

# Warrensburg Senior Center Newsletter

## Senior Moments

May 2011

Melissa's Message

# Older Americans Month

Older Americans Month is an occasion to show appreciation and support for our seniors as they continue to enrich and strengthen our communities.

This year's theme—**Older Americans: Connecting the Community**—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities, and highlights how technology is helping older Americans live longer, healthier, and more engaged lives.

One way we are going to celebrate Older Americans Month is to bring older Americans together for an invigorating session of activity and socializing, promoting fitness and fostering connections among seniors in your community? Here's how the tournament works:

Groups from senior centers around the country are invited to register and participate in the Nintendo Wii bowling video game tournament. The tournament will include two rounds of play.

At the end of each round, senior centers are invited to submit the top three scores from that round of play. In addition, senior centers are invited to send the first name and picture of the top scoring player in their group. The top scoring players will be featured on the Older Americans Month Web site until the next round of winners are submitted.



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After the final round of play, AoA will average the top scores of each participating group to identify the senior centers with the highest average scores in each category. The top three highest scoring senior centers in each category will be publicly announced on the Administration on Aging's Web site and Facebook page. In addition, senior centers will receive a signed certificate and letter of congratulations. We hope you will plan to play in our Wii bowling tournament on the 13th and the 27th as well as have our Wii available to play all day on May 24th, Sr. Fitness Day.. Sign up in the Senior Center office. Here is a picture of our last month Wii team and winner, Gene Burden, which was hosted by UCM nutrition students.

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# PROGRAM FEATURE OF THE MONTH

The Warrensburg Senior Center has some wonderful programs that we want to let everyone know are going on. This month the Ti Chi sessions, led by Diana Reid is our feature.

Diana has been providing this wonderful program to enhance stability and balance as well as to help keep mind and body more alert and active in memorizing movements and strengthening muscles. For the past year, this class has been offered 2x weekly, on Tues. & Thurs. at 10:00. Right now both sessions are offered

at the community center, but occasionally other sites are offered as well. The class usually runs for 12 weeks but Diana has kept the class going steady due to such demand. Later this year, basic and one that are ready to Health and Re-group did 2



at the community center, but occasionally other sites are offered as well. The class usually runs for 12 weeks but Diana has kept the class going steady due to such demand. Later this year, basic and one that are ready to Health and Re-group did 2

If you are wanting to do more for your balance and for your overall health, Ti Chi may be an option for you. For more information please call the Center office.

## *LAURAS LESTER*

May is National Arthritis Awareness Month. Arthritis affects 50 million U.S. adults (most of whom are aged <65 years)

This year's theme, "Take Action," is aimed at raising public awareness of underused self-management interventions that can improve arthritis symptoms and quality of life. Physical activity (e.g., walking, biking, or swimming) for 30 minutes a day, 5 days a week, reduces joint pain and stiffness in 4--6 weeks and can be done in increments of as little as 10 minutes at a time. Self-management education helps persons gain control of arthritis by learning techniques to reduce pain and activity limitations. Persons who are overweight or obese can reduce symptoms and slow arthritis progression by losing weight. For those with other chronic diseases who also have arthritis (e.g., half of adults with diabetes or heart disease have arthritis), these arthritis interventions might help in managing those other chronic diseases

- Any physical activity is better than none.
- Moderate, low-impact physical activity is safe for people with arthritis.
- Activity should be in addition to doing usual daily activities.
- Activity can be broken up into small amounts, at least 10 minutes at a time, during the day.
- More health benefits are gained with more activity.
- The benefits of physical activity far outweigh the risks.



# April Happnings



Above is a afternoon of beauty makeovers. To the left-Denny Hoskins fields questions about OATS funding.



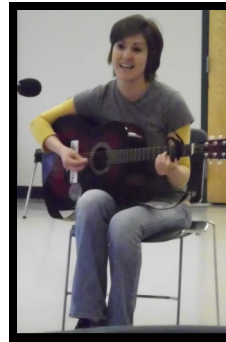
Our Ham/Bean & Chilli Fundraiser, Densil Allen called the auction and Millie Hensen and Daughters out did themselves with their baked items.



Susie Miller speaks at the Sr Center about Diabetes. A forum sponsored by the WMMC Auxiliary



Jay Pattiz brings us information about taking care of our Pets when we aren't able.



The UCM Theater students sang and danced and recited their poetry to us. It was their final performance before summer vacation. But they promised to be back next year.

## APRIL VOLUNTEER HIGHLIGHT!!

On April 8 the Warrensburg Senior Center recognized its volunteers with a special evening. Since April 2010 we have seen over 135 volunteers spend nearly 10,000 \$87,798 in in ored our over volunteers. our apprecia-David Huff-rose will soon garden. The served the meal. Thank you all so much, we couldn't do it without you...



hours serving us and saving us -kind contributions. We hon-100 and 500 and 1,000 hour They each received a token of tion, a great meal prepared by master and Sally Hart and a be planted in the volunteer rose Boy Scouts from 513 troop

# Warrensburg Parks & Recreation May Happenings

**START** Mon, Wed & Fri May 2-June 1 9:30 am-10:30 am  
Senior Toning And Resistance Training. START uses gentle activities to increase joint flexibility, range of motion, and to maintain muscle strength. Men and women are encouraged to attend.  
Fee: \$13

**Fit Family Fun Run** Saturday May 21  
5K Start at 9:00 am 10K Starts at 8:30 am  
Come join in fun by running or walking with WPR! Water will be provided.  
Pre-registration one week prior to be guaranteed a t-shirt.  
Fee: \$10 per person

**Food Preservation** Thursday June 9 Fee: \$15  
Make the best of the season's best bounty by having up to date. Food that is canned or processed using outdated methods may not give you the best quality and may even be unsafe to eat. Instructor is Lynda Johnson, University of Missouri Extension.

Join WPR and the Warrensburg Senior Center for a fun trip this summer!

**May 31 KC Zoo Trip** Fee: \$40  
Fee includes zoo admission, train and tram rides, a boat ride, transportation and lunch. Lots of walking and fun!

**June 8 Shoppin', Rollin' and Cavin'** Fee: \$48  
We are heading south for a day of adventures. We'll antique shop, catch rolls at Lamberts and ride through Fantastic Caverns.

**July 31 Arrow Rock Outing** Fee: \$55  
We'll have lunch, shop the shops and then enjoy The Sound of Music. Lunch, show ticket and transportation are included in the fee. Pre-register by June 17.

**August 10 Mystery Trip** Fee: \$40  
Ready for an adventure? We won't give you a clue on the destination so you'll just have to trust us! Everything is included in the fee. Dare to sign up today! Lots of walking!

**Register for any of these great programs at the Warrensburg Community Center, 445 E. Gay, Warrensburg; by phone: 660-747-7178 or online at [www.warrensburg-mo.com](http://www.warrensburg-mo.com).**

## May 2011 Birthdays

MaryAqueros  
 Nelda Bollenbach  
 Mary Bond  
 BeverlyCarr  
 Blondena Clark  
 Gloria Criss  
 Ina Cunningham  
 Raymond Dorr  
 May Southard  
 Floyd Swanson

Mary Ruth Gooe  
 Leona Droege  
 June Francey  
 Patricia Heberling  
 Mary Martin  
 Peggy McClendon  
 Darlene Rector  
 Louise Schlichter  
 Bob Swanson



*If you would like to have your birthday placed on this list please call the office.*

*And remember if you want to attend our birthday day celebration, call the office or drop by and place you and your guests on that list as well. Thank you.*

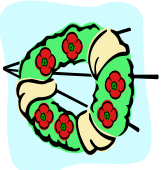


## May Word Search Puzzle

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

BLOOMING  
 CINCO DE MAYO  
 EMERALD  
 FIFTH MONTH  
 FLOWERS  
 GARDENING  
 GEMINI  
 GROWT  
 HAWTHORN  
 LILY  
 MAIA  
 MAY DA  
 MEMORIAL DY  
 MOTHER'S DA  
 NIGHTINGALE  
 SPRING  
 TAURUS  
 THIRTY-ONE DAYS  
 VICTORIA DAY  
 WARM

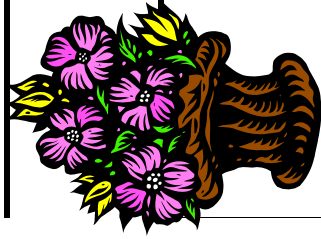


Salad Bar opens at 10:30 each day and the main line from 11-1. Everyone welcome 60 and over-donation, under 60-\$6.00

Monday	Tuesday	Wednesday	Thursday	Friday
<p>May 2</p> <p><u>Goulash</u> Chicken Nuggets ♥<u>Italian Vegetables</u> ♥Beets ♥ Spicy Cucumbers Wheat roll Butterscotch Pudding ♥ <u>Almond Crème</u></p>	<p>May 3</p> <p><u>Ham &amp; Beans</u> Taco Salad ♥Mexi- Corn ♥ <u>Peas &amp; Carrots</u> ♥ <u>Spinach</u> Cornbread/Chips Peanut Butter Cake ♥ <u>Red Jell-O w/ Bananas</u></p>	<p>May 4</p> <p><u>Roast Turkey with Dressing</u> Swiss Steak <u>Mashed Potatoes/Gravy</u> ♥ <u>Herbed Green Beans</u> ♥ Cabbage <u>Wheat Bread</u> Pumpkin Pie Square ♥ <u>Blushed Pears</u></p>	<p>May 5</p> <p><u>Home Style Fried Chicken</u> <u>Salisbury Steak</u> <u>Mashed Potatoes/Gravy</u> ♥ <u>Broccoli</u> ♥ Tossed Salad <u>Wheat Roll</u> Brownie ♥ <u>Jell-O</u></p>	<p>May 6</p> <p><u>Meatloaf</u> Basa Whitefish Italiano ♥<u>Potatoes &amp; Peas</u> ♥ Green Pepper Slaw ♥ <u>Stewed Tomatoes</u> <u>Wheat Roll</u> Cook's Feature ♥ <u>Baked Pineapple</u></p>
<p>May 9</p> <p><u>Chicken &amp; Noodles</u> Company Casserole ♥<u>Mixed Vegetables</u> ♥ <u>Broccoli</u> ♥ Spiced Peaches (Hot) <u>Wheat Roll</u> Tapioca Pudding ♥ <u>Cinnamon Applesauce</u></p>	<p>May 10</p> <p><u>Pork Roast</u> Liver 'n Onions ♥<u>Whipped Sweet Potatoes</u> ♥ <u>Seasoned Green Beans</u> ♥ Carrot Pineapple Salad <u>Wheat Roll</u> Chocolate Chip Cookies ♥ <u>Jell-O</u></p>	<p>May 11</p> <p><u>Hamburger Steak with Onion</u> Chicken Pot Pie ♥ <u>Oriental Vegetables</u> ♥ <u>Cabbage</u> 3-Bean Salad <u>Wheat Bread</u> Lemon Bar ♥ <u>Pudding</u></p>	<p>HAPPY BIRTHDAY May 12</p> <p><u>Home Style Fried Chicken</u> Roast Beef Green Beans ♥ <u>Carrots</u> ♥ <u>Hominy</u> <u>Wheat Roll</u> Cake &amp; Ice Cream ♥ <u>Angel Food Cake &amp; Sherbet</u></p>	<p>May 13</p> <p><u>Fried Cat Fish</u> <u>BBO Beef</u> <u>Baked Beans</u> ♥ <u>Peas</u> ♥ Cole Slaw <u>Wheat Roll</u> Cook's Feature ♥ <u>Spiced Peaches</u></p>
<p>May 16</p> <p><u>Teriyaki Chicken Breast</u> Breaded Pork Steak <u>Mashed Potatoes/Gravy</u> ♥ <u>Oriental Vegetables</u> ♥ Green Salad <u>Wheat Roll</u> Chocolate Pudding ♥ <u>Apricots</u></p>	<p>May 17</p> <p><u>Cube Steak &amp; Onions</u> Chicken Pasta Casserole ♥ <u>Peas</u> ♥ Chilled Tomato Salad ♥ <u>Baked Potato</u> <u>Wheat Roll</u> Coconut Pie Square ♥ <u>Jell-O</u></p>	<p>May 18</p> <p><u>Turkey w/ Wild Rice</u> Cranberry Glazed Ham ♥ <u>Broccoli</u> ♥ Tossed Salad ♥ <u>Sweet Potatoes</u> <u>Wheat Bread</u> Chocolate Cake ♥ <u>Cinnamon Apples</u></p>	<p>May 19</p> <p><u>Home Style Fried Chicken</u> <u>Ground Beef Stroganoff</u> Mashed Potatoes/Gravy ♥ <u>Seasoned Green Beans</u> ♥ <u>Carrots</u> <u>Wheat Roll</u> Poppy Seed Cake ♥ <u>Chilled Peaches</u></p>	<p>May 20</p> <p><u>Spaghetti with Meat Sauce</u> Scrodde Fish Sticks ♥<u>Mixed Vegetables</u> ♥ Tossed Salad ♥ <u>Spinach</u> <u>Garlic Bread</u> Cook's Feature ♥ <u>Ice Box Dessert</u></p>
<p>May 23</p> <p><u>BBO Rib</u> Turkey Pot Roast ♥ Ambrosia Salad ♥<u>Italian Vegetables</u> ♥ <u>Black eyed peas</u> <u>Wheat Roll</u> Lemon Pudding ♥ <u>Cannuccino Parfait</u></p>	<p>May 24</p> <p><u>Meat Loaf</u> Creamed Chicken over Biscuit ♥Baked Potato ♥ <u>Carrots</u> ♥ <u>Broccoli</u> <u>Biscuit</u> Cherry Starburst Cake ♥ <u>Fluffy Gelatin</u></p>	<p>May 25</p> <p><u>Ham, Mac &amp; Cheese Casserole</u> Country Fried Steak with Gravy ♥ Mashed Potatoes ♥ <u>Green Beans</u> ♥ <u>Beets</u> <u>Wheat Bread</u> Key Lime Square ♥ <u>Pineapple Tidbits</u></p>	<p>May 26</p> <p><u>Home Style Fried Chicken</u> Polish Sausage/Kraut Mashed Potatoes &amp; Gravy ♥ Tossed Salad ♥ <u>Peas</u> <u>Wheat Roll</u> Hot Fudge Pudding Cake ♥ <u>Cinnamon Applesauce</u></p>	<p>May 27</p> <p><u>Fried Cat Fish</u> Philly Steak Pasta Casserole ♥ <u>Cabbage</u> ♥ Carrots Stewed Tomatoes <u>Wheat Roll</u> Cook's Feature ♥ <u>Lime Jell-O</u></p>
<p>May 31</p> <p><u>Goulash</u> Chicken Nuggets ♥<u>Italian Vegetables</u> ♥ Spicy Cucumbers ♥ <u>Corn</u> <u>Wheat roll</u> Butterscotch Pudding ♥ <u>Almond Crème</u></p>	<p>May 31</p> <p><u>Goulash</u> Chicken Nuggets ♥<u>Italian Vegetables</u> ♥ Spicy Cucumbers ♥ <u>Corn</u> <u>Wheat roll</u> Butterscotch Pudding ♥ <u>Almond Crème</u></p>	 <p>Closed for Veterans Day</p>		

MAY 2011

# Older Americans Month



**Mon**                      **Tue**                      **Wed**                      **Thu**                      **Fri**

<p>2 cards@8am, START @9:30, Bingo w/Liz @12:30,</p>	<p>3 cards@8am, Ti Chi-10 computer class 10:30, Art Class@1pm</p>	<p>4 cards@8am, START@9:30, Time w/Laura @10, cards&amp;canasta @12:30</p>	<p>5 cards@8am Tai Chi@10, Center Board Mtg@1 Black Dress Trip-12,</p>	<p>6 cards@8am, START@9:30, <b>Remember our Mothers</b> <b>ers</b></p>
<p>9 cards@8am, START @9:30, Nails -Tracie 10:30 Pitch Tourney@12:30</p>	<p>10 cards@8,Fd Com- 10 computer class 10:30, Tai Chi@10, Holden Manor@10:30, Art 1 Pot Luck &amp; Cards -6</p>	<p>11 cards@8am, START@9:30am, Time w/Laura@10, Cards@12:30,</p>	<p>12cards@8am, TaiChi@10, Birthday Day Alzheimer's group 10</p>	<p>13 cards@8am, START@9:30am, <b>WII Bowling 12:30</b></p>
<p>16 cards@8am, START@9:30am, Bingo w/Liz@12:30,</p>	<p>17 cards@8, computer class 10:30 Wbg. Manor-10:30 TaiChi@10, Art@1pm</p>	<p>18 cards@8am, START@9:30am, Laura&amp;JCCHS@10am Cards&amp;canasta12:30pm</p>	<p>19 cards@8am, Tai Chi@10, Chilhowee Sr Ct.- 10:30</p>	<p>20 cards@8am, START@9:30am, REACH Meeting10:30 Dinner/Dance@7pm</p>
<p>23 cards@8am, START@9:30am, Remember w/Kathy</p>	<p>24 cards@8am, TaiChi@10, ArtClass-1 Pot Luck &amp; Cards -6</p>	<p>25 cards@8START 9:30 Laura@10cards@12:30 JCCH10:30cards@12:30 <b>Sr. fitness Day</b></p>	<p>26 cards@8am, Tai Chi@10, Alzheimer's group 10 Lessons fr. Old Drum By David Curtis</p>	<p>27 cards@8am, START@9:30am <b>WII Bowling 12:30</b></p>
<p>POT LUCK &amp; CARDS 2ND &amp; 4TH TUES @ 6PM</p>	<p>31 <b>ZOO TRIP</b> KOKO ards@8am, computer class 10:30, Tai Chi@10, Art Class @ 1pm,</p>			<p>STITCH&amp;CHATTER, 2ND WEDS @2PM@ MURPHY LAKE</p>
<p>30 <b>CENTER CLOSED FOR MEMORIAL DAY...</b></p>				

Warrensburg Senior Center  
445 East Gay  
Warrensburg, MO 64093  
(660) 747-2624  
mgower@goaging.org

# did you know ????

- This years budget is nearly complete, and the amount the WBG SR Ct must raise is very close to the same amount as last year, which I believe is a good testimony to the level of giving and saving that we have done this past year. David, our head cook, has done a great job of watching the raw food cost and taking steps to keep the meal cost at a minimum and yet continues to serve the best balanced meal in town. Our fundraising budget is right at \$52,000.000 for next year but we are still 2 months away from our fiscal year end and are still in need of over \$10,000.00. You will be seeing an envelope for giving in the Daily Star Journal which we hope will bring in the needed amount. Help us by letting others know of our great services and our great need.
- Last month we had the WBG high school students help us learn about face book.
- Check the hall bulletin boards for all the great spring and summer events that are coming up.
  - The Waverly display through June on the Civil War Era.
  - Glory Bees scheduled trips for the summer
  - The Little Black Dress presentation at Sedalia's Nostalgia Vintage Apparel on the 5th of May

We are also planning to go to the Scott Joplin festivities in June. If you are interested please see Melissa. And don't forget the Trip to the KC Zoo on the 31st... Sign up is at the Parks and Rec. desk.

## Meet Our Staff!

Melissa Gower, Co. Services Dir.  
Nancy Kavanaugh, Data Entry  
David Huffmaster, Chef  
Mike Kenneally-Ast. Cook  
Gene Countess HDM Driver  
Harland Osborne, HDM Driver  
Harold Saunders, HDM Driver  
Pete Filis, HDM Driver  
Ron Papsdorf, HDM Driver  
Sally Hart, HDM Coordinator

We're on the web! [www.goaging.org](http://www.goaging.org)



Our Face  
book class..

**Care Connection**  
for Aging Services