

# The Scoop



March 2013

## How to begin learning the computer

Computers can be overwhelming to anyone, especially to those of us who did not 'grow up' with computers, cell phones, iPods, and digital cameras. It can be especially overwhelming for Senior Citizens to think about using a computer but with proper one on one instruction, it can be a very rewarding learning experience to learn to Email and even 'surf the net'. Here are a few practical ideas to get you started.

These are tips based on my years of experience in teaching computers to Senior Citizens of all levels from ones who had never even seen a computer to people who wanted more training on their current laptops or smart phones. Anyone can learn with a little patience and some hard work.

First, learn the basic parts of the computer. Do not overwhelm yourself with all the technical stuff.

\*Computer (the computer unit itself (the "brain of the computer)

\*The Monitor (the screen or 'eyes' of the computer)

\*The mouse (you will want to practice pointing and clicking with your mouse- for now, point to where you want to go and always use your LEFT click)

\*The keyboard (learn the basics of the keyboard including the letters, space bar, backspace, Enter, Delete, shift, Caps lock, and the arrow pad)

\*If you have a printer, familiarize yourself with how your printer works as well.

~Now, take a break~

## New Check-In system at the Center



Above you will see our new electronic check in system. The Department on Aging made this mandatory for all Senior Centers this year. I know this can be intimidating but I promise it is so much easier than writing your name in a book. Currently everyone is set up in the computer. So next time you come in stop by the office and pick up a card. This card is similar to a Dillon's plus card. There is one card for your wallet and one for your keychain. Once you have your card and it is set up then you can use it immediately. You simply hold your card in front of the scanner and it will pull your name and information up. It will then show you everything that is scheduled for that day. You then check what you will be attending and click "done." It's that easy. Come on in and check it out and if you need a demonstration I would be happy to show you. Thank you again for your continued cooperation in this change.

*continued on page 2*

Review these steps a few times.

The second thing I would recommend is to get set up with an Email account. There are a few good, free accounts such as Hotmail, Yahoo, or Email. Have your instructor or family member help you get set up with an account and begin to collect Email addresses (if you are working with a family member, they may already have these addresses for you).

Does this sound like something you may be interested in? Learning how to navigate the World Wide Web? Give the Center a call as we are setting up one on one classes for this. We can teach you how to set up and check email, surfing the internet and much more. Reserve your spot today.



## **BITS & PIECES**

### **Glycobiology Class**

This is an educational introduction to the Science of Glycobiology. Join us as we share how the "missing link" of health & nutrition impact your body. Kay Farmer will be here on Thurs March 28<sup>th</sup> at 2pm. This is a free event.

### **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

### **Square Dancing**

I have heard from some seniors that they would like to see Square Dancing brought back. I spoke with a caller who would be willing to do this. We have to have at least 8 people. 4 men and 4 women. We can have more than that but that is the minimum. The cost would be \$25 for 20 sessions. If you would be interested please call the Center and let me know.

## **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: March 2<sup>nd</sup>

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 brings in a dish to share and a plate and utensils. The event is free but donations are accepted.

Date: March 12<sup>th</sup>

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 don't feel like cooking.

Date: March 16<sup>th</sup>

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: March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

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 Dr told you to monitor your blood pressure? No you 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: 1<sup>st</sup> and 3<sup>rd</sup> Mondays

Time: 10 am – 12 noon

Location: Center Main Room

Cost: Free

### Healthy Cooking Workshop\*\*\*\*NEW\*\*\*

The Clearwater Retirement Community has hired a new Dietician. He offers classes on Healthy cooking, Cooking for one, Cooking with Diabetes and much more. He will be here at the Center to show us some Healthy cooking tips. Please call to reserve a spot.

Date: Thursday March 15<sup>th</sup>

Time: noon

Location: Kitchen area

Cost: Free

## Happy March Birthdays



Darrel Mourning 3/04

Gloria Berntsen 3/05

Ricky Vreeland 3/06

Joanne Flippin 3/08

Diane Barkley 3/12

Lanora Bradt 3/15

Pat Stewart 3/15

Larry Bradt 3/16

Bruce Hopson 3/16

Dale Morris 3/17

Mary Schauf 3/21

Nedia Seal 3/24

Melvin Wohlford 3/24

Roy Riggs 3/25

Lila Mourning 3/27

Marilyn Buck 3/28

John Wells 3/28



### Save your soda tabs

Bring in your pop tabs off of soda cans. We will donate tabs to the Ronald McDonald House which helps families of children with different illnesses. Just drop off your collection of pop tabs to the Center.



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.

## 2-12-13 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 Janetta Burris & Marlene Parret.

After our pot luck our first speaker was Stacy Nilles from the Dept on Aging who explained the new check in system. She explained that this is essential in continuing our funding at the Center. Kyle Huxford, the new Dietician at the Clearwater Retirement Community was the next speaker. He told of a new cooking class he will offer here at the Center on healthy foods for seniors. He is hoping to make this a monthly class. Austin Wood from SKT was the next speaker. He spoke of the updated personal security alarms. The cost is \$29.99 monthly after a \$75 set up fee. He also spoke some on home security. Sue Koenig was our last speaker. She is the new Director at the local library. She explained all services offered at the library. Movies, music, books, magazines and much more. They are also offering e-reader material soon.

### Announcements:

Sat 2-16 is Biscuits & Gravy 7am-10am and volunteers are always needed. Every Monday Pam is offering free blood pressure checks. Every Fri at 1pm the Center offers games & cards. Mon 2-25 AARP tax preparers will be doing income tax returns. Pam will be making key cards for everyone ready to get started with the new check in system. Get your information to her. Pam will soon be offering small computer classes. Contact her if there is any interest.

Marlene led the group in some fun love songs. On person at each table won a pretty candle for Valentines Day.

There were 34 in attendance, 6 of those were first timers. The monthly luncheon is geared towards all who will admit to being 55 & older. Let's celebrate our years!

Marlene Parret, Secretary

## 🍀 Don't Pinch 🍀

When I got on the school bus,  
I was in for a surprise.  
My friends all stared and pointed.  
There was mischief in their eyes.  
A kid who sat in front of me  
reached out and pinched my knee.  
My friends all started laughing,  
but the joke was lost on me.  
And then I got my second pinch.  
I felt it on my ear.  
And then I felt a third and fourth.  
You guessed it--on my rear.  
I asked, "Why are you pinching me?"  
I think it's very mean!"  
They said, "Today's St. Patrick's Day  
and you're not wearing green."

By : Bruce Lansky



## Easter Verses

And he said to them, "Do not be amazed; you are looking for Jesus the Nazarene, who has been crucified. He has risen; He is not here; behold, here is the place where they laid Him. **Mark**

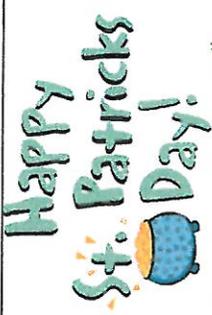
**16:6**

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead ... **1 Peter 1:3**



# HAPPY ST. PATRICK'S DAY

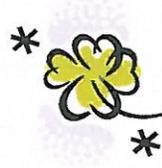
**GOOD NEIGHBOR NUTRITION PROGRAM GNNP MENU (menu is subject to change) MARCH 2013**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>● MAY CONTAIN TURKEY</li> <li>● MAY CONTAIN PORK</li> </ul>				
<ul style="list-style-type: none"> <li>● BBQ RIBETT ON BUN</li> <li>● CALICO BAKED BEANS</li> <li>● COLESLAW W/ CARROT</li> <li>● STRAWBERRY PEAR SALAD</li> </ul> <p>20 g Fat 753 Calories 1339 mg Sodium</p>	<ul style="list-style-type: none"> <li>● HAM LOAF W/ CREAM GRAVY</li> <li>● MASHED POTATOES</li> <li>● COMBINATION SALAD W/ DRSG</li> <li>● CINNAMON APPLESAUCE</li> <li>● DINNER ROLL</li> </ul> <p>21 g Fat 681 Calories 968 mg Sodium</p>	<ul style="list-style-type: none"> <li>● CHICKEN NOODLE SOUP</li> <li>● BAKED POTATO W/ MARGARINE</li> <li>● SPINACH SALAD W/ DRSG</li> <li>● FRESH BANANA</li> <li>● TAPIOCA PUDDING</li> <li>● CRACKERS</li> </ul> <p>23 g Fat 843 Calories 537 mg Sodium</p>	<ul style="list-style-type: none"> <li>● TACO SALAD</li> <li>● GREEN PEAS</li> <li>● ROSY APPLESAUCE</li> </ul> <p>28 g Fat 678 Calories 807 mg Sodium</p>	<ul style="list-style-type: none"> <li>● APPLE WALNUT CHICKEN</li> <li>● SALAD ON WHEAT BREAD</li> <li>● SMOKEY GREEN BEANS</li> <li>● FRUITED GELATIN</li> <li>● SUGAR COOKIES</li> </ul> <p>25 g Fat 742 Calories 776 mg Sodium</p>
<ul style="list-style-type: none"> <li>● BEEF STROGANOFF</li> <li>● CAPRI VEGETABLES</li> <li>● MANDARIN ORANGE GELATIN</li> <li>● DINNER ROLL</li> </ul> <p>27 g Fat 720 Calories 791 mg Sodium</p>	<ul style="list-style-type: none"> <li>● BBQ ROASTED CHICKEN</li> <li>● HERB POTATOES</li> <li>● MIXED GREEN SALAD W/ DRSG</li> <li>● STRAWBERRY PEAR SALAD</li> <li>● POTATO ROLL</li> </ul> <p>22 g Fat 699 Calories 582 mg Sodium</p>	<ul style="list-style-type: none"> <li>● BRATWURST ON BUN</li> <li>● CORN COBBETT W/ MARGARINE</li> <li>● MACARONI SALAD W/ CARROT</li> <li>● FRESH ORANGE</li> </ul> <p>33 g Fat 730 Calories 967 mg Sodium</p>	<ul style="list-style-type: none"> <li>● CHICKEN PRIMAVERA</li> <li>● LOOSE LEAF SALAD W/ DRSG</li> <li>● QUICK FRUIT CUP</li> <li>● FRENCH BREAD</li> </ul> <p>24 g Fat 863 Calories 972 mg Sodium</p>	<ul style="list-style-type: none"> <li>● HAM &amp; BEANS W/ ONION</li> <li>● SPINACH</li> <li>● MANDARIN ORANGES</li> <li>● CORNBREAD</li> </ul> <p>12 g Fat 669 Calories 1059 mg Sodium</p>
<ul style="list-style-type: none"> <li>● HAMBURGER ON BUN</li> <li>● BRUSSELS SPROUTS</li> <li>● ITALIAN PASTA SALAD</li> <li>● FRESH APPLE</li> <li>● OATMEAL COOKIES</li> </ul> <p>31 g Fat 869 Calories 594 mg Sodium</p>	<ul style="list-style-type: none"> <li>● CHILI W/ BEANS</li> <li>● BROCCOLI W/ CHEESE SAUCE</li> <li>● APRICOT MIX</li> <li>● CHOCOLATE CHIP COOKIES</li> <li>● CRACKERS</li> </ul> <p>32 g Fat 775 Calories 914 mg Sodium</p>	<ul style="list-style-type: none"> <li>● LIVER &amp; ONIONS</li> <li>● CHEESY POTATOES</li> <li>● CARROT RAISIN SALAD</li> <li>● SLICED PEACHES</li> <li>● WHEAT BREAD</li> </ul> <p>24 g Fat 819 Calories 1065 mg Sodium</p>	<ul style="list-style-type: none"> <li>● ITALIAN CHICKEN CASSEROLE</li> <li>● CAPRI VEGETABLES</li> <li>● PINEAPPLE CHUNKS</li> <li>● APPLE SPICE GELATIN</li> <li>● WHEAT BREAD</li> </ul> <p>17 g Fat 634 Calories 809 mg</p>	<ul style="list-style-type: none"> <li>● TUNA SALAD ON WHEAT BREAD</li> <li>● MEDITERRANEAN VEGETABLES</li> <li>● FRUIT SLAW</li> <li>● CHOCOLATE PUDDING</li> </ul> <p>16 g Fat 674 Calories 989 mg Sodium</p>
<ul style="list-style-type: none"> <li>● DELI TURKEY &amp; CHEDDAR ON BUN</li> <li>● CREAMY POTATO SOUP</li> <li>● CAPRI VEGETABLES</li> <li>● PEARS &amp; MANDARIN ORANGES</li> <li>● SUGAR COOKIES</li> </ul> <p>24 g Fat 751 Calories 1133 mg Sodium</p>	<ul style="list-style-type: none"> <li>● SWISS STEAK</li> <li>● MASHED POTATOES</li> <li>● GARDEN VEGGIE SALAD W/ DRSG</li> <li>● FRUITY AMBROSIA</li> <li>● POTATO ROLL</li> </ul> <p>28 g Fat 780 Calories 697 mg Sodium</p>	<ul style="list-style-type: none"> <li>● SCALLOPED POTATOES W/ HAM</li> <li>● RANCH BROCCOLI SALAD</li> <li>● CITRUS FRUIT MIX</li> <li>● SUNSHINE APPLE JELLO</li> <li>● WHEAT BREAD</li> </ul> <p>21 g Fat 740 Calories 986 mg Sodium</p>	<ul style="list-style-type: none"> <li>● SOFT TACO</li> <li>● CALICO CORN</li> <li>● FRESH BANANA</li> <li>● VANILLA PUDDING</li> </ul> <p>28 g Fat 823 Calories 1079 mg Sodium</p>	<ul style="list-style-type: none"> <li>● SPAGHETTI W/ MEATSAUCE</li> <li>● GREEN BEANS</li> <li>● CITRUS SECTIONS</li> <li>● BREADSTICKS</li> <li>● BLUEBERRY CRISP DELUX</li> </ul> <p>27 g Fat 1035 Calories 935 mg Sodium</p>



**March 2013**

~ March 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Tai Chi 8:45 am Exercise 10:00 am Games 1:00 pm	2 Jam Session 7pm – 9pm *open to all ages
3	4 Blood pressure ck 10am-noon Painting class 1pm- 3pm	5 Tai Chi 8:45 am Exercise 10:00 am Planning mtg 9 am AA/AI Anon 7-9 pm	6	7 AA 7pm – 9pm	8 Tai Chi 8:45 am Exercise 10:00 am Games 1:00 pm	9
10	11 Painting class 1pm- 3pm	12 Tai Chi 8:45 am Exercise 10:00 am <b>Carry-in-Lunch</b> AA/AI Anon 7-9 pm	13	14 Healthy Cooking Workshop 12 noon AA 7pm – 9pm	15 Tai Chi 8:45 am Exercise 10:00 am Games 1:00 pm	16 Biscuits & Gravy 7am – 10am *open to all ages
17 *  *	18 Blood pressure ck 10am-noon Painting class 1pm- 3pm	19 Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	20	21 AA 7pm – 9pm	22 Tai Chi 8:45 am Exercise 10:00 am Games 1:00 pm	23
24	25 Painting class 1pm- 3pm	26 Tai Chi 8:45 am Exercise 10:00 am AA/AI Anon 7-9 pm	27	28 Glycobiology Class 2pm AA 7pm – 9pm	29 Tai Chi 8:45 am Exercise 10:00 am Games 1:00 pm	30

Notes:

31  
EASTER SUNDAY

Happy  St. Patricks Day



## City of Clearwater Senior Community Center

### **Mission Statement:**

The Clearwater Senior/Community Center is here to provide, maintain, and expand to the Community the social, educational, physical, nutritional, health, recreational, spiritual, and intellectual well being of each senior in our community.

### **Goals:**

1. Keep and Maintain a warm and friendly center.
2. To increase the activities and growth at the Center.
3. To maintain the newsletter promoting all activities at the Center.

### **Objectives:**

1. Improve community involvement by newsletter, telephone, email, TV access channel with information on all Senior Activities.
2. Implement new ideas, programs, and activities as they develop.
3. Maintain and keep accurate records of attendance.
4. Maintain current facility and plan for growth.

### **Staff**

#### ***Clearwater Senior Community Center***

Pamela Riggs,  
Director  
Farol McMillan  
Administrative Assistant

### **Advisory Committee Members**

Terry Sullivan - Chairperson  
Joan Fleming - Co-Chair  
Carla Butterfield - Secretary  
James Charles - Member at Large  
Marlene Hand - Member at Large

### **Planning Committee Members**

Cheryl Wright - Chairperson  
Vacant - Co-Chair  
Marlene Parret - Secretary  
Vacant - Historian  
Vacant - Education  
Farol McMillan - RSVP Program

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[commcenter@sktc.net](mailto:commcenter@sktc.net)



find us on  
**Facebook**



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