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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

🦃 Hello, November! 🍂

November is a season for gratitude, and we have so much to be thankful for here at the center! As the days grow shorter and the air turns chilly, we hope you'll come in from the cold, grab a warm cup of coffee, and spend time with the friends who make this place feel like home.

From music and games to a festive Thanksgiving meal, this month is full of good things.

We're kicking off the month with the Senior Resource Expo on Friday, November 6th. It runs all day, so please note that **no lunch** will be served at the center that day. Then on Monday, November 9th at 10:30 a.m., the Judson University Choir is coming to sing for us. You won't want to miss it!

Thank you for being such an important part of our Senior Center family. Your smiles, laughter, and kindness make every day brighter. From all of us, we wish you a happy, cozy, and blessed Thanksgiving season!

🎶 Judson University Concert Choir to perform at Kearney Senior Center🎶

On Monday, November 9th, we have the special treat of hosting the Concert Choir from Judson University! The 44 vocalists are on their fall tour and will stop here for lunch. But, naturally, they must sing for their meal! Their concert will be guided by The Lord's Prayer and led by Dr. Warren Anderson. Judson University is located in Elgin, Illinois, a suburb of Chicago. The school is named for Adoniram Judson, one of the first missionaries from America.

With over 2,100 students, the university is large enough to provide outstanding programming and individual attention at the same time.

The concert begins at 10:30 a.m. Afterward, the choir will stay to eat lunch with us and then play Mahjong with us! Please invite your friends to join us!

🏆 Biggest Community Impact Award! 🏆

We are so proud to share that the Kearney Senior Center won the **Biggest Community Impact Award** from the Kearney Chamber of Commerce at their 50 Year Golden Celebration Gala!

A huge THANK YOU to our wonderful kitchen volunteers. We honestly would not be able to impact this many seniors' lives without you!! ❤️

And thank you to everyone who attends the center! We love that this award has brought light to the Senior Center and all that we do together.

It's a great day to be a part of the Kearney Senior Center!

ART WITH STACEY

Deck the halls with a handmade treasure! Join Stacey of Bluebirds Ranch for a cheerful class painting your own mini wooden barn quilt, framed and finished with a rustic twine hanger. These little beauties are just the right size for a wall, a door, a shelf, or even your tree! Choose from three festive designs: Poinsettia, Nordic Sweater Mosaic, Christmas Tree. No experience needed! Stacey will walk you through every step, and all supplies are provided. Just bring your holiday spirit. Thursday, November 12th at 12:30 pm Cost: $10 Please be sure to sign up ahead of time so Stacey brings enough supplies for everyone!

🀄 Learn American Mahjong!

Have you ever wanted to learn American Mahjong? Now's the perfect time!
Whether you're brand new or want a little practice, we'd love to have you join us.
Don't let the tiles intimidate you!
Like any new game, Mahjong takes a little time to learn, but it gets easier and more fun the more you play. It's a great way to keep your mind sharp, make new friends, and enjoy plenty of laughs along the way.
Many tables for more experienced players also.

🀄 Mondays: 12:00–2:00 PM
🀄 Thursdays: 9:00–11:30 AM

No experience is necessary!
Bring your curiosity and we'll help you learn!

🦃 Happy Birthday to Our November Birthday Friends! 🍂

Wishing a very happy birthday to everyone celebrating in November! We hope your day is filled with warm wishes, good friends, and plenty to be thankful for.
Thank you for being such a special part of our Senior Center family!
Don't see your birthday listed? Let the office know, and we'll be happy to celebrate you in a future issue!

Janet Driver - 3rd, Judy Morrow - 3rd,
Penny Van Dyne - 8th, Karen Barthel - 12th,
Willie Nelson - 14th
Julie O'Neal - 16th, Pauline Nolen - 19th,
Ida Sluder - 23rd, Janice Lemasters - 28th,
Harley Hofer - 29th

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

🦃 Thanksgiving Meal! 🍁

Join us for a special Thanksgiving meal on Wednesday, November 25th! We'll gather around the table for turkey with all the trimmings and plenty of good company.

It's our favorite way to say thank you to the wonderful people who make our center so special.

Please call 816-635-0444 to reserve your seat.

We have so much to be thankful for, and you're at the top of our list!

📋 Senior Health & Resource Expo 📋

Friday, November 6th • 9:00 a.m. – 2:00 p.m.

Here at the Senior Center, 600 N. Jefferson St.

Come meet local businesses, nonprofits and agencies that serve seniors in our community!

Visit the booths to learn about health services, programs and resources that can help you and your family.

Many vendors will have giveaways at their tables, and we'll have door prize drawings throughout the day!

Bring a friend and come see what's available right here in our community.

Please note: No lunch will be served at the center that day.

🩺 Health Screenings with NKC Hospital

Thursday, November 5th at 9:30 a.m. NKC Hospital will be at the center offering biometric screenings, including A1c, cholesterol and a body composition scale. Stop by and learn more about your numbers!

Lunch Reservations: Please Read...THINGS HAVE CHANGED!

Please remember to call **816-635-0444** to reserve your meal by noon on the serving day before your desired lunch. Our phones are not answered in the evenings or on weekends. If you call after hours, simply leave a voicemail with your name and the day you'd like lunch. We will receive your message the next business day and get you signed up. Please note: a voicemail left on Saturday or Sunday for Monday's lunch is too late to count as a reservation, because Monday's meal count is turned in by noon on Friday. To eat with us on Monday, be sure to call before noon on Friday. Why canceling matters: When you reserve a meal, we count you in and that meal is ordered just for you. If you don't come, that meal goes to waste. From July 1st to September 1st, the center had over **$1,000** in wasted meals. **MARC** pays for these meals, and they have let us know this has to change. If we don't improve, the Senior Center will be responsible for paying $8 for every wasted meal.

Here's how you can help:

Think ahead. Before you reserve, check your calendar for doctor visits or other appointments. Cancel the day before if you can't make it. If you call the day before, we can take you off the count and no meal is wasted.

Weather is not a reason to cancel day-of. If rain might keep you home, please decide the day before.

We understand that illness happens, and sometimes you won't know until that morning. In that case, please call as early as you can.

Our new no-show/late cancel policy

If you are counted for a meal and do not show up or call, it will count as a no-show/late cancel. After three no-show/late cancels, you will not be able to make a reservation for one week.

You are still welcome to come in and be placed on the wait list during that time.

As always, $2 voluntary donation is suggested for adults 60 and older, and $7 for those 59 and under.

*During holiday weeks, reservation deadlines may be earlier than usual, so watch for special announcements.

Thank you for helping us make our lunch program a success.

We look forward to sharing a meal with you!

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

"Be kind, for everyone you meet is fighting a hard battle."

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

CARDS & GAMES

Looking for a fun way to spend your Thursday morning? Grab a cup of coffee and join us for a relaxed morning filled with games, laughter, and great conversation! From 9:00–11:30 AM, you'll find friends gathered around the tables playing cards, Farkle, Dominoes, Mahjong, and whatever other games the group is in the mood for. Whether you're a seasoned player or trying something new, everyone is welcome. There's no pressure, no experience required—just good company, plenty of laughs, and a seat waiting for you.
Come for the games... stay for the friendships!

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.

🤝 Join Our Welcoming Committee! 🤝

Remember how it felt walking in for the first time? Help us make new faces feel right at home! We're looking for friendly folks to greet newcomers, show them around and introduce them to others. Interested? Let the office know or call 816-635-0466.

🏈 Chiefs November Schedule 🏈

Sun., Nov. 1 – @ Denver Broncos
3:25 p.m. • CBS
Sun., Nov. 8 – vs. New York Jets
12:00 p.m. • CBS
Sun., Nov. 15 – @ Atlanta Falcons
12:00 p.m. • CBS
Sun., Nov. 22 – vs. Arizona Cardinals
12:00 p.m. • CBS
Thurs., Nov. 26 – @ Buffalo Bills
Thanksgiving Night! 7:20 p.m. • NBC
All times Central and subject to change.
Go Chiefs! ❤️💛

Lights, popcorn, action! Join us on Thursday, November 19th at noon 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...

My Big Fat Greek Wedding 3

Toula and her family head to Greece for a reunion full of laughs, love, and plenty of family chaos!

DRIVE THRU FOOD DISTRIBUTION

MONDAY November 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 law enforcement.

PINOCHLE

Looking for a fun way to challenge your mind and enjoy great company? Join our Pinochle group! Whether you're an experienced player or have never played before, everyone is welcome—we're happy to teach you. Pinochle is easy to learn, fun to master, and a wonderful way to make new friends while enjoying a little friendly competition.

🃏 Wednesdays at 12:00 PM
🃏 Thursdays at 9:00 AM

Come for the cards... stay for the friendships!

LEO CLUB
(Let's Eat Out)

This month we will be heading to Dino's Diner in Cameron!!
Thursday, November 12th
Dino's is a hometown family diner known for its homestyle fried chicken dinners, hearty breakfasts and homemade soups.
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!

👂 Hearing Loss and Your Brain Health

Did you know hearing loss is one of the biggest risk factors for dementia and Alzheimer's that we can actually do something about? When hearing is poor, the brain has to work extra hard just to make sense of sounds, leaving less energy for memory and thinking.

Hearing loss can also cause people to pull away from conversations and social activities, and staying connected with others is so important for a healthy brain.

The good news: a large study called ACHIEVE found that older adults at higher risk who received hearing aids and hearing support had slower memory and thinking decline over three years.

What you can do: Get your hearing checked, especially if you often ask people to repeat themselves or keep turning up the TV. If you have hearing aids, wear them every day!

And talk with your doctor about any changes in your hearing or memory.

🚌 A Note for Our Bus Riders 🚌

If you ride our bus, there's no need to call and check whether the bus is still coming... it is!

And please do not call the driver... he's driving!

If you have called in or signed up for lunch and a ride, we are coming to get you.

Please understand that we cannot guarantee an exact pickup time. Every rider gets on the bus at their own pace, and different drivers, traffic, weather and other stops all play a part. Some days we may have 8 riders, all close in town, and other days we may have 14 riders with some of them out in the country. Just be ready, and we'll see you soon!

We love our riders, and we love that you can still come and join in all the fun! ❤️

Every Tuesday Afternoon LIVE MUSIC!!

Looking for a fun way to spend your Tuesday afternoon? Join us each week for an afternoon of live country music, dancing, and great company!

From 1:00–3:30 PM, Classic Country fills the center with your favorite traditional country tunes. The band—Terry McMillan, Bob Cates, Jack Soutter, Lisa and Bill Bennett, and Don Anderson—keeps the music going and the dance floor full with timeless favorites everyone can enjoy.

Whether you love to dance, sing along, or simply sit back and listen, you'll find a warm, welcoming atmosphere and plenty of friendly faces. Best of all, it's completely FREE!

Everyone is welcome...bring a friend or come make a few new ones.

Come early for Line Dancing Lessons at 12:15 PM and brush up on your steps before the band starts!

Every Tuesday is a celebration of music, friendship, and fun—we'd love to see you there!

NOVEMBER 2026
ACTIVITIES CALENDAR

MON	TUES	WED	THURS	FRI
2 9:00 Chair Yoga 10:00 PEPPI 12:00 MAHJONG 6:00pm Zumba Gold	**3** 9:30 Music Bingo 12:15 Line Dancing 1:00 Dance	**4** 9:00 Chair Yoga 10:00 PEPPI 12:00 Bible Study & The Chosen 12:00 Pinochle	**5** 9:00 Cards&Games 9:30 NKC Biometrics 10:00 Cardio Drumming	**6** **CLOSED** No Lunch Served **9-2 Senior Resource Expo**
9 9:00 Chair Yoga 10:00 PEPPI 10:30 Judson Choir 12:00 MAHJONG 6:00pm Zumba Gold	**10** 9:30 Bunco 12:15 Line Dancing 1:00 Dance	**11** **CLOSED** **Veterans Day**	**12** 9:00 Cards&Games 10:00 Cardio Drumming Art with Stacey 4:30 LEO Club	**13** 9:00 Stretch & Flex Yoga 10:00 Bingo **Black Out Prize Courtesy of OakPointe**
16 9:00 Chair Yoga 10:00 PEPPI 12:00 MAHJONG 6:00pm Zumba Gold	**17** 9:30 Bingo 12:15 Line Dancing 1:00 Dance	**18** 9:00 Chair Yoga 10:00 PEPPI 10:45 Music with Rachelle 12:00 Bible Study & The Chosen 12:00 Pinochle	**19** 9:00 Cards&Games 10:00 Cardio Drumming 12:15 Movie	**20** 9:00 Stretch & Flex Yoga 10:00 PEPPI
23 9:00 Chair Yoga 10:00 PEPPI 10:30 FOOD PICK UP 12:00 MAHJONG 6:00pm Zumba Gold	**24** 9:30 Bunco 12:15 Line Dancing 1:00 Dance	**25** 9:00 Chair Yoga 10:00 PEPPI 11:30 Thanksgiving Meal 12:00 Bible Study & The Chosen 12:00 Pinochle	**26** **CLOSED** **Happy Thanksgiving!**	**27** **CLOSED**
30 9:00 Chair Yoga 10:00 PEPPI 12:00 MAHJONG 6:00pm Zumba Gold				

NOVEMBER 2026 LUNCH MENU

LUNCH IS SERVED PROMPTLY AT 11:30!
60+ MEALS ARE A $2 DONATION
ALL MEALS SERVED WITH MILK
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.

MON	TUES	WED	THURS	FRI
2 Chicken Pot Pie Stew Broccoli Pear (fresh) Biscuit Whl Grn Shortbread Cookies	**3** Swiss Steak w/Tomato Potatoes AuGratin Brussel Sprouts Apple Slices Multigrain Bread Butterscotch Pudding	**4** Beef Stew w/Vegs Salad/Tom/Car Banana Corn Muffin Salad Dressing Ranch Oatmeal/Raisin Cookie	**5** Fish (Breaded) Country Blend Coleslaw w Vin/Drsg Trop Fruit Mix Mac & Cheese Tartar Sauce	**6** **CLOSED** NO LUNCH SERVED **SENIOR RESOURCE EXPO**
9 Meatloaf Gravy (Brown) Lo Sod Capri Veg Mashed Potatoes Rosey Pears Wheat Dinner Roll	**10** Fettuccine Alfredo w/Chicken Broccoli Salad/Tom/Car Orange Italian Bread Salad Dressing Italian	**11** **CLOSED VETERANS DAY**	**12** Mostaccioli/WhlGrn w/Meat Sauce Italian Veg Caesar Salad Pineapple/Man-or-Mix Italian Bread Caesar Dressing Graham Crackers	**13** Sloppy Joe's Tater Tots Carrot Raisin Salad Apple Hamb Bun WhlGrn Yogurt Cup Ketchup
16 Chicken Fried Steak Gravy (Country) Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Dinner Roll	**17** Chicken Breast Seasoned Broccoli Rice Au Gratin Carrots Banana Vanilla Wafer/Banana Pudding Multigrain Bread	**18** Beef Fajita w/Peppers & Onions Shredded Cheddar Fiesta Vegetables Lettuce/Tomatoes Orange Tortilla Whl Wheat Taco Sauce	**19** Battered Fish Steak Fries Creamy Pea Salad Trop Fruit Mix Wheat Bread WhlGrn Oatmeal/Raisin Cookie Vinegar / Tartar Sauce	**20** Chicken Oven Fried Gravy (Chicken) LS Mashed Potatoes Green Beans Orange Sherbet & White Cake Wheat Dinner Roll
23 Pulled Pork White Corn w/Pep Coleslaw w Vin/Drsg Apple Crisp Hoagie Roll WhlGrn	**24** Chili / Beans Shredded Cheddar Salad/Tom/Car Peach Cobbler Salted Crackers Salad Dressing French	**25** Turkey Gravy Turkey LS Mashed Potatoes Green Bean Casserole Pumpkin Pie w/Topping Wheat Dinner Roll Cranberry Sauce	**26** **CLOSED** HAPPY THANKSGIVING!	**27** **CLOSED**
30 Tuna Mac & Cheese Cauliflower/Carrots Cucumber Onion Salad Applesauce Wheat Bread				

To comply with program guidelines, the Kearney Senior Center is unable to provide carry-out meals. If you would like to take home any unfinished portion of your meal we can give you a container. Thank you for your understanding and for helping us follow these guidelines!