



February



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



THE WAY...

DO ONE THING AT A TIME.

DO THINGS SLOWLY AND MINDFULLY.

CONNECT DEEPLY WITH PEOPLE AND NATURE.

MEDITATE OR PRAY FREQUENTLY.

APPRECIATE SILENCE.

EXPECT NOTHING.

BE GRATEFUL FOR EVERYTHING.

OBSERVE WITHOUT JUDGEMENT

CONSUME LESS, CREATE MORE.

LET GO OF FEARS AND DESIRES.

LISTEN TO UNDERSTAND, NOT TO RESPOND.

BE PATIENT AND GENEROUS.

LOVE DEEPLY

LIVE SIMPLY

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



February 2023-MENU

Served @ 11:30



SUGGESTED DONATION \$5.00

Meals are subject to change

Mon	Tue	Wed	Thu	Fri
		1 Oven Fried Chicken 1/2 Baked Potato Mixed Veggies Dessert	2 Pulled Pork Sandwich Coleslaw Chips Dessert	3 Baked Fish Side Salad Roll w/Butter Dessert
6 Veggie Beef Soup Green Salad Roll w/Butter Dessert	7 Chicken Fried Steak Mashed Potatoes Gravy Green Beans Dessert	8 Ham & Bean Soup Cornbread Side Salad Dessert	9 Sausage, Egg, & Cheese Burrito Hashbrowns Fruit Dessert	10 Cheeseburgers French Fries Tomato, Lettuce Onion & Pickle Dessert
13 Bierock Casserole Roasted Potatoes Corn Dessert	14 Sliced Ham Sweet Potatoes Veggies Roll w/Butter Dessert	15 CHICKEN & NOODLES 11am-1pm \$7 FUNDRAISER	16 Broccoli/Cheese Soup 1/2 Turkey Sandwich Chips Dessert	17 Sloppy Joes Coleslaw Potato Salad Dessert
20 CLOSED PRESIDENTS DAY A graphic of a bunting banner with red, white, and blue colors, featuring stars and stripes.	21 Biscuits & Gravy Sausage Patty Scrambled Eggs Fruit Dessert	22 Tatar Tot Casserole Glazed Carrots Roll w/Butter Salad B-Day Cake	23 Hot Beef Sandwich Stuffing Mixed Veggies Dessert	24 Meatloaf Mashed Potatoes Gravy Green Beans Dessert
27 Goulash Cheddar Biscuits Green Salad Dessert	28 Salmon Patties Roasted Potatoes Glazed Carrots Dessert			

DAILY ACTIVITIES

COFFEE HOUR @ 8:30

Lunch Served @ 11:30



Mon	Tue	Wed	Thu	Fri
		1 9:30 Exercise 10:00 Bible Study 12:30 Grief Support w/Tony 1:00 Bridge	2 10:00 Donuts w/Chief 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 12:30 Quilters 7:00 Pitch	3 9:30 Exercise 12:30 Bingo
6 9:30 Exercise 10:15 Trivia 12:30 LCR 1:00 Bridge	7 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	8 9:30 Exercise 10:00 Bible Study 1:00 Bridge	9 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 12:30 Quilters 7:00 Pitch	10 9:30 Exercise 12:30 Bingo
13 9:30 Exercise 10:00 Memory Café 12:30 Bunco 1:00 Bridge	14 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	15 FUNDRAISER 11am-1pm Chicken/Noodles \$7 1:00 Bridge	16 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 12:30 Quilters 7:00 Pitch	17 9:30 Exercise 12:30 Bingo
20 CLOSED 	21 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot	22 9:30 Exercise 10:00 Bible Study 1:00 Bridge 6:00 BUNCO \$5	23 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 12:30 Quilters 7:00 Pitch	24 9:30 Exercise 12:30 Bingo
27 10:00 Memory Café 1:00 Bridge 2:00 Ceramics	28 10:30 Balance 12:15 Pinochle 1:00 Hand & Foot			

February Events...



Wednesday February 1st @ 12:30—Grief Support Group w/Tony

Thursday February 2nd @ 10am—Donuts with the Chief

Friday February 3rd @ 12noon—Andover Court w/Sandra

Monday February 6th @ 10:15am—TRIVIA

Monday February 6th @ 12:30— L.C.R. ***18 Pennies ***

Wednesday February 8th 12-4pm- AARP Safe Driving Class 316-733-4441 to register

Friday February 10th @ 12:30pm— Mayor Price calling Bingo

Monday February 13th @ 10am— Memory Café

Monday February 13th @ 12:30—BUNCO \$5

Tuesday February 14th @ 11:30am- Aetna w/Belinda ***Valentine Celebration***

Wednesday February 15th - CHICKEN & NOODLE FUNDRAISER 11am-1pm \$7

Thursday February 16th @ 11:30—River Cross w/Desi

Friday February 17th @ 12noon- The Regent w/ Stephanie & Sherrie

Monday February 20th- CLOSED IN OBSERVENCE OF PRESIDENT'S DAY

Wednesday February 22nd @ 11:30- Birthday Cake sponsored by Futurity First

Wednesday February 22nd @ 3pm—ASC Board Meeting

Friday February 24th @ 11:30—Angels Home Health Care w/Brian

Monday February 27th @ 10am- Memory Café

Monday February 27th @ 2pm—Ceramics w/ Debbie "You're Fired Ceramics"



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





Harold Avery Rita Baker Don Bauer Roger Brandon De Burris-Smith Darrell Charbonneau
Robert Coupland Dianne Crawford Linda Ficken Tracy Frazier Roy Hayden Joan Hepburn
Kay Hite Cynthia Kerr Pat Lietz Frank Mattke Gina Morgan Larry Osborne Kevin Peters
Dan Rapson Jerry Reiserer Clifford Russell Carol Scott Genetha Shackelford Sylvia Shaver
Jerry Smith Doris Unruh Norma Watts JoAnn Westwood Glenn Williams Phyllis Winn (CH)

Volunteer needed to lead our Memory Café held the 2nd & 4th Monday each month @ 10:00am

Volunteer needed to make birthday calls to our members

Volunteer needed to lead a game board afternoon



If interested please call 316-733-4441 or just come by the office & talk to Margit

OUR VOLUNTEERS...

For all the time & effort you give to make the center great !!!

THANK YOU ... SO MUCH

Donella Lingle

Joyce Stevenson

Bev Fredricks

Janel Williams

Peggy Rump

Tracey Frazier

Steve Fraizer

Michael Reyes

Helen Martin

Bettie Welty

Lavonn Kirkhart

Cheryl Schrimsher

Donna Garver

Without volunteers and your donations...we would not be able to
provide any of the services or daily activities we offer..

WINNERS!!!



LCR Winners

Trivia Winners

Pat Huck

Bettie Welty

Janel Williams



Download from dreamstime.com ID: 48860333

Download from dreamstime.com ID: 48860333

OVERALL WINNER

Janel Williams

February Categories: Football/SuperBowl

Love Songs

George Washington/Abe Lincoln

Come & test your knowledge **Monday February 6th @ 10:15am**



Bunco Winners!!!



Most Buncos: Sharon Turner

Most Losses: Kathy Cahoon

Middle of the Road: Donna Courtright

Monkey: Karen Handsaker

Next Game Mon Feb 13th @ 12:30 \$5

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!**

Andover Senior Center

Wish List!



"I replace forgotten memories
with stuff I make up."

You're Gonna Laugh !!!

A little silver haired lady calls her neighbor and

Says, "Please come over here and help me. I

Have a killer jigsaw puzzle, and I cannot figure out how to get started."

Her neighbor asks, "What is it supposed to be when it's finished?"

The little siver haired lady says, "According to the picture on the box, It's a rooster."

Her neighbor decides to go over and help her with the puzzle.

She lets him in and shows him where she has the puzzle

Spread all over the table.

He studies the pieces for a moment, then looks at the box, then he turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster." He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea" and then he said with a deep sigh.....

"Let's put all the Corn Flakes back in the box."

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:

Styrofoam Cups 12oz

Plasticware

Paper Plates, Saucers & Bowls

Copy Paper

And for the pantry:

Coffee

Tea

Soda Pop

Cake mix/Frosting

Salad Dressing



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

WHY....

Do we want you to sign in when coming into the Senior Center?

By signing in and entering the activities you will be doing at the Senior Center, enables us to provide numbers to the city and county, which in turn, helps them determine how much funding they are willing to give to the senior center for the coming year.

SO please remember to sign in...

& list what activities you're here for.

Thank you for your support

You have a voice...

How many of you have heard President Pat Huck ask if anyone has anything to share when we have our General Membership meetings? If you have, please raise your hand...ok, you're right, I can't see if you raised your hand but here is my point...

The Andover Senior Center is YOUR center! You are a member here and being a member here means you have a voice in how things are done and activities being offered. We encourage you to share with us concerns you may have, ideas you have to improve our center or offer new activities that might draw more members into our center. Don't like speaking up? We have a "Suggestion Box" right outside the office door. Write your suggestions down and drop them in the basket. We want to hear what you have to say...so, please share your thoughts with us.

Did you know...

Smiling lowers your blood pressure?

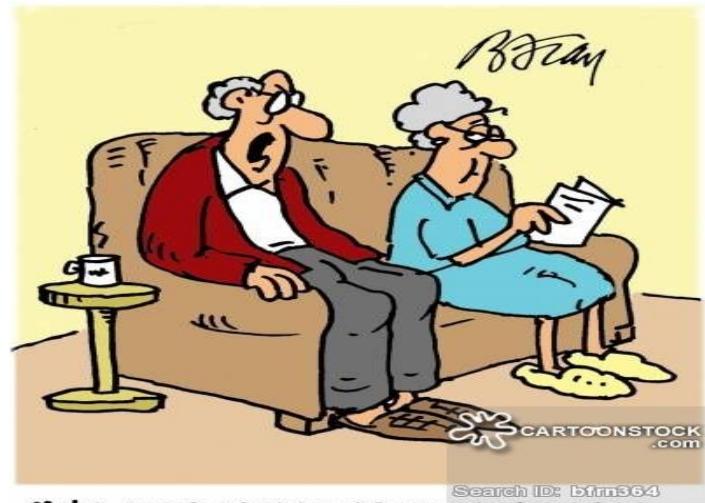
Don't believe it...take your blood pressure, smile for a minute and take it again...it should be lower!

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!



"I'M JUST SAYING, IF OUR INCOME IS 'FIXED', HOW COME WE'RE 'BROKE'?"

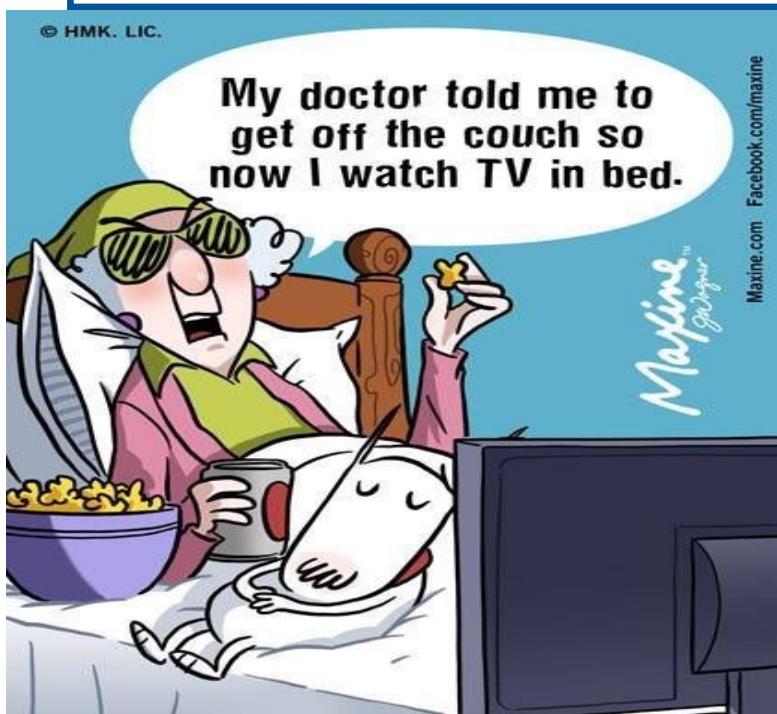
The center is growing and we are excited about it! With all the new growth, we are receiving suggestions on new activities that members would like to see us start offering. Here are some of the suggestions we have heard:

Scrabble Group

Spades Game

Corn Hole Tournament

If you are interested in participating in one or all of these games or would like more information, please contact the ASC office, 733.4441 so we can consider putting them on the schedule!



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.



AARP Safe Drivers Class

Wednesday February 8th 12noon-4pm

Andover Senior Center

410 Lioba Drive



Please call 316-733-4441 or just come by to register

\$20 for AARP members / \$25 for non-members



gg91630737 GoGraph.com

Take the AARP Smart Drivers Course & you could save \$ on car insurance

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 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!



aunty acid

www.facebook.com/auntyacid

I've reached an age where my **train of thought** often leaves the station without me.

© Ged Backland 2013



Inclement Weather



Please note that if the Andover School District is closed due to bad weather, The Andover Senior Center will also be closed.

Local news stations KAKE & KSN will also indicate if we are closed .

STAY SAFE



7 Steps To Happiness

Think Less, Feel More

Frown Less, Smile More

Talk Less, Listen More

Judge Less, Accept More

Watch Less, Do More

Complain Less, Appreciate More

Fear Less, Love More

ASC FUNDRAISER

410 LIOBA DR

WEDNESDAY FEBRUARY 15TH

11 AM-1 PM

Chicken & Noodles

Dinner



CHICKEN & NOODLES

MASHED POTATOES

GREEN BEANS

ROLL

ASSORTED HOMEMADE DESSERTS

\$7



Valentine word search



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

HEART

CUPID

FRIENDSHIP

KISS

SWEETHEART

TRUE LOVE

COUPLE

CHOCOLATE

CANDY HEARTS

FEBRUARY

PINK

HUG

VALENTINE

CARD

ROSES

FAMILY

LOVE

FLOWERS

DIAMOND

RING

TEDDY BEAR

ROMANCE

SWEET

AFFECTION

