

SEPTEMBER 2026 | VOL.58

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

As summer begins to wind down and students head back to school, September brings a season of fresh starts, new routines, and exciting opportunities. While the school buses may be rolling once again, there's no age limit on learning, trying something new, or making new friends!

At The Kearney Senior Center, we're excited to continue offering programs, special events, educational classes, fitness opportunities, and day-to-day fun that help keep our minds active, our bodies moving, and our community connected. Just a reminder that school officially started on August 25th! As our students head back to the classroom, please help keep our community safe by watching for children, school buses, and school zones while you're out and about.

Whether you're joining us for a favorite class, discovering a new hobby, or simply stopping by to enjoy a cup of coffee and great conversation, we hope you'll make the Senior Center part of your weekly routine. We encourage you to check out this month's calendar, invite a friend to join you, and take advantage of all the wonderful opportunities September has to offer.

Here's to a month filled with learning, laughter, and lasting friendships.

We can't wait to see you at the center! 



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!

WOODEN FALL DOOR HANGING

Get ready to fall in love with fall! Stacey, owner of Bluebirds Ranch LLC, will walk you through fun and easy painting techniques to create your very own charming, one-of-a-kind wooden pumpkin door hanging — the perfect cozy touch for your front door this season!

Choose the style that speaks to you: the 14" "Hello Fall" design (\$20), the 12" "Hello" design (\$15), or the 12"x10" "Welcome" pumpkin (\$10). You will also have the choice of having "Hello" on the rounds instead of "Hello" or "Hello Fall". Never picked up a paintbrush? No worries!

Whether you're a total beginner or a seasoned crafting pro, Stacey will guide you every step of the way to create a piece you'll be excited to show off all autumn long!

Class space is limited, so don't wait to reserve your spot.

September 10th at 12:30

Sign up and pay at the office to guarantee your seat. We can't wait to see what you create!



Happy Birthday to Our September Birthday Friends!

Warmest birthday wishes to all of our wonderful friends celebrating in September!

Your birthday is a chance to celebrate not only another year of life, but also the kindness, laughter, and friendship you bring to the Kearney Senior Center.

Whether you're celebrating with family, friends, or fellow members here at the Center, we hope your day is filled with happy moments, delicious cake, and plenty of reasons to smile.

May the year ahead bring you good health, new memories, exciting adventures, and countless blessings.

Thank you for making our Senior Center such a welcoming and joyful place—we're so glad you're part of our family!

Don't see your birthday in the newsletter? Let the office know your birth date, and we'll be happy to include you in future birthday celebrations.

We love celebrating our members! 🍷

- Jerry Rowls- 3rd
- Mary Curtis- 9th
- Karla Campbell- 9th
- Janice Hause- 10th
- Rosal Detrixle- 13th
- Edie McGinnis- 15th
- Bonnie Matthews- 17th
- Kathy Palermo- 17th
- Judy Rowls- 19th
- Jackie Newman- 24th
- Mina Alexander- 24th
- Garry Sampson- 29th
- Elaine Hubbard- 30th

San Antonio, TX



INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 6 nights lodging including 4 consecutive nights in the San Antonio area
- ♦ 10 meals: 6 breakfasts and 4 dinners
- ♦ Guided Tour of San Antonio
- ♦ Cruise at San Antonio's famous River Walk District
- ♦ Visit to the famous ALAMO and IMAX Theater presentation: "ALAMO...The Price of Freedom"
- ♦ Visit to the San Antonio Missions
- ♦ Tour of the LBJ Ranch

For more pictures, video, and information visit:
www.GroupTrips.com/kearney

\$905*

7 Days 6 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Sun - Sat)
Oct 4 - 10
2026

Don't Miss Out on This Amazing Trip!

We still have a few spaces available for this wonderful travel adventure!

Each year, we look forward to exploring new places, making new friends, and creating memories together. Our trips are a great way to travel safely, have fun, and enjoy the company of friends.

If you have questions or would like more information, please call Angela at the Senior Center.

We would love to have you join us!

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 lunch is \$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!

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.

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.

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

Toula Portokalos, a 30-year-old single Greek-American woman working in her family's Chicago restaurant. She falls in love with Ian Miller, a non-Greek high school teacher. Toula must navigate her loud, traditional family's resistance to the relationship while gaining the confidence to shape her own life

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 Smitty's Diner at Gladstone Bowl

The greatest little diner in town!

September 17th

Nestled right inside Gladstone Bowl, Smitty's Diner is serving up retro vibes and local favorites with a side of Kansas City charm. Whether you're fueling up between frames or just stopping by for a bite, Smitty's hits the sweet spot of comfort food and crave-worthy flavor. And don't miss the star of the show—Smitty's Famous Tacos—a beloved house specialty that's been winning over taste buds for decades.

Crispy, cheesy, savory, and unforgettable... they're the kind of tacos that make people come back just for one more order

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



BE HAPPY WITH YOUR MEDICARE CHOICES

CALL US TODAY!

816-985-4406

OR ONLINE AT

AllianceMedicareAdvisors.com

SEPTEMBER 2026

ACTIVITIES CALENDAR



MON

TUES

WED

THURS

FRI



1

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

2

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

3

9:00
Cards&Games
10:00 Cardio
Drumming

4

9:00 Stretch &
Flex Yoga
10:00 PEPPi

7

CLOSED



8

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

9

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

10

9:00
Cards&Games
10:00 Cardio
Drumming
**12:30 Art
with Stacey**

11

9:00
Stretch & Flex
Yoga
10:00 Bingo

14

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

15

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

16

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

17

9:00
Cards&Games
10:00 Cardio
Drumming
4:30 LEO @
Gladstone Bowl

18

9:00 Stretch &
Flex Yoga
10:00 PEPPi

21

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

22

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

23

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

24

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

25

9:00
Stretch & Flex
Yoga
10:00 Bingo

28

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

29

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

30

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



SEPTEMBER 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

1

HAMBURGER
SALAD
STEAK FRIES
BANANA

2

BBQ CHICKEN
CARROTS
SW SALAD
ROASTED
APPLES

3

EGG OMELET
SAUSAGE PATTY
ROASTED
POTATOES
APPLESAUCE
BISCUIT

4

BEEF HOTDOG
BAKED BEANS
CARROT RAISIN
SALAD
WATERMELON

7

CLOSED



8

CHICKEN BREAST
BROCCOLI/RICE
CASSEROLE
CARROTS
FRUIT MIX
BREAD

9

TACO SALAD
PINTO BEANS
ORANGE
CHIPS

10

FISH
COLESLAW
SWEET
POTATOES
FRUIT MIX
BREAD

11

CHICKEN SALAD
SALAD
CUCUMBER &
ONIONS
APPLE
BREAD

14

MEATLOAF
MASHED &
GRAVY
MIXED VEGGIE
FRUIT CUP
DINNER ROLL

15

CHICKEN PARM
BROCCOLI
SALAD
GRAPES
BREAD

16

TUNA SALAD
SESAME PEA
SALAD
BANANA
RYE BREAD

17

DICED CHICKEN
CHEESE
SALAD
CORN
APPLE

18

SLOPPY JOES
PEA SALAD
VEGGIE MIX
PEACHES &
STRAWBERRIES

21

BEEF MAC
CASSEROLE
GREEN BEANS
PEARS
BREAD

22

CHICKEN STRIPS
POTATO WEDGES
SALAD
ORANGE
GRAHAM
CRACKERS

23

CHICKEN FRIED
STEAK
MASHED & GRAVY
GREEN BEANS
FRUIT MIX
ROLL

24

TURKEY DELI
SANDWICH
POTATO SALAD
ORANGE

25

OVEN FRIED
CHICKEN
MASHED & GRAVY
GREEN BEANS
CAKE & ICECREAM
ROLL

28

CHICKEN
BREAST
POTATOES
AUGRATIN
BROCCOLI
BREAD

29

BREADED FISH
MIXED VEGGIE
COLESLAW
FRUIT MIX
MAC&CHEESE

30

BBQ RIBLETTE
COLESLAW
CHOPPED SALAD
FRUIT BUP
BUN

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!