

January, 2012

The Scoop



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS

921 Janet Avenue
Clearwater, Kansas 67026

commcenter@sktc.net

Phone: 620-584-2332

We have just finished another successful year here at the Clearwater Senior Center. It is all because of our excellent volunteer help we have at our classes and events.

Lew Kellogg has done a wonderful job in leading our exercise class. We have room for several more participants. I know there will be people who will make a New Years resolution to lose weight in 2012.

The class meets on Tuesdays and Fridays at 10 A.M. except for the second Tuesday because of the carry-in-luncheon when it meets at 9:30 A.M.

Lew also went to class on the ancient exercise of Tai-Chi. Following is part of an article written by Carolina Demoise, who is a master trainer, at Chapel Hill in N. C. The 21st century is a good time to instill the intrinsic value of Tai-Chi worldwide, to encourage dedicated practitioners to teach this art to everyone who is willing to learn from elementary school to the aging retired population. It is important to hold this intention in mind because Tai-Chi is an excellent anti-aging strategy that promotes longevity, increase fitness, and improves the quality of life. Tai-chi develops a powerful mind body connection, brings peace and relaxation to our minds, bodies and relationships.

I have often wondered why everyone hasn't discovered the incredible benefits of Tai-Chi. It's a powerful medicine that's getting some real mainstream attention. Physicians are impressed by the results of research validating Tai-Chi benefits. It has even been referred to in a health publication as "medication in motion".

Arthritis Foundation offer community classes to further the awareness of Tai-chi benefits. (Lew went to the arthritis training in order to teach the Tai-Chi class here.)

Like anything truly worthwhile, Tai-Chi isn't a quick fix or something you can do for a few times that will change your life forever. Tai-Chi takes time to learn, repetition to remember the sequence, focus to develop the balance and flexibility necessary to produce smooth movements and works best when it becomes part of your lifestyle. Not everyone in this fast paced culture wants to commit the time, energy and persistence to find the pearl within the practice. Many people lack the awareness to see the jewel that is in plain sight and everyone rushes past it on their way to somewhere else.

I did not type everything that the author wrote about Tai-Chi, but will add it helps you with breathing, working on balance and it is as important as brushing your teeth and eating good food regularly. She goes on to say this: good programs that emphasize an appropriate teaching methodology and emphasize safety for various age populations and chronic conditions will increase the viability of encouraging everyone to learn Tai-Chi regardless of age or current physical condition.

Another good form of exercise is square dancing. Our teacher and caller is Fred Trujillo and comes from Andover. I never danced until about 2 months ago and I am enjoying the dancing and at my age that is saying something. Fred has taught in 11 states, Canada, and Mexico. We need some more couples and or single people and their significant others. We have 5 couples regularly, but we need to have at least 3 or 4 couples to get 2 squares going. Fred is a good teacher and as I said before he has 32 years of calling and instruction. When you get out there on the floor you forget about all your troubles, aches, pains, world problems, and anything else on your mind. If you make a mistake don't worry as everyone makes mistakes. This is open to all ages. The first 3 lessons are free and you do not have to get all dressed up. Just come as you are.

We are going to try something different this year with a suggestion from Marlene Parret. That suggestion I believe will be a big help to all who read the SCOOP in order to keep our people informed. The calendar with all or most of the activities listed will be on the reverse side of the back page. Therefore you can tear off the back sheet and hang it on the refrigerator or on your bulletin board and use for your reference. The calendar can also be crossed off each day and you will be informed of the date and day.

I was asked to write an article about what constitutes a baseline activity. Each baseline activity is an activity that happen either daily, weekly, bi-weekly, or monthly. **TWO OF THE MOST IMPORTANT** things we do is to sign our **DAILY SIGN-IN SHEET EACH TIME** you come into the building and the **PARTICIPATION CARD**. This card is to be filled out once each year starting in January. These two items show everyone connected to the Department on Aging on how often and how many people we serve here at the "Center". This goes along with the baseline, special events and educational classes that determine the money we get thru the county mill levy tax program. For those of you who did not know or forgot the Mill Levy Program has the contract with the City of Clearwater. All money goes to the city from the county. All other monies collect at the "Center" goes to the city. The money goes into a certain account and is dispersed by the city to pay the bills. **WHAT A BLESSING AND THEY DO THE AUDIT!!!** I am so thankful I do not have to keep track of paying the bills. I hope this clears up all the misconception about the money, where it goes, and who spends it.

Now for the baseline activities: Exercise and Tai-chi—Tuesdays and Fridays; Painting on Mondays for both beginning and advanced (we have plenty of space for more people) Arts and Crafts is on Tuesday and we are looking for a person to do the class and also for someone to do ceramics: Thursdays are when the Bridge members meet and we have knitting class for beginners and advanced; Fridays is for games and Pitch or other card games, Quilting, ironing, and sewing. Monthly items: Biscuits & Gravy the 3rd Saturday; Jam Session the 1st Saturday; Carry-in-lunch is the 2nd Tuesday along with decorating tables; Planning Committee meeting is the 1st Tuesday. Other activities that can be played each time the "Center" is opened are as follows; pool table, Wii bowling. Wii baseball and any other activity you may want. The Scoop is also a monthly issue and we are looking for some one to help with it. It is a very good way to keep in touch as to what is going on at the "Center."

Next month we will cover Special Events and Educational Classes. All of the above fit into the requirements of the Mill Levy Program and the Department on Aging guidelines. We are will have to maintain or increase the requirements in order to keep our funding from the county. Guidelines are as follows: Baseline 10; Special Events 15; Educational 40; Attendance of 151 or more over 55; Director to attend 4 quarterly meeting, and do 2 Semi-Annual Reports.

The Department on Aging and the Mill Levy can raise these guidelines without any notice. So it is imperative that we continue to keep up the good work.

Quilt Raffle: There will be a drawing for the current raffle on January the 7th 2012. Tickets can still be purchased at the Center up until the time of the drawing. Tickets are \$1.00 each or 6 for \$5.00. This quilt was created to cover the cost of the quilt show put on during the Fall Festival. The Sew and sews are very pleased with the results of the Quilt Show.

Over fifty quilts from the Clearwater area were displayed and over 100 people came to view them. We did not hear one negative comment; we hope to do another show in the future. There are expenses with presenting a show. If we are unable to raise enough money with the raffle quilt, we will need to charge an admission in the future. Charging is not what we want to do. The quilt is on display at the Center and can be seen any time the Center is opened.

Several people have had questions about having a quilt class in the evening. As per your request we are planning to have an organizational meeting on April 23rd, 2012. So mark your calendar for that date and the time is 7:00 PM. Please come, sewing skills can vary from none to a pro. Remember it is THE COMMUNITY CENTER and it is not just for old ladies.

Remember that we have sandwich signs up at 3 locations to help you remember coming events. We also have two bulletin boards in the hallway with information on them to help you be informed. Just as we printed 275 Scoop issues with a survey from the Department on Aging and only received 7 back filled out. It is really hard to know what we here at the Center can do to help or what the Department on aging can do to help if we do not get feed from you the public.

We also have a calling committee to call people when an event is about to happen, but as usual some of those who are called seem to think it is a nuisance call. Yet they will say I never knew that was going to happen or when did it happen. Remember these people on the calling committee are all volunteers giving up their time to call you. Try to put yourself in their shoes and be polite when they call. I know we all are very busy doing our thing; so let's help make other people lives a little less strenuous.

Let's go on the lighter side for just a moment. To help the economy, the government will announce next month that the Immigration Department will start deporting seniors (instead of illegal) in order to lower Social Security and Medicare costs. Older people are easier to catch and will not remember how to get back home. I started to cry when I thought of you. Then it dawned on me-----oh shucks----I'll see you on the bus.

AARP will be having a driving class here at the Center on January 4th and 5th at 1:00 PM. Both classes are necessary in order for you to get a discount on your auto insurance. Each session is just over 3 hours long and I thought it would be easier to have 2 sessions then one 7 to 8 hour session. These classes are for ALL AGES not just seniors.

At the Jam session on Saturday night the 7th of January we will be having a chili and potato soup supper from 5:00 to 6:45 PM. The \$5:00 donation costs will cover the feed with the main course, drink, dessert, and all the condiments. You can stay and listen to the entertainment afterwards.

Our Bingo games on the 13th was very successful with a lot of prizes given out. Thank you goes to all those who donated the gifts and they included Ima Kinkaid, Barbara Hufford, Helen Fesnock, Joan Fleming, and the Center. Thank you goes to all those who stayed a played the games and to the winners.

Kate Brinkerhoff of Art-O-Mobilia made us new signs for the sandwich boards. One was for the Square Dancing and the other one was for the Blue Grass event.

We hope every one had a safe and wonderful Christmas season and may your year of 2012 bring you good health and happiness.

This year we lost several members of our group and we were saddened by their going, but we know they are in a better place and their bodies are not suffering. In memoriam of their passing we will only put down their names. Don Whitsell, Ethel Emberson, Jerelean Barrow, Kay Shaffer, Gene Gregory, Lola Mae True, Charles Macchten, Fredia Whitney, Jeri deninger, George Alfred, Hugh "Ed" Nolan, Jacob Tjaden, Mary K. Becker, Charles Boyles, Monte Rhoads, Earl Arbogast, Ray Zogleman, John C. wells, Leo Inkelaar Sr., Ruthelma Daley, Kenneth Deruy, Rose Ellen Heitman, Mabel S. Shoff, Everett Mc Adam, Lucille Charles, Mildred Cotton, Robert "Bob" Wright, Charles Hotvedt, Roger Wentworth, Juanita Gross, Carol Wise, and Velma Aldridge. We also want to thank all the people that gave a memorial contribution to the Clearwater Center.

Mark your calendar for January 28th ; as that is the annual Loins Club pancake and sausage breakfast. It will be held from 7:00 AM until 2:00 PM. The charge is \$6.00 for those over 13 and \$4:00 fro those who are 6 to 12 and it is free for all those 5 and under. If anyone is interested in buying any sausage from the Loins Club it must be ordered by January 20th, 2012. Call Gary Freed at 584-6229 or David Fitzgerald at 584-6270 for more information.

Lady telling her doctor: "I have metal fillings in my teeth. My refrigerator magnets keep pulling into the kitchen. So I just cannot lose weight."

A doctor tells a man, "The handle on your recliner dose not qualify as an exercise machine.

A true friend is one who thinks you're a good egg even though you're slightly crack or slightly scrambled.

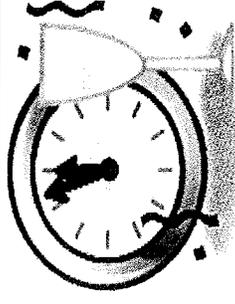
Be well, be safe, and smile (it makes your face feel good), and if smiles are good than laughs are better, it's been said, "You don't stop laughing when you die, you die when you stop laughing."

May you always have love to share, health to spare, and most of all friends who car!!!

If the "Scoop" has a little different flavor this month it is because Carl is now doing it. We want to give Ruby Fisher a VERY BIG THANK YOU for all of her hard work in doing the "Scoop" over the last 2 years or so. She will be missed, but will still help out when the ole man runs into a problem. Thank you again and again Ruby~!!!! We will miss the pictures and the good editorials.

Just an update we had 6 couples at the square dance on the 19th of this month (Dec.) We were missing a couples or we would have had 2 squares. We are going, but need at least 2 more couples, so if you are not doing anything come on down. We would love to have you to join in the fun. It is open to all ages and our caller is also a good teacher.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED FOR NEW YEAR HOLIDAY	<p>© BBQ RIBETTE on BUN POTATO SALAD CALIFORNIA VEGETABLES FRUITY AMBROSIA</p> <p>21 Gm Fat 652 Calories 1079 mg Sodium</p> <p>3</p>	<p>④ TURKEY CHEF SALAD BROCCOLI CHEESE SOUP FRESH BANANA OATMEAL COOKIES CRACKERS</p> <p>24 Gm Fat 691 Calories 1153 mg Sodium</p> <p>4</p>	<p>OVEN ROASTED CHICKEN GARDEN RICE PILAF COMBINATION SALAD w/DRSG MANDARIN ORANGES WHOLE WHEAT BREAD</p> <p>23 Gm Fat 651 Calories 604 mg Sodium</p> <p>5</p>	<p>CHICKEN PRIMAVERA GREEN BEANS FRUIT MIX WHOLE WHEAT BREAD</p> <p>24 Gm Fat 713 Calories 540 mg Sodium</p> <p>6</p>
<p>LIVER with ONIONS MASHED POTATOES CARROT RAISIN SALAD PINEAPPLE CHUNKS WHOLE WHEAT BREAD</p> <p>17 Gm Fat 728 Calories 825 mg Sodium</p> <p>2</p>	<p>CHICKEN & NOODLES BRUSSELS SPROUTS CITRUS FRUIT MIX SUGAR COOKIES POTATO ROLL</p> <p>21 Gm Fat 691 Calories 1079 mg Sodium</p> <p>3</p>	<p>CHILI w/BEANS CAPRI VEGETABLES PEACH SLICES CHOCOLATE PUDDING SALTINE CRACKERS</p> <p>24 Gm Fat 691 Calories 1153 mg Sodium</p> <p>4</p>	<p>SPAGHETTI w/MEATS SAUCE CARROTS & ZUCCHINI FRESH ORANGE BREADSTICKS</p> <p>23 Gm Fat 651 Calories 604 mg Sodium</p> <p>5</p>	<p>CABBAGE ROLL CASSEROLE YELLOW SWEET CORN JELLIED STRAWBERRY & PEAR SALAD WHOLE WHEAT BREAD</p> <p>24 Gm Fat 713 Calories 540 mg Sodium</p> <p>6</p>
<p>CLOSED FOR MILK DAY</p>	<p>© HAM & BEANS w/ONIONS SPINACH ROSY APPLESAUCE CORNBREAD</p> <p>22 Gm Fat 767 Calories 934 mg Sodium</p> <p>10</p>	<p>CHEESEBURGER on BUN POTATOES ROMANOFF RANCH BROCCOLI SALAD FRESH APPLE</p> <p>26 Gm Fat 789 Calories 796 mg Sodium</p> <p>11</p>	<p>PEPPER STEAK MASHED POTATOES COMBINATION SALAD w/DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD</p> <p>21 Gm Fat 692 Calories 799 mg Sodium</p> <p>12</p>	<p>ITALIAN BEEF STEW ROMAINE SALAD w/DRSG SUNSHINE GELATIN SALAD CHOCOLATE CHIP COOKIES CRACKERS</p> <p>19 Gm Fat 626 Calories 817 mg Sodium</p> <p>13</p>
<p>MEATLOAF w/TOMATO SAUCE CREAMY SCALLOPED POTATOES THREE BEAN SALAD APRICOT MIX WHOLE WHEAT BREAD</p> <p>22 Gm Fat 750 Calories 1064 mg Sodium</p> <p>16</p>	<p>TACO SALAD GREEN PEAS STRAWBERRY PEACHES</p> <p>12 Gm Fat 677 Calories 1070 mg Sodium</p> <p>17</p>	<p>BBQ BAKED CHICKEN HERBED POTATOES MARINATED BEET SALAD MANDARIN ORANGE GELATIN POTATO ROLL</p> <p>35 Gm Fat 925 Calories 1168 mg Sodium</p> <p>18</p>	<p>BEEF PATTY w/ONION GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSG CINNAMON APPLESAUCE WHOLE WHEAT BREAD</p> <p>26 Gm Fat 672 Calories 822 mg Sodium</p> <p>19</p>	<p>CHICKEN CACCIATORE GARDEN RICE PILAF SPINACH SALAD w/DRSG FRESH APPLE WHOLE WHEAT BREAD</p> <p>22 Gm Fat 703 Calories 652 mg Sodium</p> <p>20</p>
<p>SLOPPY JOE on BUN POTATOES ROMANOFF SWEET & SOUR SLAW MIXED FRUIT CUP</p> <p>22 Gm Fat 750 Calories 1064 mg Sodium</p> <p>23</p>	<p>ITALIAN CHICKEN CASSEROLE CAPRI VEGETABLES PINEAPPLE CHUNKS APPLE SPICE GELATIN FRENCH BREAD</p> <p>28 Gm Fat 779 Calories 918 mg Sodium</p> <p>24</p>	<p>④ MAY CONTAIN TURKEY ⑤ MAY CONTAIN PORK</p>	<p>25 Gm Fat 725 Calories 650 mg Sodium</p> <p>26</p>	<p>13Gm Fat 667 Calories 929 mg Sodium</p> <p>27</p>



HAPPY HAPPY NEW YEAR

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 HAPPY NEW YEAR TO EACH AND EVERY ONE	2 PAINTING BOTH BEGINNING AND ADVANCED 1 PM SQUARE DANCING 7 TO 9 PM	3 TAI-CHI 8:45 TO 9:45 AM EXERCISE 10 TO 11 AM PLANNING COMMITTEE 10AM AA & AL-ANON	4	5 KNITTING 9:30 TO 11:30 AM NEW & ADVANCED AA & AL-ANON	6 TAI-CHI 8:45 TO 9:45 AM EXERCISE 10 TO 11 AM QUILTING 10 TO 11:30 AM CARDS & GAMES 1 PM TO ???	7 CHILI & SOUP SUPPER 5 TO 6:45 PM JAM SESSION 7 TO 10 PM
8	9 PAINTING BOTH BEGINNING AND ADVANCED 1 PM SQUARE DANCING 7 TO 9 PM	10 TAI-CHI 8:30 TO 9:30 AM EXERCISE 9:45 TO 10:45 AM CARRY-IN-LUNCH 12 PM TO ??? AA & AL-ANON 7 PM	11	12 KNITTING 9:30 TO 11:30 AM NEW & ADVANCED AA & AL-ANON 7 PM	13 TAI-CHI 8:45 TO 9:45 AM EXERCISE 10 TO 11 AM QUILTING 10 TO 11 AM CARDS & GAMES 1 PM TO ???	14
15	16 PAINTING BOTH BEGINNING AND ADVANCED 1 PM SQUARE DANCING 7 TO 9 PM	17 TAI-CHI 8:45 TO 9:45 AM EXERCISE 10 TO 11 AM AA & AL-ANON 7 PM	18	19 KNITTING 9:30 TO 11:30 AM BOTH NEW AND ADVANCED AA & AL-ANON 7 PM	20 TAI-CHI 8:45 TO 9:45 AM EXERCISE 10 TO 11 AM QUILTING 9:30 TO 11:30 AM CARDS & GAMES 1 PM TO ???	21 BISCUITS AND GRAVY 7 TO 10 AM
22	23 PAINTING BOTH BEGINNING & ADVANCED 1 PM SQUARE DANCING	24 TAI-CHI 8:45 TO 9:45 AM EXERCISE 10 TO 11 AM AA & AL-ANON 7 PM	25	26 KNITTING 9:30 TO 11:30 AM BOTH NEW AND ADVANCED AA & AL-ANON 7 PM	27 TAI-CHI 8:45 TO 9:45 AM EXERCISE 10 TO 11 AM QUILTING 9:30 TO 11:30 AM CARDS & GAMES 1 PM	28
29	30 PAINTING BOTH BEGINNING & ADVANCED 1 PM SQUARE DANCING	31 TAI-CHI 8:45 TO 9:45 AM EXERCISE 10 TO 11 AM AA & AL-ANON				

My Wish for You in 2012

May peace break into your home and may thieves come to steal
your debts.

May the pockets of your jeans become a magnet for \$100 bills.
May love stick to your face like Vaseline and may laughter assault
your lips!

May happiness slap you across the face and may your tears be
that of joy

May the "problems you had" forget your home address!

In simple words

***May 2012 be the best year of your
life!!!***

Clearwater Community/Senior Center

921 East Janet

Clearwater, KS 67026