

JULY 2019



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# Andover Senior Center

## The MONTHLY REVIEW

Andover Senior Center, 410 N. Lioba, Andover, KS 67002  
Phone: 316.733.4441; asc-director@kscoxmail.com; Bess Hinz, Director

### We Can Leap Over Tall Buildings... We're Andover Senior Center!

Remember when we were young, watching Superman on TV and wishing we were Superman or Lois Lane...saving people, climbing tall buildings and generally saving the world all without a hair out of place, clothes wrinkled and still having time for dinner that evening?

Ok, so we're not all that...**BUT**...we **ARE** the Andover Senior Center! We **HAVE** conquered tall buildings so to speak. We **DO** save people every day from feeling as though they have no value, no place within our community and no friends. In a way, we **ARE** saving the world...we might have a hair out of place or a tear in our britches...but darn it, we get a lot accomplished around here!

So why am I talking about leaping over tall buildings? We have an obstacle before us right now that might seem unconquerable but don't be fooled...we have had much larger obstacles before!

The Andover Senior Center is in transition right now; looking for a new Director and moving forward once I am gone. We all know change can be hard and for some, it is very difficult. So, I am asking each one of you to remember some of the obstacles we have overcome...not receiving lunches from Victoria Falls and having to begin making the lunch every day on our own. Not having enough volunteers in the kitchen to cook and clean...so I would close my office and work a day or two in the kitchen. Not having anyone to run some of our daily activities and eventually someone would volunteer for that...and the list goes on.

My point is this...no matter the obstacle, no matter how dire it looks...we **HAVE** and **WILL** get through it and come out better than before. I know; we have done it many times and like always...I will say again...the Andover Senior Center **ROCKS!!!!**

So please, don't become discouraged over the next few weeks as your Board looks for the right person to become your new Director. Look at it as a new challenge, a new adventure that you and I already know you will be able to conquer...because you **ARE** the Andover Senior Center!

Our mission is to foster fellowship and recreational enjoyment for the seniors in our community.

### HAPPY ANNIVERSARY

Lewis, Sarah & Bill  
7/7  
Chinn, Del & Karen 7/8  
Boone, Ken & Diane  
7/10  
Galligher, Bob & Gayle  
7/18  
Novak, Karen & Robert  
7/29

### HAPPY BIRTHDAY

Diller, Gene 7/2  
Brodin, Wade 7/3  
Huck, Pat 7/4  
Boles, Joanna 7/5  
Anderson, Adeline 7/6  
Dunbar, Adeline 7/6  
Liebherr, Gunther 7/6  
Nelson, Wes 7/8  
Shepherd, Judy 7/8  
Minton, Sam 7/9  
Burgin, Carole 7/10  
Creed, Peggy 7/10  
Roach, Pat 7/10  
Aarstad, Dixie 7/11  
Rump, Albert 7/11  
Rowland, Miriam 7/12  
Swartz, Kay 7/12  
Huenergardt, Sherry  
7/15  
Bechtold, Rose 7/16  
Edwards, Don 7/16  
Piacenza, Sondra 7/16  
Garver, Donna 7/18  
Eades, Vallarie 7/19  
Osborne, Larry 7/20  
Anderson, Juanita 7/21  
Blake, Lorraine 7/22  
Shisler, Ruth 7/23  
Simmons, Carol 7/23  
O'Donnell, Ed 7/24  
Poston, June 7/25  
Horner, Jim 7/29  
Novak, Karen 7/29

## WEEKLY ACTIVITIES AT THE CENTER!

### **Mondays:**

10:00 Exercise  
11:30 Lunch/Please see menu  
12:45-2:30 Movie Monday

### **Tuesdays:**

10:00 Blood Pressure Check  
10:00 Piano Music w/ Mike  
11:30-1:30 Memory Café & Fun Seekers  
11:30 Lunch  
12:15 Pinochle  
1:00 Pool Players  
3:30-4:30 Balance Class

### **Wednesdays:**

10:00 Exercise  
11:30 Lunch/Please see menu  
1:00 Bridge Players

### **Thursdays:**

11:30 Lunch  
12:30 Knife & Scissor Sharpening/Watch  
Battery replacement, \$2  
12:15 Pinochle  
12:30 Quilting Club/Busy Hands (Any type  
of handwork)  
1:00 Pool Players  
1:00 Scrabble/Board Games  
3:30-4:30 Balance Class  
7:00 Pitch/Pool Players

### **Fridays:**

10:00 Exercise  
11:30 Lunch /Please see menu  
1:00 Prize Bingo

**You can come over anytime-these are  
just regular scheduled activities!**



### SPECIAL ACTIVITIES IN JULY

July 1/9:30 Board Meeting  
**July 4/ASC CLOSED FOR HOLIDAY!**  
**July 4/10:00 Donuts w/ Chief Keller—CANCELLED FOR HOLIDAY!**  
**July 5/11:45 “Is Your Plate Heart Healthy”, Shannon w/ Humana CANCELLED FOR HOLIDAY!**  
July 9/11:30 Butler County Commissioner Lunch at Andover Senior Center  
July 9/11:45 “?” presentation by James Johnston, Design Benefits  
July 9/2:00-4:00 Painting on Canvass provided by Glen Carr House  
July 10/10:00 Commodities  
July 10/12:30-1:30 Nail Painting by Victoria Falls  
July 10/1:00 BUNCO  
July 11/11:45 presentation by Andover Court Assisted Living  
July 11/9:30-10:30 American Legion Veteran's Morning Coffee & Donuts  
July 11/11:45 “The Impact of Untreated Hearing Loss and How It Can Affect Your Health” provided by Katie Zogelman, HearingLife  
July 12/11:45 presentation by Scott, Getaway Easy Travel  
July 16/10-11 AM **“The Natural State of Doing” Caregiver Support Class presented by Stacia, Angels Care Home Health. This is a great class for ALL caregivers!)**  
July 16/11:45 presentation by Genie Brazell, HempWorx  
July 17/11:00-1:00 ASC Fish Fry Fundraiser  
July 18/10-11AM “Strong Bones & Muscles for Healthy Aging” presented by Stacia, Angels Care Home Health  
July 19/11:00 ASC General Membership Meeting  
July 19/11:45 presentation by Susan B. Allen Hospital  
July 22/9:00-11:30 FREE Hearing Assessments provided by HearingLife  
July 24/9:30 Foot Lady for toenail care. Cost is \$25 per person, You must call Michelle Steinke 316.946.0722 and schedule an appointment.  
July 26/11:00 Birthday Cake for May Birthdays provided by LifeCare Center  
July 26/11:45 “?” presented by Marci, Home Health & Hospice KS  
July 30/9:00-11:30 FREE Hearing Aid Clean & Checks provided by HearingLife

**BUTLER COUNTY COMMISSIONER LUNCH****JULY 9TH, 2019****11:30 AM**

Please join us on Tuesday, July 9th for lunch as we welcome the Butler County Commissioners and the Butler County Dept. on Aging. This is a great time to meet our commissioners, ask questions about what is going on within our county and have a great lunch!

We hope to see you there!

**Strong Bones & Muscles for Healthy Aging**

Our bone health changes as we are aging, and so do our muscles and joints. Join us as Stacia shares:

**“Strong Bones & Muscles for Healthy Aging”**

on **Thursday, July 18th from 10-11 AM** at the Andover Senior Center in an interactive setting where you can ask questions and share concerns.

**Angels Care Home Health** provides educational classroom topics the 3rd Thursday of every month.

Their goal is to assist us in staying healthy through education.

Join us...it might help you have a healthy and happy summer!

**CAREGIVER SUPPORT PROGRAM**

Most families are unprepared for the drastic changes in their life brought on by various diseases and conditions. Kicking off this month, Angels Care Home Health will provide classroom topics the **3rd Tuesday every month, 10:00-11:00 AM**, that address a wide range of challenges common to families coping with Dementia, Alzheimer's and other diseases. The first set of topics for this 16 Class Course will be:

**July 10—The Natural State of Doing**

**August 20—Keeping the Peace**

**September 17—The Behaviors**

There will be more topics to come...**DON'T MISS OUT!**

**Painting on Canvass**

**Provided by:**

**Glen Carr House, Ashley Benitez**

**Tuesday, July 9th, 2-4 PM**

**No experience necessary! All you need to bring is yourself! Light refreshments & drinks provided! We will instruct you step by step through an original piece of art! At the end of the afternoon, you'll take home a one-of-a-kind painting and hopefully a newfound talent!**

**ANDOVER NATIONAL NIGHT OUT**

**TUESDAY, AUGUST 6, 2019**

**Our theme will be “Game Night”**

**Mark your calendars...  
more information to come!**

**Nail Painting**  
**provided by**

**Victoria Falls**

**Wednesday, July 10th  
12:30-1:30**



**This is FREE to all who would like their nails looking pretty for spring!**



# All About The Members!

## Home Health, Palliative Care and Telehealth

Palliative Care is a form of home health care in which patients face chronic or quality of life-limiting illnesses and focus on the relief of symptoms, pain and stress.

**Friday, July 26th  
11:45 AM**

**Andover Senior Center**

**Marci Bacon, Home Health & Hospice/ KS will be sharing with us the what each form of care is and how best to decide what you need.**

## **“The Impact of Untreated Hearing Loss and How It Can Affect Your Health”**

**Thursday, July 11th  
11:30 AM—1:00 PM**

Join Katie Zogelman, Hearing Life as she shares about the importance of hearing.

Hearing loss is an invisible disability that can greatly reduce your quality of life. It can have emotional repercussions including loneliness, isolation, depression, frustration, dependence, anxiety, anger and embarrassment.

It can interfere with many aspects of our lives but with education and treatment, you can improve your hearing!

## **DID YOU KNOW...**

The Andover Senior Center is an IRS approved 501c3! We are financed by donations, memorials, fundraisers, grants and special events. We appreciate your membership and donations to our Center. **THANK YOU!**

## **Lipid Profile (Cholesterol Screening) & Hgb A1C Levels**

**July 17th, 6:30-8:00 AM**

**Andover Senior Center**

**Provided by Susan B. Allen Hospital/  
Pam Cartwright RN BSN Director of Community Services**

A great opportunity to obtain your cholesterol and A1C levels at a low price. **\$20 at time of service for lipid profile, A1C and fasting glucose.** Other lab requests available at an additional low cost (You may discuss at time of screening). They will share information on heart health and diabetes prevention and awareness to assist you in maintaining a healthy lifestyle and help with your goals to keep and/or get your results in normal range. Follow-up screenings will be available every quarter (June, September & December) at the Andover Senior Center. This is a great opportunity to keep aware of our health...we hope you will join us **AND** share this opportunity with others!

Below is a few of the other lab tests they can perform that morning:

**Basic Wellness Bundle: \$20, Glucose/Liid, A1C**

**CRP (C-Reactive Protein), \$5, Screening for inflammatory responses**

**Vitamin D: \$15, Nutritional significance and osteoporosis**

**TSH: \$10, Identification of thyroid disease**

**PSA: \$5, Monitors patients with risk of prostate cancer**

**Insulin: \$18, Useful for management of diabetes**

## Is There a Virtual Doctor in the House?

Back in the 1940's, 40% of physician visits were house calls. This trend declined over the next two decades, but now it's resurfacing in a whole new way. Your doctor can now visit you at home-virtually. Using your smartphone, tablet, or any similar electronic device that has a camera, you can visit a doctor without leaving home. This method, called telemedicine, is exploding in the United States. According to the American Telemedicine Association, at least 200 telemedicine networks now serve 3,500 sites. Of course, telemedicine is not appropriate for complaints such as wounds, chest pains, or broken bones. However, virtual visits offer many advantages for an initial visit if you have a minor, temporary health issue, such as cold or flu, sore throat, headache, back pain, diarrhea or vomiting, rash, or pink eye.

What are the advantages of telemedicine? Convenience is major, especially if you live in a rural area or if leaving home is difficult. In addition, you save driving time, and you avoid sitting in a doctor's waiting room, exposed to other patients' illnesses.

Further, your doctor can easily monitor any chronic condition you have, such as high blood pressure, and you can often get a second opinion from an expert no matter where that health care professional lives.

Finally, telemedicine saves money. According to Berkeley Wellness at the University of California, doctors often charge less than half the cost of an office visit for a telemedicine consultation.

If you think telemedicine might work for you, contact your health insurer to see whether they offer this technology.

This article was provided by LBC Medicare News, April 2019.

If you would like more information or would like to receive other news articles regarding Medicare, please contact Steve Henry, Liberty Benefit Consultants, 316.686/5433/

# All About The Members!



**Happy Birthday To You  
Happy Birthday To You!**

**In celebration of all Andover Senior Center members who have a birthday in July,**

**birthday cake will be served**

**Friday, July 26th during lunch  
courtesy of LifeCare Center of Andover.**

## MARK YOUR CALENDAR!

### FREE HEARING ASSESSMENTS

**MONDAY, JULY 22ND, 9-11:30**

The testing process is painless, it takes only 30 minutes of your time.

### FREE HEARING AID CLEAN & CHECKS

**TUESDAY, JULY 30TH, 9-11:30**

A table will be set up in order for one person at a time to have a free cleaning and check of hearing aids and answer any questions you may have about your hearing aids.

Remember when...

When laundry detergent had free glasses, dishes or towels hidden inside the box?

## American Legion, Post 406

**The American Legion BINGO game will be Saturday, July 13th & 27th, 4-7 PM. Come on over and join us!**



**The American Legion, Post 406 will host a Veteran's Coffee & Donuts Thursday, July 11th, 9:30-10:30 AM. If you are a veteran or somehow related to a veteran, you are encouraged to attend and "chew the fat" with fellow veterans!**

# ASC Bulletin Board

**MARK YOUR CALENDAR!**  
**TUESDAY, AUGUST 6TH, 2019**  
**ANDOVER NATIONAL NIGHT OUT**  
**AT THE**  
**ANDOVER SENIOR CENTER.**  
**THEME WILL BE**  
**“GAME NIGHT”**

**This is a fun event held every year in the summer where your neighbors gather as well as the Andover Police and Fire Dept to get to know each other better. We hope you will join us!**

## Andover Senior Center Wish List!

The Andover Senior Center has a running list of items we use on a weekly basis. Would you be willing to donate an item or two from the below list?

Tea Bags  
Lemonade  
Jello  
Pudding  
Canned Soups  
Individual Size Fruit Cups  
Dawn Dish Soap  
Clorox Wipes  
BINGO prizes such as chips, cookies, candy, chocolate bars



## ANDOVER SENIOR CENTER SPOTLIGHT!



**Above:** Everyone loves the Monterrey Fundraiser! We sold over 135 Monterrey's, shared a laugh or two and enjoyed seeing friends, old and new! Of course, our Kitchen team was a little two serious...or not...and we always count on Dixie along with her helper Cole to make sure there is dessert for everyone!

**Below:** During future fundraisers, we are asking Joyce to demonstrate the yumminess of our meals I don't know about you but I think she did a banner job promoting the Monterrey!



Office Use Only:  
Last Name: \_\_\_\_\_  
First Name: \_\_\_\_\_

Paid: \_\_\_\_\_  
CK \_\_\_\_\_ Cash \_\_\_\_\_  
Receipt # \_\_\_\_\_

## Andover Senior Center Membership Form

Date: \_\_\_\_\_ Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Anniversary: \_\_\_\_\_

New Member: \_\_\_\_\_ Renewal: \_\_\_\_\_ Honorarium (**Free**): \_\_\_\_\_

(Note: Membership is \$10 per person per year) (Note: Honorary Members must be 90 years of age or older)

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Land Line Phone: \_\_\_\_\_ Email: \_\_\_\_\_

May we send you our newsletter by email? Yes \_\_\_\_\_ No \_\_\_\_\_

Are you willing to volunteer in kitchen? Yes \_\_\_\_\_ No \_\_\_\_\_ Maybe \_\_\_\_\_

Are you willing to volunteer with Fundraisers? Yes \_\_\_\_\_ No \_\_\_\_\_ Maybe \_\_\_\_\_

Are you willing to volunteer with Activities/Events? Yes \_\_\_\_\_ No \_\_\_\_\_ Maybe \_\_\_\_\_

Talents/Hobbies/

Interests: \_\_\_\_\_

Emergency Contact (other than spouse) that Andover Senior Center should contact in the event of an emergency:

Emergency Contact Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Your photo may be taken during events. By becoming a member, you grant Andover Senior Center permission to use your photo for publicity purposes.

\_\_\_\_\_ (Printed Name)

\_\_\_\_\_ (Signature)

Date signed \_\_\_\_\_

**Thank You for Your Membership!**

**PAINT PARTY!****Tuesday, July 9th  
2:00 PM**

**Let's get creative! Join us to create a one-of-a-kind piece of art! You will be provided with snacks, drinks, and lots of laughter and fun...and it's FREE!**

**Seating is limited so please let office know if you are planning on attending!**

## What's happening around town...



**P.O. Box 33, Mulvane, KS 67110  
316-747-4446**

*Specializing in Custom Group Travel Experiences*

Everyone likes (and deserves) a getaway from the daily routine every once in a while. Join us for lunch, **Friday, July 12th** when guest speaker Scott Ramsey with **Getaway Easy Travel** will be with us to talk about his group travel opportunities. **Getaway Easy Travel** specializes in custom group travel experiences. In past months, Scott shared tips with us on how to reduce stress when traveling by air and car as well as what REAL ID is and why it is recommended to have one. This month he'll be sharing about upcoming trips! Throw on your shades, grab the suntan oil and camera and head this way to learn more about some cool trips taking place this year.

**Did you know....**

Enjoying a great lunch at the Andover Senior Center is only a suggested donation of \$3.

If you aren't feeling well but would like a lunch delivered to you; you can pay a suggested donation of \$4 and receive a meal between Noon and 1:00 that day.

You can order a meal to go for a suggested donation of \$4.

You can pay for your lunch daily, weekly or monthly.

**ANDOVER SENIOR CENTER**  
**FISH FRY FUNDRAISER**

The Andover Senior Center will be serving deep fried fish for our July 17th Fundraiser. We are trying out a new time for our fundraiser and need your help to make this a success!

If you would like to help us with the fundraiser, here is a list of ways you can:

**Bring a dessert** the morning of fundraiser so that we make sure there is enough for everyone.

**Make a monetary donation** to help purchase the ingredients needed to make the meal.

**Volunteer to help the evening of** by greeting our guests, making sure we have water, tea and coffee available throughout the event, come in the afternoon of and help set up the center to accommodate our guests, help cook the meal and lastly, help with clean-up.

Our fundraisers are huge events for the center and it takes all of us to make it a success!

**Thank you!**

# JULY 2019 - Menu

Lunch is a suggested donation of \$3.00 If possible, please RSVP by 9 or 9:30 the morning of - 733-4441. Meal Delivery is a suggested donation of \$4.00.

**Reminder: Menu is subject to change!**

**COME JOIN US FOR LUNCH!**

Mon	Tue	Wed	Thu	Fri
1 Turkey Clubhouse Salad Crescent Roll Brownie	2 Cajun Oven Fried Chicken Mashed Potatoes Cookies	3 Biscuit & Sloppy Joe Casserole Chips Ice Cream Bars	4 <b>CLOSED FOR 4TH OF JULY</b>	5 Louisiana Chick- en & Okra Saute Flavored Rice Peaches
8 Skillet Fish w/ Corn Relish Salad French Fries Root Beer Float	9 Hash Brown Quiche Fresh Fruit Dessert	10 Southwestern Pork & Black Bean Stir Fry Buttered Noodles Cake	11 Sour Cream Chicken Enchila- das Broccoli Jello	12 Tuna Divan Crescent Squar- es—Salad Cooked Carrots 1/2 Banana
15 Pancakes Sausage Fresh Fruit	16 Green Bean & Chicken Casse- role Hash Browns Dessert	17 <b>FISH FRY FUNDRAISER</b>	18 Cook's Choice	19 Easy Jambalaya Corn Bread Green Beans Pudding
22 Corn Dog Casse- role Tater Tots Salad Cake	23 Chicken Caesar Salad Crescent Roll Strawberry &Blue- berry w Whipped Cream	24 Scrambled Eggs Ham Fresh Fruit	25 Honey-Mustard Chicken & Carrots Baked Potato Fruit Cocktail	26 Pigs N the Blanket Chips Cole Slaw Brownies
29 Cheeseburger French Fries Root Beer Float	30 Chicken & Wild Rice Soup Bread & Butter Desset	31 Biscuits w/ Sau- sage Gravy Sliced Tomato Yogurt w/ Berries	1 Turkey Bacon & Cheese Sandwich Potato Salad Pudding	2 Sauerkraut & Hot Dogs Fried Potatoes Corn Cake



## MOVIE MONDAY'S IN JUNE

**MONDAY, JULY 1, 2019**

**DONOVAN'S REEF**

Acclaimed director John Ford and screen legend John Wayne team up for what would be their final collaboration in this rowdy South Seas escapade. Lee Marvin and Jack Warden join Wayne as World War II Navy buddies living in a post-war paradise when their bliss is interrupted by the sudden arrival of Elizabeth Allen, a straight-laced Boston blue blood hoping to locate her estranged father (Warden).

**MONDAY, JULY 8, 2019**

**NO MOVIE TODAY!**

**MONDAY, JULY 15, 2019**

**HATARI**

Director Howard Hawks reteams with John Wayne, who heads a group of highly skilled professional game hunters in Africa. Only they don't use bullets—they capture the ferocious big game with strong ropes and cameras for zoos and circus attractions. It is an exciting, death defying business that pits man against beast.

**MONDAY, JULY 22, 2019**

**IN HARM'S WAY**

Producer-Director Otto Preminger's epic treatment of the bombing of Pearly Harbor details the devastating attack on the Hawaiian naval bases as well as the explosive, behind-the-scenes stories. The all star cast includes John Wayne, Kirk Douglas, Patricia Neal, Henry Fonda, Carroll O'Connor, Burgess Meredith, Paula Prentiss and Dana Andrews.

**MONDAY, JULY 29, 2019**

**NO MOVIE TODAY!**

Movie Monday begins around 12:45 (after lunch). We have coffee, tea, water or sodas (suggested donation of .50) to drink and sometimes we even have snack! Worried about being able to hear the movie? Most of our movies have the close captioning available.

**Come join us, the movie is about to start!**





## ANDOVER SENIOR CENTER

### FISH FRY!

The Andover Senior Center invites **YOU**  
to join **US**

**WEDNESDAY, JULY 17TH, 2019**

**11:00 AM TO 1:00 PM**

at the

**Andover Senior Center**

**410 N. Lioba**

**Andover, KS**

***FOR A DELICIOUS LUNCH!***

**Fish Fry**

**Tea or Coffee**

**Cans of pop are available/.50 cents**

**Suggested Donation is \$5.00**

***WE HOPE TO SEE YOU THERE!***

**The Andover Senior Center is an IRS approved 501c3. We  
are financed by donations, memorials, fundraisers, grants  
and special events. We appreciate you dining with us on  
this special evening in support of the**

**Andover Senior Center.**

**THANK YOU!**



***“What kind of club will this club be if everyone in it acts just like me?”***

**Bits & Pieces!**

**Empowered Senior Series:**

**Hosted by:**

**Randy & Katherine Ambrose**

**The Truth About...**

**July 11**/Home Health and In-home Care

**August 8**/Decluttering Your Home

**September 12**/Liquidating the Extra Stuff

**October 10**/Avoiding Scams and Protecting Your Assets

**November 14**/Living, Dying & Leaving a Legacy

**December 1**/All Things Senior Living (3:00-4:00 pm)

All classes are held from 10:00-11:30 AM (with the exception of December) at Botanica Wichita, 701 Amidon St., Wichita, KS  
Call 316.686.4500 to reserve your seat!

**FREE ADMISSION!**

**MARK YOUR CALENDAR!**

**Friday, September 27th**

**Is the**

**Greater Andover Days**

**BINGO event**

**Sponsored by the**

**Andover Senior Center**

More details to come!

**Thursday, November 21-  
Saturday, November 23**

**Andover Senior Center**

**Arts & Crafts Show!**

More details to come!

**What does being a “Member” of the Andover Senior Center mean besides enjoying the programs and benefits of membership?**

It means as a member you have a vested interest in seeing that the center is used in a beneficial way to both members and the community. Ways that you can (and are) doing this is by participating in activities, helping out with simple chores such as dishes after lunch, changing a light bulb, bringing beautifully prepared desserts and salads for the Friday lunches and being personally responsible for picking up after yourself and others after activities. Volunteering to do specific duties such as cooking meals, leading an activity or working an event are things that will make the operation of the Center more cost effective and allow us to offer more varied activities that all can enjoy. There are lots of opportunities to help & have a good time!

**Points To Ponder...**

**DO IT ANYWAY  
BY MOTHER TERESA**

People are often unreasonable, illogical and self-centered;  
Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives;  
Be kind anyway.

If you are successful, you will win some false friends and some true enemies;  
Succeed anyway.

If you are honest and frank, people may cheat you;  
Be honest and frank anyway.

What you spent years building, someone could destroy overnight;  
Build anyway.

If you find serenity and happiness, they may be jealous;  
Be happy anyway.

The good you do today, people will often forget tomorrow;  
Do good anyway.

Give the world the best you have and it may never be enough;  
Give the world the best you've got anyway.

You see, in the final analysis it is between you and God;  
It was never between you and them anyway.