

# THE SCOOP



## Clearwater Senior Center

921 Janet Ave

Activities held at the Clearwater Senior Center are available to those 55 & older. 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 55 & older that promotes their well-being, supports their independence and encourages their involvement in community life.

#### Staff

Sonja Froggatte— Director  
 Marlene Parret— Assistant Director

#### Advisory Committee

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

## FROM THE DIRECTOR'S DESK

### “Frostbite Facts

When the body is exposed to very low temperatures, it tries to prevent heat loss by redirecting the blood away from extremities. If exposure is prolonged, ice will start to form inside and around skin cells. The ice crystals block the movement of blood through the fine mesh of capillaries, which means the tissue is deprived of oxygen and nutrients. The longer the tissue remains frozen, the greater the amount of damage.

Frostbite is divided into three categories:

- *Frostnip*, the first degree of frostbite, is when a person experiences loss of feeling and white or pale appearance in fingers, toes, ear lobes, and tip of the nose.
- *Superficial frostbite*, the second degree of frostbite, is when the outer layer of skin feels hard and frozen and blisters.
- *Deep frostbite*, the third degree of frostbite, is when the underlying tissues of the skin are hard and frozen and the skin appears blotchy and may have blisters.” Protect yourself!

From The Texas Department of Insurance,  
 Division of Workers' Compensation (TDI, DWC)

Sonja Froggatte

OFFICE PHONE: 620-584-2332

Email Address: [communitycenter@clearwaterks.org](mailto:communitycenter@clearwaterks.org)

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



### 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 Center is looking for 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.

## St. Patrick BISHOP AND PATRON SAINT OF IRELAND

Patrick was born in Britain to a Romanized family. At age 16 he was torn by Irish raiders from the villa of his father, Calpurnius, a deacon and minor local official, and carried into slavery in Ireland. He spent six bleak years there as a herdsman, during which he turned with fervour to his faith. Upon dreaming that the ship in which he was to escape in was ready, he fled his master and found passage to Britain. There he came near to starvation and suffered a second brief captivity before he was reunited with his family. Thereafter, he may have paid a short visit to the Continent.

The best known passage in the *Confessio* tells of a dream, after his return to Britain, in which one Victorinus delivered him a letter headed "The Voice of the Irish." As he read it, he seemed to hear a certain company of Irish beseeching him to walk once more among them. "Deeply moved," he says, "I could read no more." Nevertheless, because of the shortcomings of his education, he was reluctant for a long time to respond to the call. Even on the eve of re-embarkation for Ireland he was beset by doubts of his fitness for the task. Once in the field, however, his hesitations vanished. Utterly confident in the Lord, he journeyed far and wide, baptizing and confirming with untiring zeal. In diplomatic fashion he brought gifts to a kinglet here and a lawgiver there but accepted none from any. On at least one occasion, he was cast into chains. On another, he addressed with lyrical pathos a last farewell to his converts who had been slain or kidnapped by the soldiers of Coroticus.

Careful to deal fairly with the non-Christian Irish, he nevertheless lived in constant danger of martyrdom. The evocation of such incidents of what he called his "laborious episcopate" was his reply to a charge, to his great grief endorsed by his ecclesiastical superiors in Britain, that he had originally sought office for the sake of office. In point of fact, he was a most humble-minded man, pouring forth a continuous paean of thanks to his Maker for having chosen him as the instrument whereby multitudes who had worshipped "idols and unclean things" had become "the people of God."

The phenomenal success of Patrick's mission is not, however, the full measure of his personality. Since his writings have come to be better understood, it is increasingly recognized that, despite their occasional incoherence, they mirror a truth and a simplicity of the rarest quality. Not since St. Augustine of Hippo had any religious diarist bared his inmost soul as Patrick did in his writings. As D.A. Binchy, the most austere critical of Patrician (i.e., of Patrick) scholars, put it, "The moral and spiritual greatness of the man shines through every stumbling sentence of his 'rustic' Latin."

Before the end of the 7th century, Patrick had become a legendary figure, and the legends have continued to grow. One of these would have it that he drove the snakes of Ireland into the sea to their destruction. Patrick himself wrote that he raised people from the dead, and a 12th century hagiography places this number at 33 men, some of whom are said to have been deceased for many years. He also reportedly prayed for the provision of food for hungry sailors traveling by land through a desolate area, and a herd of swine miraculously appeared.

Another legend, probably the most popular, is that of the shamrock, which has him explain the concept of the Holy Trinity, three persons in one God, to an unbeliever by showing him the three-leaved plant with one stalk. Traditionally, Irishmen have worn shamrocks, the national flower of Ireland, in their lapels on St. Patrick's Day, March 17.

<https://www.britannica.com/biography/Saint-Patrick>





Donna Baily 3/29  
 Brent Battan 3/1  
 Lanora Bradt 3/15  
 Larry Bradt 3/1  
 Debbie Charles 3/23  
 Joanne Flippin 3/8  
 Gary Ganon 3/24

Don Heard 3/22  
 Shirley High 3/18  
 Jeremy Holt 3/21  
 Bruce Hopson 3/16  
 David Knoblach 3/4  
 Maxine Leonard 3/10  
 Russell Mills 3/24

JG Moore 3/30  
 Lila Mourning 3/27  
 Darrel Mourning 3/4  
 Roy Riggs 3/25  
 Virginia Snyder 3/13  
 Sherri Thomas 3/29  
 Darrell Van Allen 3/28

For the lucky people with March birthdays, two birthstones are associated with this early spring month: aquamarine and bloodstone. Both gemstones are very different from one another in appearance, but each share a similar symbolism of preserving or enhancing the health of the wearer. Aquamarine-The serenely colored aquamarine invokes the tranquility of its namesake, the sea. In fact, the name aquamarine is derived from the Latin word *aqua*, meaning water, and *marina*, meaning the sea. Aquamarine is most often light in tone and ranges from greenish blue to blue-green; the color usually is more intense in larger stones, and darker blue stones are very valuable.

Bloodstone-The second birthstone for March is bloodstone, a dark-green gemstone flecked with vivid red spots of iron oxide. Generally found embedded in rocks or in riverbeds as pebbles, primary sources for this gemstone are India, Brazil and Australia. Bloodstone is also called *heliotrope*, a word from the ancient Greek that means "to turn the sun." Many believe it was probably named such because of ancient ideas about how minerals reflect light. In fact, some believed that the sun itself would turn red if this gemstone was put into water.

From [americangemsociety.org](http://americangemsociety.org)

## March 1

**March 1, 1781** - Formal ratification of the Articles of Confederation was announced by Congress. Under the Articles, Congress was the sole governing body of the new American national government, consisting of the 13 original states. The Articles remained in effect through the Revolutionary War until 1789, when the current U.S. Constitution was adopted.

**March 1, 1932** - The 20-month-old son of aviation pioneer Charles A. Lindbergh was kidnapped from his home in Hopewell, New Jersey. The Lindbergh's then paid a \$50,000 ransom. However, on May 12, the boy's body was found in a wooded area a few miles from the house.

**March 1, 1961** - President John F. Kennedy established the Peace Corps, an organization sending young American volunteers to developing countries to assist with healthcare, education and other basic human needs.

**March 1, 1974** - Seven former high-ranking officials of the Nixon White House were indicted for conspiring to obstruct the investigation into the Watergate break-in. Among those indicted; former chief of staff H.R. Haldeman, former top aide John Ehrlichman, and former attorney general John Mitchell.

**Birthday** - American band leader Glenn Miller (1904-1944) was born in Carilinda, Iowa. His music gained enormous popularity during the 1940's through recordings such as *Moonlight Serenade* and *String of Pearls*. On December 15, 1944, his plane disappeared over the English Channel while en route to Paris where he was scheduled to perform.

## March 2

**March 2, 1943** - During World War II in the Pacific, a Japanese convoy was attacked by 137 American bombers as the Battle of Bismarck Sea began. The convoy included eight destroyers and eight transports carrying 7,000 Japanese soldiers heading toward New Guinea. Four destroyers and all eight transports were sunk, resulting in 3,500 Japanese drowned, ending Japanese efforts to send reinforcements to New Guinea.

**Birthday** - American soldier and politician Sam Houston (1793-1863) was born in Rockbridge County, Virginia. As a teenager he ran away and joined the Cherokee Indians who accepted him as a member of their tribe. He later served as a Congressman and Governor of Tennessee. In 1832, he became commander of the Texan army in the War for Texan Independence, defeating the larger Mexican army in 1836 at the Battle of San Jacinto. He then served as Senator and Governor of the new state of Texas but was removed in 1861 after refusing to swear allegiance to the Confederacy.

## March 3

**March 3, 1913** - A women's suffrage march in Washington D.C. was attacked by angry onlookers while police stood by. The march occurred the day before Woodrow Wilson's inauguration. Many of the 5,000 women participating were spat upon and struck in the face as a near riot ensued. Secretary of War Henry Stimson then ordered soldiers from Fort Myer to restore order.

**Birthday** - Railroad car builder George Pullman (1831-1897) was born in Brocton, New York. He improved railroad sleeping accommodations, developing the folding upper berth and lower berth designs. His company went on to become the biggest railroad car building organization in the world.

**Birthday** - Telephone inventor Alexander Graham Bell (1847-1922) was born in Edinburgh, Scotland. Bell and his father were involved in teaching deaf persons to speak. Bell developed an interest in the vibrating membrane as a method of electrically transmitting sounds. His very first sentence spoken on the newly invented telephone on March 10, 1876, was to his assistant, "Mister Watson, come here, I want you."

## March 4

**March 4, 1681** - King Charles II of England granted a huge tract of land in the New World to William Penn to settle an outstanding debt. The area later became Pennsylvania.

**March 4, 1789** - The first meeting of the new Congress under the new U.S. Constitution took place in New York City.

**March 4, 1830** - Former President John Quincy Adams returned to Congress as a representative from Massachusetts. He was the first ex-president ever to return to the House and served eight consecutive terms.

## March 17

**March 17th** - Celebrated as Saint Patrick's Day commemorating the patron saint of Ireland.

**March 17, 1776** - Early in the American Revolutionary War the British completed their evacuation of Boston following a successful siege conducted by Patriots. The event is still commemorated in Boston as Evacuation Day.

**Birthday** - U.S. Supreme Court Justice Roger B. Taney (1777-1864) was born in Calvert County, Maryland. He became the 5th Chief Justice in 1836, best known for the Dred Scott decision.

## March 30

**March 30, 1981** - Newly elected President Ronald Reagan was shot in the chest while walking toward his limousine in Washington, D.C., following a speech inside a hotel. The president was then rushed into surgery to remove a 22-caliber bullet from his left lung. "I should have ducked," Reagan joked. Three others were also hit including Reagan's Press Secretary, James Brady, who was shot in the forehead but survived. The president soon recovered from the surgery and returned to his duties.

**Birthday** - Vincent Van Gogh (1853-1890) was born in Groot Zundert, Holland. He was a Postimpressionist painter, generally considered the greatest Dutch painter after Rembrandt. During his short (10-year) painting career he produced over 800 oil paintings and 700 drawings, but sold only one during his lifetime. In 1987, the sale of his painting *Irises* brought \$53.9 million, the highest price ever paid for a work of art up to that time. During his life, Van Gogh suffered from despair and bouts of mental illness, at one point cutting off part of his own left ear. He committed suicide in 1890 by gunshot.

[Continued on Page 8](#)

## SPECIAL EVENTS

### Carry-In Luncheon

You are invited to join us on the 10th at 12:00 for our monthly carry-in luncheon. Please bring a side dish to share. Donations are appreciated!

### Tax Preparation

AARP will be at the Center from 9:00 a.m. with their last appointments at 3:00 p.m. on March 23rd. Call the Center for appointments.

### USDA Food Assistance

Food Assistance, formerly Commodities, will be provided the last Tuesday of the month, which is the 31st, unless we have perishable items. If so, and you are already receiving Food Assistance, you will be notified. We are currently enrolling new participants. Please call the Center if you are interested.

### Hermes Healthcare

Hermes staff will be at the Center to provide foot care, from 8:30 a.m. with their last appointments at 3:00 p.m. on March 11th. Call (316) 260-4110 for appointments.

### **Ongoing Events**

- Monday's at 1:00 we have a painting group in the Arts and Crafts room. At 1:30 we have a Chair Yoga class in the Main Room.
- Tuesday's at 9:00 we have exercise in the main room. And on the second Tuesday of the month at 12:00 p.m. we have our Carry-In Luncheon .
- Wednesday's at 9:00, join us for coffee; and at 10:00 we have Bible Study in the Arts and Crafts room.
- Thursday's at 1:00 we have BINGO in the Arts and Crafts room.
- Friday's at 9:00 we have exercise.

### **2020 Kansas Sunflower Swap Meet**

#### **Century II Performing Arts & Convention Center**

**Date:** Friday March 13, 2020 through Saturday March 14, 2020.

**Time:** Times Vary

**Address:** 225 W. Douglas Ave., Wichita, KS, 67202

**Price:** \$5; children 10 and under free

**Category:** Auto / Motorsports

A classic auto swap meet for a good cause! The 45th annual KS Sunflower Swap meet will benefit the ARC of Sedgwick County

### **Harlem Globetrotters Tour in Wichita**

Friday, March 13, 2020: Intrust Bank Arena, 500 E Waterman St., From \$35 to \$42 per ticket.

### **2020 Good Living Wichita Expo**

Saturday, March 28th at 4 pm: Century II Performing Arts & Convention Center

## **Preston Singletary: Raven and the Box of Daylight**

**Date:** *Saturday February 1, 2020 through Sunday August 30, 2020.*

**Time:** 10:00 am - 5:00 pm

**Location:** Wichita Art Museum

**Address:** 1400 West Museum Blvd

**Price:** \$10 general admission; discounts for seniors, students: Saturdays admission is free.

**Category:** Arts / Exhibits

Raven and the Box of Daylight features the astounding glass art of Preston Singletary. The exhibition explores the Tlingit story of Raven and how the bird-spirit brings light to the world. Singletary's remarkable works, more than 50 glass sculptures including a monumental glass canoe, glass paddles, and glass river, are joined by audio and video elements to create a dynamic, multi-sensory environment. The exhibition takes visitors on an experiential journey following the transformation of darkness into light.

Singletary is one of Americas premier glass artists. He is Tlingit, a Pacific Northwest Native American tribe, and he draws heavily on Native American art and themes in his work. Raven and the Box of Daylight is organized by the Museum of Glass, Tacoma, Washington.

## **Tanganyika Wildlife Park Season Pass Sale**

**Date:** *Sunday March 1, 2020 through Saturday March 14, 2020.*

**Time:** All Day Event

**Location:** Tanganyika Wildlife Park/Online

**Address:** 1000 S Hawkins Lane, Goddard KS, 67052

**Price:** \$24.99

**Category:** Sale

Hold on tight... the best deal in town is coming back.

Our online 2020 season pass sale is going to be the biggest yet. Be sure to mark your calendars for March 1 to snag your value packed season pass for an outrageously low price.

Our new and improved 2020 season passes hold more value than ever due to some big new features that will be added to the park, including Tanganyika Falls, our brand-new SPLASH PARK opening in summer 2020!

Stay tuned for more announcements about this years season passes plus the exciting new features that are being added to the park!

## **The 2020 Delano St. Patrick's Day Parade**

**March 14 2020, Noon**

## **2020 Derby Spring Craft and Vendor Fair**

Derby, KS Sat, Mar 7, 8 a.m. – 2 p.m. at The Venue at Madison Avenue Central Park

## **Flea Market**

Saturday 9 a.m. to 5 p.m.; Sunday 9 a.m. to 4 p.m.: March 21st & 22nd at Kansas Star Casino Arena

## Waitress

**Date:** Tuesday March 3, 2020 through Thursday March 5, 2020.

**Time:** 7:30 pm

**Location:** Century II Performing Arts & Convention Center

**Address:** 225 W. Douglas Ave., Wichita, KS, 67202

**Price:** Starting at \$45.50

**Category:** Theatre / Dance

Broadway in Wichita brings this irresistible musical to ICT as part of their 2019 - 2020 Season. Brought to life by a groundbreaking all-female creative team, this new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles ("Brave," "Love Song").

Inspired by the film, WAITRESS tells the story of Jenna, a waitress and expert pie-maker who dreams of a way out of her small town and loveless marriage. A baking contest and the town's new doctor may offer her a chance at a fresh start, but ultimately, Jenna must summon the strength and courage to re-build her own life.

WAITRESS deals with some adult content and discretion is advised for parents bringing children under age 13.

No children under the age of 5 will be admitted into the theater. All patrons require a ticket.

**Running Time:**

2 hours 30 minutes. There will be one 15 minute intermission.

**Dates and Times:**

Tues, March 3: 7:30pm

Wed, March 4: 7:30pm

Thurs, March 5: 7:30pm

## Beginning Stained Glass Class—Daytime

**Date:** Wednesday March 4, 2020

**Time:** 10:00 am - 1:00 pm

**Location:** Bearden Stained Glass Supply

**Price:** \$85 for 4 weeks

**Category:** Arts / Exhibits

Learn the beautiful craft of stained glass artistry! The beginner's class covers the copper foil method, developed by Louis Comfort Tiffany. You will learn how to cut glass, solder, and create your own Tiffany art piece! Complete two projects in this course. Choose the time that works best for you. Fee includes materials for first project and use of tools. Call to reserve your spot. 316-942-2929.



# February's Carry-In Luncheon

## Tuesday 2/11/20 Information

All were greeted and welcomed to the February luncheon. Everyone joined in reciting the Pledge of Allegiance and singing the National Anthem; then Marlene offered the blessing for the meal. The February birthday attendees were Janetta Burris and Marlene Parret. Yvonne Coon was also recognized, though she was a medical patient. Everyone signed a "get well" card for her.

### Announcements:

The Center will be closed in observance of President's Day on February 17th. The Quilts of Valor presentation was from 6:30-8:30 p.m. also on February 17th. Ten local veterans were honored at the Baptist Church. The next Music at the Center (formerly Jam Session) will be at 6:00 p.m. on February 29th. Sonja also announced there are just three spaces left to sign up for AARP Tax Preparation, a service offered at no charge. AARP will be at the Center from 9:00 a.m. with their last appointments at 3:00 p.m. on March 23rd. The scheduled entertainment from City Arts rescheduled so Marlene led a match game of various items invented over 50 years ago and still in use: like the bikini in 1946, M&Ms in 1941, color TV in 1950, mini skirts in the 1960's, Tupperware in 1946 and frozen pizza in 1957!

**March 4, 1933** - Newly elected President Franklin D. Roosevelt took office and delivered his first inaugural address attempting to restore public confidence during the Great Depression, stating, "Let me assert my firm belief that the only thing we have to fear is fear itself..." His cabinet appointments included the first woman to a Cabinet post, Secretary of Labor, Frances Perkins.

**Birthday** - Revolutionary war hero Casimir Pulaski (1747-1779) was born in Poland. Before aiding in the American Revolution, he was a military leader in Poland's struggle against Imperial Russia. He joined the Americans in 1777 and fought alongside General Washington at Brandywine, then served at Germantown and Valley Forge. He was mortally wounded during a heroic charge in the Siege of Savannah, Georgia.

**Birthday** - American football legend Knute Rockne (1888-1931) was born in Voss, Norway. He coached the Notre Dame Football team for 13 seasons, amassing an overall record of 105 wins, 12 losses and 5 ties. He became famous for his locker room pep talks and the saying, "Win one for the Gipper." He was killed in an airplane crash on March 31, 1931, in Kansas.

### March 31

**March 31, 1933** - The Civilian Conservation Corps, the CCC, was founded. Unemployed men and youths were organized into quasi-military formations and worked outdoors in national parks and forests.

**March 31, 1968** - President Lyndon Johnson made a surprise announcement that he would not seek re-election as a result of the Vietnam conflict.

**Birthday** - Franz Joseph Haydn (1732-1809) was born in Rohrau, Austria. Considered the father of the symphony and the string quartet, his works include 107 symphonies, 50 divertimenti, 84 string quartets, 58 piano sonatas, and 13 masses. Based in Vienna, Mozart was his friend and Beethoven was a pupil.

**Birthday** - Boxing champion Jack Johnson (1878-1946) was born in Galveston, Texas. He was the first African American to win the heavyweight boxing title

# Stay Strong, Stay Healthy



## Strength Training Program for Older Adults

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. Classes are held in familiar settings such as senior centers and church halls, not the gym. The exercises are easy to learn, safe and effective. No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

### What are the benefits?

Strength training:

- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease



### Here's what we do

**Stay Strong, Stay Healthy classes** include:

- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches

Over the course of the program, you will increase your strength and improve your balance. After the eight weeks are over, you can continue the strength training program in the comfort of your home or with a group.

Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.

April 6-June 1 (Monday/Wednesday)--Clearwater Senior Center  
12:30 pm-1:30 pm

Cost: \$20 (all 16 sessions)

Registration Required: Call: 316-660-0127 or visit [www.sedgwick.ksu.edu](http://www.sedgwick.ksu.edu)

 **Extension**  
University of Missouri  
an equal opportunity/ADA institution

**K-STATE**  
Research and Extension



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

## WORD SEARCH

ASH WEDNESDAY

LEPRECHAUN

PANCAKES

SPRING

BIRDS

MARDI GRAS

PARADE

ST. PATRICKS DAY

FAT TUESDAY

MASKS

SHAMROCK

TIME CHANGE

# March 2020

The Clearwater Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rented	2 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	3 Exercise 9:00 am AAVAI Anon 7-9 pm	4 9:00 am Morning Coffee Bible Study 10 am	5 1:00 pm BINGO	6 Employee Appreciation Day Exercise 9:00 am	7 Rented
8 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	9 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	10 Exercise 9:00 am Carry-In Lunch; St. <i>Patrick's Day</i> 12:00 <i>Villa Maria</i> will speak about Neuropathy AAVAI Anon 7-9 pm	11 8:30 am to 4:00 p.m. Hermes Healthcare Foot Care 9:00 am Morning Coffee	12 1:00 pm BINGO	13 Exercise 9:00 am	14 Rented
15 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	16 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	17 <i>St. Patrick's Day!</i> Exercise 9:00 am AAVAI Anon 7-9 pm	18 9:00 am Morning Coffee Bible Study 10 am	19 1:00 pm BINGO	20 Exercise 9:00 am	21 Rented
22 Rented	23 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	24 Exercise 9:00 am AAVAI Anon 7-9 pm	25 9:00 am Morning Coffee Bible Study 10 am	26 1:00 pm BINGO	27 Exercise 9:00 am	28 Rented Live Music at the Center 6:00 pm
29 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	29 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	31 Exercise 9:00 am Food Assistance Distribution 9-3 AAVAI Anon 7-9 pm				29

Mon	Tue	Wed	Thu	Fri
2 Chicken & rice cass. 8 oz Broccoli 4 oz Pineapple 4 oz Peanut butter cake Bread Milk	3 Hamburger on a Bun W/set-up (lettuce, tom, onion, pickle, ketchup, mustard) Potato salad 4 oz Broccoli raisin salad 4 oz Pears 4 oz Milk	4 New England stew 8 oz Cooked carrots 4 oz Mixed fruit 4 oz Molasses cookie Wheat roll Milk	5 Glazed chicken Parslied potatoes 4 oz Combination salad 4 oz Salad dressing 1 pkg Peaches 4 oz Biscuit Milk	6 Crispy fish w/Tartar sauce Macaroni & cheese 4 oz Spinach 4 oz Strawberries 4 oz Brownie Milk
9 Chicken & noodles 8 oz over Mashed potatoes 4 oz Broccoli 4 oz Peaches 4 oz Wheat roll Milk	10 Chili 8 oz Combination salad 4 oz Salad dressing 1 pkg Pineapple 4 oz Cinnamon roll Crackers-2 Milk	11 Hot turkey sandwich (bread, turkey 3 oz, mashed potatoes 4 oz, gravy) Mixed vegetables 4 oz Cranberry sauce 4 oz Easy fruit cobbler Milk	12 Beef roast 3 oz Mashed potatoes 4 oz/Gravy Green beans 4 oz Mixed fruit 4 oz Applesauce cake Roll Milk	13 Pimento cheese spread 4 oz on Bread Black eye pea salad 4 oz Banana Oatmeal cookie Milk
16 Mexican beef soup 8 oz Hominy 4 oz Three bean salad 4 oz Pineapple 4 oz Cornbread Milk	17 Oven fried chicken California mash 4 oz w/ Gravy Peas 4 oz Mandarin oranges 4 oz Roll Milk	18 Sloppy joe 4 oz on a Bun Potato soup 4 oz Broccoli/carrot salad 4 oz Peaches 4 oz Crackers-1 Milk	19 Oven baked pork chop Sweet potatoes 4 oz Herbed green beans 4 oz Strawberries 4 oz Wheat bread Milk	20 Tuna & pasta salad 8 oz Mixed greens salad 4 oz Salad dressing 1 pkg Pears 4 oz Fruit crisp Milk
23 Meatloaf 4 oz Mashed potatoes 4 oz/Gravy Savory green beans 4 oz Mixed fruit 4 oz Pineapple bread Milk	24 Chicken fajita salad 8 oz (chicken, lettuce, tomato, cheese, chips) Salsa Refried beans 4 oz Mandarin oranges 4 oz Bread pudding Milk	25 Goulash 8 oz Combination salad 4 oz Salad dressing 1 pkg Pears 4 oz Garlic bread Milk	26 Ham & beans 8 oz Parslied carrots 4 oz Cottage cheese salad 4 oz Strawberries 4 oz Cornbread Milk	27 Chick pea sandwich 4 oz on a Bun Vegetable soup 4 oz Cole slaw 4 oz Peaches 4 oz Cracker-1 Milk
30 Ham 3 oz Creamed potatoes 4 oz Green beans 4 oz Pineapple 4 oz Bread Milk	31 Liver & onions OR Salisbury steak Scalloped corn 4 oz Broccoli 4 oz Mixed fruit 4 oz Roll Milk	Birthdays - 12th Choice Day - 31st 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		

1	2	3	4		5	6	7	8		9	10	11	12	
13					14				15		16			
17					18					19				
20				21		22				23				
		24			25		26							
27	28					29		30				31	32	
33							34			35			36	
37					38			39	40			41		
42			43	44			45			46	47			
	48				49	50		51						
			52				53		54					
55	56	57						58		59			60	61
62					63				64		65			
66					67						68			
69						70					71			

## **ACROSS**

1. An amount of medicine
5. Gossip
9. The thin fibrous bark
13. Dwarf buffalo
14. City in France
16. "What a shame!"
17. Twosomes
18. Bumbling
19. A summoning gesture
20. Active
22. Organized bodies of information
24. Inheritor
26. Dirties
27. Double-reed instrument
30. Concise summary
33. Slaughterhouse
35. Dweebs
37. Lad
38. Wingless bloodsucking insects
41. Spy agency
42. Construct
45. Choppers
48. Attempting
51. Renters
52. Breakfast and supper
54. An upright in a wall
55. Headstone
59. Skid
62. Notion
63. Habitat
65. A dog wags one
66. Small brook
67. Very slow in tempo
68. Makes a mistake
69. Terminates
70. Dregs
71. Dam

## DOWN

1. 20th-century art movement
2. Burden
3. Seer
4. Least difficult
5. Consumer Price Index
6. Paw
7. Territories
8. First-rate
9. Hot sauce
10. Beers
11. Rate
12. Demands
15. Step
21. Violent disturbance
23. Gusted
25. Top of a house
27. Baseball great, \_\_\_\_\_ Ruth
28. Thwart
29. Zero
31. Firebomb
32. Circumvent
34. Record (abbrev.)
36. Back talk
39. Altitude (abbrev.)
40. Views
43. Percussion instruments
44. Fastens
46. Picnic insects
47. Leapt over
49. Area of South Africa
50. Worldwide
53. A loud sleeping sound
55. Rubber wheel
56. Norse god
57. Blend
58. Border
60. Dagger
61. If not
64. Dawn goddess

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  
James Charles - Member at Large  
TC Wallace - Member at Large  
Maureen Bailey—Member at Large