

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

Scammers Exploit Rollout of COVID-19 Contact-Tracing Apps

An SMS phishing campaign is telling people they've come into contact with someone who's contracted COVID-19, Computing reports. The UK's Chartered Trading Standards Institute (CTSI) warned that the text messages try to scare recipients into handing over their personal information.

"Someone who came in contact with you tested positive or has shown symptoms for Covid-19 & recommends you self-isolate/get tested," the messages say.

The messages contain a link to a website that asks the user to enter personal details. The scammers then use this information to attempt to commit identity theft or break into victims' bank accounts.

The UK is testing a contact-tracing app on the Isle of Wight and plans to release the app nationally later this year. CTSI's Lead Officer Katherine Hart said these types of scams can be expected to increase as contact-tracing apps are rolled out.

Continued on Page 9

Sonja Froggatte

OFFICE PHONE: 620-584-2332

Email Address: 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.

Origins of Father's Day

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910. Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

Today, the day honoring fathers is celebrated in the United States on the third Sunday of June: Father's Day 2020 will occur on June 20.

In other countries—especially in Europe and Latin America—fathers are honored on St. Joseph's Day, a traditional Catholic holiday that falls on March 19. Many men, however, continued to disdain the day. As one historian writes, they “scoffed at the holiday's sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products—often paid for by the father himself.”

During the 1920s and 1930s, a movement arose to scrap Mother's Day and Father's Day altogether in favor of a single holiday, Parents' Day. Every year on Mother's Day, pro-Parents' Day groups rallied in New York City's Central Park—a public reminder, said Parents' Day activist and radio performer Robert Spere, “that both parents should be loved and respected together.”

Paradoxically, however, the Great Depression derailed this effort to combine and de-commercialize the holidays. Struggling retailers and advertisers redoubled their efforts to make Father's Day a “second Christmas” for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, and greeting cards.

When World War II began, advertisers began to argue that celebrating Father's Day was a way to honor American troops and support the war effort. By the end of the war, Father's Day may not have been a federal holiday, but it was a national institution.

In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father's Day a federal holiday at last. Today, economists estimate that Americans spend more than \$1 billion each year on Father's Day gifts.

From www.history.com





Sandra Cummins 6/15
 Pastor Joe Eash 6/23
 Leora Jeffries 6/24

Connie Milliken 6/7
 Larry Nickels 6/10
 Robert Pugh 6/11

Jevlyn Stockhaus 6/23
 Richard Vogel 6/17

Pearl (Ancient)

June Birthstones

Pearls are the only gems found within living creatures, both salt and freshwater mollusks. However, most pearls on the market today are cultivated, since they now occur extremely rarely in nature. While they require special care, pearls have an enduring appeal for jewelry, particularly as the traditional June birthstone.

The most important factor in evaluating a pearl is whether it's natural or cultured. Whether it's a saltwater or freshwater pearl makes no difference to its value. Natural pearls cost far more than cultured.

All pearls are graded based on their luster, nacre thickness, shape, surface quality, color, and size. These properties are explained below. However, for more detailed information on how to evaluate pearl value, consult our [pearl buying guide](#) and [cultured pearl appraisal guide](#).

ALEXANDRITE (MODERN)

"Emerald by day, ruby by night," alexandrite is well known for displaying one of the most remarkable color changes in the gem world — green in sunlight and red in incandescent light. However, the modern June birthstone is so rare and expensive few people have seen a natural alexandrite. This variety of gem-quality chrysoberyl makes an excellent jewelry stone (if you can acquire one).

Alexandrite has two primary value drivers. First, the closer the colors to pure green and red, the higher the value. Second, the more distinct the color change, the higher the value. Alexandrite can exhibit everything from 100% to just 5% color change. Thus, the most valuable gems would have a 100% color shift from pure green to pure red. Blue-greens and purplish or brownish reds hold less value.

SPECIAL EVENTS

All events are tentative until further notice!

Ongoing Events-

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

Carry-In Luncheon

You are invited to join us on the 9th at 12:00 for our monthly carry-in luncheon. Please bring a side dish to share. Donations are appreciated! Colene Goode with Villa Maria in Mulvane will speak on the Twists & Turns of Healthcare. She will bring her nurse to do free blood pressure checks.

USDA Food Assistance

Food Assistance, formerly Commodities, will be provided the last Tuesday of the month, which is the 30th, 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.

Garage Sale

We are collecting donations for our Garage Sale fundraiser to be held June 4-6th. We're open from 10:00-12:00 currently and normally 9:00 a.m. to 3:00 p.m. Monday through Friday.

Hazardous Waste Disposal

Disposal will be in the Sports Complex parking on June 20th from 9:00 a.m. to 1:00 p.m.

Mid-America All Indian Center

An exhibit in accordance with Rock Your Mocs, a worldwide Native American and Indigenous Peoples' movement held annually and in remembrance of the Trail of Tears, "Sole Seekers", is an exhibit of the Mid-America All-Indian Center's outstanding moccasin collection.

June 2, \$7 for Adults, \$5 for Students and Military, \$3 for Youth, 6 and under are free

Orpheum Theatre 2020 Anniversary Film Series

Experience the joy of film in a historic Wichita theater at Wichita's Orpheum Theatre.

June 18 - "To Wong Foo, Thanks for Everything! Julie Newmar"

July 16 - The Color Purple

Admission: \$7.00 per movie

Starting Time: 7:00 P.M.

SPECIAL EVENTS

David Allan Coe

Thursday, June 4th at 8:00pm, Cotillion Ball Room
Tickets \$32

Blood Orchard Vintage Market and Southside Food Truck Rally

9:00a - 3:00p June 6, 2020, reborn & marketplace, LLC

Join us on Saturday for shopping all things vintage, rustic, shabby-chic, and small business goods! We also host the Southside Food Truck Rally on the same day. So make your plans now to spend your day with us at our charming, historic location full of family friendly fun!

Admission: Free

Times: 9:00a - 3:00p

Paramount Antique Mall

Outdoor Vintage Market, Paramount West Antique Mall
13200 W Highway 54 (W. of 119th & Kellogg) (316) 722-0500

These outdoor events offer even more of a variety to our customers. Antiques, Vintage, Furniture, Glassware, Tools, Primitives, Advertising, Toys, Industrial, Rusty Junk & More! Antiquers, junkers, crafters and collectors are welcome to sell! Please call the store number below for more information.

June 20th

Admission: Free

Times: 8am-3pm

Kansas Grown Farmers Market - West Wichita

7am-Noon, April 11, 2020 - October 31, 2020 Sedgwick County Extension

As we opened on Saturday, April 11, we have provided and will continue to provide you a place through our open-air market that is safer to shop for your families weekly needs. We will be following the State Guidelines at a minimum and many additional measures of protection will be in place – including social distancing, a hand washing station, no sampling allowed, hand sanitizers throughout the market, and more. The safety of our customers and vendors is our top priority.

Celebrating 30 years! Experience the largest grower owned farmers market in the state; where farmers and artisans sell their products directly to you. Fresh fruit, vegetables, meat, farm fresh eggs, hand-harvested honey, baked goods, flowers, art, live entertainment, cooking demonstrations and fresh small batch foodstuffs form the Kansas Grown venue for growers, producers, and consumers to come together.

Admission: Free to Attend

June 1, Birthday - Founder of Utah and patriarch of the Mormon church Brigham Young (1801-1877) was born in Whittingham, Vermont. Called the "American Moses," he led thousands of religious followers across the wilderness to settle over 300 towns in the West, including Salt Lake City, Utah.

Birthday - Marilyn Monroe (1926-1962) was born in Los Angeles (as Norma Jean Mortensen). Following an unstable childhood spent in foster homes and orphanages, she landed a job as a photographer's model which led to a movie career. She later married baseball legend Joe DiMaggio. Beneath her glamorous movie star looks she was fragile and insecure and eventually succumbed to the pressures of Hollywood life. She died in Los Angeles from an overdose of sleeping pills on August 5, 1962. Best known for *Gentlemen Prefer Blondes* (1953), *The Seven Year Itch* (1955), *Bus Stop* (1956), *Some Like It Hot* (1959), and *The Misfits* (1961).

June 2, Birthday - Marquis de Sade (1740-1814) was born in Paris. He was a military leader, governor-general, and author, whose acts of extreme cruelty and violence resulted in the term *sadism* being created from his name to describe gratification in inflicting pain.

June 3, 1937 - The Duke of Windsor married Wallis Warfield Simpson in Monts, France. As King Edward VIII, he had abdicated the British throne in December of 1936 amid tremendous controversy to marry Simpson, an American who had been divorced. Following the wedding, the couple lived in France and had minimal contact with the British Royal family. The Duke died in Paris on May 28, 1972, and was buried near Windsor Castle in England.

June 3, 1989 - Ayatollah Ruhollah Khomeini, leader of the Islamic Revolution in Iran, died. On February 1, 1979, after 15 years in exile, he had staged a triumphant return to Iran which led to the downfall of the Shah. Khomeini then reorganized the government on Islamic principles. On November 11, 1979, a group of students loyal to Khomeini seized 66 hostages in the American Embassy in Teheran after the former Shah had entered the U.S. for medical treatment. Thus began an international political crisis lasting until January 20, 1981, when they were released.

Birthday - Confederate president Jefferson Davis (1808-1889) was born at Todd County, Kentucky. After the Southern states formed the Confederacy in 1861, he hoped to be named commander of the Confederate military forces but was instead chosen to be president, serving until 1865. Following the Civil War, he was imprisoned but never brought to trial. He died at age 81 in New Orleans.

June 4, 1944 - During World War II in Europe, Rome was liberated by the U.S. 5th Army, led by General Mark Clark. Rome had been declared an open city by German Field Marshal Albert Kesselring amid Allied concerns the Germans might stage a Stalingrad-style defense that would devastate the historic 'Eternal' city.

June 4, 1972 - An express train packed with more than 600 people rammed into a stalled train at full speed in the main station of Jessore, Bangladesh, killing 76 and injuring over 500 persons.

June 4, 1989 - The Chinese government ordered its troops to open fire on unarmed protesters in Tiananmen Square in Beijing. The protest had started on April 16 as about 1,000 students marched to mourn the death of Hu Yaobang, a pro-reform leader within the Chinese government. Despite government warnings, pro-reform and pro-democracy demonstrations continued for a month drawing ever-larger crowds of young people, eventually totaling over a million persons. On May 13, three thousand students began an eight-day hunger strike. The government imposed martial law on May 20 and brought in troops. On June 2, in their first clash with the People's Army, demonstrators turned back an advance of unarmed troops. However, in the pre-dawn hours of June 4, the People's Army, using tanks, machine-guns, clubs and tear gas, opened fire on the unarmed protesters. Armored personnel carriers then rolled into the square crushing students still sleeping in their tents. The Chinese government later claimed only 300 died in the attack. U.S. estimates put the toll at over 3,000. Following the massacre, over 1,600 demonstrators were rounded up and jailed, with 27 being executed.

Birthday - King George III (1738-1820) was born. He ruled England for 60 years from 1760 to 1820 and was the British King against whom the American Revolution was directed.

June 5, 1783 - The first sustained flight occurred as a hot-air balloon was launched at Annonay, France, by brothers Joseph and Jacques Montgolfier. Their 33-foot-diameter globe aerostatique ascended about 6,000 feet. In September, they repeated the experiment for King Louis XVI, using a sheep, rooster and duck as the balloon's passengers.

June 5, 1968 - Robert F. Kennedy was shot and mortally wounded while leaving the Hotel Ambassador in Los Angeles. The shooting occurred after a celebration of Kennedy's victory in the California presidential primary. He died at 1:44 a.m., June 6, at age 42, leaving behind his wife Ethel and eleven children, the last one born after his death. President John F. Kennedy had named his brother and campaign manager, Robert Francis Kennedy, to the post of U.S. Attorney General in 1961. Robert served as the president's closest confidant. After the assassination of JFK, Robert remained as Attorney General until 1964, when he resigned to make a successful run for the U.S. Senate from New York. Allied with the plight of the poor and disadvantaged in America, he spoke out against racial discrimination, economic injustice and the Vietnam War. In March of 1968, he had announced his candidacy for the presidency. And with the win in California, appeared headed for the nomination.

Birthday - British economist John Maynard Keynes (1883-1946) was born in Cambridge, England. He wrote *The General Theory of Employment, Interest and Money* in 1936, stating his ideas about government responsibility and commitment to maintaining high employment. He claimed that business investors and governments, not consumers, were the source of business cycle shifts.

June 6, 1872 - Pioneering feminist Susan B. Anthony was fined for voting in a presidential election at Rochester, New York. After voting rights had been granted to African American males by the 15th Amendment, she attempted to extend the same rights to women. She led a group of women that voted illegally, to test their status as citizens. She was arrested, tried and sentenced to pay \$100, which she refused. Following her death in 1906 after five decades of tireless work, the Democratic and Republican parties both endorsed women's right to vote. In August of 1920, the 19th Amendment to the U.S. Constitution was finally ratified, allowing women to vote.

June 6, 1944 - D-Day, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the northern coast of France. Operation Overlord took months of planning and involved 1,527,000 soldiers in 47 Allied divisions along with 4,400 ships and landing craft, and 11,000 aircraft. The Germans had about 60 divisions spread along France and the Low Countries. American forces landed on two western beaches, Utah and Omaha, while British and Canadian troops landed farther east on Gold, Juno and Sword beaches. By the end of the day 150,000 Allied soldiers and their accompanying vehicles had landed with 15,000 killed and wounded.

Birthday - American patriot Nathan Hale (1755-1776) was born in Coventry, Connecticut. During the American Revolution, he volunteered for a dangerous spy mission in Long Island and was captured by the British on the night of September 21, 1776. Brought before British General William Howe, Hale admitted he was an American officer. Howe ordered him to be hanged the following morning. As Hale mounted the gallows he uttered, "I only regret that I have but one life to lose for my country."

June 7, 1965 - The U.S. Supreme Court struck down a Connecticut law banning contraception. In *Griswold v. Connecticut*, the Supreme Court guaranteed the right to privacy, including freedom from government intrusion into matters of birth control.

Birthday - French painter Paul Gauguin (1848-1903) was born in Paris. He worked as a stockbroker, then became a painter in middle age. He left Paris and moved to Tahiti where he developed an interest in primitive art. Among his best known paintings; *Vision After the Sermon* (1888), *When Shall We Be Married?* (1892), *Holiday* (1896), and *Two Tahitian Women* (1899). His style using broad, flat tones and bold colors, inspired artists such as Edvard Munch, Henri Matisse, and the young Pablo Picasso.

June 8, 1874 - Apache leader Cochise died on the Chiricahua Reservation in southeastern Arizona. After a peace treaty had been broken by the U.S. Army in 1861, he waged war against settlers and soldiers, forcing them to withdraw from southern Arizona. In 1862, he became principal chief of the Apaches. He and 200 followers avoided capture by hiding in the Dragoon Mountains. In June of 1871, Army General George Crook assumed command in Arizona and managed to win the allegiance of many Apaches. Cochise then surrendered. He disappeared briefly in the spring of 1872, but returned and settled on the reservation where he died.

Birthday - American architect Frank Lloyd Wright (1867-1959) was born in Richland Center, Wisconsin. He designed about 1,000 structures and is considered the most influential architect of his time. He became the leader of a style known as the *Prairie School* featuring houses with low-pitched roofs and extended lines that blend into the landscape. He once wrote, "No house should ever be on any hill or on anything. It should be of the hill, belonging to it, so hill and house could live together each the happier for the other."

June 9, 1898 - The British signed a 99-year lease for Hong Kong, located on the southeastern coast of China. Hong Kong, consisting of an area measuring 400 square miles, was administered as a British Crown Colony until July 1, 1997, when its sovereignty reverted to the People's Republic of China.

Birthday - Composer and lyricist Cole Porter (1893-1964) was born in Peru, Indiana. He published his first song *The Bobolink Waltz* at the age of ten. His Broadway career was launched in 1928 when five of his songs were used in the musical play *Let's Do It*. Among his many contributions to the Broadway stage; *Fifty Million Frenchmen*, *The Gay Divorcee*, *Anything Goes*, *Leave It to Me*, *Du Barry Was a Lady*, *Something for the Boys*, *Kiss Me Kate*, *Can Can* and *Silk Stockings*.

June 20, 1782 (In honor of Father's Day 2020) - The U.S. Congress officially adopted the Great Seal of the United States of America.

Birthday - American military hero and actor Audie Murphy (1924-1971) was born in Kingston, Texas. He was the most decorated American soldier of World War II, awarded 37 medals and decorations, including the Medal of Honor for single-handedly turning back a German infantry company by climbing on a burning U.S. tank destroyer and firing its .50-cal. machine gun, killing 50 Germans. He later became an actor in western and war movies and made 45 films including; *The Red Badge of Courage* (1951), *Destry* (1954), and *To Hell and Back* (1955), based on his autobiography. He died May 28, 1971, in a plane crash near Roanoke, Virginia.

June 29, 1972 - The U.S. Supreme Court ruled (5-4) that capital punishment was a violation of the Eighth Amendment prohibiting "cruel and unusual punishment." The decision spared the lives of 600 individuals then sitting on death row. Four years later, in another ruling, the Court reversed itself and determined the death penalty was not cruel and unusual punishment. On October 4, 1976, the ban was lifted on the death penalty in cases involving murder.

Birthday - Social worker Julia Lathrop (1858-1932) was born in Rockford, Illinois. She fought to establish child labor laws and was instrumental in establishing the first juvenile court in the U.S. In 1912, President Taft named her to head the newly created Children's Bureau. In 1925, she became a member of the Child Welfare Committee of the League of Nations.

Birthday - American surgeon William Mayo (1861-1939) was born in LeSeuer, Minnesota. He was one of the Mayo brothers, pioneers of the concept of the group clinic, bringing together specialists from a number of medical fields to better perform diagnoses and treatment. The Mayo Clinic in Rochester, Minnesota, became an internationally known medical center.

June 30, 1971 - The 26th Amendment to the U.S. Constitution was enacted, granting the right to vote in all federal, state and local elections to American citizens 18 years or older. The U.S. thus gained an additional 11 million voters. The minimum voting age in most states had been 21.

“We have witnessed a surge in COVID-19-related scams since lockdown began,” Hart said. “This evidence is yet another example of scammers modifying their campaigns as the situation develops. I am especially concerned that scams themed around the contact tracing app are already appearing, even though the official NHS app has only been released in a limited testing phase on the Isle of Wight. These texts are a way to steal personal data and may put the bank accounts of recipients at risk. If anyone receives texts or other kinds of messages like this, they should not click on any accompanying links, and report them to Action Fraud.”

People are more likely to pay attention to these scams since they take advantage of plausible scenarios that could happen to anyone. The scams are even more compelling because people are concerned about their health and the safety of their loved ones. New-school security awareness training can teach individuals to remain calm and level-headed when faced with scams designed to scare them.

Computing has the story: <https://www.computing.co.uk/news/4015186/trading-standards-warns-nhs-contact-tracing-phishing-scam>

<https://blog.knowbe4.com/scammers-exploit-rollout-of-covid-19-contact-tracing-apps>

What you can do to stop COVID-19 fraud:

- Do not give your Medicare number to anyone other than your doctor, health care provider, or other trusted representative.
- Protect your Medicare number —treat your Medicare card like a credit card.
- Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Be wary of anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- Don't click links from sources you don't know: doing so could put your computer or device at risk. Make sure the anti-malware and anti-virus software on your computer are up to date.
- Be cautious when purchasing medical supplies from unverified sources, including online advertisements and email/phone solicitations.
- Ignore online offers for vaccinations. If you see ads touting prevention products or cures for COVID-19, they are most likely scams.
- Do your homework before making a donation to a charity or crowdfunding site due to a public health emergency. Be especially wary of any charities requesting donations by cash, gift card, or wire transfer.
- Be alert to “investment opportunities.”. The U.S. Securities and Exchange Commission (SEC) is warning people about online promotions, including some on social media, claiming that the products or services of publicly traded companies can prevent, detect, or cure COVID-19 and that the stock of these companies will dramatically increase in value as a result.

From Caregiver Assistance News and North Central Flint Hills Area Agency on Aging, Inc.

FLAG DAY HISTORY (JUNE 14TH)

National Flag Day is when Americans celebrate the meaning of their nation's flag, honor the traditions associated with its care, and educate those around them to its significance. The Flag of the United States is to be honored and carries with it both history and tradition. On June 14, 1777 the Flag Resolution was signed, making the current stars and stripes the National Flag of the United States of America. On May 30, 1916, President Woodrow Wilson called for the nation-wide observance of Flag Day. In 1949, President Harry S. Truman signed congress' decree, making June 14th of each year National Flag Day.

From wincalendar.com/Flag-day

June 2020

The Clearwater Senior Center- All activities are tentative currently.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	2 Exercise 9:00 am AA & Al-Anon 7-9 pm	3 10:00 Bible Study	4 9:00 to 10:00 am Morning Coffee 1:00 pm BINGO	5 Exercise 9:00 am	6 Rental
7	8 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	9 Exercise 9:00 am Carry-In Lunch 12:00 Colleen Good with Villa Maria in Mulvane will present the Twists & Turns of Healthcare, Free blood pressure ☑ AA & Al-Anon 7-9 pm	10 10:00 Bible Study	11 9:00 to 10:00 am. Morning Coffee 1:00 pm BINGO	12 Exercise 9:00 am	13
14	15 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	16 Exercise 9:00 am AA & Al-Anon 7-9 pm	17 10:00 Bible Study	18 9:00 to 10:00 am Morning Coffee 1:00 pm BINGO	19 Exercise 9:00 am	20 1:00 pm Family Empowerment Meeting
21	22 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	23 Exercise 9:00 am AA & Al-Anon 7-9 pm	24 10:00 Bible Study	25 9:00 to 10:00 am Morning Coffee 1:00 pm BINGO	26 Exercise 9:00 am	27 6:00 Music at the Center
28	29 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	30 Exercise 9:00 am 2:00 pm Mike Anderson Dulcimer Education AA & Al-Anon 7-9 pm				

Mon	Tue	Wed	Thu	Fri
1 Meatloaf Mashed potatoes 4 oz/Gravy Green beans 4 oz Peas 4 oz Roll Milk	2 Ham and Beans 1 c Potatoes & onions 4 oz Tomato slices 4 oz Blueberries Cornbread Milk	3 Italian baked chicken Italian pasta salad 4 oz Lima beans 4 oz Applesauce 4 oz Garlic bread Milk	4 Tuna salad 4 oz on a Bun Broccoli/cauliflower/carrot salad 4 oz Banana Brownie Milk	5 Mexican lasagna Hominy 4 oz Cuke & onion salad 4 oz Strawberries 4 oz Snickerdoodle cookie Milk
8 Creamed chicken 4 oz over a Biscuit Peas 4 oz Beets 4 oz Mandarin oranges 4 oz Milk	9 Cranberry meatballs Baked potato Broccoli 4 oz Mixed fruit 4 oz Bread Milk	10 Ham salad 4 oz on a Bun Split pea soup 4 oz Cracker-1 Mixed greens salad 4 oz Salad dressing Milk Glazed blueberries 4 oz	11 Beef cutlet w/Spanish sauce over rice Cauliflower bean salad 4 oz Pears 4 oz Cake Roll Milk	12 Pork noodle cass. 1 c Mixed vegetables 4 oz Tomato slices 4 oz Peaches 4 oz Roll Milk
15 Tuna noodle casserole with peas 1 c Cuke & onion salad 4 oz Mandarin oranges 4 oz Sweet muffin Milk	16 Liver & onions OR Salisbury steak Baked potato Three bean salad 4 oz Blueberries 4 oz Roll Milk	17 Creamy chicken & veggie casserole 1 c Cooked cabbage 4 oz Watermelon 4 oz Bread Milk	18 Taco salad 1 c (lettuce, tomato, cheese, chips) Salsa Mexican rice 4 oz Strawberries 4 oz Cinnamon roll Milk	19 Pork roast 3 oz w/Gravy Sweet potatoes 4 oz Parslied cauliflower 4 oz Applesauce 4 oz Wheat roll Milk
22 Chicken salad 4 oz on a Bun Split pea soup 4 oz Cracker-1 Cantaloupe 4 oz Milk Molasses drop cookie	23 Swedish steak California mash 4 oz Green beans 4 oz Mandarin oranges 4 oz Wheat roll Milk	24 Oven fried chicken Potato salad 4 oz Peas 4 oz Blueberries 4 oz Bread Milk	25 Cheesy potato & egg bake 1 c Black eye pea salad 4 oz Tomato slices 4 oz Applesauce 4 oz Milk Fruit swirl coffee cake	26 Ham & Swiss broccoli pasta 1 c Cooked carrots 4 oz Strawberries 4 oz Roll Milk
29 Chicken fried steak Mashed potatoes 4 oz w/cream gravy Green beans 4 oz Pineapple 4 oz Bread	30 Pulled pork 3 oz on a Bun Baked beans 4 oz Cole slaw 4 oz Peaches 4 oz Gelatin 4 oz Milk	Birthday Day - June 11 Choice Day - June 18 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	

FATHER'S DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.gets.com

Attentive

Brother

Capable

Caring

Devoted

Father

Friend

Giving

Husband

Inspiration

Jovial

Loving

Loyal

Playful

Provider

Respected

Responsible

Son

Uncle

Unique

Wise

FATHER'S DAY



FLAG DAY

1	2	3	4			5	6	7	8		9	10	11	12
13					14						15			
16					17						18			
19				20			21			22				
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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		
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By Evelyn Johnson - www.qets.com

FLAG DAY

ACROSS

- 1 Unsuccessful
- 5 Seaweed substance
- 9 Austin novel
- 13 Famous person's car
- 14 Entire
- 15 Dirty
- 16 Prayer ending
- 17 Bird of prey used as national emblem
- 18 Long round post or rod
- 19 Indian peacemaker
- 21 Rope for lowering a flag
- 23 Aching
- 25 Foot part
- 26 Compass point
- 29 Lazily
- 31 Every 24 hours
- 34 Possessive pronoun
- 35 Carbonated drinks
- 37 Looked at
- 39 Float
- 41 Extension (abbr.)
- 42 Orderly arrangement
- 43 Opposed
- 44 Act in response to something
- 46 Wrath
- 47 Withered
- 50 Symbol with five points
- 51 Central nervous system
- 52 Extremely long time periods
- 54 Cruel
- 56 Shortly
- 59 Eras
- 63 60 minutes
- 64 Female singer ___ Apple
- 66 Background color for star field
- 67 In addition
- 68 Block of metal
- 69 Bovine
- 70 Valley
- 71 Similar
- 72 Shout

FLAG DAY

DOWN

- 1 Rectangular cloth used as the symbol of a country
- 2 Capital of Peru
- 3 Sign
- 4 Small lakes
- 5 Expression of surprise
- 6 Artist Van ___
- 7 God of Islam
- 8 Pulled in a fish
- 9 Tree training lattice
- 10 Make secure
- 11 Gentle
- 12 Brew
- 14 Strange person
- 20 Lift or hoist up
- 22 Affirmative
- 24 Senior
- 26 Carbonated drink
- 27 Chars
- 28 Compose
- 30 Vertical lines on a graph
- 32 Musical
- 33 Desire
- 36 Country
- 38 Colors
- 40 Poker (2 wds.)
- 42 A vacation (2 wds.)
- 45 Warning
- 48 Before, poetically
- 49 Craft paper
- 53 Walk stealthily
- 55 Solicit the government
- 56 Seed pod
- 57 Tactic
- 58 Yoga practitioner
- 60 Indication
- 61 Outer shell
- 62 Exchange for money
- 63 Old, ugly woman
- 65 Not (refix)

FLAG DAY

Solution:

1	F	2	L	3	O	4	P		5	A	6	G	7	A	8	R		9	E	10	M	11	M	12	A	
13	L	I	M	O		14	W	H	O	L	E		15	S	O	I	L									
16	A	M	E	N		17	E	A	G	L	E		18	P	O	L	E									
19	G	A	N	D	20	H	I		21	H	A	L	22	Y	A	R	D									
				23	S	O	R	E		24		25	H	E	E	L										
26	S	27	B	28	W		29	I	D	L	30	Y		31	D	A	I	32	L	33	Y					
34	O	U	R		35	S	O	D	A	36	S			37	E	Y	E	38	D							
39	D	R	I	40	F	T		41	E	X	T			42	A	R	R	A	Y							
43	A	N	T	I				44	R	E	A	45	C	T			46	I	R	E						
	47	S	E	R	48	E	R		49		50	S	T	A	R		51	C	N	S						
				52	E	R	A	53	S		54	E	V	I	55	L										
	56	B	57	R	I	E	F	L	58	Y		59	E	P	O	60	C	61	H	62	S					
63	H	O	U	R		64	F	I	O	65	N	A		66	B	L	U	E								
67	A	L	S	O		68	I	N	G	O	T			69	B	U	L	L								
70	G	L	E	N		71	A	K	I	N				72	Y	E	L	L								

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find us on
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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