHNOLOGY HELP

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. We will help solve your
technology issues to the best of our abilities;
however, we **cannot** guarantee that we can fix
every issue you may have.

IT'S NEVER TOO LATE TO LEARN!!

(all help is 100% free)

Lights, popcorn, action! Join us
on Thursday, November 13th 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 BOOK
CLUB starring the late
Diane Keaton.



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 at 10:00
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 &
Friday at 10 am (when no Friday bingo)**

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 \$7 *payable to the instructor

MUSIC BINGO

Music Bingo is an exciting, lively variation of the classic bingo game. Instead of marking off numbers, players listen to music and mark off song titles from their bingo cards.



Since this was such a "HIT" we will be playing music bingo the **1st Tuesday of every month.**

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

Bingo and Bunco begin promptly at 9:30 a.m. so we can wrap up before lunch is served. Please don't keep your friends waiting. Let's start the fun together!

MUSIC WITH RACHELLE

Each interactive music therapy session includes: *Singing *Movement to music
*Instrument playing and *Discussion

The first and third Wednesday of each month @10:45

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.

We are always willing to learn new games if you have one!

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

LEO (LET'S EAT OUT) CLUB

There won't be a Leo Club outing this month, but don't worry...we're saving our energy (and gasoline) for all the fun ahead! We're gearing up for our many delicious trips to Stroud's and our Christmas lights adventure in December. It's going to be a festive season full of great memories! 🎄

POTLUCK & GAMES

Thanksgiving Potluck Celebration 🦃
Join us on Wednesday, **November 20th at 5:00 p.m.** for a festive Thanksgiving Potluck! Bring a favorite dish to share and stay for an evening of cards, games, and great company. Let's celebrate the season with food, fun, and friendship! 🍂

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 12:15pm.

ONCE A MONTH STROKE SUPPORT GROUP AT LIBERTY HOSPITAL

This group is open to anyone who has had a stroke and their families or caregivers.

It is intended to help survivors and families cope with life after a stroke. **Emotional support:**

Connecting with others who understand the challenges of stroke recovery can be incredibly helpful. **Practical advice:** Members can share tips and strategies for coping with the physical and emotional challenges of stroke recovery.

TUESDAY NOVEMBER 18TH 1:30-3:00
(DATE CHANGED FOR THANKSGIVING)

SIGN UP IN THE OFFICE OR CALL 816-635-0466

Wishing all our November birthdays a wonderful month filled with laughter, love, and celebration. We hope your special day is as amazing as you are! 🎂

- Stacey Schulz- 1st
- Judy Morrow- 3rd
- Spanky Coates- 5th
- Penny Van Dyne- 8th
- Shirle Colliver- 15th
- Julie O'Neal- 16th
- Jack Lash- 17th
- Sylvia Prince- 17th
- Carol Welch- 24th
- Janice LeMasters- 28th
- Harley Hofer- 29th
- Don McCubbin- 29th

Don't want us to miss your special day? Let us know when it is so we can make sure it doesn't get missed!

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



ALLIANCE

MEDICARE ADVISORS

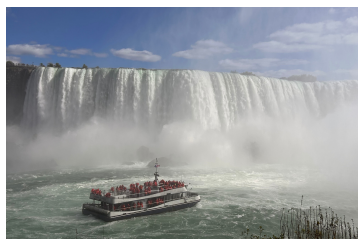
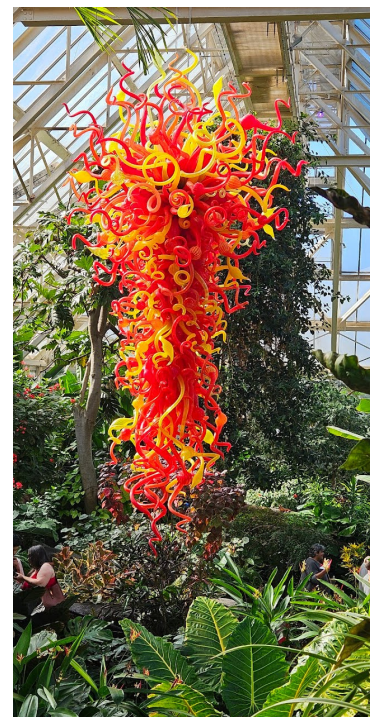
In 2026, NKC Health will only accept **Humana Advantage**, and Saint Lukes will no longer accept **Aetna Advantage**.



I can help you prepare.

Call today **816-985-4406**.

Our trip to Niagara Falls was a great success! Everyone had a wonderful time taking in the sights and making memories together. We'll be sharing more pictures soon. Be sure to check them out! And don't forget to keep an eye out for next year's trip and an exciting announcement coming soon!



NKC HEALTH SCREENINGS

Call the office and we can sign you up or we can help you use the QR code to sign up for a time slot. **816-635-0466**

FREE HEALTH SCREENINGS

If you don't know your numbers, you can't manage them. High blood pressure, cholesterol, and blood sugar are risks factors for heart disease, stroke, diabetes and more. Get your numbers checked and learn how you can keep them in the healthy range.

Kearney Senior Center

600 N Jefferson St

Nov. 6, 2025

9:00 am - 11:00 am

Fasting for 8 hours recommended



**TOTAL
CHOLESTEROL**

**BLOOD
GLUCOSE**

**BLOOD
PRESSURE**



NKC Health™

nkchealth.org/class

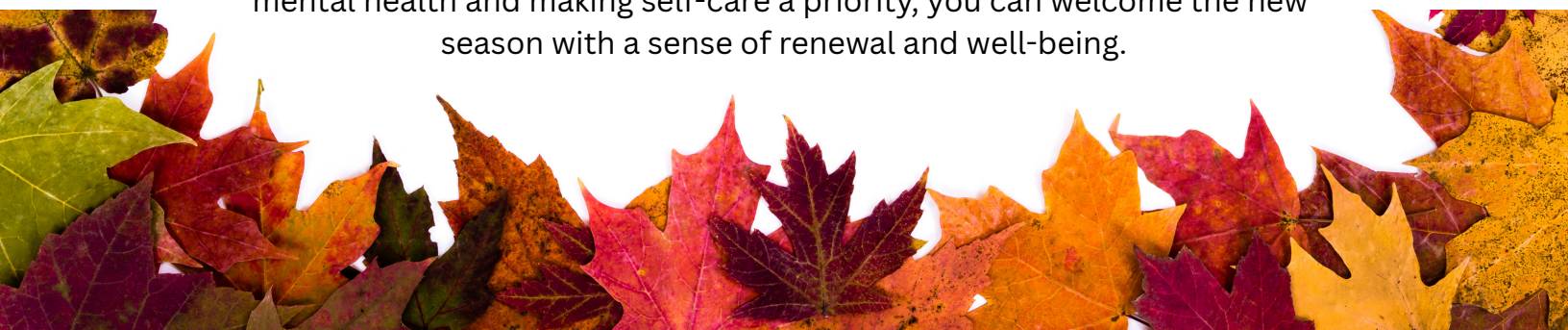
Shifting from Summer to Fall

As summer's warmth begins to wane and the crisp air of fall starts to set in, many of us find ourselves transitioning not just in terms of weather but in our mental and emotional well-being. The shift from summer to fall brings a change in routines, shorter days, and varying light levels, all of which can impact our mental health. Understanding and addressing these changes can help ensure a smooth transition and promote overall well-being.

The Seasonal Shift: What to Expect With the transition from summer to fall, several changes occur that can influence mental health: • **Reduced Daylight:** The decrease in daylight hours can affect your mood and energy levels. Many people experience what is known as Seasonal Affective Disorder (SAD), a type of depression that occurs at certain times of the year, often starting in the fall and continuing into the winter. • **Change in Routine:** As summer vacations end and school starts, routines shift. This transition can create stress or anxiety, especially for families or individuals who thrive on a structured routine. • **Temperature Fluctuations:** The cooler temperatures of fall can be a welcome relief from summer's heat, but they can also lead to a period of adjustment. The drop in temperature can affect physical comfort, which can, in turn, impact mental well-being.

Embracing the Fall Transition: Tips for Mental Wellness The shift from summer to fall can be a time of renewal and reflection. Here are some tips to help manage mental health during this transition: 1. **Stay Active:** Exercise has been shown to boost mood and reduce symptoms of depression. As the weather cools, find activities you enjoy, whether it's hiking in nature, joining a fall sports league, or trying out a new fitness class. 2. **Get Outside:** Take advantage of the fall weather by spending time outside. Natural light and fresh air can help regulate your sleep patterns and improve your mood. 3. **Maintain a Routine:** Establishing a consistent daily routine can provide structure and stability. This can be especially helpful as you transition from the relaxed pace of summer to the more structured fall schedule. 4. **Practice Mindfulness:** Fall is a great time to focus on mindfulness and self-care. Practices such as meditation, yoga, or journaling can help manage stress and promote mental wellbeing. 5. **Connect with Others:** Social connections are crucial for mental health. As the days get shorter, make an effort to stay connected with friends and family, whether through regular phone calls, virtual hangouts, or safe in-person gatherings. 6. **Prepare for the Winter Months:** As fall progresses, start preparing for winter. This might include adjusting your home environment, seeking out light therapy options, or planning activities that will keep you engaged and positive during the darker months.

Embracing the Season Fall offers its own unique beauty and opportunities for growth. Embrace the changing season by focusing on what you can control and finding ways to make the most of this time of year. By acknowledging the impact of seasonal changes on mental health and taking proactive steps, you can navigate the transition with greater ease and resilience. As summer fades into fall, remember that you're not alone in experiencing these shifts. By staying mindful of your mental health and making self-care a priority, you can welcome the new season with a sense of renewal and well-being.





Every Tuesday Afternoon LIVE MUSIC!!

Classic Country Brings Live Music to Kearney Senior Center

Every Tuesday from 1:00-3:30 PM, the Kearney Senior Center comes alive with the sounds of Classic Country, a talented group of musicians who share their love for traditional country music. The band features (left to right) **Terry McMillan, Bob Cates, Jack Soutter, Lisa and Bill Bennett, and Don Anderson** all of whom bring their own unique style and energy to the stage. This free event welcomes couples, singles, and groups to enjoy an afternoon of live music, dancing, and camaraderie. There is no cover charge, making it the perfect opportunity for music lovers to gather and enjoy timeless country tunes. Whether you're tapping your feet, singing along, or hitting the dance floor, Classic Country delivers a warm and entertaining experience for all. Come join the fun every Tuesday at the Kearney Senior Center!

Line Dancing Lessons 12:15

KEARNEY RIDES PROGRAM

Are you 60+ and needing a ride to a doctor appointment?
How about the dentist or banking?

We need at LEAST 3 days notice for your ride.
We provide a large number of rides each week, and now that school has started, our buses are also busy running after-school programs in the afternoons. With proper notice, we can do our best to make sure your essential ride is scheduled.

816-635-0466

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



The Kearney Senior Community Center is funded in part by grants from Clay County Senior Services, MARC, individual donors, and fundraising activities.. The Center is non-discriminatory in services and employment. The building is handicapped accessible.

NOVEMBER 2025

ACTIVITIES CALENDAR



MON

TUES

WED

THURS

FRI

Happy Thanksgiving

3

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

4

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

5

9:00 Chair Yoga
10:00 PEPPi
10:45 Music with Rachelle
12:30 Pinochle

6

9:00 Cards&Games
9-11 NKC Health Screenings
10:00 Cardio Drumming

7

9:00 Stretch & Flex Yoga
10:00 Chair Yoga

10

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

11 **CLOSED**



12

9:00 Chair Yoga
10:00 PEPPi
12:00 Bible Study
12:30 Pinochle

13

9:00 Cards&Games
10:00 Cardio Drumming
12:15 MOVIE

14

9:00 Stretch & Flex Yoga
10:00 Bingo
6-8pm The Chosen

17

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

18

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

19

9:00 Chair Yoga
10:00 PEPPi
10:45 Music with Rachelle
12:00 Bible Study
12:30 Pinochle

20

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

21

9:00 Stretch & Flex Yoga
10:00 Chair Yoga
6-8pm The Chosen

24

9:00 Chair Yoga
10:00 PEPPi
10:30 **FOOD PICKUP**
6:00pm Zumba Gold

25

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

26

9:00 Chair Yoga
10:00 PEPPi
12:00 Bible Study
12:30 Pinochle

27

CLOSED



28

CLOSED
ENJOY YOUR WEEKEND WITH FAMILY

NOVEMBER 2025 LUNCH CALENDAR



MON

TUES

WED

THURS

FRI

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

3

Swiss Steak
w/ Tomato
Potatoes OGratin
peas/carrots
apple
Bread
Pudding

4

Pork Stir Fry
Stir Fry Veggies
pickled beets
cookie
Mandarin Orange
Bread

5

Beef Stew
Salad
Corn Muffin
Banana
Cookie

6

Breaded Fish
Coleslaw
Country Blend
Mac&Cheese
Tropical Fruit

7

Taco Salad
Pinto Beans
Chips
Orange

10

Tuna Casserole
Cauliflower
Cucumber Salad
AppleSauce
Bread

11

CLOSED



12

Meatloaf
Gravy
Capri Veggie
Mashed Pot
Pears
Roll

13

Egg Omelet
Sausage Link
Cheesy Grits
Applesauce
Tortilla

14

Beef Mac
Casserole
Green Beans
Banana
Bread
Pudding

17

Chicken Fried Steak
Mashed/Gravy
Green Beans
fruit mix
Roll

18

Fettuccine
Alfredo with
chicken
Broccoli
Salad
Orange
Bread

19

Fish
Spinach
Sweet Pot Fry
Mixed Fruit
Bread
Cookie

20

Chili
Salad
Peach Cobbler
Crackers

21

Oven Fried
Chicken
Mashed&Gravy
Green Beans
Ice Cream & Cake

24

Sloppy Joes
Potato Salad
Carrots
Apple
Yogurt Cup
Bun

25

Chicken Breast
Potatoes Obrien
Broccoli
Mixed Fruit
Cookie
Bread

26

Turkey
Gravy
Mashed Potato
GreenBean
Casserole
Pumpkin Pie
Roll & Cranberry

27



28

CLOSED
ENJOY YOUR
WEEKEND
WITH
FAMILY