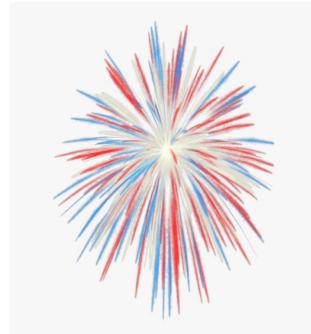


Andover Senior Center

The MONTHLY REVIEW

Andover Senior Center, 410 Lioba, Andover, KS 316.733.4441
 Hours of Operation: Mon-Thu 8:30am-4:30pm Friday 8:30am-4pm
 andoverseniorcenter1@gmail.com Director-Margit Gibbons



"I Am An American"

I am an American.

That's the way most of us put it, just matter of factly.

They are plain words, those four.

*You could write them on your thumbnail,
or you could sweep them clear across this bright autumn sky.*

But remember too that they are more than words.

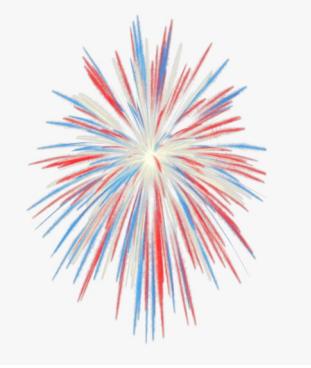
They are a way of life.

*So whenever you speak them, speak them firmly;
speak them proudly; speak them gratefully.*

I am an American.

2022 Board of Directors

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



JULY 2022-MENU



SUGGESTED DONATION \$5.00

Meals are subject to change

Mon	Tue	Wed	Thu	Fri
				1 Baked Tilapia Roasted Potatoes Rice Dessert
4  4th of July CLOSED	5 Kielbasa Sausage Mashed Potatoes Sauerkraut Salad Dessert	6 Meatloaf Roasted Potatoes Creamed Corn Dessert	7 Chef Salad Crackers Cottage Cheese Dessert	8 Sloppy Joes French Fries Coleslaw Dessert
11 Pulled Pork Chips Macaroni Salad Dessert	12 Chicken & Noodles Mashed Potatoes Green Beans Dessert	13 Hamburger Stack-Potatoes and corn-Fruit Ambrosia Cream Puffs	14 Pancakes Sausage Patty Fruit Dessert	15 Baked Chicken Glazed Carrots Mashed Potatoes Gravy Dessert
18 Chicken Salad Croissant Deviled Eggs Dessert	19 Salisbury Steak Mashed Potatoes Gravy Peas Dessert	20 FUNDRAISER FISH FRY COLESLAW POTATO SALAD DESSERT	21 Hamburger w/all Fixings French Fries Baked Beans Dessert	22 Chicken Fried Steak Mashed Potatoes Gravy Green Beans Dessert
25 Chicken Casserole Broccoli Roll Dessert	26 Taco Salad Rice Dessert	27 Baked Fried Chicken Biscuits Broccoli Casserole Bread Pudding	28 Roast Beef Sliders 3 Bean Salad French Fries Dessert	29 Breakfast Casserole Fruit Cinnamon Roll

JULY DAILY ACTIVITIES

COFFEE HOUR @ 8:30

Lunch Served @ 11:30

Mon	Tue	Wed	Thu	Fri
		<p>BREAKFAST FUNDRAISER</p>  <p>Join Us For Breakfast</p> <p>Sat, July 9th 8-10 am</p>		1 10:30 Exercise 12:30 Bingo
4  4th of July CLOSED	5 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	6 10:30 Exercise 1:00 Grief Support w/Tony 1:00 Bridge	7 10:00 Donuts w/ Chief 12:15 Pinochle 1:00 Quilters 7:00 Pitch	8 10:15 Trivia 10:30 Exercise 12:30 Bingo
11 10:00 Memory/ Café 12:30 LCR 1:00 Bridge	12 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	13 10:30 Exercise 1:00 Bridge	14 10:30 Balance Class 12:15 Pinochle 1:00 Quilters 7:00 Pitch	15 10:30 Exercise 12:30 Bingo w/ Mayor Price
18 10:30 Exercise 2:30 BUNCO 1:00 Bridge	19 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	20 FUNDRAISER - FISH FRY - 11am-1pm	21 10:30 Balance 12:15 Pinochle 1:00 Quilters 7:00 Pitch	22 10:30 Exercise 12:30 Bingo
25 10:00 Memory Cafe 1:00 Bridge 2:30 Ceramics	26 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	27 10:30 Exercise 1:00 Bridge	28 10:30 Balance 12:15 Quilters 7:00 Pitch	29 10:30 Exercise 12:30 Bingo

SPEAKERS AND UPCOMING EVENTS IN JULY

Monday July 4th—CLOSED ****Holiday****

Thursday July 7th @ 10am—”Donuts with the Chief”

Thursday July 7th @ 10:30—Blood Pressures Checks w/Angels Health Care

Friday July 8th @ 10:15— ***TRIVIA***

Friday July 8th—HERMES FOOT CARE *** By Appointment ***

Saturday July 9th 8am-10am—***BREAKFAST FUNDRAISER***

Monday July 11th @ 10am—Memory Café

Monday July 11th @ 12:30—LCR ***18 pennies***

Tuesday July 12th @ 11:30— ***Commissioners' Luncheon***

Wednesday July 13th @ 1pm— Grief Support Group w/ Tony from Kindred Hospice

Thursday July 14th @ 11:30—Life Care of Andover w/ Jenni *** Rehabilitation & Long Term Care ***

Friday July 15th @ 10:45— ***GENERAL MEMBERSHIP MEETING***

Friday July 15th @ 11:30—Via Ascension Christi w/Victoria *** Fall Prevention ***

Friday July 15th @ 12:30—Mayor Ronnie Price calling BINGO !!!

Monday July 18th @ 12:30—BUNCO ***\$5***

Monday July 18th @ 3pm— ***ASC Board Meeting***

Tuesday July 19th @ 10am—***SINGO/BINGO*** Sponsored by Interim Health Care

Wednesday July 20th 11am-1pm—***FISH FRY FUNDRAISER***

Thursday July 21st @ 10am—Blood Pressure checks w/Angels Health Care

Monday July 25th @ 10am—Memory Café

Monday July 25th @ 2:30—”You're Fired Ceramics” w/ Debbie *\$10 includes supplies and firing. ***Big Toad Theme***

Wednesday July 27th—Foot care by Michelle Stienke, Pls call 316-946-0722 for an appointment

Wednesday July 27th—Futurity First w/Abigail *** Birthday Cake***



Find us on Facebook to keep updated on all upcoming events
not listed above.

Like



JUNE TRIVIA WINNERS

Janel Williams

Bettie Welty

Jason Hull

JULY CATEGORIES

Famous Movie Lines

TV Show: DALLAS

“Name that Tune”

OVERALL WINNER: JANEL WILLIAMS

July Dates to Remember

JUNE BUNCO WINNERS:

Most Wins: Maxine Bauer

Most Losses: Rolland Benoit

Most Buncos: Rowena Underwood

Middle of the Road: Tammy Ball

Last Bunco: Bettie Welty



8th- TRIVIA @ 10:15

11th- LCR @ 12:30

18th- BUNCO @ 12:30

LCR WINNERS

Game 1: Bev F

Game 2 : Donna G

Game 3 : Bettie W

Game 4: Jo

Game 5 : Maxine B

Game 6 : Felicity

Game 7 : Maxine B

Game 8 : Lou S





Juanita Anderson

Brenda Roberts

Adeline Anderson

Albert Rump

Angela Ansel

Gwen Rutherford

Lisa Baxter

Linda Schiller

Rose Bechthold

Tamara Shamblin

Joanna Boles

Frank Shaw

Wade Brodin

Phyllis Silvis

Carole Burgin

carol simmons

Ellen Caitlan

Kay Swartz

Sonya Drake

cathy sweeney

Don Edwards

Lloyd vanDever

Donna Garver

Dee Vesper

Barbara Hartness

Dixie Aarstad

Pat Huck





Like

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!

We'll Be Friends "Til We're Old & Senile ...



Deals by Susy Spears for Home Sweet Home



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

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 a suggested donation of **\$5** . If possible, please rsvp so we can save you a seat!

Come on, let's eat!

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!**

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.

©Glasbergen / glasbergen.com



*“Of course I've gained weight.
That's why it's called growing older!”*



I'm old enough to make
my own decisions..
just not young enough
to remember what
I decided..

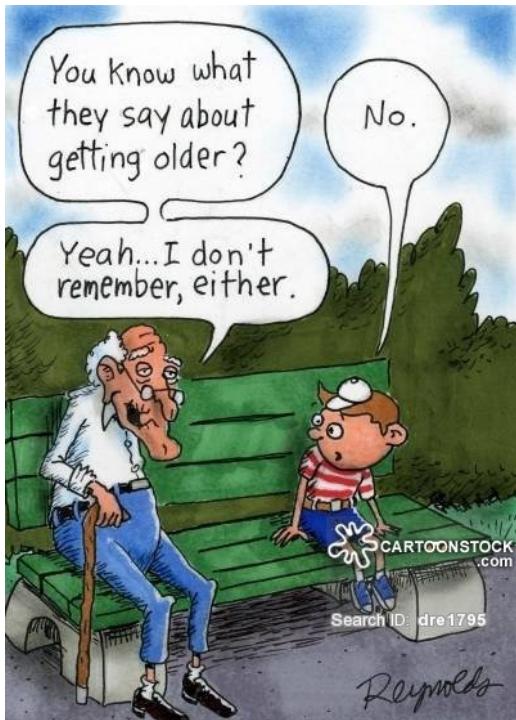
Life as I see it~Feel it~Live it~Welcome to it...

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.**



Search ID: dre1795

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 list below?

General Area:

Bingo Prizes for Friday Bingo

Copy Paper
Stamps

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!**

CALLING ALL MEMBERS...

Do you know someone **age 50 or older?**
Are they interested in having fun, engaging in some great conversations and meeting new people as interesting as they are?

Well, let's get them signed up as new members of the Andover Senior Center!
Stop by the office and pick up a brochure or two that you can share with people you know!



Start Your Day Right

A nutritious breakfast can be a great start to your day—but what makes a breakfast healthy? It generally means a combination of complex carbohydrates, fiber, protein and a small amount of healthy fat.

Complex carbs such as whole grains, legumes, nuts, fruits and vegetables help replenish energy stores depleted overnight and provide vitamins, minerals and fiber—which help you feel full longer. Adding in lean proteins, which are rich in vitamins and minerals, also helps you delay hunger. One example is low-fat dairy products, which are important sources of vitamins A and D, calcium, and potassium.

A morning meal with these elements will help improve your concentration; provide nutrients important to your heart, bones and other systems; and may help control the amount of calories you take in later in the day. Choose from at least three of these four food groups to round out a healthy breakfast:

Whole grains—Whole-grain bread or bagels, hot or cold whole-grain cereals, whole-grain English muffins, and whole-grain waffles.

Lean protein—Eggs, lean meat, legumes and nuts.

Low-fat dairy—Milk, plain or low-sugar yogurts, and low-fat cheeses, such as cottage cheese and natural cheeses.

Fruits and vegetables—Fresh or frozen fruits and vegetables, 100 percent juice drinks without added sugar, and fruit and vegetable smoothies.

United Methodist Open Door Commodity Supplemental Food Program

The Andover Senior Center is a distribution center for the United Methodist Open Door Commodity Program based out of Wichita, KS. This program is designed to assist people who are on a limited income by providing food such as canned goods, cereal, dry milk, cheese, etc. to help supplement their food needs for the month.

If you are interested in receiving commodities, please stop by the Andover Senior Center office to pick up an application for qualification of the service. The application isn't long and Sonya will fax to the Open Door office so keep your waiting time minimal. This is a great service and available for anyone who needs it!



Tater Family

Some people never seem motivated to participate, but are content to watch others...They are called "Speck Taters."

Some people never do anything to help, but are gifted at finding fault with the way others do things...They're called "Comment Taters."

Some people are very bossy and like to tell everyone what to do, but of course they do not wish to soil their hands. You might call that type "Dick Taters."

Some people are always looking to cause problems and really get under your skin...They are called "Aggie Taters."

There are those who are always saying they will, but somehow, they never get around to it...we call them "Hezzie Taters."

Some people put on a front and act like someone else...They're called "Emma Taters."

Then, **there are those** who walk what they talk. They're always



Come & shop with us...

Andover Senior Center

410 Lioba Drive

Friday July 29th 9am-5pm

Saturday July 30th 9am-3pm



Get your Christmas shopping done early !

HUGE ASSORTMENT OF ITEMS

OUR VOLUNTEERS

Thank you to all of our volunteers who helped make our Monterrey Fundraiser such a success. We appreciate all you do !!!!

Donna Garver

Karen Osborne

Barbara Minton

Amber Wortz

Felicity Eron

Paulette Benoit

Joann Woodward

Dee Burris

Lavon Kirkhart

Bettie Welty

Janel Williams



ASC Board Members thank you for all you do for us !!!

BISCUITS & GRAVY FUNDRAISER



ANDOVER SENIOR CENTER

410 LIOBA DRIVE

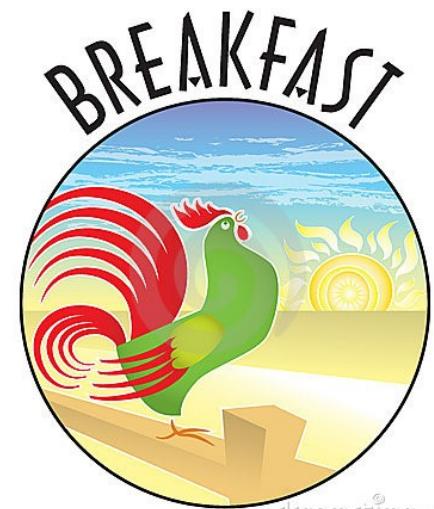
SATURDAY JULY 9TH 8AM-10AM

BISCUITS & GRAVY

SCRAMBLED EGGS

ORANGE JUICE

\$5



Dreamstime.com

COME JOIN US FOR BREAKFAST

&

LOTS OF CONVERSATION AND FUN !

Andover Senior Center!

410 Lioba Drive



Fish Fry Fundraiser

Wednesday, July 20th

11am - 1pm

\$7.00

Fish Fry



Includes: Coleslaw & Potato Salad

Dessert & Iced Tea or Coffee



Healthy Eating



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

Diet Carrots Peas Nuts Butter Tomatoes

Fruit Vegetables Protein Carbohydrates Fat Minerals Vitamins

Eggs Potatoes Beans Fish Meat