

The Scoop

September, 2011



CLEARWATER



**COMMUNITY CENTER
& SENIOR HAPPENINGS**

921 Janet Avenue

Clearwater, Kansas 67026

commcenter@sktc.net

Phone: 620-584-2332



Barbara



Marlene

TUESDAY, AUGUST 9, 2011, LUNCHEON

Carl gave the blessing for the food, barbecued meatballs as the entrée prepared by Angie Shaver and Carl Shaffer, for the 29 folks present.

Following the meal, **RN Susan Heinhaus**, from the Manor, told about HEART HEALTHY tips:

PHYSICAL ACTIVITY: Don't do something for someone else if they are capable of doing it themselves. Household chores such as running the vacuum sweeper can give a good workout. A moderate exercise routine is recommended. (By the way, **Lew Kellogg** leads an exercise program at the Center on Tues. and Fri. and all seniors are welcome.)

NUTRITION: Proper weight-management includes eating well-balanced meals, reduced red meats, chicken or fish (which are best prepared by grilling.) We need to read food labels closely for such things as sodium (salt) and cholesterol.

STRESS MANAGEMENT: This can affect one from head to toe. If you find yourself in a stressful situation and can possibly change what you are doing to something else, do it. Know what and how all medications you might be taking for your heart works, and monitor blood pressure medications. Be aware of medications interacting with each other.

SIGNS AND SYMPTOMS OF HEART ATTACK: These differ in men and women. Some things to watch for may be pain in the left arm, jaw, shortness of breath, excessive sweating, back pain, 'heart burn', nausea/vomiting, headache, inflated blood pressure. CALL 911 RIGHT AWAY!!

Police Chief Gene Garcia was our second speaker. He told us that there are still SCAMS making the rounds in town. He then told us about the **DARE Program** that the school gives the 5th graders with the local police department being the teachers. It is a 10 week program. They feel the 10-12 year olds are very impressionable. During their classroom study they have 5 rules they follow. 1. Raise your hand to be called on. 2. Be positive and respectful. 3. Observe and use the Quiet signal. 4. Use the words 'Someone I know,' instead of a name when sharing a story. 5. Answer only questions that you feel comfortable to you.

DARE stands for Drug Abuse Resistance Education. Garcia told how bullying has gotten worse, as is huffing. Advertising is a big influence, and to refrain from smoking is important.

Chairperson **Barbara Hufford** took charge of the business meeting. **Marlene Parret** led the group in the Flag Salute and National Anthem. She also told that the big American flag pole at the cemetery had recently been bent over and broken by strong winds.

ANNOUNCEMENTS:

There were 47 in attendance at the Jam Session last Saturday, the 6th, with some new instrumentalists. There will be NO Wednesday movie on the 17th. Biscuits and Gravy will be served on the 20th. **Farol McMillan and Betty Jo Embry** are to be the September hosts for the luncheon. The 27th is the date for the Fish Fry Supper with the quilt to be raffled off. So far there has been \$700 in tickets sold. **Peggy Brockman** also reminded all about the quilt show to be during the Fall Festival at The River Church. **Bruce Hopson** was presented an appreciation pin for work he does at the Center. He was out of town when the appreciation supper was held earlier in the year. Carl stated he wants to have a Work Day at the Center in September. The date will be announced later. A noon meal will be furnished. **Angie Shaver** won the door prize, an apron with a sunflower scene on the bib. This was done By **Barbara Hufford**. Besides **Chief Garcia**, others representing the city were **Fire Chief Marvin Schauf, City Administrator Kent Brown, and Councilman Jim Frischenmeyer**.

-----submitted by Marlene Parret, secretary

SENIOR EXPO 2011

Central Plains Area Agency on Aging's Senior Expo 2011, "Age of Aquarius" is coming soon. Grab your love beads, tie dye and bell bottoms and join us on Sept. 22 for a groovy day. Visit Senior Expo at four locations in Wichita including Botanica, Exploration Place, The Wichita Art Museum and Cowtown Museum. Entrance to Senior Expo and admission to the museums is FREE to anyone age 55 and older and to caregivers of all ages! Find valuable information from over 130 vendors, health screenings, health and wellness information, new opportunities and enjoy the fashion show highlighting the "Sensational Sixties Fads and Fashions" (we are on the search for models now, no experience is required but models must be 55 or older.) Free transportation is offered between all four locations and lunch is available for \$6.00 at each site.

To kick off Senior Expo festivities adults 55 and older are invited to the Senior Expo Gala on Sept. 21 at 7 pm at The Cotillion. Enjoy an elegant evening of live music, hors d'oeuvres, and dancing. Admission is \$5.00 per person. Pay at the door or purchase tickets at Central Plains Area Agency on Aging at 2622 W. Central, Ste. 500. For more information visit www.cpaaa.org

Highlights of Senior Expo:

1. Interactive booths promoting healthy living including cooking demos, tastings, health snacks, and samples - 2. Music from the 60's throughout the day.

Many fun activities are available.



Pictured above left are some of the 'Old Sew and Sews' who made the quilt that is being held behind the group. From L To R are Pat Stewart, Angie Shaver, Michelle Klausmeyer, Barb Hufford and Carl Shaffer.



Michelle Klausmeyer winner of the 2011 quilt.

CATFISH FRY SUPPER AND QUILT DRAWING

The 3rd annual Catfish Fry supper was a huge success. The total number of diners was down from last year, but those who came for supper were quite pleased with the offerings. Several diners enjoyed the fish so much that they almost didn't leave room for the variety of cakes offered for dessert.

When Michelle's name was drawn as the winner of the quilt, she was home. Peggy Brockman and Carl Shaffer each dialed her number. Carl was able to reach her and she was at The Center within the half hour. Michelle lives in Haysville, but works here in Clearwater at The Manor. She purchased her winning ticket at Casey's. She was one happy lady!



Pat, Barb, Clea & Carl With winning ticket



Peggy making call to Michelle



Peggy & Marlene, part of kitchen cleanup crew

ADVICE TO AN OLD GUY

An old guy (not in the best of shape) was working out in the gym when he spotted a sweet young thing. He asked the nearby trainer, "What machine in here should I use to impress that sweet thing over there."

The trainer looked him up and down and said, "I'd try the ATM in the lobby."



Pictured above are speakers and birthday folks attending the August luncheon. Clearwater Police Chief Gene Garcia spoke to the group about the DARE program. RN Susan Heinhaus from The Manor shared "Heart Healthy Tips" with us. The last three pictures are of the birthday people in attendance: Carl Shaffer, Joan Fleming, and Mary Jo McMahan.

The National 9/11 Memorial will be dedicated on the 10th anniversary of the 9/11 attacks in a ceremony for victims' families. The following day it will be open to visitors with reserved advanced passes. DISPLAY YOUR FLAG!

SEPTEMBER BIRTHDAYS



- 01 Rosie Patton
- 01 Renee Tjaden
- 01 Van Tjaden
- 01 Jacki Watkins
- 02 Barbara Byrd
- 02 Sonnie Chambers
- 02 Barbara Redburn
- 02 Sid Wise
- 06 Ava Don McGeary
- 07 Beverly Hammers
- 09 Harry Crum
- 09 Val Lange
- 12 Mary Ann Love
- 13 John Chitwood
- 15 Dennis Buck
- 15 Ollie Robbins
- 16 Lou Ann Jarboe
- 17 Mary Jane Hoelscher
- 19 Julia Stolzeise
- 20 Jeanne McCoy
- 20 Nolan Mize
- 22 Helen Fesnock
- 22 Lewis Kellogg
- 22 John Kurimsky
- 23 Louise Stockhaus
- 25 Richard Wasinger
- 26 Irlene Kellogg
- 26 Wanda Stitt
- 27 Frank Gerlach
- 27 Wayne McEntire
- 28 Joni Mills
- 30 David Fitzgerald
- 30 Valeta Lindamood



MARLENE'S "LITTLE BITS"

- *Don't worry about things you can't help.
- *The only sharp edged tool that gets sharper with use is the tongue.
- *There is no danger of developing eye strain from looking on the bright side of things.
- *I will live humbly, hopefully, and helpfully today.

INNER PEACE

(from my cousin, Lawren, in Idaho)

If you can start the day without caffeine, If you can always be cheerful, ignoring aches & pains, If you can resist complaining and boring people with your troubles, If you can eat plain food every day and be grateful, If you can understand when your loved ones are too busy to give you any time or the attention you want, If you can take criticism and blame without any resentment, If you can conquer tension without medical help, If you can relax without liquor, If you can sleep without the aid of drugs, -----
Then you're probably the family dog



OLD IS JUST OLD, NOT STUPID

(Again from Lawren's emails)

A strong young man at a construction site was bragging that he could out-do anyone in a feat of strength. He made a special case of making fun of one of the older workmen. After several minutes, the older worker had enough.

"Why don't you put your money where your mouth is," he said. "I'll bet a week's wages that I can haul something in a wheelbarrow over to that building that you won't be able to wheel back."

"You're on, old man," the braggart replied. "Let's see you do it."

The old man reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said, "All right, Big Mouth, get in."

Frankie Valens sent the final copy of his book to the editor the last week of July to start adding pictures, then page numbers. Wow!

WHO TO CALL

THE SCOOP is a monthly newsletter of the Clearwater Community Center, 921 Janet, Clearwater, KS 67026.

Publisher: Carl Shaffer, 620-584-2332

commcenter@sktc.net

Editor: Ruby Fisher, 620-584-2866

ruby67026@sktc.net

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THE SCOOP can also be seen online, in color, by going to City of Clearwater's website:

<http://www.clearwaterks.org>

ADVISORY COMMITTEE MEMBERS

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

PLANNING COMMITTEE MEMBERS

- Chair - Barbara Hufford
- Co-Chair - Angie Shaver
- Secretary - Marlene Parret
- Historian - Helen Fesnock
- Activity Leader - June Finney
- RSVP Program - Farol McMillan

VIP PASSES FOR SENIORS

AT USD 264

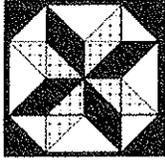
All patrons of the Clearwater school district who are 65 years of age or over are eligible to receive a VIP pass which provides free admittance to all school activities, including high school and middle school athletics and the high school plays and musicals. Passes are available at the central office, 150 So. Prospect. The passes are not valid for regional or sub-state games sponsored by the Kansas State High School Activities Association.

(If you already have a pass, it is not necessary to renew it. Passes are active as long as you are.-Ruby)

Albert Einstein offers advice about following your principles:

"Never do anything against conscience even if the state demands it."

Sam Sneed, golfer: "The only reason I ever played golf was so I could afford to hunt & fish."



Clearwater Sew & Sew's

"History through Threads" Quilt Show

During Clearwater Fall Festival

Friday Oct. 21st & Saturday Oct. 22nd 10AM to 4PM

The River Community Church, 321 N 4th, Clearwater, KS

Contact: Peggy Brockman – 620-584-2555

Our goal is to have a display of quilts related to Clearwater in some way. We would like to have quilts that may have come to Kansas in a covered wagon, as well as the quilt you just finished.

If possible please put a sleeve on your quilt. If not, we will still hang it. We can display approximately 50 quilts, at this time we can only permit one quilt per owner. This is a display; there is no judging or prizes. There is no entry fee or charge to attend.

Entries can be mailed to Peggy Brockman, 349 S Gorin, Clearwater, KS 67026. If we have not exceeded the number of entries we can display by drop off day, we will accept quilts then. Quilts should be delivered to The River Church on Wed. Oct. 19 between 9am and 6pm. Pickup will be Sun. Oct 23, 1pm to 3 pm. No quilts will be released before 1pm.

No food or drinks in the area of the quilts.

Entry Form:

Owner' Name: _____

Address: _____

Phone: _____

Quilt Name: _____

Maker: _____

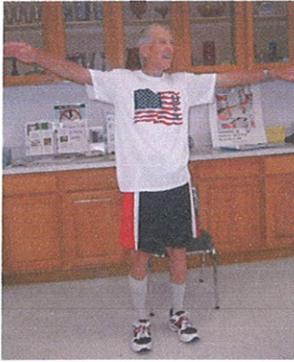
Age Of Quilt: _____ Quilt Size (width/length): _____

Brief History of Quilt: _____

Pickup Person (if not owner): _____

I agree to release the respective agents and members of Clearwater Sew & Sew's, and The River Community Church from all liability for any loss, damage, theft, injury or destruction to any article entered by me in the Quilt Show Oct. 19th- 23rd, 2011. I understand that I bear and agree to assume the risk of loss to my property and that it is up to me to properly insure my property against any or all risks of loss. The quilt show is not affiliated with the Clearwater Fall Festival.

Owner' Signature: _____



Lew Kellogg leading the class



Marlene, Candy & Janetta warming up



Wanda working out

THE SENIOR'S EXERCISE CLASS

By Lew Kellogg

Hi, everyone! We have a great exercise class of Seniors at our 10 AM classes on Tuesday and Fridays. We have fun while getting to work out and socialize a bit. Most of us are pushing to extend a healthy life style. Exercise alone provides participants with 15% more flexibility.

Yours truly was fortunate to be approved to receive Tai Chi training under guidance of American Arthritis Foundation's training program. I am glad to be a certified Tai Chi training instructor and hope to share some of the great health values with you. This is the Sun Form of Tai Chi designed for anyone with arthritis or prone to develop it. (Three out of five people at age 65 have arthritis.) The Arthritis Foundation has researched the benefits of Tai Chi exercise and conclusively found this form of exercise reduces the likelihood of falling by 70%. Tai Chi exercises provides **cardiovascular exercise**, **body strengthening** to build stronger muscle and bone structure, ect., along with **flexibility** and **balance**. It will involve proper breathing to strengthen our lungs, relaxing to lower our blood pressure, and we will provide some diet ideas. (Did you realize that ever one (1) pound extra you carry above your normal weight adds 4 pounds additional load to each leg joint? With arthritis joint problems this can be an aggravating condition to your joints.)

We are hoping to start classes sometime in September on Tuesdays and Fridays (8:45 to 9:45 am). We have **Medical Forms** that must be completed prior to class. The local Arthritis Foundation Office in Wichita will retain these copies. Several members of our current classes have shown interest in this program. If you are interested please call or see **Carl Shaffer, Lew Kellogg, or Marlene Parret** for information or for medical forms. A donation of \$8.00 per month is requested. This money goes to the Clearwater Senior Center only. (If your financial position does not permit payments we will cover for you.) Remember, these classes are provided in collaboration with the Arthritis Foundation.

We Hope To See You There!



FROM CARL'S DESK

To those of you who are going on vacation, the city of Clearwater Police Department has given the Center several 'vacation watch' forms. When the forms are filled out and turned in to the Police Dept., the officers will make sure that all is OK. Anything looking suspicious will be checked further. These forms will be available when the Center is open- or -they can be picked up at the Police Department down town. This is an effort to help both the police and the community. Thanks to Chief Garcia and his department for protecting our community.

A VERY BIG THANK YOU goes to the 'Old Sew 'N Sews' and to all the volunteers who sold tickets on the beautiful quilt. **A Big Thank You also goes to Mize's Thriftway and to Casey's** for allowing us to sell the tickets from their businesses. Without those who bought tickets we would not have had the success we did on this project. This is another good example of people helping and supporting others in this community.

We are going to need help for a work party to deep clean our building on **Sept. 24**. We haven't had an intense cleaning of this type since the building opened in June of 2007. We are really in need of some good, agile people who can help in this endeavor. For those who help, there will be a meal provided at noon. Should we have 10 to 12 people, we can split up in groups of 2 and finish the job by noon.

The speaker for the Sept. luncheon will be Lee Ann Schultz, Angels Health Care, Winfield. Her topic will be 'Prevention of Falling.'



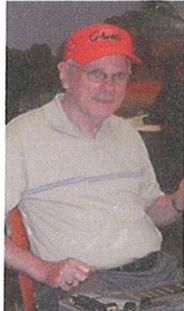
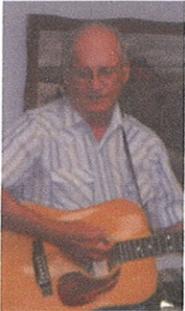
JAM SESSION



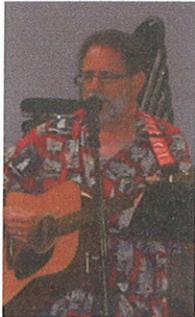
Sandy Cummins started off her new commitment to August's "first Saturday night of the month" with a bang. She shortened the length of the program to two hours but still had a break for folks to sample all the goodies they brought to share and check the indoor plumbing.

A number of her friends showed up with their instruments and put on a GREAT show! If we can get folks to start attending the Sessions, I hope her friends will continue to share their talents (along with the local talent) with us.

According to the sign-in sheet there were 46 folks in attendance. To help get the rest of you people interested, check out the musicians photos below.



Pictured above, L to R are **Bob Burks**, Wichita, rhythm guitar and vocal; **Jerry Angstadt**, Haysville, steel guitar; and **Ray Taton**, Cheney, rhythm guitar and vocal.



Pictured above are **Mike Linn**, Wichita, rhythm guitar & vocal; **Roger Dawson & Max Tjaden**, both rhythm guitar & vocal. Roger and Max are both local talent.



Darrel and **Connie Stoner** of Wichita - Darrel didn't bring his drums, but Connie had her rhythm guitar and did fantastic vocals.

Not pictured are **Raymond Thompson** of Wichita, vocalist, **Bob Parmele**, rhythm guitar, harmonica & vocal, and **Bruce Hopson**, rhythm guitar and vocal. (*Bad, Bad Camera!* - Ruby)



From Carl's Desk



John Chitwood, well known from "The Barn" at Conway Springs, would like to get a **square dance program** started here at the 'Center'. We are going to have a meeting at 7:00 PM, Sept. 16. John will be the instructor and has been involved in square dancing for several years. This program is open to people of all ages. Since this is football season, we will change the date to another night so we can accommodate most people.

Speaking of dancing, **Maggie Liebold** would like to start teaching **line dancing** at the 'Center.' Our first class will be Thursday, Sept. 15 at 10:00AM. Anyone wanting to learn the basic steps of line dancing are welcome or if you already know how to line dance, you can go with the advance group. Maggie has been doing line dancing for a while and will be an excellent teacher.

Not just Seniors, but folks of all ages might be able to use **Everett Jackson's** help. Everett, who works at Mize's, will be available to carry away any scrap metal you may have cluttering your yard. You can catch him at the store or call him at **650-2877**.

Almost every Senior Center is involved with the **Wii games**. Most centers have their own teams and have formed their own leagues. Some teams are men, some are women, and some are mixed teams. Others use it for exercise, but in any case, they are very active with bowling. One man, George Wattenbarger, just bowled his 25th perfect game. George is 94 year old and does his bowling sitting down.

Every afternoon the 'Center' is available for **Wii games** such as boxing (if you really want a workout), golf, baseball, and tennis, in addition to the bowling, so you do have a variety of games from which to choose. We also have a **pool table** that is available every day either in the morning or in the afternoon.

Flu shots will be given here at the 'Center' from 9:30 to 11:30 AM, Thursday, Sept. 15. Wendy, from the Sedg. Co. Health Dept., will be giving the shots. You must call Carl, 584-2332 (8 am to 2 pm) by Tuesday, Sept. 13 to get your name on the list. Carl can tell you what information you need to bring with you.

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

SEPTEMBER 2010

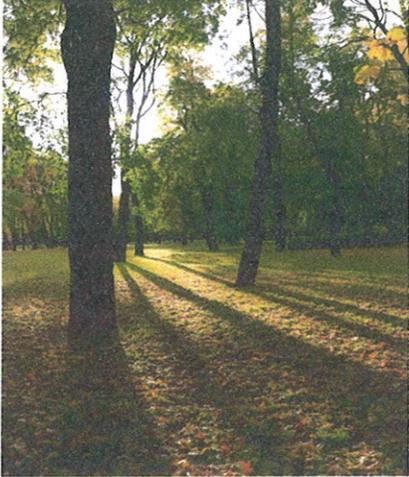
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> CONTAINS TURKEY CONTAINS PORK 	 <p>AUTUMN BEGINS SEPTEMBER 23</p>	 <p>PATRIOT DAY SEPTEMBER 11</p>	<p>● HAM & BEANS SPINACH FRESH ORANGE CORNBREAD</p>	<p>BEEF & MACARONI BROCCOLI FRUIT COCKTAIL CHOCOLATE PUDDING WHOLE WHEAT BREAD</p>
<p>CLOSED FOR LABOR DAY HOLIDAY</p>	<p>CHILI w/BEANS CAPRI VEGETABLES PEACH CUP SUGAR COOKIES SALTINE CRACKERS</p>	<p>OVEN ROASTED CHICKEN GARDEN RICE PILAF COMBINATION SALAD w/DRSG FRUITED GELATIN WHOLE WHEAT BREAD</p>	<p>MEATLOAF MASHED POTATOES PICKLED BEETS FRUIT COCKTAIL WHOLE WHEAT BREAD</p>	<p>● APPLE WALNUT TURKEY SALAD On WHEAT BREAD LOOSE LEAF SALAD w/DRSG FRESH BANANA OATMEAL COOKIES</p>
<p>CHEESEBURGER on BUN MEDITERRANEAN VEGETABLES POTATO SALAD PINEAPPLESAUCE</p>	<p>GROUND BEEF STROGANOFF GREEN BEANS FRESH ORANGE TAPIOCA PUDDING WHOLE WHEAT BREAD</p>	<p>● TURKEY TORTILLA SOUP LOOSE LEAF SALAD w/DRSG PEACH CUP SUGAR COOKIES SALTINE CRACKERS</p>	<p>SPAGHETTI w/MEATSAUCE PEAS STRAWBERRY CUP BREADSTICKS</p>	<p>TUNA PASTA CASSEROLE BROCCOLI APRICOT MIX GINGERSNAP COOKIES POTATO ROLL</p>
<p>26 Gm Fat 692 Calories 798 mg Sodium</p>	<p>26 Gm Fat 759 Calories 889 mg Sodium</p>	<p>23 Gm Fat 660 Calories 656 mg Sodium</p>	<p>19 Gm Fat 655 Calories 1030 mg Sodium</p>	<p>20 Gm Fat 672 Calories 1065 mg Sodium</p>
<p>● SCALLOPED POTATOES w/HAM PEAS ROSY APPLESAUCE STRAWBERRY APPLE GELATIN WHOLE WHEAT BREAD</p>	<p>BBO BEEF BRISKET on BUN THREE BEAN SALAD MANDARIN ORANGES VANILLA PUDDING</p>	<p>TACO SALAD CALICO CORN FRESH ORANGE</p>	<p>● TURKEY TETRAZINI CALIFORNIA VEGETABLES PEACH SLICES WHOLE WHEAT BREAD</p>	<p>PEPPER STRIP STEAK MASHED POTATOES TOSSED SALAD w/DRSG APRICOTS POTATO ROLL</p>
<p>17 Gm Fat 765 Calories 1148 mg Sodium</p>	<p>31 Gm Fat 764 Calories 1026 mg Sodium</p>	<p>25 Gm Fat 771 Calories 1021 mg Sodium</p>	<p>18 Gm Fat 754 Calories 819 mg Sodium</p>	<p>16 Gm Fat 653 Calories 1042 mg Sodium</p>
<p>BEEF MINESTRONE SOUP BAKED POTATO PINEAPPLE CHUNKS SALTINE CRACKERS</p>	<p>BEEF PATTY w/ONION GRAVY MASHED POTATOES PICKLED BEETS FRUIT COCKTAIL WHOLE WHEAT BREAD</p>	<p>● TURKEY POT PIE BROCCOLI FRESH BANANA BISCUIT</p>	<p>SLOPPY JOE on BUN CORN ITALIAN PASTA SALAD FRUITY AMBROSIA</p>	<p>SOFT TACO RED BEANS & ONIONS MANDARIN ORANGES CHOCOLATE CHIP CAKE w/COCOA TOPPING</p>
<p>21 Gm Fat 723 Calories 573 mg Sodium</p>	<p>23 Gm Fat 745 Calories 743 mg Sodium</p>	<p>28 Gm Fat 658 Calories 769 mg Sodium</p>	<p>20 Gm Fat 615 Calories 1084 mg Sodium</p>	<p>27 Gm Fat 714 Calories 866 mg Sodium</p>
<p>26</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>27</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

September 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
			WATCH FOR SCHOOL BUSES AND SCHOOL CHILDREN!			
						
4	5 LABOR DAY 	6 Exercise: 10 to 11am Plan Meeting: 10am AA & AI Anon: 7 pm	7	8 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	9 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	10
11 ***9/11/01*** GRANDPARENTS DAY 	12 Painting - both Beginners & Advanced 1 to 3 PM	13 EXERCISE 9:30 to 10:30 am LUNCHEON: NOON AA & AI Anon: 7PM	14 MOVIE 1:30 PM	15 Knitting: 9:30 to 11:30 am Line Dance: 9 am Flu Shots 9:30 to 11:30 AA & AI Anon: 7 pm	16 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	17 BISCUITS & GRAY 7 TO 10 AM
18	19 Painting - both Beginners & Advanced 1 to 3 PM	20 Exercise: 10 to 11 am AA & AI Anon: 7 pm	21 SENIOR EXPO GALA STARTS AT 7 PM AT THE COTTILLION	22 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm SENIOR EXPO 2011	23 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	24 'DEEP CLEANING' WORK DAY
25	26 Painting - both Beginners & Advanced 1 to 3 PM	27 Exercise: 10 to 11 am AA & AI Anon: 7 pm	28	29 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	30 Quilting: 9:30 to ? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	DON'T FORGET RESERVE FLU SHOTS BY TUES., 9/13/11

'The Leaves of Brown Came Tumbling Down, Remember, In September!' (lyrics to "September Song"

by songwriters, Maxwell Anderson & Kurt Weill)



**Clearwater Community/Senior Center
9221 East Janet
Clearwater, KS 67026**