



# THE SCOOP



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

## MAKING VALENTINES SPECIAL FOR SENIORS

Valentine’s Day is all about love and romance, and who doesn’t like that? The extra-special attention lathered upon us each February 14<sup>th</sup> evokes the warm and gooey feelings we felt when we first fell in love. For many seniors, however, this annual day of love can be just another day, or worse, a day of increased loneliness and sorrow.

I think about my own grandmother who spent nearly 60 years with the love of her life, and the last 15 missing him. I find it unfathomable the pain she must feel not having her love lying next to her each night, not having his strong hands to hold, or his lips to kiss. While I’m sure there is not a single day that passes without his memory in her mind, I imagine Valentine’s Day brings some added weight to her sorrow.

My grandmother’s story is unfortunately not unique. Many seniors are widowed or living alone, and finding a special way to show them some extra love on Valentine’s Day can make a big difference.

Here are some ways you can fill a senior’s Valentine’s Day with extra love:

- Have flowers delivered, or deliver them yourself if you live nearby
- If your loved one has old letters from the love of their life, dust them off and read them together
- A special treat is even sweeter when it’s shared, so sit awhile and share something yummy
- Get the kids involved – seniors love homemade valentines, even better if they include a recent photo
- Share a special breakfast or lunch and stories of your loved one has shown they love you
- Frame an old photo of you with your senior, include a card about how much they mean to you
- Continue a tradition they may have shared with their late spouse
- Be there –your time and presence can add happiness to a day that may have otherwise been lonely

There are so many ways to bring happiness to hearts of seniors on Valentine’s Day; I’d love to hear how you plan to spend Valentine’s Day and the ways you’ve found to brighten the day for your senior loved one.

*Courtesy of caregiverstress.com*

### INSIDE THIS ISSUE:

Upcoming Events Pg 2,4

Bits & Pieces Pg 3

2013 Numbers Pg 5

Lunch Report Pg 6

Calendars Pg 7,8

Mini Beni Medicare Notice Pg 9

## FEBRUARY BIRTHDAYS

“Do not deprive me of my age. I have earned it.” May Sarton

Jerry Stitt 2/02	Vivian Maechtlen 2/09	Ida Combs 2/24
Janetta Burris 2/03	Gene Garcia 2/09	David Papish 2/27
Marlene Parret 2/04	Peggy Brockman 2/21	Wyval Rosamilia 2/28
Yvonne Coon 2/06	Charles Rinehart 2/21	
Gary Hunt 2/06	Lorena Hinckley 2/23	



## UPCOMING EVENTS

### Schedule of Events

- 2-1 Jam Session
- 2-4 Planning meeting
- 2-11 Carry In Lunch
- 2-13 BINGO
- 2-15 Biscuits & Gravy
- 2-18 & 19 AARP Safe Driver Class

#### 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. We could also use players!

Date: Saturday February 1st  
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. We ask that everyone brings in a dish to share and a plate and utensils. The event is free but donations are accepted. (wear pink or red for this month!)

Date: Tuesday February 11th  
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: Saturday February 15th  
Time: 7am-10am  
Location: Main Room at Center  
Cost: \$4 for adults & \$2 for kids

#### Painting Group

Come down and paint with friends. This group is for people who already know how to paint. Please call the Center first to register.

Date: Every Monday  
Day: Monday  
Time: 1pm-3pm  
Location: Art & Crafts room  
Cost: Free



#### 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.

Date: Every Tuesday & Friday  
Time: 8:45 am  
Location: Centers Main Room  
Cost: \$8 per month



#### Blood Pressure Checks

Has your Dr told you to monitor your blood pressure? Do you not have a blood pressure machine at home? Stop by the Center to have your blood pressure checked for free

Date: Every Monday  
Time: 10 am – 12 noon  
Location: Center Main Room  
Cost: Free



#### Morning Coffee

Have you been looking for a place to come have morning coffee and visit with friends? The Center is now offering morning coffee and a snack. This is open to everyone. We will have a donation jar out for coffee.

Date: Every Wednesday morning  
Time: 9:00 am—until you are done  
Location: Centers Main Room  
Cost: donations for coffee



#### BIBLE STUDY

Pastor Whitlow will be leading a Bible Study on Mondays here at the Center. He will be starting with the book of Luke

Date: Every Monday  
Location: Craft Room  
Time 9:30 am



**CONTINUED ON PAGE 4**

## VALENTINES DAY FUDGE RECIPE

### INGREDIENTS:

- 1 canister of strawberry cake frosting
- 1 bag of Wilton white candy melts
- Optional sprinkles

### DIRECTIONS:

- Spray a baking dish with non-stick cooking spray or line with wax paper. I used a nonstick cooking spray and while the edges were difficult to remove without breaking the fudge, it came off of the bottom of my dish very easily.
- Microwave your Wilton candy melts at 30 second intervals for a total of 1.5 to 2 minutes, stirring between intervals.
- Once your Wilton candy melts are completely melted and stirred until smooth, pour it into a bowl with the cake frosting and mix well.
- Pour into your prepared baking dish and top with sprinkles if you are adding sprinkles.

*Tip: It is important to add any decorative toppings as soon as you can, as they will not adhere as well if the fudge has already begun to set. Refrigerate for about 30 minutes, then cut with a knife and remove carefully with a fork or spatula.*

This Valentines Day Fudge Recipe will last up to a week in the fridge as long as it is in an airtight container.



## BITS & PIECES

### CALLING COMMITTEE

Would you like a call to remind you of different activities going on at the Center? We have decided instead of having a calling committee that will call everyone, we will have a committee to call people who request it. If you or someone you know may be interested in getting reminder calls, please call the Center at 584-2332.

### COMPUTER AREA

The center offers computers for members to use. You can come

in to type up a document, send an email, or just surf the web. You can come into the Center anytime Monday through Friday from 8:00 am to 2:00 pm. We also offer computer tutoring on Thursdays at 9am. The center also offers free wifi.

### COMMODITIES

This is a great opportunity to help in the community. Once a month (as long as food is available) the Senior Center offers Commodities for families in need of food. This is one day a

month, usually the last Tuesday of the month. We need volunteers to come help organize, sack, and hand out food. If this is something you may be interested in you can contact the Center at 584-2332.

### BREADS

The Center will have left over bakery items thanks to Miz-es. If you are in need or you know someone who is in need, give us a call and see if we have any available.

**“Nobody can do everything, but everyone can do something!”**

## AARP DRIVER SAFETY COURSE

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day.

Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills.

By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage

and accommodate common age-related changes in vision, hearing and reaction time. In addition, you'll learn

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, antilock brakes and new technology found in cars today
- Ways to monitor your own and others' driving skills and capabilities
- The effects of medications on

driving

- The importance of eliminating distractions, such as eating, smoking and using a cell phone

**On February 18th and 19th we will be offering the AARP Drivers Safety Course here at the Senior Community Center. If you are interested please call to sign up. There is even a change to safe money on your insurance!**



## 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  
Barbara Hufford - Member at Large  
James Charles - Member at Large  
Marlene Hand - Member at Large

#### Planning Committee Members

Vacant - Chairperson  
Vacant - Co-Chair  
Marlene Parret - Secretary  
Cheryl Wright - Member at Large  
Vacant - Member at Large  
Farol McMillan - RSVP Program

#### Clearwater Senior Community Center

921 Janet Ave  
Clearwater, KS 67026  
620-584-2332  
[commcenter@sktc.net](mailto:commcenter@sktc.net)

## UPCOMING EVENTS

### BINGO

We will be attempting to do our BINGO again this month. We have changed the day and time to see if it better fits schedules. Stop by and play for a chance to win some fun prizes!



Date: Thursday January 13th

Time: 1pm

Cost: .25 cents per card

### Square Dancing Clinic

John Chitwood will be leading a class that will teach the basics of square dancing. The class will also be closed to any new students after November 15th in order to be fair to the rest of the dancers. You can still stop by and watch. If you are interested please call the Center at 620-584-2332 or just come by on a Friday night.

Date: Fridays at 7:00 pm

Location: Centers Main Room

Cost: donations for coffee.

### Cooking Class

Kyle Huxford with the Clearwater Nursing Home will be here again to lead a cooking class. Bring your appetite!

Date: This will resume in March 2014

Time: noon

Location: Centers Main Room

Cost: Free



### AARP Driver Safety Class

The Center is partnering with AARP and will be offering the AARP Drivers Safety Course here at the Senior Community Center. If you are interested please call to sign up. There is even a change to save money on your insurance!

Date: Thursday January 16th

Time: noon

Location: Centers Main Room

Cost: Free



## SENIOR CENTER 2013 NUMBERS!!!!

2013 has come and gone. I thought it would be nice to share our overall numbers with you all. Some of you may wonder how the Center is doing with attendance. While we would LOVE to see more people we actually did pretty well for 2013. For those of you not aware. We are considered a Senior Center Level 1. In order to keep this status we must follow these guidelines. We must have at least 7 "Baseline" activities. These are activities that happen regularly. Every month, every week,

etc. We would count Biscuits & Gravy and monthly lunches in this category. We are trying to operate at a Senior Center Level 2, so next time there is a chance to move up we will be ready. Our overall total of "Baseline activities" for 2013 was 26! Then, we have to have 10 "Special Activities" we accomplished 27! A Senior Center Level 2 requirements is 15, so we have exceeded here as well. Last but not least we have to have 35 "educational" activities. A Senior Center Level

2 has to have 40 "educational" activities. We were able to have 50 "educational" activities! Also at the beginning of 2013 we had about 148 female members and 86 male members. At the end of 2013 we are at 152 female members and 119 male members. I just wanted to share with you all the great progress we are making. We could not have done this without each and every one of you! I hope to see you all in 2014 and am excited to see how we do this year.



## AARP TAX PREPERATION

AARP Tax Aides will be here at the Clearwater Senior Community Center on **Monday, March 3rd, 2014**. Please call the Center to reserve your appointment as soon as you can as spots fill up quickly. Here is a list of items you will need to bring with you.

- Social Security Cards for you, your spouse, and all dependants.

- Picture ID for you and spouse if "married filing jointly."
- Copy of previous years tax return.
- All W-2 forms received.
- All 1099 forms received.
- All forms indicating federal income tax paid.
- Unemployment compensation statements.
- Dependant care provid-

er information. (name, employer ID, social security number)

- Details of real estate tax bills for claiming Kansas Homestead or Safe Senior Property Tax Refund.
- Summary lists of receipts and cancelled checks for deductible items-if itemizing.



## HEART HEALTH TIPS (COURTESY OF WEBMD)

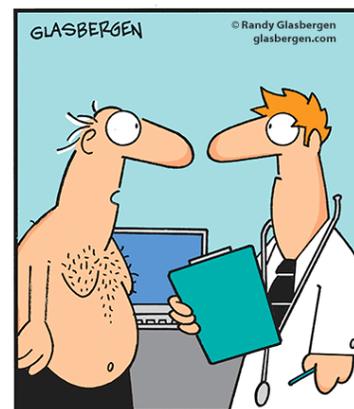
Ready to step up to a diet rich in the healthy nutrients your heart craves? The experts recommend staring here:

- Eat a diet rich in vegetables, fruits, whole grains, and fiber.
- Eat fish at least twice a week.
- Limit how much saturated fat, trans fat, and cholesterol you eat. Only 30% of your daily calories should come from fat, with very little of that from saturated fats.
- Select fat-free, 1% fat,

and low-fat dairy products.

- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Limit your salt intake. One way to make sure that your diet is rich in fruits, vegetables, and fiber, and low in saturated fats, is to divide your plate at each meal: half vegetables, 1/4 high-quality protein (like legumes -- terrific sources of protein and great for a healthy heart!), and 1/4 for fish or a very lean meat.

And remember, you should get your nutrients from foods themselves, the antioxidants and other heart-healthy goodies found in foods like blueberries, beans, and artichokes don't pack the same punch when they're not in food form. And avoid fad diets, advises Mosca. "Almost every one may result in short-term weight loss but leave you weighing even *more* a year later, and preventing weight gain is one of the best ways to prevent developing heart disease risk factors."



"Gravity has lowered my chest, my stomach and my butt. Why hasn't it lowered my cholesterol?!"



Senior Luncheon Tuesday January 14th, 2014

Pamela Riggs called the group to order. Marlene led the group in the Flag Salute and the National Anthem. Wayland Whitlow lead the blessing.

Pamela Riggs and Vada Tjaden were the January birthdays present.

The Center furnished a pot-roast and there were lots of side dishes brought by others. Our first speaker was Denny Dillon from Nfocus, who spoke of and brought some new to us vision devices for visually impaired people. His products are called Optele Clear-view & speech. He demonstrated how this works by magnifying not only printed material but everything around us with the handheld device. The larger unit resembles a personal computer. It is also capable of translating various languages as it reads to you. Contact the Center if you need further information about this system.

Since we are emphasizing January as Kansas month, Marlene led the group in some Kansas Trivia. It was interesting how much we did not know about Kansas.

The next speaker was Kathy Rush who was speaking as "Abby Bright." She was dressed in 1800's attire as she told us about the years she home-steaded ground west of Clearwater for her brother. At the same time there were several cattle drives from Texas that crossed the river south of town. She states she was able to hear them from that distance. She lived there long enough to purchase the property at a very reasonable price. She lived there for several months before moving back east where she later married. A few years later members of the Harrington family purchased the property, and descendants of that family owned the property for years. Kathy, later, personally bought the large house that stands at the front of the property. There are still areas visible from the air that show the buffalo bog wallowing areas. Kathy enjoyed the house several years before moving from the area. At our local library there are copies of books about the life of Abby that are available at no cost to be checked out.

Announcements:

1-23 Trip to the Glass Museum in Wellington, KS

2-18,19 AARP Safe Driver course at the Center.

February lunch we are encouraged to wear pink or red and to bring pink or red food.

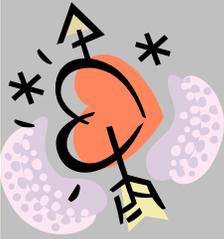
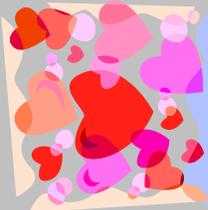
Sue Koenig from the city library told about upcoming activities.

Kent Brown, city administrator told about the 2 year plan of 135th St. He spoke of the closing and eventual rebuilding from K-42 to Clearwater.

Marlene Parret,  
Secretary



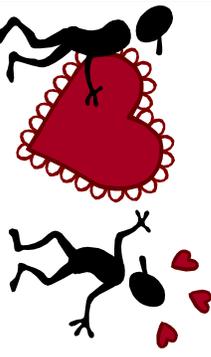
~ February 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2	<p>3</p> <p>Blood pressure ck 10am-noon</p> <p>Bible Study 9:30 am</p> <p>Painting group 1pm-3pm</p>	<p>4</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p> <p>AA/Al Anon 7-9 pm</p>	<p>5</p> <p>Morning Coffee 9am</p>	<p>6</p> <p>Computer Help 9am</p> <p>AA 7pm-9pm</p>	<p>7</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p> <p>Square Dancing 7 pm</p>	8
9	<p>10</p> <p>Blood pressure ck 10am-noon</p> <p>Bible Study 9:30 am</p> <p>Painting group 1pm-3pm</p>	<p>11</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p> <p>AA/Al Anon 7-9 pm</p>	<p>12</p> <p>Morning Coffee 9am</p>	<p>13</p> <p>BINGO at 1pm</p> <p>AA 7pm-9pm</p>	<p>14</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p> <p>Square Dancing 7 pm</p> 	15
16	<p>17</p> <p><b>Center CLOSED</b></p> <p>In observance of Presidents Day</p>	<p>18</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p> <p>AARP Driver Safety Class 1pm-5pm</p> <p>AA/Al Anon 7-9 pm</p>	<p>19</p> <p>Morning Coffee 9am</p> <p>AARP Driver Safety Class 1pm-5pm</p>	<p>20</p> <p>Computer Help 9am</p> <p>AA 7pm-9pm</p>	<p>21</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p> <p>Square Dancing 7 pm</p>	22
23	<p>24</p> <p>Blood pressure ck 10am-noon</p> <p>Bible Study 9:30 am</p> <p>Painting group 1pm-3pm</p>	<p>25</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p> <p>AA/Al Anon 7-9 pm</p>	<p>26</p> <p>Morning Coffee 9am</p>	<p>27</p> <p>Computer Help 9am</p> <p>AA 7pm-9pm</p>	<p>28</p> <p>Tai Chi 8:45 am</p> <p>Exercise 10:00 am</p> <p>Square Dancing 7 pm</p>	<p><b>Notes:</b></p> 

**GOOD NEIGHBOR NUTRITION PROGRAM**

**GNNP MENU (menu is subject to change)**

**FEBRUARY 2014**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BEEF PATTY with ONION GRAVY</b> MASHED POTATOES PICKLED BEETS CINNAMON APPLESAUCE WHEAT BREAD 25 Gm Fat 774 Calories 779 mg Sodium	<b>CHICKEN &amp; NOODLES</b> CAPRI VEGETABLES FRUIT MEDLEY with PEARS CHOCOLATE PUDDING WHEAT BREAD 20 Gm Fat 700 Calories 741 mg Sodium	<b>LAMB STEW</b> FRESH SPINACH SALAD w/DRSSG PINEAPPLE AMBROSIA POTATO ROLL 26 Gm Fat 780 Calories 1287 mg Sodium	● <b>TURKEY POT PIE</b> BRUSSELS SPROUTS FRESH APPLE BISCUIT 27 Gm Fat 756 Calories 1212 mg Sodium	<b>CHEESEBURGER on BUN</b> CALICO BAKED BEANS CORONADO SALAD STRAWBERRY CUP 27 Gm Fat 866 Calories 884 mg Sodium
<b>CHILI with BEANS</b> BRUSSELS SPROUTS FRESH APPLE CHOCOLATE CHIP COOKIES CRACKERS 29 Gm Fat 788 Calories 772 mg Sodium	☺ <b>HAM LOAF with CREAM GRAVY</b> MASHED POTATOES ROMANINE SALAD w/DRSSG SPICED PEARS POTATO ROLL 21 Gm Fat 708 Calories 1008 mg Sodium	SOFT TACO CALICO CORN FRUITED GELATIN 21 Gm Fat 635 Calories 942 mg Sodium	CHICKEN PRIMAVERA MEDITERRANEAN VEGETABLES QUICK FRUIT CUP FRENCH BREAD 24 Gm Fat 880 Calories 983 mg Sodium	CRANBERRY MEATBALLS CREAMY SCALLOPED POTATOES GARDEN VEG. SALAD w/DRSSG CITRUS FRUIT MIX DINNER ROLL 25 Gm Fat 863 Calories 1184 Mg Sodium
<b>CLOSED FOR PRESIDENT'S DAY</b>	<b>CHICKEN TORTILLA SOUP</b> FRESH ORANGE TAPIOCA PUDDING CORN CHIPS 33 Gm Fat 821 Calories 659 mg Sodium	WHOLE WHEAT SPAGHETTI With MEATSAUCE GREEN BEANS STRAWBERRY PEACHES BREAD STICKS 20 Gm Fat 731 Calories 877 mg Sodium	PEPPER STRIP STEAK MASHED POTATOES RANCH BROCCOLI SALAD MIXED FRUIT CUP DINNER ROLL 30 Gm Fat 748 Calories 872 mg Sodium	☺ <b>BAKED HAM SLICE</b> BAKED SWEET POTATOES with CINNAMON BUTTER MIXED GREEN SALAD w/DRSSG STRAWBERRY CUP POTATO ROLL 14 Gm Fat 630 Calories 1192 mg Sodium
<b>BREADED CHICKEN SANDWICH on BUN</b> GREEN PEAS MANDARIN ORANGES CHOCOLATE PUDDING 26 Gm Fat 706 Calories 1001 mg Sodium	☺ <b>HAM &amp; BEANS with ONIONS</b> TURNIP GREENS FRUITED GELATIN CORNBREAD 13 Gm Fat 698 Calories 1103 mg Sodium	OVEN ROASTED CHICKEN PARSLEIED POTATOES COMBINATION SALAD w/DRSSG TROPICAL FRUIT MIX FRENCH BREAD 22 Gm Fat 679 Calories 691 mg Sodium	☺ <b>SCALLOPED POTATOES with HAM</b> GREEN BEANS FRESH APPLE POTATO ROLL 17 Gm Fat 689 Calories 952 mg Sodium	DELI TURKEY & CHEDDAR on BUN POTATO SALAD FRUIT SLAW GELATIN CAKE with TOPPING 33 Gm Fat 867 Calories 1112 mg Sodium
<b>GROUNDHOG DAY... FEB. 2ND</b> 	<b>VALENTINE'S DAY... FEB. 14TH</b> 	<b>PRESIDENT'S DAY... FEB. 17TH</b> 		

- CONTAINS TURKEY
- ☺ CONTAINS PORK





# Medicare Mini Beni Update

See your  
**Medicare and You**  
book for more information  
about these preventative  
services, just look for the  
blue apple!

KEEP TRACK OF YOUR  
PREVENTATIVE SERVICES  
go to  
[www.MyMedicare.gov](http://www.MyMedicare.gov)  
to track your preventive  
services

THESE SERVICES ARE  
COVERED IF YOU HAVE  
MEDICARE PART B  
MEDICAL INSURANCE



Central Plains Area Agency on Aging

Central Plains Area  
Agency on Aging  
2622 W. Central Ave.  
Suite 500  
Wichita, Ks 67203

Call Center: 855-200-2372  
[www.cpaaa.org](http://www.cpaaa.org)



## Obesity screening and counseling

### What is It?

Medicare covers intensive behavioral therapy for people with obesity, defined as a body mass index of 30 or more.

### Cost to you?

You pay nothing for this service if your primary care doctor or other qualified primary care practitioner accepts assignment.

### How Often is it Covered?

This counseling may be covered if you get it in a primary care setting (like a doctor's office). Talk to your primary care doctor or primary care practitioner to find out more.

### Who is covered?

All people with Medicare may be screened for obesity. Counseling is covered for anyone found to have a body mass index of 30 or more.

### Additional Information

People with a body mass index of 30 or more are eligible for:

- One face-to-face visit each week for the first month
- One face-to-face visit every other week for months 2–6
- One face-to-face visit every month for months 7–12, if you lose 6.6 pounds during the months 1-6

---

**C l e a r w a t e r   S e n i o r  
C o m m u n i t y   C e n t e r  
9 2 1   J a n e t   A v e  
C l e a r w a t e r ,   K S   6 7 0 2 6  
6 2 0 - 5 8 4 - 2 3 3 2  
c o m m c e n t e r @ s k t c . n e t**

---

---

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.