



THE SCOOP

Clearwater Senior & Community Center

921 Janet Ave

Activities held at the Clearwater Senior & Community Center are available to anyone. 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 of all that promote their well being, support their independence and encourage their involvement in community life.

Staff

Sonja Froggatte— Director
Marlene Parret—Director's Asst..

Advisory Committee

Terry Sullivan—Chair
Barbara Hufford—Member at Large
James Charles—Member at Large

FROM THE DIRECTOR'S DESK

Wow! Time sure flies! I can't believe the first quarter of 2019 is history! Things sure are changing here at the Senior & Community Center. We've added 4 individuals that attend the Center regularly!

There were also quite a few new faces at our Carry-In Luncheon. I believe I made it around to greet and introduced myself to about everyone. If I missed you I'm very sorry! I hope you will still come back to the luncheon next month or maybe you will consider stopping in for lunch as we do serve good, balanced lunches here through Aging Projects, Inc. (API) at 11:30 daily for just \$3.25, if possible.

At the March Carry-In Luncheon I handed out a survey of "Activities Possible". There were 48 people in attendance and I only got 10 back that day. I am still trying to make sure all attending the Center help me to become familiar with the activities you prefer. The list and totals are recorded with the notes on the event. Frankie & Phyllis Valens performed and he sounded just like he did back in the late 1960's and early 1970's. I believe all in attendance enjoyed the program! Thanks to Frankie & Phyllis for performing "in-kind"!

Sonja Froggatte
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Email Address: commycenter@clearwaterks.org
<https://www.Facebook.com/ClearwaterCommunityCenter/>



Happy Easter!



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 & Community Center is looking for a 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.



Sheila Bishop 4/25
 Peggy Coan 4/6
 Mary Conley 4/2
 Charlotte Dawson 4/29
 John Francis 4/1

Nancy Girard 4/24
 Abner Granen 4/21
 Jan Hopson 4/29
 Louise Lyons 4/2
 Gayla Rinehart 4/23

Marvin Schauf 4/11
 Vonda Simpson 4/18
 David Stroot 4/3
 Cleona Vandruff 4/7
 Edward Yost 4/14

APRIL FOOLS DAY

On this day in 1700, English pranksters begin popularizing the annual tradition of April Fools' Day by playing practical jokes on each other.

Although the day, also called All Fools' Day, has been celebrated for several centuries by different cultures, its exact origins remain a mystery.

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes.

These pranks included having paper fish placed on their backs and being referred to as *poisson d'avril* (April fish), said to symbolize a young, "easily hooked" fish and a gullible person.

"Spring is made of solid, fourteen-karat gratitude, the reward for the long wait. Every religious tradition from the northern hemisphere honors some form of April hallelujah, for this is the season of exquisite redemption, a slam-bang return to joy, after a season of cold second thoughts."

- Barbara Kingsolver; *Animal, Vegetable, Miracle: A Year of Food Life*

SPECIAL EVENTS

Carry In Luncheon

You are invited to join us on the 9h at 12:00 for our monthly carry-in luncheon. Bring a side dish to share. Donations are appreciated!



Blood Pressure Checks

Marci Bacon with Home Health & Hospice will be here (TBA) to check your blood pressure at no cost!

Hermes Foot Care

Will be at the Center 4/17. Please connect with Hermes at (316) 260-4110 to schedule an appointment. They will bill Medicare and Kancare (Medicaid).

Nutrition Class

On Monday 4/22 at 1:00 Shirley Lewis with the Sedgwick County Extension Office will provide information and possibly food, "Shop—Get the Best for Less"

BINGO

Please join us every Thursday at 1:00 for BINGO. No Cost, just fun!

Learn to Plant Beautifully

Please join us on the 24th 1:00 when Rissa Castor with Iris Blossoms will assist us in the effort.

Balloon Volleyball

This is a new ongoing event on Wednesdays at 10:00 am. We'll play with pool noodles & balloons!



Ongoing Events

- Monday's at 1:00 we have a painting group in the Arts and Crafts room.
- Tuesday's at 9:00 we have exercise in the main room.
- Wednesday's at 9:00, join us for coffee and balloon volleyball at 10:00 in the Main Room
- Thursday's at 10:00 we have Bible Study & BINGO at 1:00 in the Arts and Crafts room.
- Friday's at 9:00 we have exercise in the main room.

BISCUITS AND GRAVY FUNDRAISER

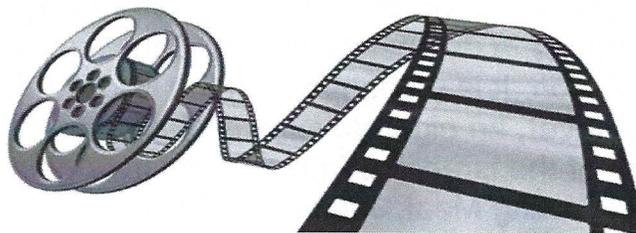
Please forgive us as we have decided to offer biscuits and gravy quarterly. Our next breakfast will be served in June on the 15th.

sometimes the smallest things
take up the most room
in your heart.



Movies with Free Popcorn

We will begin showing weekly movies on 4/12/19 at 2:00. For this first movie we'll look forward to seeing *you*.



April is also **Celebrate Diversity Month**, started in 2004 to recognize and honor the diversity surrounding us all. By celebrating differences and similarities during this month, organizers hope that people will get a deeper understanding of each other.

AND April is **Autism Awareness Month**, established to raise awareness about the developmental disorder that affects children's normal development of social and communication skills.



On behalf of Diversity Month the following calendar is included for your information:

April 2: World Autism Awareness Day, created to raise awareness of the developmental disorder around the globe.

April 3: Lailat al Miraj, a Muslim holiday that commemorates the prophet Muhammad's nighttime journey from Mecca to the "Farthest Mosque" in Jerusalem, where he ascended to heaven, was purified, and given the instruction for Muslims to pray five times daily. Note that in the Muslim calendar, a holiday begins on the sunset of the previous day, so observing Muslims will celebrate Lailat al Miraj on the sunset of Tuesday, April 2.

April 8: Buddha Day (Vesak or Visakha Puja), a Buddhist festival that marks Gautama Buddha's birth, enlightenment and death. It falls on the day of the full moon in April and it is a gazetted holiday in India.

April 12: The Day of Silence, during which students take a daylong vow of silence to protest the actual silencing of lesbian, gay, bisexual and transgender (LGBT) students and their straight allies due to bias and harassment.

April 13: Navratri (Lord Rama). Devotees typically wear red and place extravagant flowers on the shrine of the God.

April 14: Ram Navami, a Hindu day of worship and celebration of the seventh avatar of Vishnu (Lord Rama). Devotees typically wear red and place extravagant flowers on the shrine of the God.

April 14: Palm Sunday, a Christian holiday commemorating the entry of Jesus into Jerusalem. It is the last Sunday of Lent and the beginning of the Holy Week.

April 14: Vaisakhi (also known as Baisakhi), the celebration the founding of the Sikh community as the Khalsa (community of the initiated) and the birth of the Khalsa.

April 17: Mahavir Jayanti, a holiday celebrated by the Jains commemorating the birth of Lord Mahavir.

April 18: Holy Thursday (Maundy Thursday), the Christian holiday commemorating the Last Supper, at which Jesus and the Apostles were together for the last time before the Crucifixion. It is celebrated on the Thursday before Easter.

April 19: Good Friday, a day celebrated by Christians to commemorate the execution of Jesus by crucifixion. It is recognized on the Friday before Easter.

April 19-27: Passover, an eight-day Jewish holiday and festival in commemoration of the emancipation of the Israelites from slavery in ancient Egypt.

April 19: Lord's Evening Meal, Jehovah's Witnesses commemorate an event believed to have occurred on the first night of Passover in approximately 33 CE, the Last Sup-

April 20: Lazarus Saturday, a day celebrated by the Eastern Orthodox Church and Oriental Orthodoxy to commemorate the raising of Lazarus of Bethany.

April 20: Lailat al Bara'a, also known as Barat, or Night of Forgiveness, an Islamic holiday during which practitioners of the faith seek forgiveness for sins.

April 20-May 2: The Festival of Ridvan, a holiday celebrated by those of the Bahá'í faith, commemorating the 12 days when Bahá'u'lláh, the prophet-founder, resided in a garden called Ridvan (paradise) and publicly proclaimed his mission as God's messenger for this age.

April 21: Easter, a holiday celebrated by Christians to recognize Jesus' return from death after the Crucifixion.

April 22: Earth Day promotes world peace and sustainability of the planet. Events are held globally to show support of environmental protection of the Earth.

April 23: St. George's Day, the feast day of St. George celebrated by various Christian churches.

April 24: Armenian Martyrs' Day recognizes the genocide of approximately 1.5 million Armenians between 1915 and 1923 in Turkey.

April 28: Orthodox Easter (also called Pascha), a later Easter date than observed by many Western churches.

April 28-29: Ninth Day of Ridvan, a festival of joy and unity in the Bahá'í faith to commemorate the reunification of Bahá'u'lláh's family, and by extension the unity of the entire human family the Bahá'í faith calls for. It permeates the symbolic meaning of

What is Maundy Thursday?

Good Friday, we know. And Easter most certainly. But what is Maundy Thursday? Maundy Thursday is the Thursday before Easter, believed to be the day when Jesus celebrated his final Passover with His disciples. Most notably, that Passover meal was when Jesus washed the feet of His disciples in an extraordinary display of humility. He then commanded them to do the same for each other.

The just-for-you plan to **Cure Clutter for Good!**

Do you favor your logical left or intuitive right brain? The answer can help you uncover the personalized tricks that make it easy to get (and stay!) organized.

You're a left-brain thinker

A strategic planner, you're conscientious and drawn to

Typically laser-focused and detail oriented?
Tend to be driven and crave structure?

order. But logical left brains like you often let "useful" items pile up, leading to clutter. To organize for *your* style, just...

You're a right-brain thinker

Your creativity is a great strength but has one pitfall: It can

Adore bright colors and have an artistic side?
Highly intuitive and listen to your gut?

make it hard to let go of clutter because you love surrounding yourself with visually stimulating items. To organize for *your* style, just...

Cure Clutter for Good! (from previous page)

Fire up your can-do *with the 1-2-3 system*

"Left brain thinkers get an endorphin rush from crossing off items on to-do lists, which boosts their energy to help them get even more done," says Lee Silber, author of *Organizing for the Right Side of the Brain*. To zap into that momentum, make a list before starting a time limit. "Forty-five minutes is ideal because it's long enough to get a lot done but not so long that tedium sets in," says Silber. So instead of cleaning your entire closet, set a timer and tackle one specific thing you can do in less than an hour, like organizing your shoes. Then take a break before your next task to recharge.

Prioritize storage *with dot stickers*

"You're such a farsighted planner, you find it hard to let go of items you think may be of use one day," notes Silber. To figure out what you truly need, place different colored sticky dots on items depending on how often you use them. Things that are used daily get, say, a green sticker, while ones you use once a week

Tackle large to-do's *with speedy sessions*

"You're more likely to take on projects all at once because you're a big-picture thinker", observes Silber. "However, you're also more likely to get bored." That's why it's a good idea to start an organizing project with a

Corral knickknacks *with clear containers*

Corral knickknacks

with clear containers

"You're a visual thinker," says Silber. "That's a big reason you tend to end up with piles of stuff—you don't want anything hidden from view." The simple solution? Pick up a few clear plastic bins that let you see everything inside," says Silber, "This way, you can put bins away in neat stacks that appeal to your

HOMEMADE COCONUT CAKE

3 c. Cake flour

2 large eggs at room temp, separated

1 tsp Coconut extract

1/2 tsp vanilla extract

1/8 tsp Cream of tartar

1/4 c. Vegetable or Canola oil

1 1/3 c. Canned coconut milk (don't use light)

1 Tbsp Baking powder

1/2 tsp Salt

2 c. Granulated sugar

3/4 c. Unsalted butter at room temp

Coconut Cream Cheese Frosting

12 oz. Cream Cheese

1 tsp coconut extract

1 1/2 c. shredded unsweetened coconut: Whip butter & cream cheese 'til smooth & fluffy. Mix in extract. Add powdered sugar & whip on medium 'til smooth & fluffy.

3/4 c. unsalted butter at room temp

5 c. powdered sugar

Instructions

- Preheat oven to 350 degrees and butter 3 9" cake pans, line each with parchment paper, butter parchment & set aside.
- Sift cake flour into a large mixing bowl then whisk in baking powder and salt.
- In an electric stand mixer, fitted with the paddle, cream sugar, butter and oil.
- Add egg yolks one at a time and mix until combined after each addition. (reserve 2 egg whites) Blend in flour mixture in 3 additions alternating with additions of coconut milk. Scrape sides & bottom of bowl
- Separately whip 6 egg whites with cream of tartar to stiff peaks.
- Fold 1/3 of the egg whites into cake batter at a time using a rubber spatula. Don't deflate!
- Pour batter into cake pans and spread evenly. After baking allow to cool in pans 5-10 min. then run a knife around edges, invert onto a wire rack to cool completely, frost and finish with shredded coconut.

March's Carry-In Luncheon

Tuesday 3/12/19 Information

Sonja, the director, welcomed everyone to the monthly carry-in luncheon. Donna Bailey & Leila Anderson were the birthday ladies of the month. Marlene lead the Pledge of Allegiance and all joined in recitation, saluting the flag. Following, all sang the National Anthem together then Marlene offered the blessing for the meal. Everyone enjoyed a good meal.

Sonja then announced upcoming events and reminders: Any time you are visiting the Center please check in on the Center Navigator, it's important to keep the Center going! Sonja also announced the budget for 2019 meals has already been depleted and let everyone know donations are appreciated.

Biscuits and Gravy was on the third Saturday monthly from 7:00-10:00. This month it was on 3/16 and 28 attended. It has since been decided that breakfast will now be offered quarterly.

There were 4 people who played BINGO this month. All enjoyed playing.

Shirley Lewis with the Sedgwick County Extension Office presented "Plan: Know What's for Dinner" on March 25th at 1:00.

Entertainment was provided by former pop singer Frankie (Piper) Valens and his wife, Phyllis. He was raised in Kansas and had the opportunity to sing with several popular bands from 1967, when he popularized "This Magic Moment", until 1975. He traveled extensively around the US and got bit parts in two different movies. In 1975 he went into accounting and met Phyllis during choir rehearsal at church. She had previously been a concert pianist. They were married after two years of courtship.

After retirement Frankie & Phyllis began travelling, singing together. They lived here in Clearwater in 2011 & 2012. They now live in Mulvane. For more information about Frankie Valens Ministries, please contact them at: Office—(316) 516-7473, Email—fvpv789@gmail.com, or www.frankievalensministries.org.

Cultural Enrichment through meals: presentations about different ethnicities & sharing a meal together.			The Wichita Center	Indian Rep. to speak here	Day Trips to:	Cos-moshere	Wichita Gem & Art	Exploration Place	Movies with free popcorn	Wii Bowling or other games	
3			4	4	4	3	5	3	3	8	3
Sewing, Knitting, Cross-Stitch, Crochet	Comput-er/Device Assistance Class	Dinners, visiting & family games	Container Garden	Crafts							
4	3	3	5		4						

These are the totals for each event on the "Activities Possible" spreadsheet. Please let us know if you have not filled out one of the forms and you would like for your voice to be heard. This is what has lead to some of the new activities. Twelve forms were returned to us out of 48 people.
Thanks!

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Painting 1 pm-3 pm	2 Exercise 9:00 am AA/AI Anon 7-9 pm	3 9:00 am Morning Coffee 10:00 am Balloon Volleyball	4 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO AA 7-9 pm	5 Exercise 9:00 am 2:00 pm Movie & free popcorn	6
7	8 Painting 1 pm-3 pm	9 Exercise 9:00 am 12 noon Carry-In Luncheon AA/AI Anon 7-9 pm	10 9:00 am Morning Coffee 10:00 am Balloon Volleyball	11 Bible Study 10 am 1:00 pm Bridge (BINGO Cancelled) AA 7-9 pm	12 Exercise 9:00 am 2:00 pm Movie & free popcorn	13 RENTED
14	15 Painting 1 pm-3 pm	16 Exercise 9:00 am AA/AI Anon 7-9 pm	17 8:45 am Hermes Health Care 9:00 am Morning Coffee 10:00 am Balloon Volleyball	18 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO AA 7-9 pm	19 Exercise 9:00 am 2:00 pm Movie & free popcorn	20 Family Empowerment 1 - 2:30 pm
21	22 Painting 1 pm-3 pm	23 Exercise 9:00 am AA/AI Anon 7-9 pm	24 9:00 am Morning Coffee 10:00 am Balloon Volleyball 1:00 am Risse with Iris Blossoms	25 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO AA 7-9 pm	26 Exercise 9:00 am 2:00 pm Movie & free popcorn	27
28	29 Painting 1 pm-3 pm	30 Exercise 9:00 am AA/AI Anon 7-9 pm				

Mon

Tue

Wed

Thu

Fri

1 Chicken pot pie 8oz Pickled beets 4oz Cook's choice juice 4oz Mandarin oranges 4oz Oatmeal cookie Milk	2 Cheeseburger soup 8oz Crackers-2 Caul bean salad 4oz Blushing pears 4oz Chocolate pudding 4oz Milk	3 Turkey roast 3oz Mashed potatoes 4oz Gravy Broccoli 4oz Peaches 4oz Wheat roll Milk	4 Spaghetti w/meat sc 8oz Combination salad 4 oz Salad dressing Pineapple 4oz Garlic bread Gelatin Milk	5 Tuna pasta salad 8oz Split pea soup 4oz Crackers-2 Copper pennies salad 4oz Strawberries 4oz Banana bar Milk
8 Ham & beans 8oz Potatoes & onions 4oz Parslised carrots 4oz Blushing pears 4oz Cornbread Milk	9 Creamed chicken 4oz on a Biscuit Broccoli 4oz Stewed apples 4oz Brownie Milk	10 Chili 8oz Crackers-2 Mixed greens salad 4oz Salad dressing Peaches 4oz Cinnamon roll Milk	11 Oven fried chicken California mash 4oz w/ Gravy Spinach 4oz Strawberries 4oz White cake Milk Roll	12 Cheesy potato & egg bake 8oz Green beans 4oz Orange juice 4oz Banana Milk Fruit swirl coffee cake
15 Liver & onions OR Salisbury steak Mashed potatoes 4oz w/ Onion gravy Milk Mixed vegetables 4oz Peaches 4oz Bread	16 Pulled pork 3oz on a Bun Hominy 4oz Cole slaw 4oz Blushing pears 4oz Milk	17 Chicken fajita salad 8oz (lettuce, tomato, cheese, chips) Salsa Refried beans 4oz Strawberries 4oz Bread pudding 4oz Milk	18 Ham 3oz Scalloped potatoes 4oz Peas 4oz Mixed fruit 4oz Roll Milk Pineapple upside down cake	19 HOLIDAY
22 Chicken fried steak Mashed potatoes 4oz Cream gravy Combination salad 4oz Salad dressing Milk Apricots 4oz Roll	23 Baked chicken Scalloped potatoes 4oz Mixed green salad 4oz Salad dressing Mandarin oranges 4oz Wacky Cake Roll Milk	24 New England stew 8oz Green beans 4oz Orange juice 4oz Mixed fruit 4oz Cornbread Milk	25 Fish w/tartar sauce OR Chicken sandwich w/set up Bun Cole slaw 4oz Beets 4oz Peaches 4oz Milk	26 Pork & noodle cass 8oz Roasted zucchini 4oz Corn relish salad 4oz Plums 4oz Wheat roll Milk
29 Chicken & rice cass 8oz German mixed veg 4oz Strawberries 4oz Garlic bread Vanilla pudding 4oz Milk	30 Pork roast 3oz w/gravy Cabbage au gratin 4oz Peas 4oz Pears 4oz Roll Milk	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	Birth Day - April 11 Choice Day - April 15 & 25 Circled Days - meals that freeze well Good Friday - April 19 Volunteer Appreciation Day - April 23	

Easter Wordsearch Puzzle



See if you can find all the Easter words in this wordsearch!
The words may be forwards, backwards and diagonal.



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

Basket
Bunny
Celebration
Chicks
Chocolate

Church
Cotton tails
Craft
Daffodil
Easter

Eggs
Flowers
Hot cross buns
Hunt
Parade

Rabbit
Resurrection
Spring
Sunday
Yellow



Medical Mission

at Home



A Day of Free Healthcare

Saturday, April 13, 2019

9:30 a.m.-3 p.m.

**Mueller Aerospace Magnet
Elementary School**

2500 E. 18th St. N.
Wichita, KS 67214

Parking

19th and Poplar

19th and Volutsia

**For more information
or to volunteer, visit us at
viachristi.org/medicalmission**

Join us for our Medical Mission at Home, where we'll be offering spiritually centered care designed to improve the health of your whole family and the health of our community. Best of all, it's free, so no insurance is needed. To take part, simply register at the event by 3 p.m.

Services

- Medical care and testing
- Dental, vision and hearing screening
- Foot care
- Community resources and education
- Connection to follow-up care and more



**Ascension
Via Christi**



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Community Center
921 Janet Ave
Clearwater, KS 67026
620-584-2332
commcenter@sktc.net



**Clearwater Senior & Community
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Mission Statement:

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