



# 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



### February

#### 2024 Board of Directors

- JoAnn Westwood/President
- Linda Oxford/Vice President
- Wade Brodin/Treasurer
- Barb Minton/Secretary
- Bob Linden/Trustee
- Sam Minton/Trustee
- Stephen Frazier//Trustee

### **“How Do I Love Thee?”**

**by ELIZABETH BARRETT BROWNING**

How do I love thee? Let me count the ways.  
I love thee to the depth and breadth and height  
My soul can reach, when feeling out of sight  
For the ends of Being and ideal Grace.  
I love thee to the level of every day's  
Most quiet need, by sun and candlelight.  
I love thee freely, as men strive for Right;  
I love thee purely, as they turn from Praise.  
I love with a passion put to use  
In my old griefs, and with my childhood's faith.  
I love thee with a love I seemed to lose  
With my lost saints,—I love thee with the breath,  
Smiles, tears, of all my life!—and, if God choose,  
I shall but love thee better after death.



*LOVE THOSE THAT ARE UNLOVED.*

*BE KIND TO THE UNKIND.*

*CARE FOR THE LESS FORTUNATE, AND FORGIVE THOSE  
WHO DO NOT KNOW ANY BETTER.*

*THE WORLD CAN BE A BETTER PLACE, BUT IT ALL BEGINS  
WITH US.*

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

# February 2024-MENU

**SUGGESTED DONATION \$5.00**

**Meals are subject to change**

**Served @ 11:30**



Mon	Tue	Wed	Thu	Fri
			1 Sliced Turkey w/ Gravy Mashed Potatoes Stuffing Mixed Veggies	2 BBQ Chicken Sand. w/Fried Onions Macaroni Salad Chips Dessert
5 Veggie Beef Soup Green Salad Roll w/Butter Dessert	6 Ham & Beans Corn Bread Creamy Cucumbers Dessert	7 Meatloaf Mashed Potatoes Brown Gravy Green Beans Dessert	Sausage, Egg, & Cheese Burrito Hashbrowns Fruit Dessert	9 Cheeseburgers French Fries Tomato, Lettuce Onion & Pickle Dessert
12 Goulash Cheddar Biscuits Salad Dessert	13 Pork Loin Corn Bread Glazed Carrots Applesauce Dessert	14 Chicken & Rice Bake Peas Roll w/Butter Dessert	15 Broccoli/Cheese Soup 1/2 Turkey Sandwich Chips Dessert	16 Fish Fillet Sandwich Kim's Potatoes Broccoli Salad Dessert
19 <b>CLOSED</b> 	20 Biscuits & Gravy Sausage Patty Scrambled Eggs Fruit Dessert	21 <b>FUNDRAISER</b> Chicken & Noodles Mashed Potatoes Green Beans Roll w/Butter Homemade Dessert <b>\$8-Starts @ 11am</b>	22 Chef's Choice	23 Sloppy Joes Potato Salad Fresh Veggies Dessert
26 Chicken Fried Steaks Mashed Potatoes White Gravy Peas Dessert	27 Bierock Baked Beans Salad Dessert	28 Salmon Patties Roasted Potatoes Glazed Carrots Birthday Cake	29 Creamy Tomato Soup Grilled Cheese Pink Salad Banana	

# DAILY ACTIVITIES



COFFEE HOUR starts @ 9am

WORD SEARCH starts @ 10am

## Lunch Served @ 11:30

Mon	Tue	Wed	Thu	Fri
			<p><b>1</b>  9:30 Donuts w/Chief  10:30 Balance Class  12:30 Pinochle  12:30 Mahjong  12:30 Quilters  1:00 Pool  6:00 Hand &amp; Foot  7:00 Pitch</p>	<p><b>2</b>  9:30 Exercise  12:30 BINGO</p>
5 9:30 Exercise 12:30 LCR 1:00 Bridge 1:00 Pitch 1:00 Pool	<b>6</b> 10:30 Balance Class 12:15 Pinochle 1:00 Hand & Foot	7 9:30 Exercise 10:30 Bible Study 12:30 Grief Support 1:00 Crafting Fun 1:00 Bridge	<p><b>8</b>  10:30 Balance Class  12:30 Pinochle  12:30 Mahjong  12:30 Quilters  1:00 Pool  6:00 Hand &amp; Foot  7:00 Pitch</p>	<p><b>9</b>  9:30 Exercise  12:30 BINGO</p>
<b>12</b> 9:30 Exercise 10:15 Memory Café 12:30 BUNCO 1:00 Bridge 1:00 Pitch 1:00 Pool	<b>13</b> 10:30 Balance Class 12:15 Pinochle 1:00 Hand & Foot	14 9:30 Exercise 10:00 Trivia 11:00 Bible Study 1:00 Bridge 1:00 Crafting Fun	<p><b>15</b>  10:30 Balance Class  12:30 Pinochle  12:30 Mahjong  12:30 Quilters  1:00 Pool  6:00 Hand &amp; Foot  7:00 Pitch</p>	<p><b>16</b>  9:30 Exercise  12:30 BINGO</p>
19 <b>CLOSED</b> 	<b>20</b> 10:30 Balance Class 12:15 Pinochle 1:00 Hand & Foot	<b>21 FUNDRAISER</b> <b>Chicken &amp; Noodles</b> <b>\$8</b> <b>Starts @ 11am</b> 1:00 Bridge 1:00 Crafting Fun	<p><b>22</b>  10:30 Balance Class  12:30 Pinochle  12:30 Mahjong  12:30 Quilters  1:00 Pool  6:00 Hand &amp; Foot  7:00 Pitch</p>	<p><b>23</b>  9:30 Exercise  12:30 BINGO</p>
26 9:30 Exercise 10:15 Memory Cafe 12:30 Bunco 1:00 Bridge 1:00 Pitch 1:00 Pool	<b>27</b> 10:30 Balance Class 12:15 Pinochle 1:00 Hand & Foot	<b>28</b> 10:30 Book Club 10:30 Bible Study 1:00 Bridge 1:00 Crafting Fun	<p><b>29</b>  10:30 Balance Class  12:30 Pinochle  12:30 Mahjong  12:30 Quilters  1:00 Pool  6:00 Hand &amp; Foot  7:00 Pitch</p>	

# February Events & Speakers

Thursday February 1st @ 9:30— Donuts with the Chief

Monday February 5th @ 12:30— L.C.R. Dice Game    \*\*\*18 pennies\*\*\*   sign up @ Center or call 733-4441

Tuesday February 6th @ 11:30— River Cross Hospice w/Caron

Wednesday February 7th @ 12:30— Gentiva w/Wendy

Wednesday February 7th @ 12:30— Grief Support w/Tony



Thursday February 8th @ 11:30— Only Angels w/Victor

Monday February 12th @ 10:15— Memory Café

Monday February 12th @ 12:30— BUNCO    \*\*\*\$5\*\*\*   sign up @ Center or call 733-4441

Tuesday February 13th @ 10:00— SINGO/BINGO sponsored by Interim HC & Trina

Wednesday February 14th @ 10:00— TRIVIA TIME

Wednesday February 14th @ 11:30— Life Care Center w/Jo

Wednesday February 14th @ 3:00— ASC Board Meeting

Thursday February 15th @ 11:30— City of Andover w/Phil Hamilton

Friday February 16th @ 12:30— Mayor Price calling Bingo.

Monday February 19th -   CLOSED in Observance of President's Day

Tuesday February 20th @ 11:30— Phoenix Home Care w/Mellisa

Monday February 26th @ 10:15—Memory Café

Monday February 26th @ 1pm— Computer Class 101 w/Linda   \*\*\* sign up @ Center or call 733-4441\*\*\*

Wednesday February 28th @ 10:30— Book Club

Wednesday February 28th— Foot Care w/Michelle Stienke   \*\*\*by appointment only 316-946-0722

Wednesday February 28th @ 11:30— Birthday Cake sponsored by Medicare with Jake.

Thursday February 29th @ 11:30—Home, Health,& Hospice of Kansas w/ Kathy



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



# February Birthdays...



Michael Aarstad	Leah Donley	Larry Osborne	Milo L Swegart
Rita Baker	Linda Ficken	Kim Ownbey	Carol Trimble
Francis Barstow	Tracy Frazier	Kevin Peters	Doris Unruh
Don Bauer	Charlotte Garthwaite	Dan Rapson	Peggy Valerio
Eileen Blasi	Roy Hayden	Jerry Reisener	Blaine Warkentine
Dee Burris-Smith	Joan Hepburn	Clifford Russell	Norma Watts
Darrel Charbonneau	Kay Hite	Carol Scott	Joann Westwood
Robert Coupland	Pat Lietz	Jerry Smith	Glen Williams
Dianne Crawford	Frank Mattke	Mary Shackleford	Phyllis Winn
	Gina Morgan	Steven Stoffregen	

## Book Club Activity

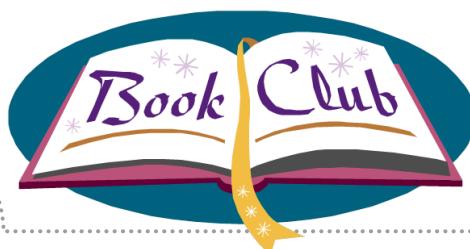
January's Book : **"And Then There Were None"** by Agatha Christie

February's Book: **To be determined**

**HAPPY READING**

**Club Meets the last Wednesday of each month for book review and to decide next months book.**

**If you're interested in joining in sign up sheet is located on the table at the center.**





Don't Forget we also ....

## January Trivia Winners

### Category Winners

Mary Ann Fenske

David Fenske

John Sharpley

### OVERALL WINNER

Mary Ann Fenske

## February Categories:

Acronyms

Miscellaneous Trivia

Love Songs

Come & test your knowledge

Wednesday February 14th @ 10:00am

Category Winners receive a free ASC lunch coupon & Overall Winner receives \$10 Gift Card.

  
Bunco returns on Monday

February 12th @ 12:30

Sign up today to play!

Call 733-4441

\$5

## Shoot Pool...

Mondays & Thursdays @ 1pm

(Table opened everyday for members)

## Play Cards...

Pitch - Mondays @ 1pm & Thursdays @ 7pm

Hand & Foot - Tuesdays @ 1pm & Thursdays @ 6pm

Bridge— Monday & Wednesdays @ 1pm

Pinochle— Tuesdays & Thursdays @ 12:30

Play Mahjong— Thursdays @ 12:30



## January LCR Winners

1st Game: Jo Johnson

2nd Game: Steve Frazier

3rd Game: Tracy Frazier

4th Game: Myron Moen

5th Game: Tracy Frazier

6th Game: Jo Johnson

Next Game:

Monday February 5th @ 12:30

### 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!**

# AARP Safe Drivers Class

Wednesday, March 13th, 2024      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

## **ARTS and CRAFTS**

Every Wednesday at 1:00 p.m.

New craft projects each week!

Supplies Provided.



## **SINGO/BINGO**

Sponsored by Interim Health

**Tuesday February 13th @ 10:00**



**PRIZES, MUSIC and FUN!!!**

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 an afternoon board game.



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

## 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!

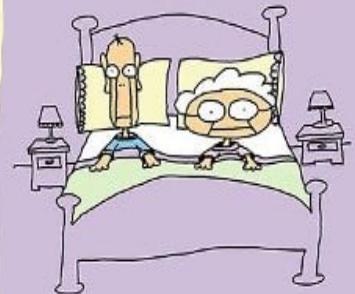


Times, they are a changing...

2:00 in the afternoon



2:00 in the morning

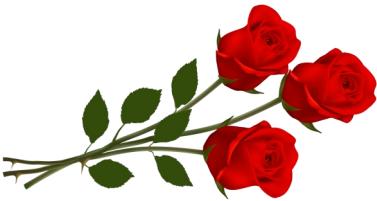


**UNDER CARDIAC ARREST**  
©2015 JOHN DONAGHUE

## 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!**



## 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.



## 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

### **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:**

Styrofoam Cups 12oz

Heavy Duty 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!**



## 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**

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



**"Male, 38, still living with his parents. They asked us to keep him overnight, so they could change the locks."**



## SAVE \$30/MONTH on HOME INTERNET

The Affordable Connectivity Program provides eligible households with a **monthly discount on home internet**, making many plans available at little to no cost.

### 4 Steps To Get Connected

- 1 **VISIT** [GetACP.org](http://GetACP.org)  
Get a checklist to simplify the application process
- 2 **APPLY**  
Use your personalized checklist to apply for ACP
- 3 **CONFIRM**  
Receive confirmation that you qualify
- 4 **ENROLL**  
Select Internet Service Provider and enroll in service plan



Visit [GetACP.org](http://GetACP.org) to see if you qualify, what you'll need to apply and how to connect to plans that are free with ACP.

Scan the code to get started.



## Free In-Person Tax Preparation Service

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age – especially if you are 50 or older or can't afford paid tax preparation.



In Your Area

February 6<sup>th</sup> to April 9<sup>th</sup>

Appointments: 9 am to 3:15 pm

EL DORADO SENIOR CENTER  
201 EAST 2ND AVE  
EL DORADO, KANSAS

Call 316-321-0142

February 1<sup>st</sup> to April 11<sup>th</sup>

Appointments: 9 am to 3:15 pm

AUGUSTA SENIOR CENTER  
640 OSAGE STREET  
AUGUSTA, KANSAS

Call 316-775-1189

# **CHICKEN & NOODLES**

## **FUNDRAISER**

Andover Senior Center

410 Lioba Drive



Wednesday, February 21st

**Serving Starts at 11am**

**\$8**



Chicken & Noodles

Mashed Potatoes

Green Beans

Roll w/ Butter

Delicious Homemade Desserts

February  
national  
days  
word  
search

# FEBRUARY

Printable  
from  
Always  
the  
Holidays

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

BLACK HISTORY MONTH  
ROSA PARKS DAY  
SUSAN B ANTHONY DAY  
GROUNDHOG DAY  
VALENTINES DAY  
SAFER INTERNET DAY  
ORGAN DONOR DAY  
DAY OF SOCIAL JUSTICE  
SUPER BOWL SUNDAY  
NAACP DAY  
GALENTINES DAY

KISS DAY  
CHOCOLATE MINT DAY  
OPERA DAY  
RARE DISEASE DAY  
HOMEMADE SOUP DAY  
SCIENCE DAY  
PISTACHIO DAY  
TILE DAY  
MISSING PERSONS DAY  
ROSE DAY  
FROZEN YOGURT DAY

FOOTBALL HANGOVER DAY  
PIZZA DAY  
MAKE A FRIEND DAY  
MAN DAY  
TUG OF WAR DAY  
RADIO DAY  
GET OUT YOUR GUITAR DAY  
DRINK WINE DAY  
SPAY DAY  
CHERRY PIE DAY  
LASH DAY