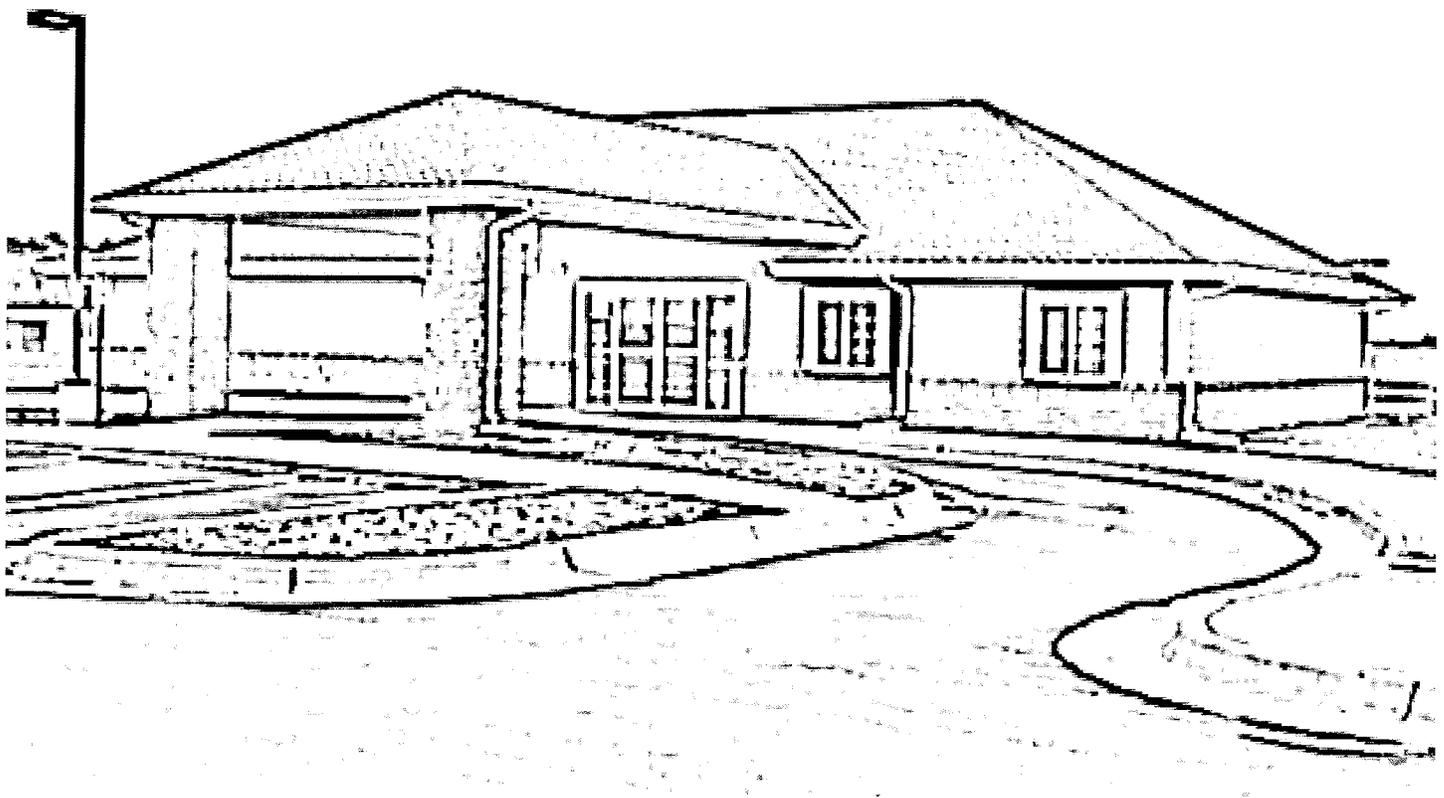




THE SCOOP

June 2008



Clearwater Senior and Community Center

921 Janet Avenue
Clearwater, Kansas 67026
620.584.2332

CENTER UPDATES

Lewis Kellogg has several people in the exercise class. We have room for about eight to 10 more to fill the class. Exercise is very important to the body, as it not only helps keep the muscles toned, but gets the heart rate up and the keep breathing gets the oxygen into the blood and the lungs. This class focuses on less strenuous exercises that are designed for the older adults. The exercises are designed to work almost every body part, to help us stay limber and well balanced.

Our third Saturday biscuits and sausage gravy has been a good fund raiser and has helped us to get a lot of new people into the center. At this time we have 100 new people into the center this year. Which is quite an accomplishment and shows the effort of this community and it's willingness to help. We also have over 210 people who have signed the participation card this year. At our last breakfast we had people play pool, bridge, and bowling on the Wii program. This is great to see other things going on; than just one event. The center thanks you.

Our RSVP program has raised over \$1,000.00 so for this year. Again we want to thank all the drivers for their time and effort in getting this program started. Also, a thank you for the people who have used the service. We really need a 24 hour notice, so we can line the drivers. If you have an appointment and know about it 2 or 3 weeks, call us as quick as possible, that will make every thing run smoother. Just as a reminder we need to have the driver sheets turned in by the 5th of each. We cannot let them accumulate. A BIG THANK YOU ALL!!!!

Do not forget the Jam Sessions on the first Saturday night of each month. We have a good time and the music is great.

****Coming event ****mark June the 8th, which is a Sunday, from 2-4 we are going to have our 1st anniversary party. Keep looking in the Sentinel and on channel 2 for up dates. Please come and see all the new items and programs that have been started or will start. Should you have an idea or suggestion no what we should try or do; let it be known.

Rentals of the building have picked up, but we still have many open evening and afternoons open for other activities. Several people have expressed an interest in having a dance. That is good, but when and at what type of dance would you like. Don't forget that you can dance at the jam session. So, talk it up and it will come to pass. Call us to rent at 584-2332.

Center up-dates continued

On Tuesday the 12 of May, we had the Bel Canto group from Clearwater High School come to the Center and entertain us. They were under the leadership of Debbie Charles and the group consisted of: Melanie Brockleman, Hope Burke, Rachel Cordell, Katie Garrison, Liz Harmon, Morgan Kenney, Kathleen Maus, Molly Mills, Paige Moedrer, Rachel Pelz, Anna White, and Abbee Widler. The energy and enthusiasm they displayed was very enjoyable. With young people working like this we still have a lot to look forward as they take their places out in the world. The parents, school, community and a lot to be proud of with not only this group, of others coming thru the high school.

Our brochure is ready to be printed and will soon be out. We want to thank everyone for their input and suggestions. Again with everyone working together we will accomplish more.

The ladies are busy working on vest for Fall Festival. It will be here before we know it as the time passes very fast. We will have them done.

Good Neighbor Nutrition serves meals every day but Holidays and week-ends. If you need a ride or like to come to the Center and you live within the city limits, give us a call. Or if you need a meal delivered, please call Cindy. 584-2332 We have enough room to fed 64 people at least at the noon meal. It is a good way to get out of the house, meet old friends, have a well balanced meal and enjoy the company of others. The meals are planned by a dietician They ask for a \$2.00 donation per meal per day. Please call by Thursday for Monday, Tuesday, and Wednesday. Tuesday is the last day to call for Thursday and Friday.

We have a lot of different educational classes coming up. Most of them will be on Fridays evenings when we brake from calls. These class are 10 to 15 minutes long and are necessary for us to maintain the number of classes to qualify us to keep our current status with the Department on Aging. These classes also keep us updated as to new programs and ways of helping us to cope with new diseases or how they are being treated. I can not remember from year to year all the new things that are going on

We are looking for volunteers to start a Wellness calling committee. If you can help with us let us know. 620-584-2332

JOKES AND OR POINTS TO PONDER

Three sisters, ages 92, 94, and 96; live in the same house together. One night the 96-year-old draws a bath. Remembers she forgot the towel. When she came back she put her foot in and pauses. She yells to the others sisters, "Was I getting in or out of the bath?"

The 94-year-old yells back, "I'll come up and see." She starts up and hears a noise and pauses. Then she says, "Was I going up or down?"

The 92-year-old is sitting at the kitchen table having a cup of tea listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful, knock on wood." She then yells, "I'll come up and help both you as soon as I see who's at the door."

LOST IN THE DARNEST PLACES:

An elderly Floridian called 911 on cell phone to report that her car had been broken into. She is hysterical as she explains her situation to the dispatcher: "They stolen the stereo, the steering wheel, the brake pedal and even the accelerator!" she cried.

The dispatcher said, "Stay calm. An officer is on the way."

A few minutes later, the officer radios in "Disregard." He says. "She got into the back seat by mistake."

New York City Report Cards; These are actual comments on students' report cards by teachers in the New York City public school system. The teachers were reprimanded. We wonder why some children turn out the way they do. Just read below.

- 1) Since my last report, your child has reached rock bottom and has started to dig.
- 2) I would not allow this student to breed
- 3) Your child has delusions of adequacy.
- 4) Your son is depriving a village of an idiot.
- 5) Your son sets low personal standards and then consistently fails to achieve them.
- 6) This child has been working with glue too much.
- 7) When your daughter's IQ reaches 50, she should sell.
- 8) The gates are down, the lights are flashing, but the train isn't coming.

SAT tests given in Springdale, Arkansas in 2000. Just think, one could be president.

Q. Name the four seasons. A. Salt, pepper, mustard, and vinegar

Q. How is dew formed? A. The sun shines down on the leaves and they perspire.

Q. What are steroids? A. Things for keeping carpets still on stairs.

Q. How can you delay milk turning sour? A. Keep it in the cow.

Q. Name a major disease associated with cigarettes? A. Premature death

Q. What happens to your body as you age? When you get old, so do your bowels and you get intercontinental.

JUNE BIRTHDAYS

4 Mable Shoff	7 Don Mc Millan
7 Roger Ratcliff	9 Warren Conner
11 Robert Pugh	12 Margaret Dunnell
12 June Finney	15 Sandra Cummins
15 Robert Topham	16 Mary Mitchell
17 Richard Vogel	18 Farol McMillan
18 Faye Neises	22 David Crews
24 Sandy Baxter	27 Dorothy Luckner
27 Genevieve Wilbur	30 Ron Chippeaux

JUNE ANNIVERSARIES

1 Mr. and Mrs. Gordon Mikesell	2 Mr. and Mrs. Richard Sperry
2 Mr. and Mrs. Roger Dawson	4 Mr. and Mrs. Doyle Patton
6 Mr. and Mrs. David Gannaway	6 Mr. and Mrs. Marion Barrow
8 Mr. and Mrs. Page House	10 Mr. and Mrs. John Toothaker
14 Mr. and Mrs. Bob Nordstedt	20 Mr. and Mrs. Jim Leibold

DON'T LOOK BACK

The years have left their imprint on my hands and on my face
Erect no longer is my walk and slower is my pace.

But there is no fear within my heart because I'm growing old
I only wish I had more time to further serve my Lord.

When I've gone to Him in prayer, he has brought me inner peace
And soon my cares and worries and all other troubles cease.

He has blessed me in so many ways, he has never let me down.
Why should I fear the future, when I soon may touch His crown?

Though I know down here my time is short, there is endless time up there
And He will forgive and keep me forever in His loving care.

May I not waste an hour that's left to glorify His name
of the one died, that we may live, and for our sins took all the blame.

By John R. Wooden
Former coach UCLA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>June 2008</h1>						
1	2 9:30 AM Beg Painting 1 PM Ad Painting	3 9:30 AM Arts & Craft 12:30 Pitch Club 10AM Exercise 7PM AA Meeting	4	5 9:30 Arts & Crafts 10 AM Planning Meeting 7PM AA Meeting	6 10AM Exercise 4-8 PM Games	7 7PM Jam Session
8 Anniversary	9 9:30 AM Beg painting 1 PM Ad Painting	10 Noon Carry in Lunch 7PM AA Meeting	11	12 9:30 Arts & Crafts 7PM AA Meeting	13 4-8 Card Games 10AM Exercise	14
15	16 9:30 AM Sewing Noon-Advisory Meeting 6:30PM Fall Festival Meeting	17 1 PM Bridge Club 10 AM Exercise 7PM AA Meeting	18	19 9:30 Arts & Crafts 7 PM AA Meeting	20 10 AM Exercise Noon Shamrock Meeting 4-8PM Card Games	21 7AM Biscuits & Sausage Breakfast
22	23 9:30AM Sewing	24 10AM Exercise 12:30PM Remember When 7PM AA Meeting	25	26 9:30 Arts & Crafts 7PM AA Meeting	27 10AM Exercise 4-8 PM Card Games	28 7PM Family Bingo
29	30 9:39 AM Sewing		***** HAPPY BELATED MOTHERS DAY!! *****		***** HAPPY FATHERS DAY!! *****	

JUNE 2008

GNNP MENU (menu is subject to change)

GOOD NEIGHBOR NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUTHWEST CHICKEN W/PASTA CAPRI VEGETABLES APRICOT MIX SUGAR COOKIES WHOLE WHEAT BREAD 20 Gm Fat 651 Calories 1043 mg Sodium	BEEF GUMBO CREAMY SCALLOPED POTATOES PINEAPPLE CHUNKS CRACKERS 19 Gm Fat 664 Calories 700 mg Sodium	● APPLE WALNUT TURKEY SALAD ON WHOLE WHEAT BREAD SPINACH SALAD W/DRSG MANDARIN ORANGES OATMEAL COOKIES 20 Gm Fat 640 Calories 1088 mg Sodium	BEEF PATTY W/MUSH. GRAVY MASHED POTATOES MARINATED GREEN BEANS CINNAMON APPLESAUCE WHOLE WHEAT BREAD 28 Gm Fat 744 Calories 810 mg Sodium	SOFT TACO RED BEANS & ONIONS BANANAS & STRAWBERRIES 21 Gm Fat 768 Calories 937 mg Sodium
MEATLOAF W/TOMATO SAUCE POTATOES O'BRIEN PICKLED BEETS SPRING FRUIT MIX WHOLE WHEAT BREAD 21 Gm Fat 733 Calories 1163 mg Sodium	PEPPER STRIP STEAK MASHED POTATOES COMBINATION SALAD W/DRSG SUGAR & SPICE APPLES POTATO ROLL 31 Gm Fat 832 Calories 903 mg Sodium	CHICKEN TORTILLA SOUP CAULIFLOWER SUNSHINE APPLE JELLO SODIUM FREE CRACKERS 26 Gm Fat 726 Calories 931 mg Sodium	◎ ROAST PORK W/APPLES BROCCOLI FRESH BANANA TAPIOCA PUDDING WHOLE WHEAT BREAD 23 Gm Fat 727 Calories 612 mg Sodium	CHILI CHEESE POTATO ROMAINE SALAD W/DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD 18 Gm Fat 658 Calories 665 mg Sodium
GROUND BEEF STROGANOFF MEDITERRANEAN VEGETABLES PINEAPPLESAUCE WHOLE WHEAT BREAD 27 Gm Fat 664 Calories 705 mg Sodium	● SCALLOPED HAM & POTATOES PEA LETTUCE SALAD W/DRSG MANDARIN ORANGES WHOLE WHEAT ROLL 19 Gm Fat 635 Calories 916 mg Sodium	ITALIAN NOODLE CASSEROLE BROCCOLI PEARS FRENCH BREAD 20 Gm Fat 702 Calories 1064 mg Sodium	SLOPPY JOE ON BUN GREEN BEANS ROTINI PASTA SALAD STRAWBERRIES & APRICOTS 23 Gm Fat 679 Calories 893 mg Sodium	● TURKEY & CAVATAPPI BRUSSELS SPROUTS CRANBERRY GELATIN SALAD DINNER ROLL 15 Gm Fat 631 Calories 948 mg Sodium
GOULASH CALIFORNIA VEGETABLES STRAWBERRY PEAR GELATIN WHOLE WHEAT BREAD 22 Gm Fat 671 Calories 839 mg Sodium	LEMON PEPPER CHICKEN GARDEN RICE PILAF GARDEN VEG. SALAD W/DRSG PEACHES FORTUNE COOKIE POTATO ROLL 13 Gm Fat 626 Calories 703 mg Sodium	● HAM & BEANS W/ONIONS CAPRI VEGETABLES TROPICAL FRUIT GINGERSNAP COOKIES CORNBREAD 14 Gm Fat 653 Calories 1088 mg Sodium	TACO SALAD PEAS FRESH ORANGE 27 Gm Fat 651 Calories 795 mg Sodium	BBQ BEEF BRISKET ON BUN BUTTERED CABBAGE CARRIFRUIT SALAD STRAWBERRY SHORTCAKE 35 Gm Fat 787 Calories 671 mg Sodium
CHEESEBURGER ON BUN POTATO SALAD RANCH BROCCOLI SALAD FRESH APPLE 30 Gm Fat 792 Calories 820 mg Sodium				● CONTAINS TURKEY ◎ CONTAINS PORK

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