

SEPTEMBER 2025 | VOL. 46

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

There's something special about this time of year. The crisp air drifts in, the days grow a little shorter, and the promise of cozy evenings begins to settle in. September has a way of reminding us that change can be both refreshing and comforting. It's a season of fresh starts. Whether it's trying something new, reconnecting with friends, or simply enjoying the beauty of fall as it slowly unfolds. We have so much to look forward to in the coming months, and we're excited to share it all with you. 

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's. 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.**

Clean Hands, Healthy You

As we head into the cooler months, it's important to remember one of the simplest ways to stay healthy: washing your hands. Germs spread quickly through the things we touch every day. Door handles, shopping carts, even our phones. A good 20 seconds of handwashing with soap and warm water can go a long way toward preventing colds, flu, and other illnesses. As older adults, we carry not only the responsibility of caring for our own health but also of protecting those around us. By keeping our hands clean, we lower the chance of spreading illness to friends, family, and neighbors. It's a small habit that makes a big difference, one that helps everyone stay healthier through the season.

Free Books through Your Cell Phone and Tablet

Do you want to read or listen to books on your phone for free?

September 18th at noon for one-on-one support.

We will show you how to download the Libby app for free and read/listen to e-books and e-audiobooks. Bring your library card and your charged phone, tablet or laptop. All e-books and audiobooks are free to borrow. You can read or listen to your Libby books in the app on your computer, tablet or phone. You can adjust the reading settings to change the text size, font and lighting.



Lights, popcorn, action! Join us on Thursday, September 11th 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!

🎬 Movie to be announced—stay tuned!



DRIVE THRU FOOD DISTRIBUTION

MONDAY SEPTEMBER 22nd

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)

The Kearney Senior Center is a place where friendships are made, and connections are built. Happy National Senior Center Month!

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 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

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 Sept 3rd and 17th @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

Do you enjoy eating out but don't like going alone? No need to! **The Leo Club is all about meeting new people, enjoying good conversation, and sharing a meal with friends you may not see during the week's lunches.** This month, we'll be dining at

Pizza Shoppe in Kearney!

Thursday, September 25th

Leave the Center at 4:30 p.m.

Everyone will order off the menu and pay their own way.

Limited bus space: 14 seats total.

Sign-up sheet is on the office door.

If you plan to drive yourself, please let us know so we can reserve enough seats at the restaurant.

Let's Stop Gossip

A kind word goes a long way, but gossip can be hurtful. Remember... keeping certain things about other people private is a good habit. Respecting one another helps keep our center a warm and welcoming place for everyone.

POTLUCK & GAMES

Join us for a fun-filled evening! We're hosting a potluck, and you're invited to bring a dish to share with the group. Whether it's your famous casserole, a fresh salad, or a sweet treat, we can't wait to try it! After we eat, the fun continues with cards and games. A great way to laugh, relax, and enjoy each other's company. Don't miss out on the food, fellowship, and fun!

Thursday September 18th at 5:00 PM

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.

THIS GROUP MEETS THE 4TH TUESDAY OF

EACH MONTH 1:30-3:00

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

 Sending sunny wishes to our
September birthday stars!

May your day be filled with laughter,
love, and cake!

- Jerry Rowls- 3rd
- Janice Hause- 10th
- Rosa Detrixle- 13th
- Edie McGinnis- 15th
- Bonnie Matthews- 17th
- Kathy Palermo- 17th
- Bill Graves- 18th
- Judy Rowls- 19th
- Norma Horner- 20th
- Jackie Newman- 24th
- Mina Alexander- 24th
- Garry Sampson- 29th
- Elaine Hubbard- 30th

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!

**Don't forget...the center will
be closed for Labor Day
Monday Sept. 1st**



ALLIANCE

MEDICARE ADVISORS

MAKE INFORMED DECISIONS ABOUT YOUR MEDICAL INSURANCE

COME SEE US AT THE SENIOR CENTER
FROM 10:00AM - 2:00PM September 30th,
October 1st October 7th, or October 8th

To schedule an
appointment call 816-985-
4406 walk-ins welcome

VISIT US AT AllianceMedicareAdvisors.com



September is Better Breakfast Month, a perfect time to refocus on starting your day with a nutritious and energizing meal. A healthy breakfast can set the tone for the rest of your day, providing essential nutrients and boosting your energy levels. When it comes to curating a morning meal, there are many easy breakfast recipes. But, not all breakfast options are created equal. When deciding on breakfast, you ultimately want to choose high-quality, whole foods. In general, the fewer ingredients a food item has, the better. Here are some recommended foods for planning a healthy, hearty breakfast:

- Opt for whole grains. Foods like bagels, toast, waffles, oatmeal, cereals or English muffins all have whole-grain varieties. Whole grains are also good sources of fiber, which supports senior nutrition in many ways.
- Look for lean protein. Eggs, yogurt and nuts or seeds are great sources of protein.
- Add vegetables. Greens may not be your go to breakfast option, but there are many ways to incorporate veggies into this meal. Try scrambled eggs with spinach and mushrooms or an omelet with bell peppers and onions. Don't prefer the taste? Incorporate greens into a smoothie with fruits as a way to avoid the taste while still reaping the benefits.
- Choose fruits. Fruit is a key part of an overall balanced diet and a versatile ingredient when it comes to breakfast. Berries are often one of the best fruit choices, as they are lower in natural sugar, and provide heaps of needed vitamins and antioxidants.



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.

(This is something that we have not been truly enforcing)

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.

SEPTEMBER 2025

ACTIVITIES CALENDAR



MON	TUES	WED	THURS	FRI
1 	2 9:30 Music Bingo 12:15 Line Dancing 1:00 Dance	3 9:00 Chair Yoga 10:00 PEPPi 12:30 Pinochle	4 9:00 Cards&Games 10:00 Cardio Drumming	5 9:00 Stretch & Flex Yoga 10:00 Chair Yoga
8 9:00 Chair Yoga 10:00 PEPPi 6:00pm Zumba Gold	9 9:30 Bunco 12:15 Line Dancing 1:00 Dance	10 9:00 Chair Yoga 10:00 PEPPi 12:30 Pinochle	11 9:00 Cards&Games 10:00 Cardio Drumming	12 9:00 Stretch & Flex Yoga 10:00 Bingo
15 9:00 Chair Yoga 10:00 PEPPi 6:00pm Zumba Gold	16 9:30 Bingo 12:15 Line Dancing 1:00 Dance	17 9:00 Chair Yoga 10:00 PEPPi 10:45 Music with Rachelle 12:30 Pinochle	18 9:00 Cards&Games 10:00 Cardio Drumming 5:00 POTLUCK & Games	19 9:00 Stretch & Flex Yoga 10:00 Chair Yoga
22 9:00 Chair Yoga 10:00 PEPPi 6:00pm Zumba Gold	23 9:30 Bunco 12:15 Line Dancing 1:00 Dance	24 9:00 Chair Yoga 10:00 PEPPi 12:30 Pinochle	25 9:00 Cards&Games 10:00 Cardio Drumming 4:30 LEO @ Pizza Shoppe	26 9:00 Stretch & Flex Yoga 10:00 Bingo
29 9:00 Chair Yoga 10:00 PEPPi 10:30 FOOD PICKUP 6:00pm Zumba Gold	30 9:30 Bunco 12:15 Line Dancing 1:00 Dance			

My wife asked me what I was going to do today. I told her "Nothing". She said, "You did that yesterday". I said, "I wasn't finished".

SEPTEMBER 2025

LUNCH CALENDAR



MON	TUES	WED	THURS	FRI
1 	2 Meatloaf Mashed/Gravy Fiesta Veggies Pears/Strawberry Dinner Roll	3 Chicken Parm Penne Pasta Broccoli Salad Banana Bread	4 Battered Fish Coleslaw Sweet Potatoes Fruit Mix Bread	5 Beef Hotdog Baked Beans Potato Salad Watermelon
8 BBQ Riblette Peas & Carrots Coleslaw Pears/Strawberry Bun	9 Chicken Strips Potato Wedges Salad Oranges Graham cracker	10 Chicken Fried Steak Mashed/Gravy Green Beans fruit mix Roll	11 Beef Stew Salad Corn Muffin Banana Cookie	12 Taco Salad Pinto Beans Chips Orange
15 Sloppy Joes Potato Salad Veggie Mix Peaches & Strawberries	16 Chicken Salad Lettuce Salad Cucumber Onion Apple Bread Cookie	17 Beef Mac Casserole Green Beans Pears Bread Pudding	18 Fried Eggs Sausage Patty Roasted Potatoes Applesauce Biscuit Fig Newton	19 BBQ Beef Veggies Potato Salad Bun Banana
22 BBQ Chicken Carrots 3Bean Salad Stewed Apples Bun	23 Turkey Deli Sandwich Salad Potato Salad Orange	24 Breaded Fish Coleslaw Succotash Tropical Fruit	25 Beef Pattie (hamburger) Salad Steak Fries Banana	26 Oven Fried Chicken Mashed&Gravy Green Beans Ice Cream & Cake
29 Fish Potatoes O'brien Carrots Mixed Fruit Bun	30 Diced Chicken Cheddar Salad Corn Apple Tortilla	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		