



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

2023 Board of Directors

- Pat Huck/President
- Dixie Aarstad/
Vice President
- Susan Andrews/Treasurer
- Barb Minton/Secretary
- Bob Linden/Trustee
- Sam Minton/Trustee
- Ken Boone/Trustee
- Wade Brodin/Trustee

WELCOME ANDOVER SENIOR CENTER 2023 OFFICERS!

Pat Huck/President
Dixie Aarstad/Vice President
Susan Andrews/Treasurer
Barb Minton/Secretary
Wade Brodin/Trustee
Ken Boone/Trustee
Sam Minton/Trustee
Bob Linden/Trustee



You are the face of the Andover Senior Center.
You represent us within the Andover community.
You have volunteered to be a voice for all ASC members and I know
you will do a great job!
-Margit Gibbons, Director

ONE

ONE TREE CAN GIVE LIFE TO A FOREST, ONE SMILE CAN START A FRIENDSHIP,
ONE HAND CAN UPLIFT A SOUL, ONE IDEA CAN SHAPE THE FUTURE,
ONE CANDLE CAN WIPE OUT DARKNESS, ONE LAUGH CAN CONQUER GLOOM,
ONE RAY OF HOPE CAN LIFT SPIRITS, ONE TOUCH CAN SHOW YOU CARE,
ONE LIFE CAN MAKE A DIFFERENCE, BE THAT "ONE" TODAY.



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





January 2023-MENU

Served @ 11:30

SUGGESTED DONATION \$5.00

Meals are subject to change



Mon	Tue	Wed	Thu	Fri	
2 <i>Closed</i> 	3 Broccoli Cheese Soup 1/2 Sandwich Side Salad Dessert	4 Tacos Spanish Rice Beans Dessert	5 Pulled Pork Sandwich Potato Salad Fresh Veggie/Ranch Dessert	6 Hamburger Tomato/Lettuce Pickles/Onions Fries Dessert	
9 Chicken fried Steak Mashed potatoes Gravy Green Beans Dessert	10 Veg Beef Soup Macaroni Salad Roll/Butter Dessert	11 Chicken Casserole Glazed Carrots Side Salad Dessert	12 Shepherds Pie Roasted Vegetables Roll/Butter Dessert	13 Tomato Soup Grilled Cheese Pickle Spear Dessert	
16 <i>CLOSED</i> 	17 Ham & Bean Soup Cornbread/Honey Side Salad Dessert	18 MONTERREY'S 11am-1pm \$7 FUNDRAISER	19 Hot Roast Beef Sand. Mashed Potatoes Gravy Stuffing Green Beans Dessert	20 Chicken Noodles Mashed Potatoes Gravy Baked Veggies Dessert	
23 Salmon Patties Pasta Salad Mixed Vegetables Dessert	24 Lasagna Garlic Bread Side Salad Dessert	25 Biscuits & Gravy Scrambled Eggs Fruit Dessert	26 Kielbasa Mac & Cheese Salad Dessert	27 Meatloaf Roasted Potatoes Brown Gravy Roll/Butter Dessert	
30 Goulash Cheddar Biscuits Green Salad Dessert	31 Chili Corn Bread /Honey Pink Salad Dessert				

DAILY ACTIVITIES

COFFEE HOUR @ 8:30

Lunch Served @ 11:30



Mon	Tue	Wed	Thu	Fri
2 <i>CLOSED</i> 	3 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	4 9:30 Exercise 10:00 Bible Study 1:00 Bridge	5 10:00 Donuts w/Chief 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 1:00 Quilters 7:00 Pitch	6 9:30 Exercise 12:30 Bingo
9 9:30 Exercise 10:15 Trivia 12:30 LCR 1:00 Bridge	10 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	11 9:30 Exercise 10:00 Bible Study 1:00 Grief Support w/Tony 1:00 Bridge	12 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 1:00 Quilters 7:00 Pitch	13 9:30 Exercise 12:30 Bingo
16 <i>Closed</i> 	17 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	18 FUNDRAISER Monterrey Lunch 11am-1pm 1:00 Bridge	19 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 1:00 Quilters 7:00 Pitch	20 9:30 Exercise 12:30 Bingo
23 9:30 Exercise 10:00 Memory Cafe 1:00 Bridge	24 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	25 9:30 Exercise 10:00 Bible Study 1:00 Bridge 6:00 BUNCO \$5	26 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 1:00 Quilters 7:00 Pitch	27 9:30 Exercise 12:30 Bingo
30 9:30 Exercise 12:30 Bunco \$5 2:00 Ceramics	31 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot			

Special events

Monday January 2nd—CLOSED Observing Christmas Day

Tuesday January 3rd @ 11:30— The Travelling N.P. w/Jennifer

Wednesday January 4th @ 1pm- Grief Support w/ Tony & Kindred Hospice

Thursday January 4th @ 10:00—Donuts with the Chief

Monday January 9th @ 10:15—TRIVIA

Monday January 9th @ 11:30—The Red Cross w/Deb

Monday January 9th @ 12:30- L.R.C. * 18 pennies needed*

Tuesday January 10th @ 11:30- Express Wellness w/Tiffany

Wednesday January 11th— Commodities

Wednesday January 11th @ 10am-11:30-- Dedicated Senior Medical BINGO

Friday January 13th- HERMES FOOT CARE by appointment

Monday January 16th—CLOSED Martin Luther King Day

Friday January 13th @ 12:30—Mayor Price calling BINGO

Tuesday January 17th @ 11:30am- Villa Maria w/Marsha

Tuesday January 17th @ 3pm—ASC Board Meeting

Wednesday January 18th 11-1pm —FUNDRAISER Monterrey Lunch

Thursday January 19th @ 11:30—Silver Haired Legislature w/ Don Durflinger

Monday January 23rd @ 10:00- Memory Café

Monday January 23rd 1pm-245pm—Cottonwood Program **2nd & 3rd Graders performance** @ Cottonwood

Monday January 23rd @ 3pm— ASC Board Meeting

Tuesday January 24th @ 11:30am—Harry Hynes Hospice w/Marie

Wednesday January 25th @ 10am— Sandy the Singer

Wednesday January 25th- Foot Care by Michelle Stienke call 316-946-0722 to schedule an appointment

Wednesday January 25th @ 6pm—Bunco \$5

Friday January 27th @ 10:45- GENERAL MEMBERSHIP MEETING

Monday January 30th @ 12:30—Bunco \$5

Monday January 30th @ 2pm- Ceramics w/Debbie from “You’re Fired Ceramics” Heart Stack Theme \$10

Tuesday January 31st @ 11:30— His Helping Hands w/Paul



CONGRATULATIONS TO OUR WINNERS!



TRIVIA

CATEGORY WINNERS

Janel Williams

Jason Hull

Pat Lietz

OVERALL WINNER

Jason Hull

January Categories

1950's Trivia

Classic Movies

50's Music



Come and test your knowledge with us!!!

Monday January 9th @ 10:15am



Most Wins: *Angie W*

Most Losses: *Margit G*

Middle of Road: *Bettie W*

Monkey : *Angie W*

Let the good times roll

Join us on the following days:

Monday January 30th @ 12:30

Wednesday January 25th @ 6pm

L.C.R. Dice Game will be played on Monday January 9th @ 12:30.

Hand & Foot is scheduled every Tuesday @ 1

Pinochle held Tuesday & Thursday @ 1

Bridge held every Monday & Wednesday @ 1

Pitch held Thursday @ 6pm

Happy Birthday



Paula Arguella

Linda Avery

Shelly Betts

Adrianne Boyle

Tony Dimercurio

Martha Farrell

Sharon Goken

Juanita Hall

Karen Handsaker

Ginny Heinrick

Rosalee Kaze

Michael Keller

Linda Kullman

Linda Longshaw

Carol Loy

Gary Mead

Jane Messing

Sue Mideke

Casey O'Donnell

Chester Peak

David Petrie

Chris Smith

Paul Swartz

Tina Turner

Rosemary Uhlenhop

Rowena Underwood

Good Grief.. does that preacher
fella think I came to church to
LIP READ his sorry sermons?



The Senility Prayer



Grant me the
senility to forget
the people I never
liked anyway, the
good fortune to run
into the ones I do,
and the eyesight
to tell the
difference.

**WE WOULD LIKE YOU
TO RENEW FOR 2023**

The new year is here and the Andover Senior Center has great plans for new activities and events this year! Your membership helps keep the Center open and available for all who would like to participate in the fun and educational events offered.

Membership dues are **\$12 per person for 2023**.
Not sure when you should renew? Call or stop by the office and we'll check for you.

Come on; don't miss out on the fun in 2023!

**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?

Soda Pop: Pepsi, Dr. Pepper, Coke, Root Beer

Coffee: Regular (filters too)

Printer Paper

Puddings/Jello—All Flavors

Cake Mixes/Frosting

Stamps

Won't You Join Us For Lunch?

Did you know that the cook's helpers at the Andover Senior Center are members who have volunteered to help in the kitchen? They are and the best part...they are GREAT COOKS!

Why don't you join us for lunch; it is served Monday through Friday from 11:30 until we run out of food. A suggested donation of \$5 gets you a full meal, dessert and drink...you can't do better than that!

Check out our menu and come join us for lunch...it's delicious!

***Did you know
January is Be Kind To Food
Servers Month?***

So...this is for you Erin Nies, Peggy Rump, Janel Williams, Bettie Welty, Ed O'Donnell, Cheryl Schrimsher, Bill Stuenkle and all those who help place lunch at each table...

THANK YOU!



Shopping for Seniors

This program is volunteer based through the **RSVP Program, 316.775.0500**. It is designed to assist seniors who cannot shop for themselves but are capable of giving their grocery order over the telephone to volunteers who then pass the list to volunteer shoppers. Highlights of this program include:

There is no cost to participants (except for cost of their groceries).

Volunteers carry the groceries into the home.

Butler County Transportation

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 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 from 8:30-3:00.

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

DID YOU KNOW...

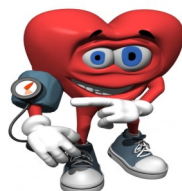
The Andover Senior Center is an IRS approved 501c3! We are financed by donations, memorials, fundraisers, grants and special events. We appreciate your membership and donations to our Center. **THANK YOU!**

You are important to us!

Just a reminder that the Andover Senior Center offers a **FREE Blood Pressure Check** every other Thursday mornings from 10:30 AM to 11:30 AM.

Angels Healthcare & Hospice performs blood pressure checks for **FREE**...if this is something you want or should be tracking...stop in and see us!

While you are here, you can enjoy coffee & word searches. It's a great way to relax before and after your BP check!



WebDonuts.com



Elder Abuse

Abuse can happen to anyone—no matter the person's age, sex, race, religion, or ethnic or cultural background. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited. This is called elder abuse.

Abuse can happen in many places, including the older person's home, a family member's house, an assisted living facility, or a nursing home.

Types of Abuse:

Physical Abuse happens when someone causes bodily harm by hitting, pushing, or slapping.

Emotional Abuse, sometimes called psychological abuse, can include a caregiver saying hurtful words, yelling, threatening, or repeatedly ignoring the older person. Keeping that person from seeing close friends and relatives is another form of emotional abuse.

Neglect occurs when the caregiver does not try to respond to the older person's needs.

Abandonment is leaving a senior alone without planning for his or her care.

Sexual abuse involves a caregiver forcing an older adult to watch or be part of sexual acts.

Who Is Being Abused?

Most victims of abuse are women, but some are men. Likely targets are older people who have no family or friends nearby and people with disabilities, memory problems, or dementia.

Abuse can happen to any older person, but often affects those who depend on others for help with activities of everyday life—including bathing, dressing, and taking medicine. People who are frail may appear to be easy victims.

<https://www.nia.nih.gov/health/elder-abuse>

Thank You

. for your support .

Our Christmas dinner was such a success thanks to Victoria Falls and their wonderful staff for providing us with such a delicious meal. A big shout out to all our volunteers who helped us set up.

Special thanks as well to Diane Boone and her great decorating skills, which made our center look so beautiful.



"I suppose you know you've been standing there for over an hour and the toaster's not plugged in."



You're Getting Older If You Can Remember...

Being sent to the drugstore to test vacuum tubes for the TV or radio.

When Kool-Aid was the only other drink for kids, other than milk and soda pop.

When boys couldn't wear anything but leather shoes to school.

When it took five minutes for the TV to warm up.

When all your friends got their hair cut at the kitchen table.

When nearly everyone's mom was at home when the kids got there.

When nobody owned a pure-bred dog.

When a dime was a decent allowance, and a quarter a huge bonus.

When you'd reach into a muddy gutter for a penny.

When girls neither dated nor kissed until late high school, if then.

When your mom wore nylons that came in two pieces.

When all your teachers wore either neckties or had their hair done, every day.

"The Year"

By Ella Wheeler Wilcox

What can be said in New Year rhymes,
That's not been said a thousand times?

The new years come, the old years go,
We know we dream, we dream we know.

We rise up laughing with the light,
We lie down weeping with the night.

We hug the world until it stings,
We curse it then and sigh for wings.

We live, we love, we woo, we wed,
We wreath our brides, we sheet our dead.

We laugh, we weep, we hope, we fear,
And that's the burden of the year.



Identity Theft, How to Protect Yourself

6% of identity theft cases are committed by another family member.

Signs of Identity Theft:

- Are there accounts in your name that you did not open?
- Is there inaccurate information on your credit report? (Wrong spellings, name or initials, employers, or social security number)
- Are you missing a bill that you normally receive? (Someone could have stolen your mail or changed the address of your bill.)
- Have you received credit cards that you didn't apply for?
- Have you been denied credit for no apparent reason?
- Are you receiving calls or letters from creditors about bills or services that you didn't purchase?

DMV (Department of Motor Vehicles)

The personal information used to obtain a driver's license is on file at your state's DMV. Many DMVs distribute your information for law enforcement, driver safety, or insurance underwriting purposes, and direct marketing. Contact your state's DMV to find out your options.

If you are a victim:

Contact your state's DMV to see if another license has been issued in your name/Inform them that your information has been used fraudulently/Put a fraud alert in your DMV file/Follow up every few months.

This information was taken from the National Child Safety Council "Identity Theft" booklet



It's As Simple As Scanning Your Card!



Everyone who does grocery shopping, raise your hand. Everyone who does grocery shopping at Dillon's, raise your hand. Did you know that you can help support the Andover Senior Center when you shop at Dillon's and use your Plus Shoppers Card? You can!

Andover Senior Center is a participant in the Dillon's Rewards Program which is designed to assist non-profits with their fundraising efforts.

The Senior Center will receive credit for every qualifying purchase you make using your Plus Shopper's card, which in turn helps us in raising funds for the Center!

Interested in learning more about this program?

Visit www.dillons.com/communityrewards.

We **appreciate** and **THANK YOU** for your support!



COTTONWOOD ELEMENTARY 2nd & 3rd Graders LIVE WINTER PERFORMANCE

Monday January 23rd @ 1pm

Cottonwood Elementary School

1747 North Andover Road

1pm-2:45pm



Come & join us for a wonderful winter musical performance !!!

Carpooling will be at the Andover Senior Center @ 12:45pm.

Please RSVP w/ Margit no later than Friday January 20th



Andover Senior Center

410 Lioba Drive

Andover, KS 67002

An MLK Day of Service Project

Please donate new or slightly used coats

All donations will be used to bring warmth to the Butler County community

Monetary donations can be made on line at onewarmcoat.org

01/01/23 through 01/18/23



Fundraiser

Andover Senior Center

410 Lioba Drive

Wednesday January 18th

11am-1pm

Dine in or Carry out

\$7



Stop by for a delicious lunch !!!

Desserts included

Name: _____

January Word Search



JANUARY
WINTER
NEW YEAR
RESOLUTIONS
MLK DAY

CELEBRATION
COLD
GLOVES
SNOWMAN
JANUS

GARNET
NEW START
JULIAN
GREGORIAN
WOLF MONTH

