

May 2022



# Andover Senior Center

## The MONTHLY REVIEW

Andover Senior Center, 410 Lioba, Andover, KS 316.733.4441,  
andoverseniorcenter1@gmail.com

Hours of Operation: Mon-Thursday, 9:00 AM—5:00 PM      Friday; 9am-4pm

PLANT A SMILE AND WATCH IT GROW!

### 2022 Board of Directors

- Pat Huck/President
- Rolland Benoit/  
Vice President
- Susan Andrews/Treasurer
- Dixie Aarstad/Secretary
- Wade Brodin/Trustee
- Sam Minton/Trustee
- Ken Boone/Trustee

Isn't it amazing how the simple act of smiling can not only affect you; your mood; your outlook; and how you feel, but it can also affect those who receive your smile. One simple act...and the funny thing is...sometimes you don't even realize the person you smiled at was someone who so desperately needed to feel love, acceptance, valued....

We have a responsibility at the Andover Senior Center when it comes to making our members or potential members feel like they are accepted, have value, and are an important part of our community. It only takes a few minutes or less to welcome someone into the center, say hello, share a smile, be a positive voice that exudes friendship and goodwill.

Think back to how you felt when you first joined the Center; who greeted you, who made sure you were introduced to other members, who made you feel so welcome that you wanted to come back?

We have a great Senior Center with the potential to grow beyond what we could ever imagine...but... it takes each one of us showing kindness, sharing smiles, giving words of encouragement to those that come through the doors for us to reach our potential.

So let's all keep smiling and find ways to bring people in, get them involved, and keep our Center growing. Together we can continue growing with each other and our community.

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

# May 2022-MENU



**SUGGESTED DONATION \$5.00**

**Menu is subject to change**

Mon	Tue	Wed	Thu	Fri
<b>2</b> Sloppy Joes French Fries Baked Beans Dessert	<b>3</b> Tuna Casserole Spinach Salad Roll Dessert	<b>4</b> Beef Stroganoff Noodles Pea Salad Bread Sticks Bread Pudding	<b>5</b> Chicken Fried Steak Mashed Potatoes Green Beans Dessert	<b>6</b> Baked Tilapia Roasted Potatoes Sweet Peas Roll Dessert
<b>9</b> <b>Chicken Salad</b> <b>Veggies w/Ranch</b> <b>Chips</b> <b>Dessert</b>	<b>10</b> Lasagna Garlic Bread Green Salad Dessert	<b>11</b> Asparagus Chicken Crock Pot Corn Cheesy Bread Apple Crisp	<b>12</b> Soft Tacos Rice Refried Beans Dessert	<b>13</b> Baked Chicken Mashed Potatoes Green Beans Dessert
<b>16</b> Breakfast Casserole Cinnamon Roll Fresh Fruit Dessert	<b>17</b> Pulled Pork Coleslaw Tatar Tots Dessert	<b>18</b> Bierock Casserole Green Beans Ramen Salad Chocolate Cake	<b>19</b> Meatloaf Mashed Potatoes Mixed Veggies Roll Dessert	<b>20</b> Salmon Patties Scallop Potatoes Sweet Peas Dessert
<b>23</b> Spaghetti Meatballs Garlic Bread Green Salad Dessert	<b>24</b> Chicken Casserole Broccoli Roll Dessert	<b>25</b> Taco Salad Black Beans Rice Birthday Cake	<b>26</b> Hamburgers w/ Fixings Potato Salad Baked Beans Dessert	<b>27</b> Breakfast Sand- wich Hash Browns Fruit Dessert
<b>30</b> CLOSED MEMORIAL DAY	<b>31</b> Chicken Fried Steak Mashed Potatoes Carrots Dessert			



# Daily Activities

MAY 2022

Mon	Tue	Wed	Thu	Fri
<b>2</b> 9:15 Exercise 10:15 Trivia 11:30 Lunch 12:30 LCR 1:00 Bridge	<b>3</b> 9:30 Coffee Hour 10:30 Balance 11:30 Lunch 12:15 Pinochle 1:00 Hand & Foot	<b>4</b> 9:15 Exercise Class 11:30 Lunch 1:00 Bridge	<b>5</b> 9:30 Coffee Hour 10:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Quilters 7:00 Pitch	<b>6</b> 9:15 Exercise 11:30 Lunch 12:30 Bingo
<b>9</b> 9:15 Exercise 10:00 Memory Cafe 11:30 Lunch 1:00 Bridge	<b>10</b> 9:15 Exercise 10:30 Balance 11:30 Lunch 12:15 Pinochle 1:00 Hand & Foot	<b>11</b> 9:15 Exercise 11:30 Lunch 1:00 Bridge	<b>12</b> 9:30 Coffee Hour 10:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Quilters 7:00 Pitch	<b>13</b> 9:15 Exercise 11:30 Lunch 12:30 Bingo
<b>16</b> 9:15 Exercise 11:30 Lunch 12:30 Bunco 1:00 Bridge	<b>17</b> 9:30 Coffee Hour 10:30 Balance 11:30 Lunch 12:15 Pinochle 1:00 Hand & Foot	<b>18</b> 9:15 Exercise 11:30 Lunch 1:00 Bridge	<b>19</b> 9:30 Coffee Hour 10:30 Balance Class 11:30 Lunch 12:15 Pinochle 1:00 Quilters 7:00 Pitch	<b>20</b> 9:15 Exercise 11:30 Lunch 12:30 Bingo
<b>23</b> 9:15 Exercise 10:00 Memory Cafe 11:30 lunch 1:00 Bridge	<b>24</b> 9:30 Coffee Hour 10:30 Balance 11:30 Lunch 12:15 Pinochle 1:00 Hand & Foot	<b>25</b> 9:15 Exercise 11:30 Lunch 1:00 Bridge	<b>26</b> 9:30 Coffee Hour 10:30 Balance 11:30 Lunch 12:15 Pinochle 1:00 Quilters 7:00 Pitch	<b>27</b> 9:15 Exercise 11:30 Lunch 12:30 Bingo
<b>30</b> CLOSED MEMORIAL DAY OBSERVED	<b>31</b> 9:30 Coffee Hour 10:30 Balance 11:30 Lunch 12:15 Pinochle 1:00 Hand & Foot			



## **April Trivia Winners**

Glenn Williams- Bettie Welty- Pat Huck

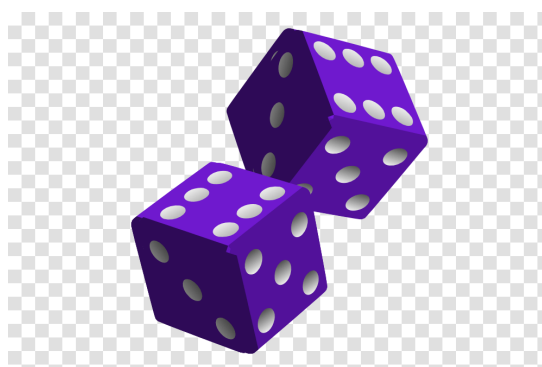
**OVERALL WINNER: PAT HUCK**

## **LCR WINNERS**

**Most Wins: Bettie Welty**

**Runner-Up: Maxine Bauer**

**3rd Place: Donna Garver**



## **BUNCO**

**Most Wins: Joyce Stevenson**

**Most Losses: Margit Gibbons**

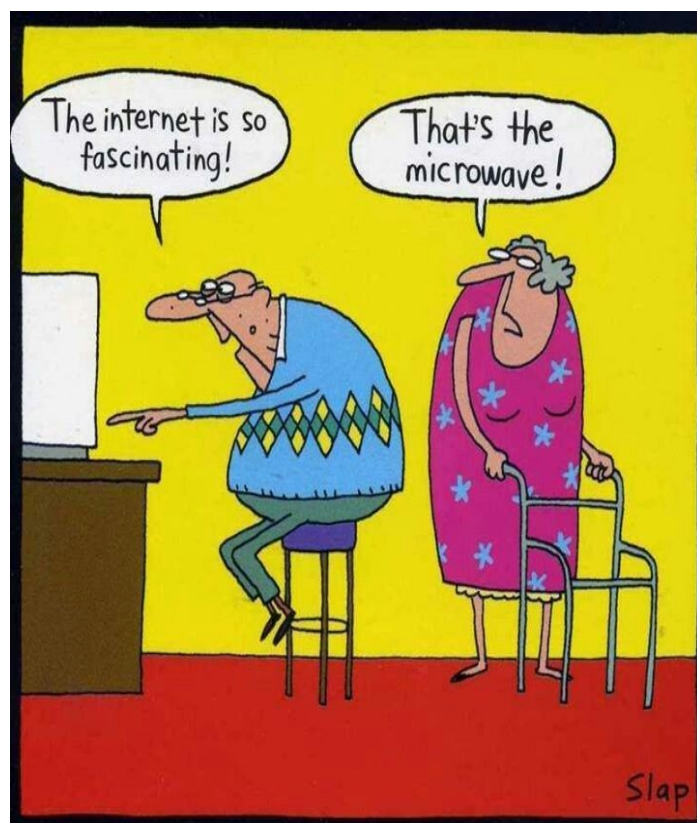
**Most Buncos: Bettie Welty**

**Last Bunco: Margit Gibbons**

**Middle Ground: Maxine Bauer**

**Drawing: Lawrence Peters**

**CONGRATULATIONS EVERYONE !!!**



# May Events



**Monday May 2nd** @ 10:15—TRIVIA

**Monday May 2nd** @ 12:30—LCR \*\*\*18 Pennies\*\*\*

**Wednesday May 4th** @ 1:00—Tony w/Kindred Hospice “Grief Support Group”

**Thursday May 5th** @ 10:00—Doughnuts with the Chief

**Thursday May 5th** @ 10:30—Blood pressure Checks w/Angels Health Care

**Friday May 6th**—Hermes Foot Care Clinic \*\*\*by appointment\*\*\*

**Monday May 9th**—Memory Café

**Tuesday May 10th**—Emily w/SD Insurance Medicare Informational

**Wednesday May 11th** @ 10:00 SINGING BINGO w/ Interim Health Care

**Monday May 16th** @ 12:30 BUNCO \*\*\*\$5\*\*\*

**Monday May 16th** @ 3:00—ASC BOARD MEETING

**Wednesday May 18th** - Butler County Health Dept.-Covid Booster Shot Clinic 9am-12noon

**Thursday May 19th** @ 10:30—Blood Pressure Checks w/ Angels Health Care

**Friday May 20th** @ 10:45—\*\*\*GENERAL MEMBERSHIP MEETING\*\*\*

**Friday May 20th** @ 12:30—Mayor Ronnie Price calling BINGO !!!

**Monday May 23rd** @ 10:00—Memory Café

**Monday May 23rd** @ 2:30—You’re Fired Ceramics Painting\*\*\*Dragonfly\*\*\*

**Wednesday May 25th** @ 11:30-Abigail w/Futurity First \*\*\*Birthday Cake\*\*\*

**Wednesday May 25th**—Foot Care by Michelle Stienke, pls call 316-946-0722

**See our Facebook Page for more upcoming events**





# All About The Members!

## A HUGE SHOUT OUT TO THE ANDOVER SENIOR CENTER MEMBERS THANK YOU!

### You are important to us!

Just a reminder that the Andover Senior Center offers a FREE Blood Pressure Check the 1st and 3rd Thursday of the month, 10:30-11:30am.

Thank you to Angels for coming out for us to perform Blood Pressure Checks...if this is something you want or should be tracking...stop in and see us!

### **Giving a shout out to you...**

**Is there anyone out there interested in beginning a bible study or book club? We have heard this suggestion over the last month but need someone to head it up.**

**If so, please let Margit know so we can make arrangements.**

Here's the facts: Forcing yourself to **smile** can boost your mood and the mood of others; **smiles** are contagious; **smiles** relieve stress and **smiles** are the universal sign of happiness! So why are we thanking our members...Because, every time you smile and welcome a new and/or existing member into our Center, you are boosting a happy, welcoming environment that people enjoy! ***Thank you!***

### Service for Seniors

If you are homebound, a paid member of the senior center, and live in or near the city of Andover, we can deliver lunch to you.

Call the office, 733-4441 for further info.

**Suggested donation is  
\$5 per day for delivery.**

It has been brought to my attention that at one time, the Andover Senior Center had a member(s) who called ASC members to wish them a Happy Birthday...I love that and would like to see us do that again if we can...anyone interested in heading up this thoughtful project?



### **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

### COME OVER AND JOIN US FOR LUNCH!

We would love for you to stop in the Senior Center and have lunch with us! It's fun, full of interesting people, conversation **AND** you receive a great meal, dessert and drink for only \$5 . **If possible, please rsvp so we can save you a seat!**

*Come on, let's eat!*



We are looking for Bridge Players to join us at our Wednesday afternoon Bridge game. If you are interested, please contact Margit for more details.

The Butler County Transit Program through the Butler County Department on Aging is a general public transportation program that offers a variety of routes throughout the county to help meet your travel needs. All general public transportation vehicles are handicapped accessible. Butler County Transit does not furnish wheelchairs.

Currently the general public transportation rides in the Andover area are available by reservation Monday through Friday.

To make a reservation or get information on fares, please contact the Transit Program at 316.775.0500 between 8:30-12:00 noon.



### Are you getting enough fiber?

Eating foods high in dietary fiber can do so much more than keep you regular. It can lower your risk for heart disease, stroke, and diabetes, improve the health of your skin, help you lose weight, and boost your immune system and overall health. As you age, your digestion becomes less efficient, so it's important to include enough fiber in your diet.

Women over 50 should aim to eat at least 21 grams of fiber per day, men over 50 at least 30 grams a day.

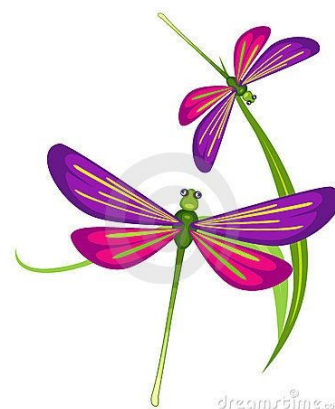
[Www.helpguide.org/articles/healthy-eating](http://www.helpguide.org/articles/healthy-eating)

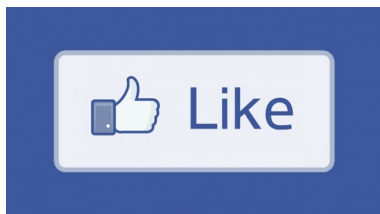


### **Come and join us for ceramic painting**

Monday May 23rd @ 2:30 "Dragonfly"

\$7—includes all materials and firing.





The Andover Senior Center would like for you to “like” us on Facebook! If you have access to a computer and have a Facebook account, please visit our page, <https://www.facebook.com/andoversenior/>. It’s a great place to read about what the Center has been up to and what we have planned going forward!

“I’ve learned  
that people will  
forget what you  
said, people  
will forget what  
you did, but  
people will  
never forget  
how you made  
them feel.”



### **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?

#### **General Area:**

Bingo Prizes for Friday Bingo

Copy Paper

#### **And for the pantry:**

Tea

Cake, Brownie Mixes

Non-Perishable Food Items

We appreciate any and all donations made to the Center in order for us to make your membership enjoyable! ***Thank you!***

The Butler County Department on Aging, Retired Senior Volunteer Program provides many opportunities for people age 55 and over to put their skills and life experiences to work for their communities. One of the programs they provide is:

***Foster Grandparent Program:*** If you’re 55 or over and want to share your experience and compassion, you have what it takes to be a Foster Grandparent. Foster Grandparents serve up to 40 hours a week in a school setting. Some volunteers may qualify to earn a tax-free, hourly stipend (amongst other benefits). If you would like more information, please contact the Dept. on Aging, 316.775.0500.

Interested in having a jam session sometime this summer? How about an Amateur Night? If you would like to help put one or both of these events together, please call Margit at the office.





### **Health Benefits of Laughter**

While the science of humor is a relatively new discipline, research studies on the health benefits of laughter consistently demonstrate the connection between laughing and longevity. Researchers know that laughing lowers blood pressure while increasing blood flow and oxygen intake, all positive physiological effects that have been linked to a decreased risk of heart attack and stroke.

Because laughing triggers the release of the drug-like neurochemical endorphin, laughing simply makes people feel better all over.

*Www.seniorhomes.com*

*Mary Barnett*

*Del Chinn*

*Jim Dake*

*Caroline Hale*

*Lillian Jepson-Harris*

*Richard King*

*Sarah Lewis*

*Mary Francis Little*

*Helen Martin*

*Nell Mayes*

*Kenny McElvain*

*Cathy McCarthy*

*Thomas Medill*

*Carol Minton*

*Norma Jean Porter*

*Cheryl Smyres*

*Don Vesper*

*Angie Wormhoudt*



**“We can’t help everyone but everyone can help someone.”**

**-Ronald Reagan**

# 90+ and still going strong



## **Honorary Member...Genetha Shackelford**

**Genetha Brain Shackelford** was born on February 22, 1929 in Thorney, AR and grew up there as an only child. She met Raymond Shackelford in Durham, AR, and they married on July 31, 1948, in Fayetteville, AR. Together they raised four boys and she has been blessed with six grandchildren and five great-grandchildren.

They moved to Andover in 1956 where Raymond worked at Beech Aircraft and Genetha took care of family and cleaned for others to supplement their income.

Raymond and Genetha started coming to the senior center in 2003 and joined shortly after. After Raymond's death in 2016, she continued her membership where she loves to play cards, Scrabble, board games, and bingo with her friends here. Unable to drive now, she takes the county transit to visit us on a regular basis. Because of her sunny smile and her cheerful outlook, we are all happy to see Genetha arrive for lunch or bingo!

# WE ♥ OUR VOLUNTEERS

**Thank You to all of our volunteers that helped @ the April Fundraiser !!!**

**Janel W**

**Celia F**

**Joann W**

**Pauletta B**

**Bettie W**

**Karen O**

**Lavon K**

**Donna G**

**Dee B**

**Peggy R**

**Barb M**

**Rolland B**

**Sam M**

**Pat H**

**Dixie A**



EVERY THURSDAY 2pm-4pm

*Have your scissors and knives sharpened or watch batteries replaced by Rolland here at the center.*



ANDOVER SENIOR CENTER

**BIEROCKS & BEER BREAD  
FUNDRAISER**

Order deadline is Friday, May 13th

Friday, May 20th Pickup Only

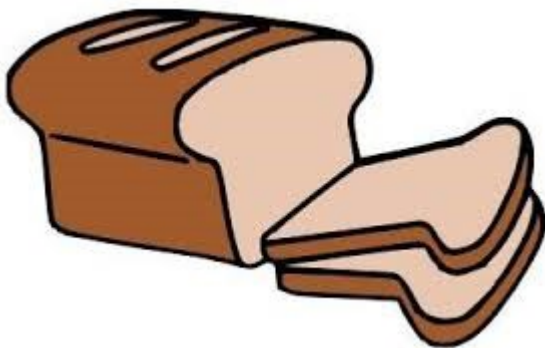
**After Bingo from 2 to 6 pm**

**410 Lioba Drive**

**Please Call (316)733-4441 to place order**

**2 for \$10 or 6 for \$25**

**Beer Bread is \$5 per Loaf**





## MESSAGE FROM THE PRESIDENT:

Hello everyone! I hope you are enjoying all the benefits of our increased activities and membership. With Spring finally here, it can only get better. We are experiencing a record number of people participating in most all of our activities.

The one big exception to this is the attendance at our General Membership Meetings! Our by-laws now state that we hold a meeting for the membership on the third Friday of each month. However, with all that has happened in the last two years, these meetings have been sporadic at best. Because of the low attendance at recent meetings, the Board of Directors has proposed that we change the by-laws to schedule a meeting on the fourth Friday of every other month, beginning in January of each year. At the last membership meeting the proposed change was not approved because a few members want a monthly meeting.

First, I would like to point out that these meetings require attendance of all board members and most of them must prepare some sort of report. Because the Board is composed of active members, if we voted at the membership meeting, we would outnumber the non-board members. Second, by-laws are under constant review to ensure that we stay current with all requirements for our center and suggested changes are not submitted without the review and approval of the board. Third, there is a question of sufficient representation of all members when only four or five members attend the meeting and vote. With a paid membership of 360+, even 10% would require 36 people. Fourth, there is no requirement in our contract with the Butler County Department on Aging that we have general membership meetings.

Our Board meetings are open for any member to attend, and copies of all meeting minutes are available for review by the membership. Our monthly newsletter is published in a timely manner and is available by email or hard copy. Information is also readily available on our Facebook page and group which are viewed by over 700 people.

This proposed by-law change will be on the agenda for the general membership meeting again on May 20<sup>th</sup>. I hope you will consider the above reasons and vote in favor of this change.

This is YOUR center – it is up to you, the members, to decide if you want to participate in decision making or leave it in the hands of a few. We sincerely hope that you will choose to attend these meetings and give serious consideration to board proposals. Please leave your comments in the suggestion box for our review, do not bombard the Director with calls or visits. You may also approach me at any time with questions or comments concerning this matter.

Respectfully,

Pat Huck, President



# SPRING



## Word Search

Search for the twelve Spring themed words below.

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

APRIL  
BIRDS  
BLOOM  
BUNNY

BUTTERFLY  
FLOWERS  
GARDEN  
MAY

RAINBOW  
SPRING  
SUNSHINE  
WARM