



THE SCOOP

Clearwater Senior Center

921 Janet Ave

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

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

Sonja Froggatte—Director
Marlene Parret—Director's Asst..

Advisory Committee

Terry Sullivan—Chair
James Charles—Member at Large
Maureen Bailey—Member mat Large
Tom Wallace—Member at Large

FROM THE DIRECTOR'S DESK

I interviewed Virginia McSwain who married her sweetheart, Donald "Mac" in Wheeler, TX in 1949. They came to Clearwater, after just four years of marriage, in January 1952 and Mac went to work for Cessna in Tooling. They had previously lived in New Cordell, Oklahoma, in Washita County, where Mac & Virginia were born.

They had two tiny kids when they came to Clearwater: Donetta was a tot and Jim was a baby.

After a time Mac was promoted to management and had an office job. He had previously built elevators and noticed a crew working at the one here; then stopped in to see if he knew anyone. It was his old crew and he joined them. He worked on elevators part-time and kept his Cessna job full-time. During the 1970's Mac drove a trash truck for a second job.

Tracy, Virginia & Mac's third child, was born in 1961. Darrel, their fourth, was born in 1963. Virginia and Mac have since been blessed with 10 grandkids, 15 great grandchildren and one great, great grandchild.

Anyone driving west on Ross can see some of Virginia's work in her front yard. This year she has over a hundred potted plants and has flower beds as well. Virginia stays in shape exercising at the Senior Center and carrying 1/2 filled, 5 gallon buckets to water all of her plants. She has Panamanian lily and hibiscus plants.

Mac passed away 3 days after Virginia's birthday, on 12/9/2017. His six grandsons were pall bearers.

Virginia stays busy cooking and serving lunch and/or dinners to family.

Sonja Froggatte

OFFICE PHONE: (620) 584-2332

Email Address: communitycenter@clearwaterks.org



Thank you Volunteers!!

Volunteers are the backbone of our programs. Not only do they provide transportation to seniors in this community, they also provide them with companionship. The Clearwater Senior & Community Center is looking for a drivers who have time to spare during the week, even if it is only a couple days a month. Any help is appreciated! Anyone interested, please contact the director at (620) 584-2332.



David Calame 8/27
 Frank Charles 8/19
 Carl Conley 8/7
 Hazel Dalbom 8/16
 John Duncan 8/15
 Ruby Fisher 8/20
 Joan Fleming 8/20

James Flippin 8/10
 Bill Friedline 8/16
 Dena Hancock 8/13
 Mary Beth Hess 8/16
 Lois Hickman 8/16
 Janet Jackson 8/20
 Mary Jo McMahan 8/20

Carl Shaffer 8/17
 Catherine Simon 8/16
 Danny Steward 8/1
 Terry Sullivan 8/23
 Richard Wells 8/6



In 2016, August joined June and December as the one of the three birth months represented by three gems. The original birthstone for August was **Sardonyx**, and then **peridot** was added, becoming August's primary gem. The addition of spinel, which can be found in a variety of colors, gives August babies a plethora of options!

August is known for many things, including the dog days of summer, National Watermelon Day (Aug. 3) and National Smile Week (Aug. 5-11). But there are many other fun facts associated with summer's last full **month** as well as history.

- 1 The first U.S. Census is completed. There are four million people in the U.S. in 1790.
- 2 Wild Bill Hickock is killed during a poker game. He was holding a "Dead Man's Hand", 2 pair aces and 8's. (1876)
- 3 The Nautilus, a nuclear powered submarine is the first submarine to cross the North Pole under water. (1958)
- 4 Champagne is invented by Dom Perignon. (1693) I'll drink to that!
- 5 *Little Orphan Annie* comic strip debuts. (1924)
- 6 Murderer John Hart is the first person to be executed in an electric chair (1890)
- 6 Baseball pitching legend Cy Young pitches his first, a win. (1890)
- 6 The Atom bomb is dropped on Hiroshima, Japan by the U.S. (1945)
- 7 The "Order of the Purple Heart" is created by President George Washington (1782)
- 8 The *Daughters of the American Revolution* organization is created. (1890)
- 9 Animated cartoon *Dizzy Dishes* premieres, with new star Betty Boop! (1930)
- 9 President Richard M. Nixon becomes the first and only president to resign while in office (1974)
- 10 The village of Chicago is incorporated. (1833)
- 10 "Smile, You're on Candid Camera". Allen Funt's wildly popular show debuts. (1948)

- 11 The Beatles begin their last US concert tour. (1966)
- 12 US annexes Hawaii. (1898)
- 13 Spanish defeat the Aztecs Indians and conquers Mexico City. (1521)
- 14 Japan surrenders, ending World War II. (1945)
- 15 The Panama Canal is opened. (1914)
- 16 Gold is discovered in the Klondike. (1896)
- 19 Indianapolis Speedway holds it's first auto race (1909)
- 20 The Civil War is formally declared to be over by President Andrew Johnson. (1866)
- 21 Hawaii becomes the 50th state. (1959)
- 22 The Mona Lisa is stolen from the Louvre (1911)
- 23 The first picture of Earth from the moon is taken by Lunar Orbiter 1. (1966)
- 24 The infamous Mount Vesuvius eruption buries the city of Pompeii. (79)
- 25 Ivan the Terrible, the first Tsar of Russia was born. (1530)
- 25 Amelia Earhart completes her trans-continental flight. (1932)
- 26 U.S. Congress passes the 19th Amendment to the Constitution, [granting women the right to vote](#). (1920)
- 27 The island volcano of Krakatoa in Indonesia erupts. It was heard over 3,000 miles away and was one of the biggest natural disasters ever recorded. (1886)
- 28 Martin Luther King Jr. makes his "I Have a Dream" speech. (1963)
- 29 Walt Disney's *Mary Poppins* is released. (1964)
- 30 The Late Show with David Letterman premieres on CBS. (1993)
- 31 Heavy weight champion Rocky Marciano dies in a plane crash near Newton, Iowa. (1964)

From www.thehistoryplace.com

SPECIAL EVENTS

Foot Care

Hermes Health Care will be here on Wednesday, 8/21. Call them at (316) 260-4110 for an appointment.

School Starts

Mark your calendars! Kids will be returning to school on August 14th!

Carry In Luncheon

You are invited to join us on the 13th at 12:00 for our monthly carry-in luncheon. Bring a side dish to share. Donations are appreciated!

Nutrition Class

Shirley Lewis with the Extension Office will be here at 1:00 on August 26th to present "Choosing to Move Throughout the Day".

SPECIAL EVENTS

Commodities

Commodities will be provided the last Tuesday of the month, which is the 27th, unless we have perishable items. If so you will be notified.

Jam Session

The next Jam Session will be on August 24th at 6:00. We hope to see you! Please bring a snack to share, if you can; or your instrument, if you intend to play.

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.; and now on Tuesdays we will have a basic computer workshop at 10:30.
- Wednesday's at 9:00, join us for coffee; and on the first Wednesday of the month, balloon volleyball at 10:00 in the Main Room;
- Thursday's at 10:00 we have Bible Study in the Arts and Crafts room. At 1:00 we have BRIDGE in the Main Room and BINGO in the Arts and Crafts room.
- Friday's at 9:00 we have exercise & at 1:00 on the first & last Fridays we show movies in the main room.

Experience Senior Expo!

Central Plains Area Agency on Aging's Senior Expo - is coming soon. Grab a friend and plan to spend the day at Senior Expo! There you will find valuable information, access to health screenings, new opportunities including volunteer and travel, and local sales that interest adults 55+. Join us at the 34th annual Senior Expo and experience it for yourself on September 26th, 9am-3pm in Wichita, KS.

Visit three of Wichita's fantastic locations: Botanica, The Wichita Gardens; The Advanced Learning Library; and The Wichita Art Museum and experience a fun and educational day at Senior Expo. Entrance to Senior Expo and admission to all three locations is complimentary to anyone age 55 and older and to caregivers of all ages! Visit over 120 local and national vendors. Enjoy the Casino Nights fashion show, interactive booths, free Park and Ride transportation between all locations and a delicious lunch at each site for \$7.00. For more information visit www.cpaaa.org.

Fun Activities:

- Donuts and Refreshments in the am
- "Casino Nights" 2019 Fashion Show at the Lotus Hall at Botanica (1pm)
- Entertaining booths - Photo booth and Family Feud Game Show
- Local vendors providing unique gifts and other items for sale
 - Health screenings and tips

Food Trucks at the Fountain

- Date: Jul 28, Aug 25, Sep 29, Oct 27, 2019
- Time: 11:00 AM to 2:00 PM
- Admission: Free

Location: [WaterWalk](#) 515 S. Main, Ste 107, Wichita, KS 67202-3756

Floatin' on the River: Sunset Tour

- Date: Aug 2, Aug 17, Aug 23, Sep 14, Sep 20, 2019
- Time: 7:30 PM to 9:00 PM
- Admission: \$35/person - PRE-REGISTRATION REQUIRED
- Location: Arkansas River, Downtown Wichita 605 S. Wichita St., Wichita, KS 67202
- To register, go to Wichita.gov/parkandrec and click on the registration tab or call 316.268.4361.

Perseid Meteor Shower

This year, the Perseid Meteor Shower will be active from July 23th to August 20th, with peak activity around August 11-13th. [Click here](#) for our tips on how and where to catch it!

July's Carry-In Luncheon

Tuesday 7/09/19 Information

Sonja greeted and welcomed all to the monthly carry-in luncheon. There were no July birthday people present. Marlene lead the pledge of allegiance and singing of the National Anthem; then asked the blessing for the meal. Sonja announced that she was given vouchers to distribute to qualified individuals for purchases from the Farmers Markets in Wichita, Derby and Haysville. Anyone 55 and older can call the Center at 584-2332, if you are interested.

Our speaker was Crystal Dalmasso from DCCCA where she works at a women's recovery center with special attention to substance abuse. She also works with families providing Foster care. She encouraged us, as seniors, to be willing to work with the youth in our lives by being patient and building trust to discourage them from using drugs, alcohol and tobacco. Crystal gave each person a packet that included helpful information for safe use, storage and disposal of medications. She also emphasized the Poison HELP Line for any questions about medications: 1-800-222-1222 is available 24 hours.

We were encouraged to consult the monthly calendar in the Scoop to find out about Center activities but calls are also welcome.

There were approximately 18 attendees at the luncheon.

Sudoku is easy to learn...Just remember you need to have the numbers 1–9 in every column, row and square. For example: in the bottom three rows I see ones in two of the squares; one is on the bottom row in the far left column. The other is in the second row up, in the far right column. So the one for the middle square and the third row up has to go in one of the tiny squares to the right of the 6 in the third row up. Let me know if you have questions or get hung up. Thanks!
Sonja

2				5				
								8
					7			
							7	
9				2	3			
		6	4		9	1		
		9	6			8		2
7		3			2	6		1
1				3	5	4		7

Cheesy Brussels Sprout Bake

INGREDIENTS

5 slices bacon
 3 T butter
 2 small shallots, minced
 2 lbs. Brussel sprouts, halved
 Kosher salt
 1/2 t cayenne pepper
 3/4 c. heavy cream
 1/2 c. shredded sharp white cheddar
 1/2 c. shredded Gruyere

DIRECTIONS

Preheat oven to 375°. In a large oven-safe skillet over medium heat, cook bacon until crispy, 8 minutes. Drain on a paper towel-lined plate, then chop. Discard bacon fat.

Return skillet to medium heat and melt butter. Add shallots and Brussels sprouts and season with salt and cayenne. Cook, stirring occasionally, until tender, about 10 minutes.

Remove from heat and drizzle with heavy cream, then top with both cheeses and bacon.

Bake until cheese is bubbly, 12 to 15 minutes. (If your cheese isn't golden, switch oven to broil and broil 1 minute.

Eat and enjoy!

H E E H A W Y M P F O D T D Z O E
 R F S N W V P D R M T F E O H T K
 S T U N H R S E O H A H K W A A O
 T W H L S O I A E O C V R B Z R M
 R I B G L S J W J T D O E M E Z S
 U N G P A H A R I L T Y M R L A N
 O P Z R V L O W A C Z X D B I N U
 C E F H T U E U O E N X I W H C G
 T A W O X B G D S L D C C N O L K
 H K N Q H H Q Y W E T P O O N H I
 G S Y L I M A F S M A D D A H A D
 I O G N T X C H I N A B E A C H M
 N A M T A B Y L P L X I L A P H N
 Y N N A N E H T O R O S E A N N E

- ADDAMS FAMILY
- BATMAN
- BEWITCHED
- CHINA BEACH
- COACH
- DEAR JOHN
- DOCTOR WHO
- FRASIER
- GUNSMOKE

- HEE HAW
- HOWDY DOODY
- I SPY
- LAUGH IN
- MANNIX
- MAVERICK
- ROSEANNE
- TARZAN
- THE NANNY
- THE WALTONS

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	2 Exercise 9:00 am 1:00 pm free Movie & popcorn	3
4	5 Center Open at 10:00 Painting 1 pm-3 pm	6 Primary Election Day Exercise 9:00 am Computer Basics 10:30 am AA/AI Anon 7-9 pm 6 PM National Night Out	7 9:00 am Morning Coffee 10:00 am Balloon Volleyball	8 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	9 Exercise 9:00 am	10
11	12 Center Open at 10:00 Painting 1 pm-3 pm	13 Exercise 9:00 am Computer Basics 10:30 am Carry-In Luncheon 12:00 pm AA/AI Anon 7-9 pm	14 First Day of School 9:00 am Morning Coffee	15 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	16 Exercise 9:00 am	17 Center Rented
18	19 Center Open at 10:00 Painting 1 pm-3 pm	20 Exercise 9:00 am Computer Basics 10:30 am AA/AI Anon 7-9 pm	21 8:00 Hermes Health Care 9:00 am Morning Coffee	22 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	23 Exercise 9:00 am	24 6:00 Jam Session
25	26 Center Open at 10:00 Painting 1 pm-3 pm 1 pm "Choosing to Move Throughout the Day" – Extension Office	27 Exercise 9:00 am All Day Commodities Delivery Computer Basics 10:30 am AA/AI Anon 7-9 pm	28 9:00 am Morning Coffee 10:00 am Balloon Volleyball	29 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO 4:00 pm Center Rented	30 Exercise 9:00 am 1:00 pm free Movie & popcorn	31

Mon	Tue	Wed	Thu	Fri
Birthday Day - August 8 Choice Day - August 5 & 30 Circled Days - meals that freeze well		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		
5 Crispy fish w/Tartar sc OR Chicken patty w/set up Cole slaw 4 oz Mixed fruit 4 oz Bun No bake cookie Milk	6 Chicken fajita salad 8 oz (lettuce, tomato, cheese, chips) Salsa Refried beans 4 oz Cantaloupe 4 oz Pineapple bread Milk	7 Swedish ham balls Sweet potatoes 4 oz Green beans 4 oz Peaches 4 oz Roll Milk	8 Beef cutlet w/Spanish sauce Baked potato Hominy 4 oz Blushing pears 4 oz Milk Spice cake Roll	9 Chicken & pasta salad Broccoli/cauliflower/carrot salad 4 oz Applesauce 4 oz Garlic bread Milk
12 Hamburger on a Bun with set up Baked beans 4 oz French fries-8 Strawberries 4 oz Milk	13 Hot turkey casserole Pickled beets 4 oz Honey dew melon 4 oz Sugar cookie Milk	14 Taco salad 8 oz (lettuce, tomato, cheese, chips) Salsa Refried beans 4 oz Banana Cinnamon roll Milk	15 Baked chicken Spinach 4 oz Sliced tomatoes 4 oz Cantaloupe 4 oz Wheat bread Milk	16 Ham 3 oz slice Cooked cabbage 4 oz Peas 4 oz Peaches 4 oz Roll Milk
19 Chicken & cheese cass. Broccoli 4 oz Sliced tomatoes 4 oz Mixed fruit 4 oz Bread Milk	20 Meatloaf California mash 4 oz/gravy Chickpea salad 4 oz Apricots 4 oz Roll Milk	21 BBQ pork sandwich on a Bun Macaroni salad 4 oz Mixed green salad 4 oz Salad dressing Strawberries 4 oz Milk	22 Tuna pasta salad 8 oz Celery soup 4 oz Cracker-1 Cole slaw 4 oz Peaches 4 oz Milk	23 Open face pork patty on a Biscuit /Cream gravy Potato O'Brien 4 oz Sliced tomato 4 oz Stewed apples 4 oz Milk
26 Roast beef 3 oz Parslied potatoes 4 oz Savory carrots 4 oz Cantaloupe 4 oz Wheat bread Milk	27 Southwest chicken bake Combination salad 4 oz Salad dressing Pinto beans 4 oz Applesauce 4 oz Cornbread Milk	28 Fish chowder 8 oz Crackers-2 Green beans 4 oz Mixed melon cup 4 oz Bread pudding Milk	29 Sliced ham 3 oz on a Bun Set up w/ mayo and mustard Cuke & onion salad 4 oz Strawberries 4 oz Milk	30 Beef cutlet OR Liver & onions Mashed pot 4 oz/gravy Calico salad 4 oz Peaches 4 oz Roll Milk

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



**Clearwater Senior & 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

Sonja Froggatte - Director
Marlene Parret - Assistant Director

Advisory Committee Members

Terry Sullivan - Chairperson
Barbara Hufford – Member at Large
James Charles - Member at Large