

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



Live in love, not hate.

Live in hope, not anger.

Live in truth, not rumor.

Live in kindness, not rudeness.

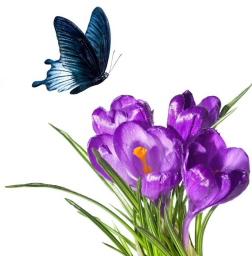
Live in generosity, not selfishness.

Live in peace, not frustration.

Live in joy, not doubt.

Live in the moment, not fear.

Live in love.



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

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



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APRIL 2023-MENU

SUGGESTED DONATION \$5.00

Meals are subject to change

Served @ 11:30



Mon	Tue	Wed	Thu	Fri
3 Chicken Casserole Broccoli Roll w/Butter Dessert	4 Sloppy Joes Baked Beans Coleslaw Dessert	5 Breakfast Sandwich Hashbrowns Fruit Dessert	6 Oven Fried Chicken Stuffing Mixed Veggies Dessert	7 CLOSED 
10 Chicken Enchiladas Rice & Beans Side salad Dessert	11 Chicken Fried Steak Mashed Potatoes Gravy Green beans Dessert	12 Egg Salad Sandwich Chips Pickle spear Dessert	13 Bierock Casserole Roasted Potatoes Salad Dessert	14 Cheeseburger Lettuce & Tomato French Fries Dessert
17 PIZZA DAY Salad Dessert	18 Pulled Pork Sand. Baked Beans Potato Salad Dessert	19 <u>FUNDRAISER</u> <u>Starts @ 11am</u> <u>MONTERREY</u> <u>Dessert</u> \$7	20 Chili Mac Cornbread Salad Dessert	21 Fish Sandwich Waffle Fries Coleslaw Dessert
24 Goulash Garlic Bread Salad Dessert	25 Meatloaf Mashed Potatoes Brown Gravy Cauliflower Dessert	26 Soft Tacos Refried Beans Rice Dessert	27 Ham Slice Sweet Potato Cass. Roll w/Butter Veggies Dessert	28 Salmon Patties Pasta Salad Mixed Veggies Dessert





DAILY ACTIVITIES

COFFEE HOUR @ 8:30

Lunch Served @ 11:30



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Mon	Tue	Wed	Thu	Fri
3 9:30 Exercise 10:15 Trivia 12:30 LCR 1:00 Bridge	4 10:30 Balance Class 12:15 Pinochle 1:00 Hand & Foot	5 9:30 Exercise 10:00 Bible Study 12:30 Grief Support w/Tony 1:00 Bridge	6 10:00 Donuts w/Chief 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 12:30 Quilters 7:00 Pitch	7 CLOSED 
10 9:30 Exercise 10:00 Memory Cafe 1:00 Bridge	11 10:30 Balance Class 12:15 Pinochle 1:00 Hand & Foot	12 9:30 Exercise 10:00 Bible Study 1:00 Bridge	13 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 12:30 Quilters 7:00 Pitch	14 9:30 Exercise 12:30 Bingo
17 9:30 Exercise 12:30 Bunco 1:00 Bridge	18 10:30 Balance Class 12:15 Pinochle 1:00 Hand & Foot	19 FUNDRAISER 11am-1pm MONTERREY \$7 1:00 Bridge	20 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 12:30 Quilters 7:00 Pitch	21 9:30 Exercise 12:30 Bingo
24 9:30 Exercise 10:00 Memory Cafe 1:00 Bridge 2:00 Ceramics	25 10:30 Balance Class 12:15 Pinochle 1:00 Hand & Foot	26 9:30 Exercise 10:00 Bible Study 1:00 Bridge 6:00 BUNCO \$5	27 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 12:30 Quilters 7:00 Pitch	28 9:30 Exercise 12:30 Bingo



EVENTS & SPEAKERS...



Monday April 3rd @ 10:15 – TRIVIA

Monday April 3rd @ 12:30- L.C.R. ***18 pennies***

Tuesday April 4th @ 11:30 - ProMedica w/Tiffany & Stacia

Wednesday April 5th @12:30- Grief Support Group w/Tony

Thursday April 6th @ 10:00- Donuts with the Chief

Friday April 7th- Closed in observance of Good Friday and Easter

Monday April 10th @ 10:00 - Memory Café

Tuesday April 11th @ 11:30—Angels Health Care w/ Brian

Thursday April 13th @ 11:30- Andover Empower PT w/ Kasey

Friday April 14th @ 11:30- The Red Cross w/Deb

Friday April 14th @ 12:30— Mayor Price calling Bingo !!!

Monday April 17th @ 12:30— BUNCO \$5

Tuesday April 18th @ 11:30—Gentiva Hospice w/Brook

Wednesday April 19th— MONTERREY Fundraiser \$7 Start serving @ 11am

Thursday April 20th @ 11:30- AETNA w/Belinda & Monica

Monday April 24th @ 10:00—Memory Café

Monday April 24th @ 2:00- Ceramics w/Deb from “You’re Fired Ceramics” \$10

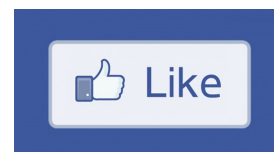
Wednesday April 26th- Foot Care w/Michelle Stienke by appointment call 316-946-0722

Wednesday April 26th @ 11:30— Birthday Cake Sponsored by Futurity First

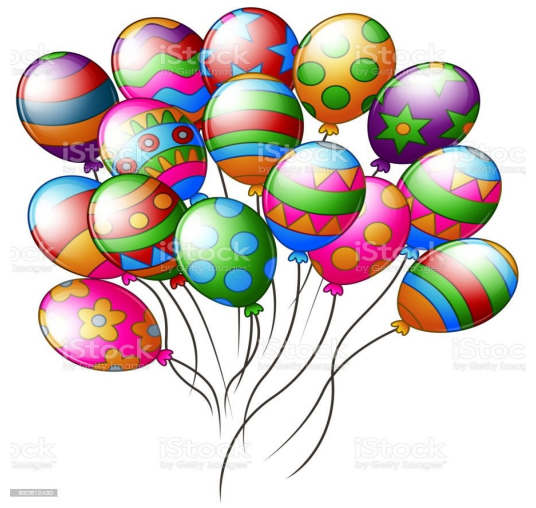
Wednesday April 26th @ 6pm— BUNCO \$5 Must sign up

Thursday April 27th @ 11:30—V.F.W. w/Todd Schroeder

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



**HAPPY
BIRTHDAY**



Gertie Abraham

Marsha Agard

Kathy Cahoon

Camy Cawthorn

Sherrie Currie

Ralph Daniel

Bennett Grate

Ruth Helena

Joy Kellogg

Lavon Kirkhart

Richard Lietz

Barbara Madewell

Julia McGinnis

Chad Russell

Linda Saucedo

John Sharpley

Jill Smith

Linda Stegman

Mike Walker

Dee Webber

Mike Maxton

Mabel Powell



TRIVIA WINNERS

Pat Huck
JoAnn Westwood
Mike Voelske

OVERALL WINNER

Pat Huck



Test your knowledge

Monday April 3rd @ 10:15am

Categories

US Geography/Misc. Trivia/80's Music



BUNCO WINNERS

Most Buncos: Steve Frazier
Most Wins: Marge Hromek
Most Losses: Lawrence Peters
Middle of the Road: Beverly Fredrick
Monkey: Karen Handsaker
Come & join us Monday April 24th @ 12:30 \$5

Interested in playing Scrabble, Monopoly, or other board games?

If so please call Margit @ 316 733 4441 or stop by the office. We would like to start a weekly afternoon of board game playing.

Interested in Pitch in the afternoon? Let us know !!!

Interested in learning Bridge? Give us a call.

LCR WINNERS

1. *Pauletta Benoit*
2. *Beverly Fredrick*
3. *Tracey Frazier*
4. *Donella Lingle*

5. *Beverly Fredrick*

6. *Beverly Fredrick*

Roll the dice on Mon
April 3rd @ 12:30 !!!

Come and paint ceramics with us

Monday April 24th @ 2pm

\$10 fee includes supplies and firing.

Let your artistic abilities shine !!!

**You're
Fired!
Ceramics** 

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! 316-733-4441**

Come on, let's eat! See menu on page 2.



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

Caregiver Stress-You're Not Alone:

Caring for an older person can be rewarding. It's also demanding, difficult, and often stressful work. The caregiver may need to be available around the clock to fix meals, provide nursing care, take care of laundry and cleaning, drive to doctors' appointments, and pay bills. Often, family caregivers have to give up paying jobs to make time for these new responsibilities.

It may be hard to keep a positive outlook when there's little hope of the older person's physical and mental condition improving. Over time, the demands and stress of caregiving can take their toll. A caregiver might not even know he or she is being neglectful or abusive.

If you are a caregiver, make sure you have time to reset and take care of your needs. You can ask a family member or friend to help out for a weekend, or even for a few hours, so that you can take some time for yourself. Some community service organizations provide caregivers a break, called respite care. Visit the ARCH National Respite Network and Resource Center's National Respite Locator (or Butler County Dept. on Aging) to find respite services in your area. Caregiving support groups may also help. Exercise could even help with stress.

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



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.

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



Crabby Road

2-6-12



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!**

ATTENTION POOL PLAYERS

Come join us every Monday & Thursday @ 1pm

Show off your skills and shoot some pool!!!



Andover Senior Resource Health Fair

Andover Senior Center

410 Lioba Drive

Tuesday , May 9th , 9am-2p

Over 25 booths with information & resources for our senior community , plus raffle prizes and great food.! Join us for an educational & fun time.



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!

FREE BLOOD PRESSURE CHECKS !!!

Every Thursday @ 10:30

Sponsored by Angels Hospice.



© Randy Glasbergen/ glasbergen.com

Donuts w/ The Chief

Thursday April 6th @ 10am



Join us and Chief Buchanan for an informative discussion on what is going on in our community.

"We can afford to get married soon.
I'm almost halfway done with my
student loan payments!"



LET'S GET TO KNOW DONNA GARVER!

Donna Marie Allen was born July 18, 1938 in Abilene KS, the youngest of three children to Florence and William Allen. She and her brother and sister attended a one room school north of Abilene for eight years and then graduated from Chapman High School. After graduation, Donna began working at radio station KSAL in Salina as a librarian and she began singing on the air every day at noon.

She met her husband, Don Garver, in high school when she was just 15 and he was sixteen. They married on January 19, 1957 and had been married for 56 years when he passed away in 2012. They had one son, one daughter, and four grandchildren and she now has seven great grandchildren. Don and Donna were both involved in music for much of their lives.

One very unique thing Donna shared is that she once earned the title of Women's Top Gun of Kansas in the fast draw competition!

After moving to Andover in 1993, they became involved in the senior center by playing and singing at the dances that were a regular activity at the center back then. They decided to become members in 2002 and Donna has become a very familiar face and a treasured member. She loves to act as greeter for our functions, reminding everyone to "Please sign in"! She also helps set up for exercise class and in cleaning all the tables after meals.

When asked her favorite things about the center, Donna immediately replied "the people" but she also likes the exercise classes, bingo and she keeps a close eye on the quilters.

Thank you, Donna, for your contributions to our center and we look forward to many more years with you.



MONTERREY FUNDRAISER



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Andover Senior Center

410 Lioba Drive

Wednesday April 19th, 2023

Serving begins @ 11am

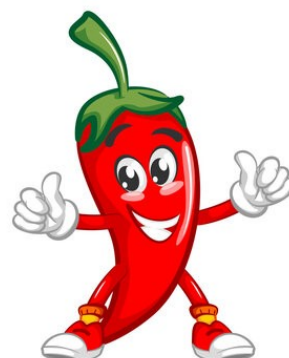
MONTERREY

Choice of a Homemade Dessert

\$7

Dine-in or carryout

Call 316-733-4441 to order out





Spring Word Search



N Q F I P F S D R I B L S B F Z R
J V P X X O X S B G P I S R E P S
T D X M R A W S N P T R R F S Q E
N M Z B G T E A E O Z P E N J M O
Y D B M P G A R N I X A W A J E U
G S Y C T X S G I U R V O T N V V
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SPRING
MAY
GREEN
WARM
UMBRELLA



MARCH
FLOWERS
GRASS
SHOWERS
EASTER



APRIL
BASEBALL
SUNSHINE
RAIN
BIRDS

