

Happy
New Year
-2018-

THE

SCOOP



Clearwater Community Center

921 Janet Ave

Activities held at the Clearwater Community Center are available to anyone 55 and older. No membership fee is required to participate in activities. For more information on events or programs, please contact the Community Center director at 620-584-2332.

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Fun and Games Insert

FROM THE DIRECTOR'S DESK

I hope everyone had the best holidays and a happy new year. I can't believe it's already 2018! I have some great plans for this year and hope you all enjoy the things to come.

Last month was wonderful and I had such a good time spending it with you all. The events had awesome turn outs and the music at our lunch was beautiful. My life has been blessed immensely by your company. Thank you all for attending these events.

This month I have some special things planned and ask that you check out page 3. I also will have a poll that I would like your input on,

so please come up to the center and check it out on the computer. Your sign in should bring it up. If you haven't ever signed up I can help you with that at any time.

One thing I would like to start is a call tree. There are numerous seniors that live on their own and I want to make sure they are checked up on. If you would like to be included or know someone that should be, please reach out to me. I would like to have this up and running by February 1st.

I was incredibly humbled by the response to my volunteer request! You are all so amazing

and I truly appreciate your willingness to help. I am so thankful for all our volunteers and hope you will attend our banquet that I'm putting together for the volunteers.

OFFICE PHONE: 620-584-2332
Email Address: communitycenter@clearwaterks.org



 Find us on Facebook

<https://www.facebook.com/ClearwaterCommunityCenter/>

60 Year Continuous American Legion Membership Award

We had the pleasure to host this special event for James Watt and William "Wally" Altman. It was a beautiful ceremony and these men were surrounded by their family and friends.



Volunteer Drivers Needed! Volunteers are the backbone of our program. Not only do they provide transportation to seniors in their local communities, they also provide them with companionship. The Clearwater Community Center is looking for a drivers that have time to spare during the week, even if it is only a couple days a month. Any help is appreciated! If you are interested, please contact the director at 620-584-2332.

Important Information

Ongoing Events

- Monday's at 1:00 we have a painting group in the Arts and Crafts room.
- Tuesday's at 9:00 we have exercise in the main room.
- Wednesday's at 9:30, join us for coffee in the Main Room
- Thursday's at 10:00 we have Bible Study in the Arts and Crafts room.
- Friday's at 9:00 we have exercise in the main room.

Biscuits and Gravy

Biscuits & Gravy will resume this month and we will be adding new options! Join us on the 20th at 7:00 in the main room. Kids are \$2 and everyone else is \$4 per option or \$6 for both. Breakfast is also available to go.

Weather Closings

Reminder, when USD 264 closes school for weather, the Community Center will be closed as well.

Center Closed

We will be closed on the 1st for New Year's Day and 15th in observance of Martin Luther King Jr. Day.

Volunteers Needed

I am in need of volunteers to help with our special events. If this is something you are interested in, please contact the director.

December Events

December was packed full of fun events here at the Center. I thought you all would like to see some pictures that I managed to get. Thank you all for taking the time out of your busy month to spend time with us!



SPECIAL EVENTS

Covered Dish Luncheon

Tuesday the 9th is our covered dish luncheon. We will be having soup, sandwiches, and whatever side dishes you amazing cooks decide to bring! I will have a sign up sheet in the main room. There will also be an essential oil information class during our lunch.

Kansas Day

The 29th is Kansas Day and it is also National Puzzle Day. Join us at 9:30 for some fun activities to celebrate both of these days!

Matinee at the Center

Join us Friday the 19th at 1:00. Suggested donation \$1. I have a basket set out that you can put your movie suggestions in. Every month I will draw from it and that will be the movie that is played, as long as it is appropriate and I can find it. The movie is played on a big screen using a projector with amazing sound, as you can tell by the picture. We will have popcorn and beverages available.



Eat Smart Live Strong Class

January 2nd at 1:00 is our last class for this segment. Fix it fast, eat at home." Fixing meals at home can be really fast, can save you time, and almost always saves you money.

Eating smart and moving more is a lifetime skill. She will bring the ingredients for a delicious recipe, and will prepare it for you to sample. It's a good time to be had by all, and it doesn't cost anything to attend.

Angels Care Home Health Community Classroom

Starting on the 5th at 1:00, we will have community education classes. These classes will be held the first Friday of every month at 1:00 in the main room, and she will bring door prizes with her. This class is free to attend. If you aren't busy this is a great class and I would love to see it pack out. Some of the topics are exercising your brain, staying healthy during cold and flu season, fall prevention, and many more. I have a flyer hanging in the Center with all of the other topics she will be going over as the classes go on.

BITS & PIECES

Donations Needed

I am collecting items to put in gift baskets. We have numerous seniors that are homebound and could use some cheering up. What better way than to receive a visitor with a gift basket? It could be a book, word search, blanket, coffee mug, or anything that you yourself might enjoy.

SAFE HOUSE NEEDS

Betty Jo Embry works with the Safe House in Wichita. They help homeless teens with necessary items. They are in need of sleeping bags, blankets, and anything to keep them warm in the upcoming months. Also, toiletries and snacks that can fit in back packs. You can bring these to the Center and we will make sure Betty Jo gets them.

Health Corner

Hermes Healthcare

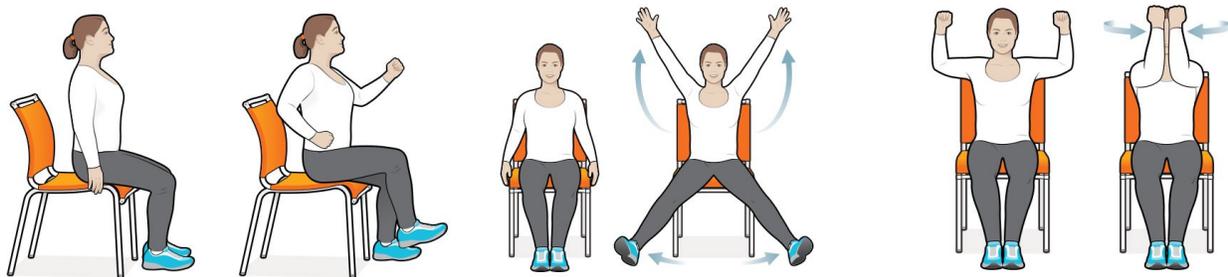
“Foot Care for you... when you cant.”

Your feet are a very important part of your health and independence, and caring for them can become quite a task as you age. You may not be physically able to care for them properly any longer, due to failing vision, decreased mobility or flexibility. You may have one or more health diagnoses that also put you at risk, such as diabetes, cardiac or neurological problems. Any or all of these can create special problems for the feet, and possibly decrease your ability to feel when you have sores, foreign bodies, or infection on any part of the foot. Your feet and toes can also become more deformed as you age, creating pressure points that can cause sores as well. Properly caring for and maintaining the health of your feet, can provide you with greater independence for the rest of your life. Medicare covers these routine foot care every 60 days. Hermes Healthcare can trim nails, remove callous, ingrown toenails, plantar warts, and can do some minor wound care. If you would like to make an appointment for when they are here please call 316-260-4110. Here are the dates for this year that you can schedule for.

January 31, April 4, June 6, August 8, October 10, December 12



Fitness Tip of the Month



These exercises can be done while sitting in your chair during commercial breaks. The first 2 images are your first exercise. You will scoot forward in your chair and lift your right leg and left arm at the same time briefly. Once you lower those back to starting position, you will do the same thing with the other leg and arm. Do this 10 times. The next 2 images are your second workout. This is a sitting version of a jumping jack. You will do exactly as the images show 10 times. The last 2 images are your final workout. All you need to do for this one is hold your arms parallel bent at 90 degrees and move them inward and then back out to starting position. Do this 10 times as well. **Remember to always consult with your physician before you begin any form of exercise.**

Can you find the
the mistake?
1 2 3 4 5 6 7 8 9

January Birthdays

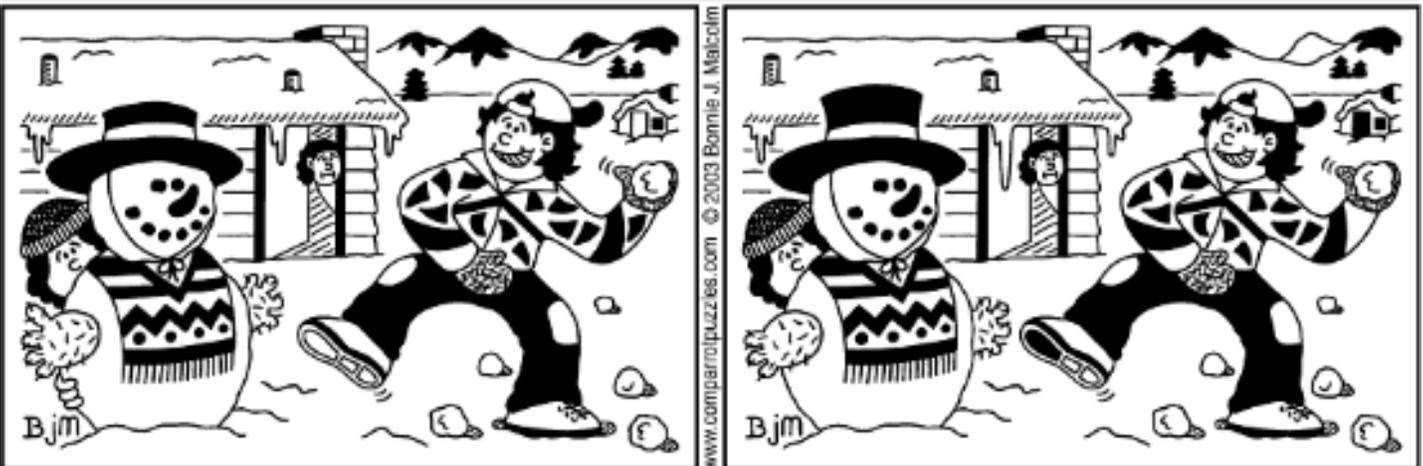
Ima Kinkaid 1/01
 Natalie Machart 1/02
 Louise Riggs 1/04
 Pamela Riggs 1/05
 JoAnn Matthews 1/06
 Mary Bacon 1/09
 Jan Vogel 1/09
 James Richardson 1/12
 Mary Miller 1/13
 Maynard Lemon 1/14

Steve McMillen 1/14
 Marcille Mitchell 1/15
 Reid Williams 1/16
 Ron Leabo 1/16
 Paul Clark 1/16
 Tricia Miles 1/17
 Dick Croft 1/18
 Michelle Titterington 1/20
 Ruth Glenn 1/21
 Kristi Rey 1/22



ComParrot Can you spot 12 differences between these pictures?

by Bonnie J. Malcolm



Solution: 1. Girl's hand is hidden behind snowman. 2. Branch on snowman's arm is missing. 3. Pattern on jacket is missing. 4. Snow on mountain peak is missing. 5. Cabin door is colored in. 6. Boot tread is colored in. 7. Snowman's arm has moved. 8. Tree has moved. 9. Snowball on ground has moved. 10. Pipe on cabin roof has moved. 11. Snowman's hat is taller. 12. Icicle on roof is larger.



December Carry in Lunch

Kristi welcomed everyone to the December monthly carry in lunch. There were no December birthday people in attendance. She introduced Kathleen Munninghoff, who would be playing her harp throughout the meal. It was enjoyed by all. Marlene led the Flag Salute and National Anthem and asked for blessing for the meal. Marlene led the group in the Christmas card exchange by inviting everyone to join the Wright Family Christmas party.

Announcements made at the luncheon were that there was not going to be biscuits and gravy in December, the party bus light tour, and the building closure on December 25th, 26th, and January 1st.

Marlene Parret
Secretary



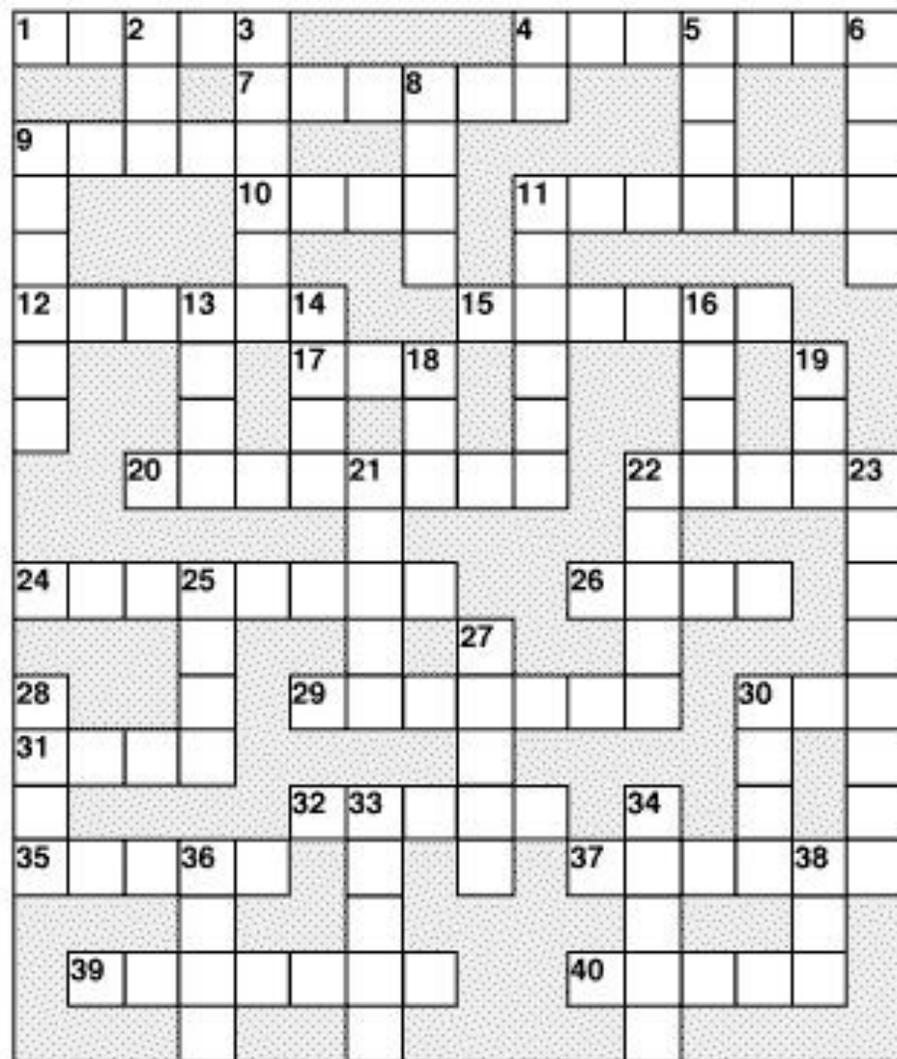
January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Center Closed New Year's Day	2 Exercise 9 AM Cooking Class 1 PM AA/AL ANON 7 PM	3 Morning Coffee 9:30	4 Bible Study E-Free 10 AA/AL ANON 7 PM	5 Exercise 9 AM Community Classroom 1 PM	6	7
8 Painting Group 1 PM	9 Exercise 9 AM Covered Dish Luncheon 12 PM AA/AL ANON 7 PM	10 Morning Coffee 9:30	11 Bible Study E-Free 10 AA/AL ANON 7 PM	12 Exercise 9 AM	13	14
15 Center Closed Martin Luther King Jr. Day	16 Exercise 9 AM AA/AL ANON 7 PM	17 Morning Coffee 9:30	18 Bible Study E-Free 10 Bingo 1 PM AA/AL ANON 7 PM	19 Exercise 9 AM Matinee 1 PM	20 Biscuit & Gravy 7 AM	21
22 Painting Group 1 PM	23 Exercise 9 AM AA/AL ANON 7 PM	24 Morning Coffee 9:30	25 Bible Study E-Free 10 AA/AL ANON 7 PM	26 Exercise 9 AM	27	28
29 Puzzles & Games 9:30 Painting Group 1 PM Kansas Day	30 Commodities 9 AM Exercise 9 AM AA/AL ANON 7 PM	31 Morning Coffee 9:30 Hermes Foot Clinic				

	Mon	Tue	Wed	Thu	Fri
1 HOLIDAY	2 Ham & beans Potatoes & onions 4oz Parslied carrots 4oz Plums 4oz Cornbread Milk	3 Chicken fried steak California mash 4oz Cream gravy 4oz Broccoli 4oz Mixed fruit 4oz Wheat roll Milk	4 Tuna noodle cass. w/peas Combination salad 4oz Salad dressing .5oz Mandarin oranges 4oz Garlic bread Milk	5 Chicken pot pie Cole slaw 4oz Peaches 4oz Cranberry juice 4oz Gingersnap cookie Milk	
8 Harvest turkey soup Brocc/caul/carrot salad 4oz Pears 4oz Crackers-2 Lemon pudding 4oz Milk	9 Pork roast 3oz w/gravy Sweet potatoes 4oz Herbed green beans 4oz Strawberries 4oz Wheat roll Milk	10 Cheesy potato & egg bake Parslied carrots 4oz Grape juice 4oz Pineapple 4oz Bran muffin Milk	11 Swiss steak Baked potato Spinach 4oz Applesauce 4oz Spice cake Roll Milk	12 Hot turkey sandwich (bread, 3oz turkey,4oz mashed pot.& 2oz gravy) Mixed vegetables 4oz Peaches 4oz Milk Easy fruit cobbler 4oz	
15 Meatloaf Au gratin potatoes 4oz Peas 4oz Mandarin oranges 4oz Bread Milk	16 Chicken w/set up OR Fish w/tartar sauce (Bun) Tomato soup 4oz Cracker -1 Broccoli raisin salad 4oz Apricots 4oz Milk	17 Beef & noodle casserole Combination salad 4oz Salad dressing .5oz Pears 4oz Cranberry juice 4oz Garlic bread Milk	18 Creamed chicken over Mashed potatoes 4oz Pickled beets 4oz Peaches 4oz Biscuit Milk	19 Ham chowder Black eye pea salad 4oz Apple slices 4oz Crackers-2 Peanut butter cookie Milk	
22 Salisbury steak OR Liver & onions Mashed potatoes 4oz Gravy 2oz Milk Mixed vegetables 4oz Blushing pears 4oz Roll	23 Ham & egg casserole Parslied carrots 4oz Plums 4oz Cranberry juice 4oz Bran muffin Milk	24 Chili Combination salad 4oz Salad dressing .5 oz Peaches 4oz Cinnamon roll Crackers-2 Milk	25 Italian baked chicken Spinach 4oz Green lentil salad 4oz Pineapple 4oz Garlic bread Milk	26 Salmon/tuna bake w/ Creamy cucumber sauce Cauliflower rice 4oz Peas 4oz Apricots 4oz Wheat bread Milk	
29 Prairie chicken soup Broccoli 4oz Stewed apples 4oz Grape juice 4oz Wheat bread Milk	30 Spaghetti w/meat sauce Combination salad 4oz Salad dressing .5 oz Mandarin oranges 4oz Vanilla pudding 4oz Garlic bread Milk	31 Turkey roast 3oz w/gravy Sweet potatoes 4oz Mixed vegetables 4oz Glazed blueberries 4oz Roll Milk	Birth Day - January 11 Choice Days - Jan. 16 & 22 Circled Days - meals that freeze well New Year's Day - January 1	Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher	



Winter Crossword



Down:

2. Frozen water
3. Small
4. Myself
5. Small pie
6. Neck warmer
8. Chilly
9. Used to move snow
11. A season
13. Strong emotion
14. Ripped
16. Nil
18. Bath _____
19. Cloud of water vapour
21. Last month of winter
22. Wooden snow vehicles
23. Winter road condition
25. Be carried on
27. Locomotive
28. Carried along by wind
30. Piece of hockey equipment
33. Make this in the snow
34. Winter foot wear
36. Faucets can do this
38. You hear with this

Across:

- | | |
|-----------------------------|-------------------------------|
| 1. Sudden cold breeze | 24. Valentine month |
| 4. Hand warmers | 26. Thaw |
| 7. Hanging spike of ice | 29. Keeps drinks warm |
| 9. Freezing rain | 30. Small dog |
| 10. Show and _____ | 31. Winter Olympic sport |
| 11. Conditions outside | 32. Silky material |
| 12. Flowering plant, colour | 35. Breezy |
| 15. Achoo | 37. Ice sport |
| 17. Not in | 39. Foot warmer |
| 20. Month of winter | 40. Direct a vehicle's course |
| 22. Carols, etc. | |



Clearwater Senior
Community Center
921 Janet Ave
Clearwater, KS 67026
620-584-2332
commcenter@sktc.net



**Clearwater Community
Center**

Mission Statement:

To provide services and programs for people of all ages, that promote their well being, support their independence and encourage their involvement in community life.

**Staff
Clearwater Community
Center**

Kristi Rey, Director
Marlene Parret - Assistant Director

**Advisory Committee Mem-
bers**

Terry Sullivan - Chairperson
Joan Fleming - Co-Chair
Barbara Hufford – Member at
Large