

SEDGWICK SENIOR CENTER

# REFLECTIONS OF SSC

## APRIL BIRTHDAYS

### APRIL 2016

- April 1—Birthday Party—7:00 pm
- April 7—Paint with Sue—1:00 pm
- April 8—Pitch Night—7:00 pm
- April 14—Potluck/Business Mtg-noon
- April 15—TAX DAY
- April 16—Library Town Hall Mtg-  
here at The Center-9:00am
- April 21—Artist's in Action—1:00 pm
- April 21—Dinner Night Out—5:00 pm
- April 26—Exec. Mtg—9:00 am
- April 26—Movie Night—7:00 pm
- April 28—Massage Clinic
- April 30—City Wide Garage Sales

- April 1 - John Burns
- April 5 - Diane Thompson
- April 23—John Huebert

Gwen Haspels will be at The Center on April 14th to talk with us about when she and her husband were attacked by robbers while in Africa as Missionaries. The Community is welcome to come and listen to her— 1:00 pm

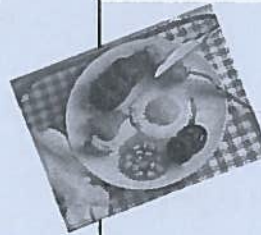
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**There is to be a Library Town Hall Meeting at our Senior Center on Sat. April 16th at 9:00 a.m. It is open to the community.**

City Wide Garage Sales will be April 30th. The Center will be open for this and we will possibly have a fund raiser that day. More will be discussed on this at the Business Meeting.

### 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. **For the time being, quilting all day will be every other Wed. starting April 6th**
- Wii at 1:00 on Fri.
- Bible Study on Fri. at 3:00.
- Exercise, Mon., Wed., and Fri. at 9:00.



### TUESDAY MORNING BREAKFAST MENU .

7:30 to 8:30 or until gone!

Suggested Donation of \$5.00

**SUBJECT TO CHANGE!!**

- April 5—Biscuits & Gravy
- April 12— Sausage Casserole
- April 19—Waffles & sausage
- April 26—Egg Casserole

APRIL 7th, paint with Sue. Must sign up so that she can have enough canvases for everyone. \$25.00 which includes all supplies.

MONTHLY Potluck and Business Meeting. April 14th. Lunch at noon, followed by Business Meeting. Program at 1:00 pm by Gwen Haspels, Missionary to Africa.

BOOSTER Club. April 14, at The Center, 7:00 pm. They will again be discussing the Fall Festival. Come and give your comments! Help is needed in order to make this happen.

POTATO Bar on March 13th was well attended. We appreciate everyone's help with this. Thank you to everyone who came!

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.

ARTISTS IN ACTION on Thursday April 21st, 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.

IT'S Tax Time again. If you need help with all the paper work, we can direct you to someone to help.

APRIL 21st, Dinner Night Out at Genova Italian Restaurant in Cedar Village in Newton. Sign up by Tuesday the 19th 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!

MASSAGE Clinic, April 28th. You must sign up for this so that a time can be reserved for you.

ADULT Program at Kansas Learning Center in Halstead for April will be on "Container Gardening" by Reno County Extension on April 21 at 6:00 pm. Cost-\$10.00.

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 handheld device even though the Cards are in your billfold in your pocket or purse.

WALKING is crucial to your health and well-being. Within three months you will have boosted blood flow to your brain plus lowered blood pressure and heart rate. The more you walk, the happier you are. And the happier you are, the more you walk, which means the healthier you are! It has been noted that if you cover six miles a week (30 min. a day), you'll also help keep your brain from shrinking and even increase your memory processing area. (this information taken from article by Drs. Roizen and Oz).

# April 2016

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mar 27	28	29	30	31	Apr 1 9:00am Exercise 1:00pm Wii 3:00pm Bible Study 7:00pm Birthday Party	2
3	4 9:00am Exercise 1:00pm Games	5 7:30am Breakfast 1:00pm Line Dance	6 9:00am Exercise 9:00am Quilting all day	7 1:00pm Paint Class	8 9:00am Exercise 1:00pm Wii 3:00pm Bible Study 7:00pm Pitch Night	9
10	11 9:00am Exercise 1:00pm BINGO	12 7:30am Breakfast 1:00pm Line Dance	13 9:00am Exercise 9:00am Quilting 12:00pm SCDOA	14 9:00am HCDOA 12:00pm Potluck & Business Mtg	15 9:00am Exercise 1:00pm Wii 3:00pm Bible Study	16 Library Town Hall Meeting 9:00 am
17	18 9:00am Exercise 1:00pm Games 1:30pm SGCO Summit	19 7:30am Breakfast 7:30am Bld. Pressure 1:00pm Line Dance	20 9:00am Exercise 9:00am Quilting-all day	21 1:00pm Artist's in Action 5:00pm Dinner Night Out	22 9:00am Exercise 1:00pm Wii 3:00pm Bible Study	23
24	25 9:00am Exercise 1:00pm BINGO	26 7:30am Breakfast 9:00am Exec. Mtg 1:00pm Line Dance	27 9:00am Exercise 9:00am Quilting	28 7:00pm MOVIE	29 9:00am Exercise 1:00pm Wii 3:00pm Bible Study	30 8:00am The Center will be open during City Wide Garage Sales

**SEDGWICK SENIOR CENTER**

107 W 5th

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SEDGWICK KS 67135

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**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 who the 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.