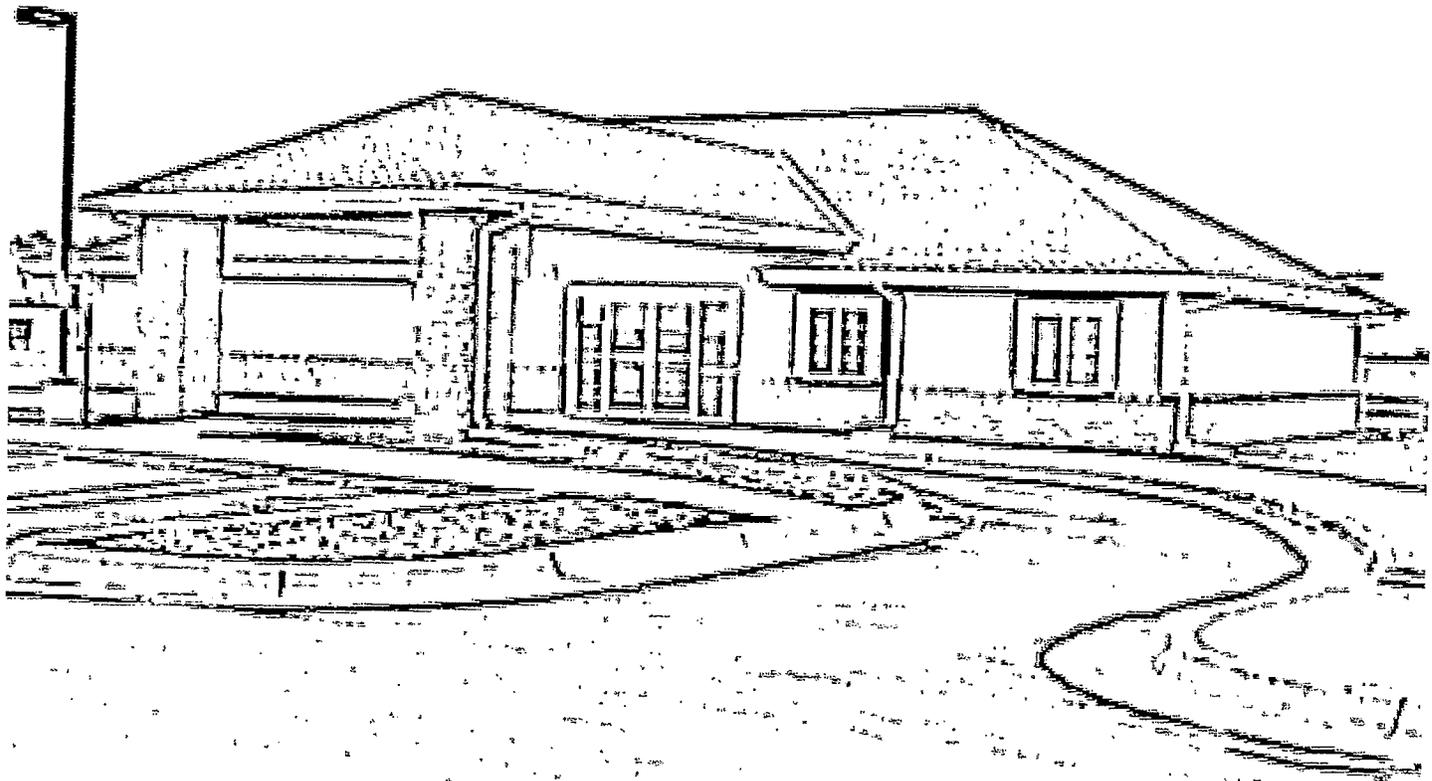




THE SCOOP

March 2008



Clearwater Senior and Community Center

921 Janet Avenue
Clearwater, Kansas 67026
620.584.2332

COMMUNITY CENTER NEWS UPDATES

Neal Holler from AARP will have his last day for taxes on April the 2nd from 8:30 A.M. until 12:00 noon. We had several new people sign up this year. Our goal is to get 35 people to sign up for their taxes next year. Not only can seniors have their taxes done at no cost, but also, so can the people with low income. Normally he can do about 8 people a day and it takes approximately 45 minutes to do your taxes.

The biscuits and sausage breakfast was a big success. Jim and Maggie Leibold and their crew of volunteers are doing a great job. Hopefully you all will have patience as we are still in the experimental stage in preparing the food and buying the right amount of products.

The building has been rented for the following types of activities: 100th birthday party, a teenage birthday party with a sleep over, another birthday party, class reunion, 2 different family reunions, soccer sign ups, a land auction, and a couple of others things. The next rental is for another land auction on April 14th at 1 P.M. We have lots of open times to rent the building. Just call Carl at 584-2332 and asked for a time.

We are trying to get enough people to sign up for the AARP driving class. There is NO driving involved in the class. You do not have to be a senior to get involved in this activity. If you take this course according to the article passed by the government you will be entitled to get a reduction on your automobile insurance. Call to sign up and we will get a date to have the class.

On Tuesday the 19th we started a beginning quilting class. Virginia Snyder is doing the teaching. She can only do about 6 students at a time. We have a full class. However, if you are interested in getting started Virginia will do a 2nd class. The class looks interesting and ladies are doing a good job. Be are part in our activities.

The trip to Halstead was postponed do the weather, but they are planning to go next week. There is still time to go if you can call in before Thursday the 28th. Other trips being planned are to Hutchinson, Yoder, Dexter, and an art studio in Oklahoma, just for starters. Be sure to mark your calendars for these trips.

At our next cover lunch will on the 11th of March. Brad Kemp, who is a native Kansan, he will be talking on the new rage of stem cell reach. **YOU WILL NOT WANT MISS THIS VERY IMPORTANT MESSAGE!** This subject is very controversial, but is supported by the following medical and patient organizations: American Diabetes, American Parkinson Association, Leukemia & Lymphoma Society and the American Federation for Aging Reach. Just to name a few. Again the date is March 11th, with the luncheon starting about 12 and the speaker about 12:30 P.M. You do not have to be a senior to listen to the speaker.

The educational committee of June Finney and Jo Clutts are really busy planning a lot good educational things. We have had identity theft and women in the justice system

which were very interesting subjects. Other subjects coming are on preventing falling, hospice, Via Christie, stroke awareness and the list of educational items are long.

I do not always make a list of things on this page be sure to keep the calendar for more of the events taking place. For example the pool table is seldom used, we could use more Pitch and Bridge players, (we have people here that can teach you), it is a great place to meet new people, socialize with old friends, we can many different card games, checkers, dominoes, and even put a puzzle together or big screen TV.

March 3rd and 5th we are having a hat decorating evening for the 3rd grade students in Clearwater. Then on the 10th we will have a parade with the children showing off their hats, that the seniors helped them decorate. The hats will be judged and the top 3 winners will receive a money reward for their effort.

Since daylight saving time is in early March the card time on Fridays will remain at 1 to 4 P.M. The time will switch back to 4 to 8 P.M. in April. Make a note.

Several people have asked about an exercise class, now it is here. Starting on March the 4th, (which is a Tuesday), and Friday the 7th and continuing on every Tuesday and Friday from there. The classes will start at 10:00 A.M. and will go to 11:00 A.M. The instructor will be Lewis Kellogg. It is open to both men and women. There will be a small monthly fee to help off set the costs of weights and stretch bands. We are looking into buying new chairs thru donations. Most of us do not exercise enough and it is hard to exercise alone. The class is a good way to start getting toned. We have the treadmill working, if you desire to walk on it during our cold and windy days.

We need your support for the 1st Saturday night Jam Sessions. I know the weather conditions and competition of other activities has hurt our attendance. If you have the opportunity to come and support our local musicians; they along with us would really enjoy seeing you there. The music starts about 7:00 P.M.

Bingo on the 4th Saturday night is looking and hoping to have more players. The action is hot and the surroundings are very good.

REMINDER: to all volunteers driving people to the different places. We need your paper work filled out and returned to us by the 5th of each month. If you DO NOT know by now that the Center gets \$7:00 for taking people shopping, to doctors, to drug stores, to the Center, and various other places for social or medical needs. Some drivers can only do inside the Clearwater City limits, while others can drive to Wichita. Most drivers CANNOT accommodate wheel chairs. The drivers are not allowed to do your shopping for you. The service is free, but with the price of gas, a small donation to the drive would be appreciated.

We are off to a great start this year, as we have 50 new people having been to the Center so far. Counting the ones signed up from last year we are at 139 people. Over 55, come by, sign up, see the Center if you haven't already been here. It is easy to help us.

LAUGHTER OR POINTS TO PONDER

Now that we are starting an exercise class—this may be appropriate.

This an exercise for home. Begin by standing on a comfortable surface, where you have plenty of room. Extend your arms straight out from your sides and hold a 5 lb. Potato sack in each hand. Hold as long as you can. Try to reach a full minute. Relax,. Each day you should be able to hold it a little longer. After a couple of weeks, move up to a 10 lb. Sack. Then, when you are comfortable, go to a 50 pound sack. Eventually you may move on to a 100 lb. Sack (this is the level I'm at). After you feel comfortable at that level, put a large potato in each of the sacks.

HAVE YOU EVER WONDERED:

why the sun lightens our hair, but darkens our skin?
why women can't put on mascara with their mouths closed?
why you never see the headline, 'Psychic Wins Lottery.'
why "abbreviated" is such a long word?
why lemon juice is made with artificial lemons but dishwashing soap is made with real lemons?
why they're call apartments when they're all stuck together?
why, if flying is so safe, they call it an airport terminal?
why the slowest traffic time is called rush hour?
why there isn't mouse flavored cat food?

CHURCH BLOOPERS

The Fasting and Prayer Conference includes meals.

The sermon this morning: "Jesus walks on water."The sermon tonight: "Searching for Jesus."

Ladies, don't forget the rummage sale. It's a change to get rid of those things not worth keeping around the house. Bring, your husbands.

The peacemaking meeting scheduled for today has been canceled due to conflict.

Don't let worry kill you off—let the church help.

Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

The Rector will preach his farewell message after which the choir will sing: 'Break Forth Into Joy'

Low Self Esteem Support Group will Thursday at 7PM. Please use the back door.

DAYS

2 Mary Conley	5 Gloria Bernsten
12 Leila Anderson	12 Diana Barkely
13 Virginia Snyder	16 Bruce Hopson
18 Marsha Emberson	19 Elsie Bell
23 Marie Nordstedt	24 Neida Seal
28 Vola Hotvedt	28 John Well
31 Gregg Arnold	

MARCH ANNIVERSARIES

3 Mr. And Mrs Richard Webb	16 Mr. and Mrs. Wayne Dunn
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The planning committee meets on the first Thursday of each month. It is an open meeting with a lot of discussion. If you do not attend and some thing is planned you should not complain. If you have an idea or a suggestion that you want to see happen and do not bring it up until after the fact. The committee is doing a great job and the activities are increasing. Keep the calender or attend the different activities to keep informed.

The calling committee is also a very important part of our communication. The ladies are doing a commendable job. We are trying to keep people informed as to quick changes, because of weather or a cancellation. Example of the bus trip or bingo last week.

Thr Advisory meeting is also open to everyone.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
● SCALLOPED HAM & POTATOES BROCCOLI STRAWBERRY & PEAR GELATIN WHOLE WHEAT ROLL 19 Gm Fat 643 Calories 930 mg Sodium 3	SLOPPY JOE ON BUN GREEN SNAP BEANS POTATO SALAD TROPICAL FRUIT MIX GINGER SNAP COOKIES 23 Gm Fat 704 Calories 1085 mg Sodium 4 ● HAM LOAF w/CREAM GRAVY MASHED POTATOES COMBINATION SALAD w/DRSG DOUBLE CHERRY GELATIN WHOLE WHEAT BREAD 21 Gm Fat 723 Calories 1063 mg Sodium 11	● TURKEY AND CAVATAPPI BUTTERED CABBAGE CRANBERRY GELATIN SALAD DINNER ROLL 18 Gm Fat 651 Calories 980 mg Sodium 5 HAMBURGER ON BUN CARROTS MACARONI SALAD MANDARIN ORANGES 21 Gm Fat 668 Calories 602 mg Sodium 12 MARCH FOR MEALS ● BBQ RIBETTE ON BUN CORN COBBETTE COLESLAW w/CARROTS PEARS PEANUT BUTTER COOKIES 26 Gm Fat 696 Calories 1167 mg Sodium 19	BEEF PATTY w/ONION GRAVY BAKED POTATO PICKLED BEETS APRICOTS WHOLE WHEAT BREAD 29 Gm Fat 858 Calories 772 mg Sodium 6 ● TURKEY CHEF SALAD CREAMY POTATO SOUP FRESH APPLE OATMEAL COOKIES SODIUM FREE CRACKERS 18 Gm Fat 673 Calories 1126 mg Sodium 13	TURKEY SALAD ON WHOLE WHEAT BREAD SPINACH SALAD w/DRSG BANANAS & STRAWBERRIES OATMEAL COOKIE 20 Gm Fat 736 Calories 1067 mg Sodium 7 ● PORK ROAST WITH APPLES RICE MIXED GREEN SALAD w/DRSG FRESH BANANA POTATO ROLL 19 Gm Fat 724 Calories 484 mg Sodium 14
BEEF MINESTRONE SOUP PEAS CITRUS FRUIT MIX VANILLA PUDDING CRACKERS 22 Gm Fat 708 Calories 878 mg Sodium 10 ST. PATRICK'S DAY CHILI CHEESE POTATO MEDITERRANEAN VEGETABLES SUMMER LIME GELATIN WHOLE WHEAT BREAD 18 Gm Fat 783 Calories 810 mg Sodium 17	CHICKEN FAJITAS RED BEANS & ONIONS ROSY APPLESAUCE 17 Gm Fat 645 Calories 981 mg Sodium 18 SALISBURY STEAK MASHED POTATOES BROCCOLI SALAD SUGAR & SPICE APPLES POTATO ROLL 28 Gm Fat 803 Calories 843 mg Sodium 25	TACO SALAD CALICO CORN FRESH ORANGE 28 Gm Fat 657 Calories 777 mg Sodium 26	SPAGHETTI WITH MEATSAUCE ROMAINE SALAD w/DRSG FRUIT MEDLEY FRENCH BREAD 17 Gm Fat 642 Calories 776 mg Sodium 20 ● HAM & BEANS w/ ONION CALIFORNIA VEGETABLES APRICOTS GINGER SNAP COOKIES CORNBREAD 14 Gm Fat 634 Calories 1093 mg Sodium 27	TUNA SALAD ON WHOLE WHEAT BREAD TARRAGON GREEN BEANS MACARONI & TOMATOES STRAWBERRIES & PINEAPPLE 13 Gm Fat 627 Calories 854 mg Sodium 21
BEEF GUMBO SOUP PEAS MANDARIN ORANGES TAPIOCA PUDDING CRACKERS 20 Gm Fat 648 Calories 835 mg Sodium 24	GROUND BEEF STROGANOFF CAULIFLOWER PINEAPPLE SAUCE DINNER ROLL 27 Gm Fat 668 Calories 707 mg Sodium 31	28 Gm Fat 657 Calories 777 mg Sodium 26	OVEN ROASTED CHICKEN GARDEN VEG. SALAD w/DRSG FRESH APPLE APPLESAUCE CAKE WHOLE WHEAT ROLL 28 Gm Fat 811 Calories 517 mg Sodium 28	● CONTAINS TURKEY ◎ CONTAINS PORK



March 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 7-10 PM Jam Session
2	3 9AM Beginning Painting 1 PM Advanced Painting 7 Pm Hats	4 9:30 AM Beginning quilt 12:30 Pitch Club 7 P.M. AA	5 7 PM Hats	6 7 PM AA 10 AM Planning Committee	7 1-4 Cards	8
9	10 9 AM Beg paint 1 PM Ad paint 7 Hat parade	11 11:30AM Covered Dish Luncheon/Speak 7 PM AA	12	13 7PM AA	14 1PM AUCTION 3-6 Cards	15 7-10 AM Biscuits and sausage gravy breakfast
16	17 9AM Beg paint 1 PM Ad Paint 1 PM Ad Com.	18 1PM Bridge Club 7 PM AA	19	20 7 PM AA	21 1-4 Cards	22 7-17 PM Bingo
23	24 9AM Beg paint 1 PM Ad paint	25 7 PM AA	26	27 7PM AA	28 1-4 Cards	29
30	31 9AM Beg paint 1 PM Ad paint					

Marion Senior and Community Center

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