

The Scoop



February 2013

Meet the New Director

Pamela Riggs

Director of Community Senior Center

Hello everyone. My name is Pamela Riggs and I am so excited to be selected as the new Director of the Clearwater Senior Community Center. I thought I would tell you a little bit about myself. I was born and raised in Wichita, KS. I graduated from South High. After high school I was in Clearwater visiting a friend and noticed how peaceful and quiet it was here and decided at the moment, I had to live here. So after high school I moved to Clearwater. I then took some college courses but was not sure what I wanted to. I graduated from Wichita Area Technical College as a Medical Assistant. I have worked numerous years in the medical field. I have always enjoyed working with people and numbers and that is why I believe this position is perfect. I am married to my wonderful husband Kenny. Together he and I have three children. My daughter Angelina is 11 and she is my miniature self. Kolby is my 9-year-old son and Caleb is my 8-year-old son. Those two are definitely boys through and through.

I am really looking forward to working with the community of Clearwater and have many ideas to get

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Jam Sessions

Come enjoy good music with friends



Pictured above from left to right Charlotte Dawson, Roger Dawson, & Max Tjaden January Jam Session.

Do you play an instrument? Do you sing? Then we want you! On the first Saturday of every month, the Center has an open Jam Session. This is open to all ages and we would love to see you there. The sessions start at 7pm and usually end around 9pm. Bring a snack to share and come ready to hear some good music. I was able to attend this month's Jam Session and loved it. Even my daughter enjoyed it. What a great chance to get together with friends, listen to music, and show off your talents. Please call the Senior Center if you may be interested in joining.

more people involved here at the center. As I said in the past, I do not plan on coming in and changing things right away. I feel like learning every bit about the Center that I can first. I plan to introduce some new activities to games. Some things may work and some may not. We will just learn as we go. I plan to start a class on "Internet Surfing" or "Checking Email." I also plan to do more activities that include the younger generations. If there are certain things you may be interested in please let me know. I need good ideas and volunteers to make them happen. Please feel free to stop by or call anytime. The Centers hours will be Mondays 9am-3pm and Tuesdays through Fridays 8am-2pm. Once again, I look forward to meeting you all and cannot wait to get things rolling. ☺

Pamela Riggs

BITS & PIECES

Inclement weather policy

The Clearwater Senior Center will be closed for all programs, activities, and classes when Clearwater USD 264 is closed due to inclement weather. Please call the center to make sure we are not closed. 620-584-2332.

Volunteers

Do you have a talent you can teach? Are you good with cooking, or filing, cleaning, or just being friendly? We need you! Our Center is striving to start new things and keep this place interesting. We need more people to volunteer their time to help us grow. Please contact the Clearwater Community Center for more information. 620-584-2332

Updated information

Attached is a new sheet that we need completed by ALL members of the Center. We are in the process of switching to electronic sign-in and need all the correct information in our system. Please complete the form and get it back to the Senior Center as soon as possible. We will also have them at the Center to fill out. This is done just once a year or if there are changes.

UPCOMING EVENTS

Jam Session

Come enjoy some great entertainment. Enjoy music from local artists. The cost is free but donations are accepted. Also, please bring a snack to share.

Date: Feb. 2nd

Day: Saturday

Time: 7pm-9pm

Location: Main room at Center

Cost: Free

Carry-In-Lunch

Join us for a great lunch made by the best cooks in town. We will have speakers who will present different topics. These topics are usually things that you can relate to. We ask that everyone bring in a dish to share and a plate and utensils. The event is free but donations are accepted.

Date: Feb 12th

Day: Tuesday

Time: 12:00 noon

Location: Main room at Center

Cost: Free but donations are appreciated.

Biscuits & Gravy breakfast

All you can eat Biscuits & gravy made by Center volunteers. This is open to ALL age groups. It is a nice place to come feed the family when you do not feel like cooking.

Date: Feb 16th

Day: Saturday

Time: 7am-10am

Location: Main Room at Center

Cost; \$4 for adults & \$2 for kids

Painting Class

Come down and paint with friends. Learn to paint. Beginners and advanced. Please call the Center first to register.

Date: Feb 4th, 11th, 18th, 25th

Day: Monday

Time: 1pm-3pm

Location: Art & Crafts room

Cost: Free

UPCOMING EVENTS

Tai Chi & Exercise Class

Tai Chi is a Chinese system of slow meditative physical exercise designed for relaxation and balance and health. Come down and enjoy this class, which is taught by Lew Kellogg. Please call the center to register.

Date: Every Tuesday & Friday

Time: 8:45 am

Location: Centers Main Room

Cost: \$8 per month

Games

Do you like to play bridge or pitch? Or maybe you have an idea for a new game. Come down on Fridays and play some games.

Date: Every Friday

Time: 1:00 pm

Location: Centers Main Room

Cost: Free

Blood Pressure Checks

Has your Doctor told you to monitor your blood pressure? Perhaps you do not have a blood pressure machine at home. Stop by the Center to have your blood pressure checked for free. Our director is from the medical field and can do this at the Center.

Date: 1st and 3rd Mondays

Time: 10 am – 12 noon

Location: Center Main Room

Cost: Free



Do you have some gently used shoes lying around? We are partnering with Sedgwick Senior Center to gather used shoes to donate to the VA. They take new and like new shoes and donate them to Veterans. Please drop off shoes at the Clearwater Senior Community Center.

Happy February Birthdays



Jerry Stitt 2/02

Janetta Burris 2/03

Larry Carter 2/03

Marlene Parret 2/04

Yvonne Coon 2/06

Elaine Watt 2/07

Vivian Maechtlen 2/09

Gene Garcia 2/09

Don Shue 2/13

Robert Cummings 2/14

Charles Rinehart 2/21

Peggy Brockman 2/21

Nobuko Osborn 2/21

Jack Bates 2/22

Lorena Hinckley 2/23

Ida Lou Combs 2/24

David Papish 2/27

Betty Gannaway 2/28

TAX PREPERATION

We will again this year have someone from AARP offering their tax preparation services. If this is something you may be interested in please contact the Senior Center to schedule a date and time.

620-584-2332

1-15-13 Senior Luncheon

Cheryl Wright called the group to order. Marlene led the group in the Flag Salute and the National Anthem.

We sang Happy Birthday to our new Director Pamela Riggs, who celebrated her birthday at the January Jam Session.

After our potluck, our first speaker was Shanna Matzen, who with her sister is the co-owner of Clearwater's newest business ROCKIN'RUCKUS. They are offering a variety of services including: selling new and old merchandise, consignment items, and a much-needed opportunity of a drop odd and pick up dry cleaning route. Their mother, Karen Matzen, assured us that the merchandise changes rapidly.

The next speaker was our new director, Pam, who introduced herself and told of how she is going through the learning process of our center's activities. She plans to maintain the same basic schedules of our calendar and hopefully add some new things. She has been meeting with Stacy from the Dept. On Aging about some of the changes that will be made. Stacy was unable to be present to explain the changes. She will be with us at the Feb lunch.

Announcements:

For the Feb luncheon we ask everyone to wear RED or PINK and to make red or pink dishes to share. The question was again asked about having monthly hosts/esses or to remain with current potluck style. The consensus was to remain with potluck. We also announced the need for volunteers at the B&G scheduled for 1-19.

Ruby Fisher announced the need for more musicians at the Jam Sessions.

Kent Brown, the City Administrator told of a change. All trash will be picked up on Thursdays and that it will be picked up at the curb only along with the recycle bins.

City Clerk, Liza Donabauer, told of the latest scam to be aware of. There have been reports of a couple posing as Kirby vacuum sales people wanting to get in your house and then coming back later and burglarizing homes.

Sue Koenig from the City Library introduced herself as the new Director. She invited all to visit the library. Marlene Parret, Secretary



VALENTINES DAY QUOTES

All you need is love. But a little chocolate now and then doesn't hurt.

-Charles M. Schulz

I'd kiss a frog even if there was no promise of a Prince Charming popping out of it. I love frogs.

-Cameron Diaz

I'd rather have roses on my table than diamonds on my neck.

-Emma Goldman

I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon.

- Anonymous

A kiss is a lovely trick designed by nature to stop speech when words become superfluous.

- Ingrid Bergman





Clearwater Senior Community Center
921 Janet Avenue
Clearwater, KS 67026

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~ February 2013 ~

◀ Jan 2013

Mar 2013 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Tai Chi 845 am Exercise 10 am Games 1 pm	2 Jam Session 7pm-9pm *All ages welcome. Bring a snack to share
3	4 Painting class 1pm-3pm *Blood pressure checks 10am - noon	5 Tai Chi 845am Exercise 10am Planning committee meeting 9 am AA 7pm-9pm	6	7 AA & AL Anon 7pm-9pm	8 Tai Chi 845 am Exercise 10 am Games 1 pm	9
10	11 Painting class 1pm-3pm	12 Tai Chi 845 am Exercise 10 am Carry-in-lunch 12 noon AA 7pm-9pm	13	14 AA & AL Anon 7pm-9pm 	15 Tai Chi 845 am Exercise 10 am Games 1 pm	16 Biscuits & Gravy 7am- 10am *All ages welcome. \$4 for adults and \$2 for kids
17	18 Painting class 1pm-3pm *Blood pressure checks 10am - noon	19 Tai Chi 845 am Exercise 10 am AA 7pm-9pm	20	21 AA & AL Anon 7pm-9pm	22 Tai Chi 845 am Exercise 10 am Games 1 pm	23
24	25 Painting class 1pm-3pm	26 Tai Chi 845 am Exercise 10 am AA 7pm-9pm	27	28 AA & AL Anon 7pm-9pm	 Notes:	

*NEW EVENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>GROUND HOG DAY FEBRUARY 2nd</p>	 <p>FEBRUARY 14th</p>			<p>BEEF MINISTRONE SOUP BAKED POTATO APRICOT MIX CRACKERS</p> <p>21 Gm Fat 747 Calories 578 mg Sodium 1</p>
<p>BEEF & MACARONI BUTTERED CABBAGE SPRING FRUIT MIX WHOLE WHEAT BREAD</p> <p>22 Gm Fat 672 Calories 652 mg Sodium 4</p>	<p>SALISBURY STEAK MASHED POTATOES DICED BEETS FRUIT MIX w/BLUEBERRIES WHOLE WHEAT BREAD</p> <p>23 Gm Fat 679 Calories 759 mg Sodium 5</p>	<p>☉ CREAMY HAM & POTATO SOUP COMBINATION SALAD w/DRSG HOT SPICED APPLES CHOCOLATE CHIP COOKIES CRACKERS</p> <p>17 Gm Fat 634 Calories 1074 mg Sodium 6</p>	<p>TACO SALAD GREEN PEAS STRAWBERRY PEACHES</p> <p>25 Gm Fat 677 Calories 794 mg Sodium 7</p>	<p>CRANBERRY MEATBALLS SWEET POTATO & APPLE CASSEROLE CORONADO SALAD CITRUS SECTIONS POTATO ROLL</p> <p>26 Gm Fat 824 Calories 1163 Mg Sodium 8</p>
<p>CHILI CHEESE POTATO CALIFORNIA VEGETABLES SPICED PEARS WHOLE WHEAT BREAD</p> <p>19 Gm Fat 698 Calories 695 mg Sodium 11</p>	<p>APPLE WALNUT CHICKEN SALAD on WHEAT BREAD PEA LETTUCE SALAD w/DRSG BERRY & PEAR FRUIT MIX OATMEAL COOKIES</p> <p>25 Gm Fat 704 Calories 665 mg Sodium 12</p>	<p>☉ WESTERN SCRAMBLE WITH HAM & CHEESE OVEN FRIED POTATOES FRESH ORANGE BLUEBERRY MUFFIN SQUARE</p> <p>32 Gm Fat 706 Calories 932 mg Sodium 13</p>	<p>ROAST BEEF with GRAVY MASHED POTATOES ROMAINE SALAD w/DRSG CHERRY PIE POTATO ROLL</p> <p>30 Gm Fat 874 Calories 927 mg Sodium 14</p>	<p>☉ HAM & BEANS w/ONIONS COOKED CARROT SLICES TROPICAL FRUIT MIX CORNBREAD</p> <p>12 Gm Fat 651 Calories 1003 mg Sodium 15</p>
 <p>CLOSED FOR PRESIDENT'S DAY 18</p>	<p>BEEF PATTY w/ONION GRAVY MASHED POTATOES PICKLED BEETS FRUIT COCKTAIL WHOLE WHEAT BREAD</p> <p>25 Gm Fat 747 Calories 754 mg Sodium 19</p>	<p>OVEN ROASTED CHICKEN CREAMY SCALLOPED POTATOES MIXED GREEN SALAD w/DRSG MANDARIN ORANGES WHOLE WHEAT BREAD</p> <p>22 Gm Fat 708 Calories 494 mg Sodium 20</p>	<p>ITALIAN BEEF STEW TRIO MIXED VEGETABLES FRUITED GELATIN CHOCOLATE CHIP COOKIES CRACKERS</p> <p>22 Gm Fat 664 Calories 720 mg Sodium 21</p>	<p>CHICKEN & NOODLES CALIFORNIA VEGETABLES FRUIT MEDLEY APPLESAUCE CAKE WHOLE WHEAT BREAD</p> <p>22 Gm Fat 792 Calories 772 mg Sodium 22</p>
<p>CABBAGE ROLL CASSEROLE YELLOW SWEET CORN HARVEST FRUIT MIX STRAWBERRY APPLE GELATIN WHOLE WHEAT BREAD</p> <p>19 Gm Fat 767 Calories 855 mg Sodium 25</p>	<p>WHOLE GRAIN SPAGHETTI w/MEATSAUCE CAPRI VEGETABLES PEACH SLICES BREADSTICKS</p> <p>20 Gm Fat 755 Calories 891 mg Sodium 26</p>	<p>CHICKEN TORTILLA SOUP FIESTA CUCUMBER CORN SALAD FRESH ORANGE TAPIOCA PUDDING CORN CHIPS</p> <p>34 Gm Fat 863 Calories 773 mg Sodium 27</p>	<p>HAMBURGER on BUN CALICO BAKED BEANS POTATO SALAD ROSY APPLESAUCE</p> <p>25 Gm Fat 816 Calories 811 mg Sodium 28</p>	<p>● CONTAINS TURKEY ☉ CONTAINS PORK</p>