

SEDGWICK SENIOR CENTER

# REFLECTIONS OF SSC

## MAY 2016

- May 5—Painting with Sue—1:00
- May 6—Birthday Party—7:00
- May 8—**Mother's Day**
- May 12—Potluck-noon  
Business Mtg—12:30  
Program - 1:00
- May 13—Pitch Night—7:00
- May 19—Artists in Action—1:00
- May 19—Dinner Night Out
- May 26—Massage Clinic
- May 26—Movie

## MAY BIRTHDAYS

- 5—Betty King
- 10—Annette Warrington
- 13—Mary Ayala
- 14—Peggy Stamback
- 14—Beverly Cox
- 25—Ellen Noeller
- 25—Dwaine Dunn
- 25—Raymond Ghere

# Happy Mothers Day

May 8th— May all our Mothers have a very Blessed and Happy Mothers Day!!

## WEEKLY ACTIVITIES:

Games and/or Bingo on Mon. at 1:00.

Tues. breakfast 7:30—8:30

Line Dancing on Tues. at 1:00.

Quilting every Wed. 9:00. **All day quilting will be every other Wed., Starting May 4.**

Wii at 1:00 on Fri.

Bible Study on Fri. at 3:00.

Exercise, Mon., Wed., and Fri. at 9:00 am

## TUESDAY MORNING

## BREAKFAST MENU .



7:30 to 8:30 or until gone!

Suggested Donation of \$5.00...

**SUBJECT TO CHANGE..**

May 3—Biscuits & Gravy

May 10—Pancakes

May 17 - Bacon, Eggs, Potatoes

May 24—TBA

May 31—Sausage/Egg Casserole

MAY 5th, paint with Sue. Must sign up so that she can have enough canvas for everyone. Suggested donation of \$25.00 which includes all supplies.

May 6th, Birthday Party for the May birthdays! We play games, (dominos, pitch, Rummikub) any and all of these. 7:00. Cake and ice cream also!

MAY 12th, Monthly Potluck and Business Meeting. Lunch at noon, followed by Business Meeting. Program at 1:00 pm re: Senior Placement Services.

MAY 13th, Pitch Night, 7:00 at The Center!

ANYONE wanting their Blood Pressure checked can come to the Senior Center on the 3rd Tuesday of each month. Diane will be available during our breakfast, 7:30 to 8:30. Or, if you need another time, call the Center and we will try to direct you to someone.

MAY 19th, Artists in Action, on Thursday 1:00 pm. Anyone can bring in any project they are working on and work on it with others to chat with. Also, those painters that need to finish a project use this day to finish their painting.

May 19th, Dinner Night Out at "Spears". Sign up by Tuesday the 17th so that we can give them a head count. If you want to ride the bus, there is a \$5.00 charge. Or, sign up and drive yourself!

MAY 26th, Massage Clinic, You must sign up for this so that a time can be reserved for you.

MAY 26th, Movie Night, We will post the name of the movie later in the month. Come and have fun! Free popcorn!!

PROTECTIVE Credit Card Sleeves as was explained during the "Identity Theft" program can be purchased through The Center. These Sleeves are supposed to keep someone from pulling your information from your Cards, Drivers License, etc. via the electronic hand held device even though the Cards are in your billfold in your pocket or purse.

THOSE of you who know of someone that needs help, whether it is a ride to a Doctor, needs to go to grocery store, or just has something that needs to be done for them, let someone from the Senior Center know. We will try to find someone that can help them. The phone number is on the address label of this newsletter.

=====

HARVEY COUNTY RSVP COMMUNITY SERVICE PROJECT: Personal hygiene items needed. Donations will go to the Homeless Shelter and Sexual Assault/Domestic Violence Center. Toothpaste, toothbrushes, deodorant, mouth wash, lotions, shampoo, conditioner, bath soap, razors, tampons, pads, tissues, toilet paper.

# May 2016

| May 2016 |    |    |    |    |    |    | June 2016 |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|
| Su       | Mo | Tu | We | Th | Fr | Sa | Su        | Mo | Tu | We | Th | Fr | Sa |
| 1        | 2  | 3  | 4  | 5  | 6  | 7  |           |    |    | 1  | 2  | 3  | 4  |
| 8        | 9  | 10 | 11 | 12 | 13 | 14 | 5         | 6  | 7  | 8  | 9  | 10 | 11 |
| 15       | 16 | 17 | 18 | 19 | 20 | 21 | 12        | 13 | 14 | 15 | 16 | 17 | 18 |
| 22       | 23 | 24 | 25 | 26 | 27 | 28 | 19        | 20 | 21 | 22 | 23 | 24 | 25 |
| 29       | 30 | 31 |    |    |    |    | 26        | 27 | 28 | 29 | 30 |    |    |

| SUNDAY            | MONDAY                                | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY          |
|-------------------|---------------------------------------|---|---|---|--|-------------------|
| May 1             | 2<br>9:00am Exercise<br>1:00pm Games  | 3<br>7:30am Breakfast<br>1:00pm Line Dance                          | 4<br>9:00am Exercise<br>9:00am Quilting-all day           | 5<br>1:00pm Paint Class   | 6<br>9:00am Exercise<br>1:00pm Wii<br>3:00pm Bible Study<br>7:00pm Birthday Party      | 7<br>Bldg in use. |
| 8<br>Mother's Day | 9<br>9:00am Exercise<br>1:00pm BINGO  | 10<br>7:30am Breakfast<br>1:00pm Line Dance                         | 11<br>9:00am Exercise<br>9:00am Quilting<br>12:00pm SCDOA | 12<br>9:00am HCDOA<br>12:00pm Potluck & Business Mtg<br>1:00pm Program-Senior Choices | 13<br>9:00am Exercise<br>1:00pm Wii<br>3:00pm Bible Study<br>7:00pm Senior Pitch Party | 14                |
| 15                | 16<br>9:00am Exercise<br>1:00pm Games | 17<br>7:30am Breakfast<br>7:30am Bld. Pressure<br>1:00pm Line Dance | 18<br>9:00am Exercise<br>9:00am Quilting-all day          | 19<br>1:00pm Artists in Action<br>5:00pm Dinner Night Out                             | 20<br>9:00am Exercise<br>1:00pm Wii<br>3:00pm Bible Study                              | 21                |
| 22                | 23<br>9:00am Exercise<br>1:00pm BINGO | 24<br>7:30am Breakfast<br>1:00pm Line Dance                         | 25<br>9:00am Exercise<br>9:00am Quilting                  | 26<br>10:00am Massage Clinic<br>7:00pm MOVIE  | 27<br>9:00am Exercise<br>1:00pm Wii<br>3:00pm Bible Study                              | 28                |
| 29                | 30<br>9:00am Exercise<br>1:00pm games | 31<br>7:30am Breakfast<br>9:00am Exec. Mtg<br>1:00pm Line Dance     | Jun 1   | 2   | 3  | 4                 |

**SEDGWICK SENIOR CENTER**

107 W 5th

PO Box 338

SEDGWICK KS 67135

316/772-0393

director@ssc.kscoxmail.com

**We have exercises on Monday, Wednesday and Friday mornings at 9:00 o'clock.**

**Donate your aluminum cans, and pop tabs! The pop tabs we take to The Ronald McDonald House in Wichita recycle & money is used to help families who cannot afford the modest cost to stay with them.**



Continuing collecting for Ronald McDonald House. Container available in lobby of Senior Center.