



# 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

## Did you know.....

### 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

*The Andover Senior Citizens Club, Inc., more commonly known as ASC or the Andover Senior Center, was founded in 1986 by four founding directors. Those four were Paul Scafe, Victor Cox, Harold Rickard and Ida Gooding. Originally the four directors also served as President, Vice President, Secretary and Treasurer.*

*We have come a long way since then, but the basics are still the same and we are stronger than ever. We now have four officers and three trustees who volunteer their time and energy; we pay a director, part-time cook, janitor and accountant; AND we have the BEST volunteer members who help us accomplish the many tasks needed for the Center to run properly and as smoothly as possible.*

*We are governed by our by-laws, and we currently receive grants from Butler County and City of Andover, which covers less than half of our annual expenses. We receive additional income by many different means, fund-raising activities, membership dues and building rentals, just to name a few. In addition to these, we RELY on donations from members and the community to help supplement our budget. Expenses have recently risen, utility bills are higher than they have ever been and we also have maintenance requirements and unexpected repairs.*

*If possible, we ask that you consider making a tax deductible donation to the Center, receipts provided. THANK YOU FOR YOUR SUPPORT!!*



## September is National Senior Center Month

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



# September 2022-MENU

## Served @ 11:30

**SUGGESTED DONATION \$5.00**

**Meals are subject to change**



Mon	Tue	Wed	Thu	Fri
			1 Goulash Garlic Bread Green Salad Dessert	2 Breakfast Sandwich Tater Tots Fruit Cup Dessert
5 CLOSED 	6 Tuna Salad Sand. Chips 3 bean Salad Dessert	7 Tater Tot Casserole Pork & Beans Salad Dessert	8 Glazed Ham Slice Creamed Corn Deviled Eggs Dessert	9 Soft Tacos Spanish Rice Chips/Salsa Dessert
12  Sloppy Joes Coleslaw French Fries Dessert	13  Chicken Casserole Glazed Carrots Roll Dessert	14  Cheeseburger Potato Salad Cucumber Salad Dessert	15  Chicken Alfredo Broccoli Green Salad Dessert	16  Meatballs Dipping Sauce Baked Potato Mixed Veggies Dessert
19  Meatloaf Mashed Potatoes Gravy Green Beans Dessert	20  Pizza Green Salad Dessert Sponsored by Love My Nurse	21 <b>FUNDRAISER</b> <b>Chicken &amp; Noodles</b> <b>&amp; all The Fixings</b>  \$7 	22  Baked Tilapia Buttered Noodles Broccoli w/Cheese Dessert	23  Ham & Beans Cornbread Tomato Salad Dessert
26  Baked Chicken Stuffing Zucchini Dessert	27  Spaghetti/Meat Sauce Garlic Bread Green Salad Dessert	28  Chefs Salad Cottage Cheese Crackers Birthday Cake	29  Broccoli Cheese Soup 1/2 Sandwich Side Salad Dessert	30  Chicken Fried Steak Mashed Potatoes Gravy Green Beans Dessert



# DAILY ACTIVITIES

COFFEE HOUR @ 8:30

Lunch Served @ 11:30

Mon	Tue	Wed	Thu	Fri
			1 10:00 Donuts w/Chief 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 1:00 Quilters 7:00 Pitch	2 10:15 Trivia 10:30 Exercise 12:30 Bingo
5 CLOSED  <b>LABOR DAY</b>	6 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	7 10:00 Bible Study 10:30 Exercise 1:00 Grief Support w/Tony 1:00 Bridge	8 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 1:00 Quilters 7:00 Pitch	9 10:30 Exercise 12:30 Bingo
12 10:00 Memory Cafe 12:30 LCR 1:00 Bridge	13 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	14 10:00 Bible Study 10:30 Exercise 1:00 Bridge	15 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 1:00 Quilters 7:00 Pitch	16 10:30 Exercise 12:30 Bingo
19 10:30 Exercise 12:30 BUNCO 1:00 Bridge	20 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	21 FUNDRAISER 11am-1pm 1:00 Bridge	22 10:30 Balance 12:15 Pinochle 12:30 Mahjong 1:00 Quilters 7:00 Pitch	23 10:30 Exercise 12:30 Bingo
26 10:00 Memory Café 1:00 Bridge 2:00Ceramics	27 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	28 10:00 Bible Study 10:30 Exercise 1:00 Bridge 6:00 Bunco	29 10:30 Balance 12:15 Pinochle 12:30 Mahjong 1:00 Quilters 7:00 Pitch	30 10:30 Exercise 12:30 Bingo  GAD BINGO 5-7pm-



# September Events...

**Thursday September 1st @ 10am**—"Donuts with the Chief "

**Thursday September 1st @ 11:30**—Dr. Jill w/Bergkamp Chiropractic "Spinal Health"

**Friday September 2nd @ 10:15**—TRIVIA

**Friday September 2nd @ 11:30**—Compassus Health Care w/ Jill \*\*also calling Bingo\*\*

**Monday September 5th**—CLOSED \*\*Labor Day\*\*

**Wednesday September 7th @ 1pm**— Grief Support Group w/ Tony from Kindred Hospice

**Thursday September 8th @ 10:30**— Blood Pressure Checks /Tiffany with Angels Home Health

**Thursday September 8th @ 12:30**— Habits of Happy People Workshop / Greg with Humana

**Friday September 9th**—Hermes Foot Care by appointment 316-260-4110

**Friday September 9th @ 11:30**— Harry Haynes Hospice w/Marie \*\*Singing & Dancing Time\*\*

**Friday September 9th @ 12:30**—Mayor Ronnie Price calling Bingo !!!

**Monday September 12th @ 11:30**—Angels Hospice w/Stacia \*\*Memory & Memories\*\*

**Monday September 12th @ 12:30**—LCR \*\*\*18 pennies \*\*\*

**Tuesday September 13th @ 11:30**—Butler County Dept. on Aging w/Crystal \*\*All About Seniors\*\*

**Wednesday September 14th @ 12:30**—BINGO w/Dedicated Senior Medical

**Monday September 19th @ 11:30**—American Senior Benefits w/Brook \*\* Medicare Part D Q & A\*\*

**Monday September 19th @ 12:30**—BUNCO \*\*\$5\*\*

**Monday September 19th @ 3pm**—ASC Board Meeting

**Tuesday September 20th @ 11:30**—Pizza Day \*\*Sponsored by "Love My Nurse\*\*

**Wednesday September 21st—11-1pm** ASC Fundraiser \*\*\*Chicken & Noodles \*\*\* \$7

**Thursday September 22nd @ 10:30**— Blood Pressure Checks /Tiffany with Angels Home Health

**Friday September 23rd @ 10:45**— ASC General Membership Meeting

**Monday September 26th @ 2pm**—Ceramics w/Debbie from "You're Fired"

**Wednesday September 28th** - Foot Care w/Michelle Stienke by appt 316-946-0722

**Wednesday September 28th @ 11:30** Birthday Cake / Abigail with Futurity First

**Wednesday September 28th @ 6pm**—BUNCO \*\*\$5\*\*\*

**Friday September 30th 5pm-7pm** GAD BINGO

## 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!**





# Winners...



## Trivia August Winners:

Bettie W

Chester H

Jason H

## OVERALL WINNER

Bettie Welty

Friday September 2nd @ 10:15 Join us for more Trivia Fun !!!

Categories will be :

***The Brady Bunch***

***Kansas Driving Laws***

***Favorite Hymns***

## Day Bunco Winners:

**Most Wins:** Margit G

**Most Losses:** Tammy B

**Middle of Road:** Lavon K

**Most Buncos:** Kathy C

**Bunco Monkey:** Maxine B



## Night Bunco Winners:

**Most Wins:** Debbie M

**Most Losses:** Erin N

**Middle of Road:** Sharon T

**Most Buncos:** Erin N

**Bunco Monkey:** Bettie W

## August LCR Winners:

**1st Hand:** Bev

**\*\*\* :** Lou

**2nd Hand:** Jo

**3rd Hand:** Donna

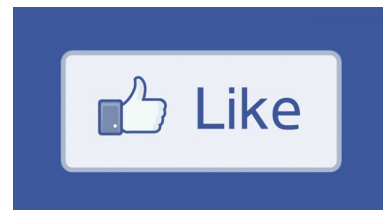
**4th Hand:** Jo

**RRR:** Joyce

**5th Hand:** Donna

**6th Hand:** Jo

**LLL :** Maxine



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!



# THANK YOU volunteers



## Monterrey Fundraiser Volunteers

### Prep Day:

Peggy R  
Camille W  
Celia F  
Lavon K  
Sam M  
Donella L  
Donna G  
Joyce S  
Pauletta B

### Set Up:

Barb M  
Tracey

### Fundraiser:

Celia F  
Bettie W  
Lavon K  
Peggy R  
Pauletta B  
Janel W  
Donna G  
Barb M  
Bev F

### ASC Board:

Pat H  
Dixie A  
Susan A  
Rolland B  
Sam M  
Dan G  
Ken B

And of course our cook Erin N

### Everyday volunteers who keep us going:

Bill S : Serving

Donna G : Tables

Camille W : B-Day Calls

Glenn W : Commodities

Janel W : Kitchen

Bev F : Front Porch

Ed O : By-Laws /Kitchen

Bettie W : Kitchen

Peggy R : Kitchen

Pauletta B : Kitchen

Lavon K : Bingo Coordinator

Mark T : Meal Delivery

Carolyn K : Meal Delivery

Jill S : Meal Delivery

Tom E : Meal Delivery

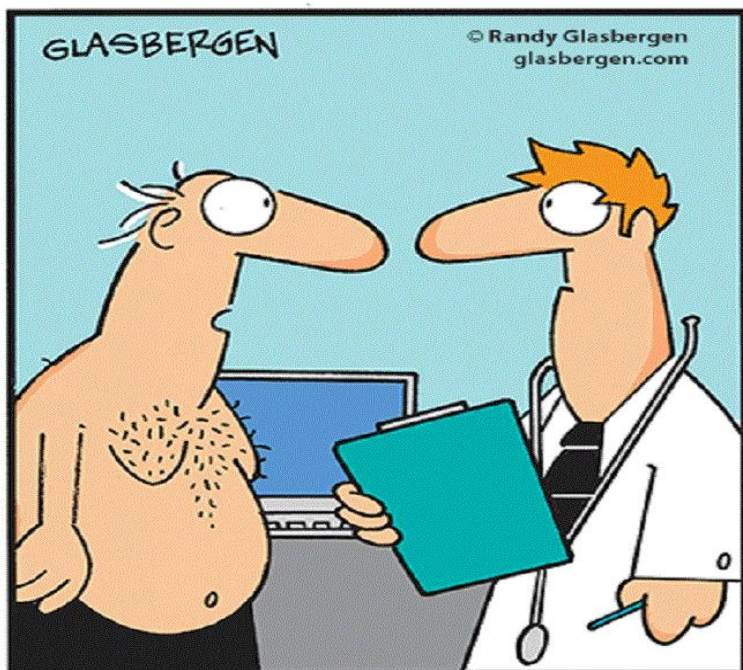
Barb & Sam M : Delivery

Sharon T : Balance Class Sub

## Why be a Volunteer?

It's not for money, it's not for fame.  
It's not for any personal gain.  
It's just for love of fellowman.  
It's just to send a helping hand.  
It's just to give a tithe of self.  
That's something you can't buy with wealth.  
It's not medals won with pride.  
It's for that feeling deep inside.  
It's that reward down in your heart.  
It's that feeling that you've been a part.  
Of helping others far and near,  
that makes you be a Volunteer!

Author Unknown



**"Gravity has lowered my chest, my stomach and my butt. Why hasn't it lowered my cholesterol?!"**

*Need to use a computer or just need to access the internet?*



*Just come on down to Andover Senior Center*

### **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

Postage Stamps

Copy Paper

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

Coffee

Tea

Cake, Brownie Mixes

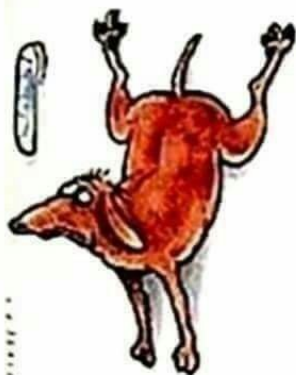
Chicken and/or Beef Broth

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

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, changing a light bulb, bringing beautifully prepared desserts and salads for our Fundraisers 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!



IT'S YOUR  
OWN FAULT FOR  
EATING THE  
MAGNETS!



### **Needing a ride?**

The Butler County Transit Program through the Butler County Department of 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 handi-capped 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 from 8:30-12:00 Noon.

To make a reservation or get information on fares, please contact the Transit Program at 316.775.0500.

### **Donuts with the Chief**

**Thursday September 1st @ 10am**

**Chief Buchanan will be here to discuss community issues**



### **CERAMIC PAINTING !**

**"Fall Pumpkins "**

**\$10 Includes supplies & firing**

**Monday September 26th @ 2pm**

**You're  
Fired!  
Ceramics**

## **CALLING ALL MEMBERS...**

Your dues help keep the Andover Senior Center running and we appreciate you!

Membership dues are **\$12 per person**  
**for 2022**

Not sure if you have paid? Call or stop  
by the office and we'll check for you.  
We don't want you to miss out on all the  
fun we plan on having this year!



### Understanding malnutrition

Malnutrition is a critical health issue among older adults caused by eating too little food, too few nutrients, and by digestive problems related to aging. Malnutrition causes fatigue, depression, weak immune system, anemia, weakness, digestive, lung, and heart problems, as well as skin concerns.

#### **Tips for preventing malnutrition as you age:**

**Eat nutrient packed food**

**Have flavorful food available**

**Snack between meals**

**Eat with company as much as possible**

**Get help with food preparation**

**Consult your doctor**

*For more information, visit [HelpGuide.org](http://HelpGuide.org)*

#### ***Did you know***

September is National Senior Center Month...so, we have a challenge for you...if you haven't been to the Andover Senior Center in awhile, take a look at all the activities we have going on, the speakers we are bringing in and find a time to come over and join us...you'll be glad you did!



**"Night sweats and hot flashes are nature's way of lowering your heating bill so you can save more money for your retirement."**

#### **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!*

#### **FALL IS HERE...YOU KNOW WHAT THAT MEANS?**

Flu season is right around the corner. We want to make sure everyone who wants a flu shot has the opportunity to receive one. Andover Drug will be here on Wednesday, October 12th; 9:30-11:30 offering flu shots. You must be 65 or older to receive the flu shot at this location. Vaccination sign up sheets will be available the 2nd week of September. Any questions feel free to call Margit @ 316-733-4441.





*Always find a reason to laugh.  
it may not add years to your life,  
but it will surely add life  
to your years.*

Virginia Alley  
Lyda Andrews  
Robert Bauer  
Pauletta Benoit  
Tresia Brown  
Lisa Bultmann  
Richard Bultmann  
Karen Chinn  
Patrick Coffey  
Robert Craddock  
Roberta Dear  
Don Durlinger  
Stephan Elder  
Sue Friedel  
Marsha Geisert  
Dan Graham  
John Hale  
John Hope  
Jason Hull  
Carolyn Kaplan  
Virginia Kluess  
Leo Kurtz

Juanita Lear  
Chris Matson  
Mark McNeal  
Connie Minton  
Vickie Morey  
Mary Morris  
Ron Neufeld  
Charles Page  
Jon Petrie  
Beth Pompa  
Cynthia Ross  
Pat Rubalcaba  
Ralph Rust  
Bonnie Scruggs  
Arsula Simmons  
Win Smith  
Luava Smith  
Joe Sweeney  
Camille Walker  
Carroll Wampler  
Bettie Weltey  
Mary Ellen Williams



# ASC FUNDRAISER

410 LIOBA DR

WEDNESDAY SEPTEMBER 21ST

11AM-1PM

## Chicken & Noodles

## Dinner



CHICKEN & NOODLES

MASHED POTATOES

GREEN BEANS

ROLL

ASSORTED HOMEMADE DESSERTS

# \$7





Name: \_\_\_\_\_

Date: \_\_\_\_\_

# September

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

Reappear

Disappear

Appear

Answer

Address

Actually

Actual

Accidentally

Accidental

Accident

Builder

Busy

Rebuild

Build

Breathe

Breath

Bicycle

Disbelieve

Believe

Arrive

Circular

Circle

Certainty

Uncertain

Certain

Century

Central

Centre

Caught

Calendar

Businesses

Business