

OCTOBER 2026 | VOL. 59

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

🍁 Hello, October! 🍁

Fall has officially arrived, and there's no better time to gather with friends at the center! As the leaves begin to turn and the mornings grow a little crisper, we hope you'll come in, warm up with a cup of coffee, and enjoy all the fun we have planned this month. From crafts and games to good meals and even better company, October is full of reasons to stop by.

This season is a wonderful reminder to slow down and appreciate the simple things: a colorful drive through the countryside, the smell of something baking in the oven, and time spent with the people who make life sweet. Thank you for being such an important part of our Senior Center family. We look forward to sharing a cozy, cheerful October with each of you! ❤️



🎃 Halloween Party! 🧛

Get ready for some spooky fun! Join us on Friday, October 30th at 10:30 a.m. for our Halloween Party, right before lunch.

Wear a costume if you'd like, whether it's silly, spooky, or just a festive shirt, and come enjoy an morning full of tricks, treats, and plenty of laughs with friends. Stay for lunch afterward to round out the celebration! We can't wait to see you there... if you dare! 🦇 Enjoy these pictures from Halloweens past....



WOODEN FALL DOOR HANGING

🌻 Art with Stacey: Rustic Wooden Scarecrow 🌻

Fall is here, and Stacey from Bluebirds Ranch is back with the perfect autumn project! Join us to make your own adorable wooden scarecrow, complete with a burlap hat, straw hair, a cheerful sunflower, and a sweet painted face. You'll also make a mini wooden pumpkin to keep him company! This charming pair will look right at home on your porch, mantel, or kitchen table all season long. No experience is needed! Stacey provides all the supplies and walks you through each step, so everyone goes home with finished pieces they can be proud of.

Thursday, October 15th at 12:00

\$10 per person (includes 1 scarecrow and 1 mini pumpkin)

Space is limited, so call the center at 816-635-0466 to reserve your spot!

Come craft, laugh, and welcome fall with us. We can't wait to see your scarecrows come to life!



HAPPY
Fall

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 October Birthday Friends! 🍁

Wishing a very happy birthday to everyone celebrating in October! We hope your day is as bright and cheerful as a fall afternoon, filled with good friends, sweet treats, and lots of smiles. 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!

Lana Heather - 1st, Mary Riley - 2nd, Pam Bultmann - 6th, Lesley Fridley - 6th, Kate Brown - 7th, Patsy Gauger - 8th, Alan Kelso - 16th, Judy Canning - 17th, Mary Ann Anderson - 18th, Sharon Philpot - 20th, Richard Hopkins - 22nd, Regina Withee - 24th, Debi McFarland - 25th, Craig Adams - 26th, Tom Kapetanovich - 30th

🏈 Go Chiefs! October Game Schedule 🏈

Grab your red and gold and cheer on the Chiefs this month!

Sunday, October 4: Chiefs at Las Vegas Raiders, 3:25 p.m. on CBS

Sunday, October 11: Bye week, no game

Sunday, October 18: Chiefs vs. Los Angeles Chargers at Arrowhead, 3:25 p.m. on CBS

Sunday, October 25: Chiefs at Seattle Seahawks, 7:20 p.m. on NBC

Wear your Chiefs gear to the center on the Friday before each game to show your team spirit! ❤️💛

🎃 Halloween Trivia Time! 🧛

Test your spooky smarts! See how many you can get right, then check your answers at the bottom.

Halloween's roots trace back to an ancient Celtic festival. What was it called?

Before pumpkins, what vegetable did people in Ireland carve into jack-o'-lanterns?

The word "Halloween" is a shortened form of what phrase?

Which U.S. state grows the most pumpkins?

What was candy corn originally called when it first went on sale?

Which famous magician and escape artist died on Halloween in 1926?

What is the name for the fear of Halloween?

What colors are traditionally tied to Halloween, and what do they stand for?

(answers on the bottom of this page)



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

Lunch Reservation Reminder

Planning to join us for lunch? Please remember to call **816-635-0444** to reserve your meal by noon on the serving day before your desired lunch. For example, if you'd like to join us on Monday, please make your reservation by noon on Friday.

Please note: Our phones are not answered in the evenings or on weekends. If you call after hours, simply leave us 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.

If your plans change and you are unable to attend, please call and cancel your reservation as soon as possible. Your cooperation helps us plan meals accurately, reduce food waste, and better serve everyone in our community.

A \$2 voluntary donation is suggested for adults 60 and older, and 7 for those 59 and under. Please also remember that during holiday weeks, reservation deadlines may be earlier than usual, so be sure to watch for any special announcements.

Thank you for helping us make our lunch program a success—we look forward to sharing a meal with you!

Answers: 1. Samhain (pronounced "SOW-in"). 2. Turnips. 3. "All Hallows' Eve," the evening before All Saints' Day. 4. Illinois. 5. "Chicken Feed." 6. Harry Houdini. 7. Samhainophobia. 8. Orange for the fall harvest and black for the darker, longer nights.

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

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

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

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.

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!

BOO!

Lights, popcorn, action! Join us on Thursday, September 24th 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 2

Follows Toula and Ian as they raise their high school senior daughter, Paris, while dealing with a surprise second wedding for Toula's parents.

DRIVE THRU FOOD DISTRIBUTION

MONDAY September 28th

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.



LEO CLUB

(Let's Eat Out)

This month we will be heading to
MINSKYS PIZZA in Liberty!!

October 17th

a popular, regional gourmet pizza chain
founded in Kansas City in 1976

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!



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!



ALLIANCE MEDICARE ADVISORS

Take 15 minutes this year to make sure you're not being taken **Advantage** of by your Insurance Company

HUMANA - Aetna - UHC

Pop into the Kearney Senior Center

10:00AM - 2:00PM

Get your questions answered - walk-ins welcome

October 15th & 16th
October 22nd & 23rd

To schedule an appointment call

816-985-4406 or email

Matt@AllianceMedicareAdvisors.com



Matthew G. West - Licensed Insurance Broker Solo - dog

OCTOBER 2026

ACTIVITIES CALENDAR



MON

TUES

WED

THURS

FRI



1

9:00
Cards&Games
10:00 Cardio
Drumming

2

9:00 Stretch &
Flex Yoga
10:00 PEPPI

5

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

6

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

7

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

8

9:00
Cards&Games
10:00 Cardio
Drumming

9

9:00
Stretch & Flex
Yoga
10:00 Bingo

12

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

13

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

14

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

15

9:00
Cards&Games
10:00 Cardio
Drumming
12:00 Art with
Stacey

16

9:00 Stretch &
Flex Yoga
10:00 PEPPI

19

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

20

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

21

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

22

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

23

9:00
Stretch & Flex
Yoga
10:00 Bingo

26

9:00 Chair Yoga
10:00 PEPPI
10:30 FOOD PICK
UP
12:00 MAHJONG
6:00pm Zumba
Gold

27

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

28

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

29

9:00
Cards&Games
10:00 Cardio
Drumming

30

9:00 Stretch &
Flex Yoga
10:30 Halloween
Party

OCTOBER 2026

LUNCH MENU

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



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!

1

CHICKEN POT PIE STEW
BROCCOLI
FRESH PEAR
BISCUIT
SHORTBREAD COOKIES

2

SWISS STEAK W/
TOMATO
POTATOES AU GRATIN
BRUSSELS SPROUTS
APPLE SLICES
MULTIGRAIN BREAD
BUTTERSCOTCH
PUDDING

5

MEATLOAF & GRAVY
CAPRI VEGGIES
MASHED POTATOES
ROSY PEARS
DINNER ROLL

6

BREADED FISH
COUNTRY BLEND
VEGGIES
COLESLAW
TROPICAL FRUIT
MAC & CHEESE
TARTAR SAUCE

7

SLOPPY JOE ON BUN
TATER TOTS
CARROT RAISIN SALAD
APPLE
YOGURT CUP

8

EGG OMELET
TURKEY SAUSAGE LINKS
CHEESY GRITS
PICO DE GALLO
RED GRAPES
WHEAT TORTILLA

9

CHEESEBURGER ON BUN
SALAD W/ 1000 ISLAND
POTATO WEDGES
BANANA
SNICKERDOODLE
COOKIE

12

CHICKEN FRIED STEAK &
GRAVY
MASHED POTATOES
GREEN BEANS
CITRUS FRUIT
DINNER ROLL

13

CHICKEN FETTUCCINE
ALFREDO
BROCCOLI
SALAD W/ ITALIAN
ORANGE
ITALIAN BREAD

14

BEEF STEW
SALAD W/ RANCH
BANANA
CORN MUFFIN
OATMEAL RAISIN COOKIE

15

BATTERED FISH
STEAK FRIES
CREAMY PEA SALAD
TROPICAL FRUIT
WHEAT BREAD
OATMEAL RAISIN COOKIE
TARTAR SAUCE, VINEGAR

16

MEXICAN TACO SALAD
CHEDDAR, LETTUCE &
TOMATO
PINTO BEANS
ORANGE
NACHO CHIPS
TACO SAUCE

19

BBQ BEEF ON BUN
CUCUMBER ONION
SALAD
BAKED BEANS
CITRUS FRUIT

20

CHICKEN SALAD
MEDITERRANEAN SALAD
CUCUMBER ONION
SALAD
RED GRAPES
WHEAT BREAD
FIG NEWTON

21

BEEF FAJITA W/ PEPPERS
& ONIONS
CHEDDAR, LETTUCE &
TOMATO
FIESTA VEGGIES
ORANGE
WHEAT TORTILLA
TACO SAUCE

22

TUNA MAC & CHEESE
CAULIFLOWER &
CARROTS
CUCUMBER ONION
SALAD
APPLESAUCE
WHEAT BREAD

23

CHICKEN STRIPS
SWEET POTATO WEDGES
SOUTHWEST SALAD
ORANGE
GRAHAM CRACKERS
MULTIGRAIN BREAD
1000 ISLAND, HONEY
MUSTARD

26

PULLED PORK ON
HOAGIE
WHITE CORN W/
PEPPERS
COLESLAW
APPLE CRISP

27

MOSTACCIOLI W/ MEAT
SAUCE
ITALIAN VEGGIES
CAESAR SALAD
PINEAPPLE &
MANDARINS
ITALIAN BREAD
GRAHAM CRACKERS

28

SEASONED CHICKEN
BREAST
BROCCOLI RICE AU
GRATIN
CARROTS
BANANA
BANANA PUDDING
MULTIGRAIN BREAD

29

CHILI & BEANS
SHREDDED CHEDDAR
SALAD W/ FRENCH
PEACH COBBLER
SALTINE CRACKERS

30

OVEN FRIED CHICKEN &
GRAVY
MASHED POTATOES
GREEN BEANS
ORANGE SHERBET &
WHITE CAKE
DINNER ROLL