



Andover Senior Center The MONTHLY REVIEW



Andover Senior Center, 410 Lioba, Andover, KS 316.733.4441
Hours of Operation: Mon-Thu 8:00am-4:00pm Friday 8:00am-3pm
andoverseniorcenter1@gmail.com Director-Margit Gibbons

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



~ Perspective of the Day ~

Gratitude is a powerful force that can transform your life. When you take a moment to appreciate the blessings and abundance around you, you invite more positivity and joy into your world. Embrace the simple moments, the small gestures, and the everyday miracles that make up your life. Gratitude opens your heart to love, kindness, and connection. It reminds you of the beauty in the world and the goodness within yourself. So, today and every day, take a deep breath, look around you, and say thank you for all the blessings that surround you.

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



shutterstock.com · 1682600371

April 2024-MENU

SUGGESTED DONATION \$5.00

Meals are subject to change

Served @ 11:30



Mon	Tue	Wed	Thu	Fri	
1 Biscuits & Gravy Scrambled Eggs Sausage Patty Fruit Blueberry Muffin	2 Veg. Beef Soup Cheddar Biscuit Salad Crackers Dessert	3 Oven Fried Leg Stuffing Peas Roll w/Butter Dessert	4 Baked Spaghetti Meatballs Salad Garlic Bread Dessert	5 BBQ Chicken Hawaiian Bun w/Crunchy Onions Broccoli Salad Baked Beans Dessert	
8 Tatar Tot Casserole Salad Mixed Veggies Dessert	9 Rotisserie Chicken Seasoned Potatoes Glazed Carrots Dessert	10 Meatloaf Potatoes/Gravy Roll w/Butter Green Beans Dessert	11 Ham & Beans Cornbread Salad Dessert	12 Cheeseburger w/ All the Fixings Tatar Tots Pink Salad Dessert	
15 Chicken & Noodles Mashed Potatoes Green Beans Roll w/Butter Dessert	16 Chicken Salad Croissant Veggies w/Ranch Chips Dessert	17 FUNDRAISER MONTERREY Homemade Dessert \$8 Starts @ 11am	18 Pizza Day Salad Dessert	19 Sloppy Joes Coleslaw Chips Dessert	
22 Ham /Cheese Quiche Fruit Salad Blueberry Muffin	23 Salisbury Steak Mashed Potatoes Mushroom Gravy Corn Dessert	24 Chef's Salad Cottage Cheese Hard Boiled Egg Crackers Birthday Cake	25 Pulled Pork on Bun Coleslaw Baked Beans Dessert	26 All Beef Hot Dogs Sauerkraut /Chili Potato Salad Dessert	
29 Chicken Fried Steak Mashed Potatoes White Gravy Green Beans Dessert	30 Bierock Casserole 1/2 Baked Potato Salad Dessert				



DAILY ACTIVITIES

COFFEE HOUR starts @ 9am

WORD SEARCH starts @ 10am



Lunch Served @ 11:30

Mon	Tue	Wed	Thu	Fri	
1 9:30 Exercise 12:30 LCR 12:30 Pitch 1:00 Bridge 1:00 Pool	2 10:25 Balance Class 12:15 Pinochle 12:30 Hand & Foot	3 9:30 Exercise 10:30 Bible Study 12:30 Grief Support 1:00 Crafting Fun 1:00 Bridge	4 9:30 Donuts w/Chief 10:25 Balance Class 12:30 Pinochle 12:30 Mahjong 12:30 Quilters 1:00 Pool 6:00 Hand & Foot 7:00 Pitch	5 9:30 Exercise 12:30 BINGO	
8 9:30 Exercise 10:15 Memory Cafe 12:30 Pitch 1:00 Bridge 1:00 Pool	9 10:25 Balance Class 12:15 Pinochle 12:30 Hand & Foot	10 9:30 Exercise 10:00 TRIVIA 11:00 Bible Study 1:00 Bridge 1:00 Crafting Fun	11 10:25 Balance Class 12:30 Pinochle 12:30 Mahjong 12:30 Quilters 1:00 Pool 6:00 Hand & Foot 7:00 Pitch	12 9:30 Exercise 12:30 BINGO	
15 9:30 Exercise 12:30 BUNCO 12:30 Pitch 1:00 Bridge 1:00 Pool	16 10:25 Balance Class 12:15 Pinochle 12:30 Hand & Foot	17 FUNDRAISER MONTERREY \$8 Starts @ 11am 1:00 Bridge	18 10:25 Balance Class 12:30 Pinochle 12:30 Mahjong 12:30 Quilters 1:00 Pool 6:00 Hand & Foot 7:00 Pitch	19 9:30 Exercise 12:30 BINGO	
22 9:30 Exercise 10:15 Memory Cafe 12:30 Pitch 1:00 Bridge 1:00 Pool	23 10:25 Balance Class 12:15 Pinochle 12:30 Hand & Foot	24 9:30 Exercise 10:30 Bible Study 1:00 Bridge 1:00 Crafting Fun	25 10:25 Balance Class 12:30 Pinochle 12:30 Mahjong 12:30 Quilters 1:00 Pool 6:00 Hand & Foot 7:00 Pitch	26 9:30 Exercise 12:30 BINGO	
29 9:30 Exercise 12:30 Pitch 1:00 Bridge 1:00 Pool	30 10:25 Balance Class 12:15 Pinochle 12:30 Hand & Foot				

Speakers & Events...

Monday April 1st @ 12:30— LCR Dice 18 pennies

Wednesday April 3rd @ 12:30— Grief Support w/Tony

Thursday April 4th @ 9:30— Donuts with the Chief

Thursday April 4th @ 11:30— South Central Mental Health w/Iris

Monday April 8th @10:15— Memory Café

Wednesday April 10th @ 10:00— TRIVIA

Wednesday April 10th @ 12:15— Tornado Weather w/ KAKE News and Frank Waugh

Wednesday April 10th @ 3:00— ASC Board Meeting

Monday April 15th @ 11:30— Empower PT w/Dr Kaycee

Monday April 15th @ 12:30— BUNCO \$5

Tuesday April 16th @ 11:30— Silver Hair Legislature w/Leroy Burton

Wednesday April 17th @ 11am— Monterrey Fundraiser \$8

Thursday April 18th @ 1:00— ASC Kitchen Meeting

Friday April 19th @ 12:30— Mayor Price calling Bingo

Monday April 22nd @ 10:15— Memory Café

Wednesday April 24th— Foot Care w/Michelle Steinke by Appt only 946-0722

Wednesday April 24th @ 10:00— Singo Bingo sponsored by Interim w/Trena

Thursday April 25th @ 11:30— K-State Horticulture w/Calla

Saturday April 27th— Breakfast Fundraiser 7am-10am \$6



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





March Trivia Winners

Category Winners

Mary Ann Fenske

David Berger

Jason Hull

OVERALL WINNER

Mary Ann Fenske

April Categories:

The Great Depression

Miscellaneous Trivia

Bobby Darin, Frankie Avalon, Franke Valle, Bobby Rydall

Come & test your knowledge

Wednesday April 10th @ 10:00am

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

BUNCO WINNERS

Most wins: Rolland Benoit

Most Losses: Pam Tharp

Middle Road: Lawrence Peters

Most Buncos: Pauletta Benoit

Monkey: Lawrence Peters

Come & Play

Monday April 15th @ 12:30

\$5



Don't Forget we also

Shoot Pool...

Mondays & Thursdays @ 1pm

(Table opened everyday for members)

Play Cards...

Pitch - Mondays @ 1pm & Thursdays @ 7pm

Hand & Foot - Tuesdays @ 12:30pm

Thursdays @ 6pm

Bridge— Monday & Wednesdays @ 1pm

Pinochle— Tuesdays & Thursdays @ 12:30

Play Mahjong— Thursdays @ 12:30



March LCR Winners

1st Game: Beverly Fredrick

2nd Game: Rolland Benoit

3rd Game: Donna Garver

4th Game: Lawrence Peters

5th Game: Pauletta Benoit

6th Game: Rolland Benoit

Next Game:

Monday April 1st @ 12:30

*****Bring 18 pennies*****



Thank you to Andover Heritage Funeral Home for sponsoring our March Monterrey Fundraiser. We are so Blessed!

We appreciate our community supporting us so much!

If you would like to sponsor a Fundraiser call 316-733-4441



Our Center is so Blessed to have such wonderful volunteers !!!

Here are just a few we would like to recognize:

Joyce Stevenson Donna Garver Gloria Annett Beverly Fredrick
Donnella Lingle Donna Courtright Janel Williams
Barb Schmitz Dixie Aarstad Lavon Kirkhart
Pauletta & Rolland Benoit Ed & Casey O'Donnell Virginia Kluess

Thank you for the monthly donations :

Terry Dozal Pat Rubalcaba Jim Dake Phyliss Winn

So Thank you, to **all that volunteer and those that donate.**

You are appreciated beyond words.



Gertie Abraham

Marsha Agard

Steven Ansel

Donna Ard

Lynn Betts

Kathy Cahoon

Camy Cawthorn

Dorothy Chancellor

Sherry Currie

Sue Havlik

Ruth Helena

Donnalee Johnson

Phyliss Jones

Joy Kellogg

Lavon Kirkhart

Richard Lietz

Barbara Madewell

Mike Maxton

Julia McGinnis

Mable Powell

Chad Russell

Linda Saucedo

John Sharpley

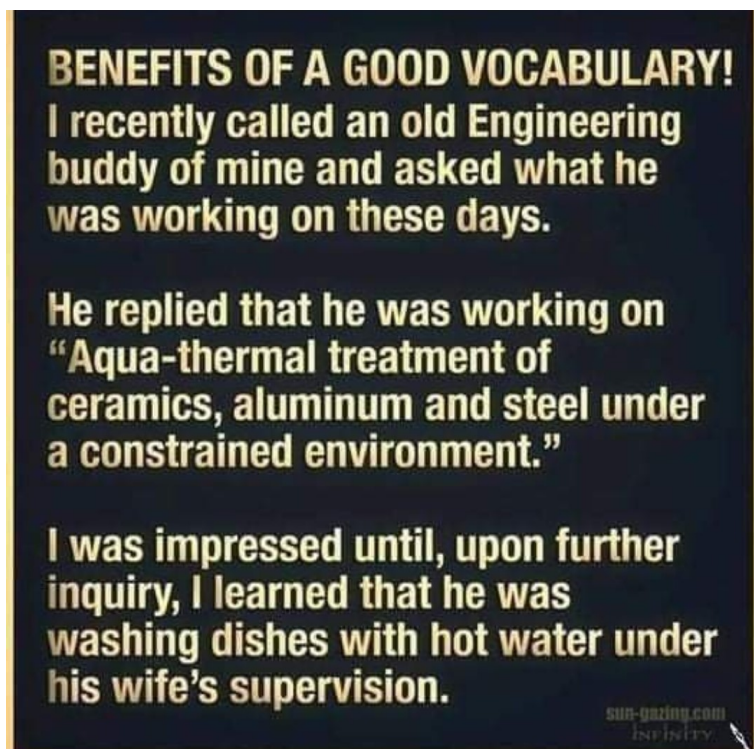
Jill Smith

Lee Spear

Linda Stegan

Dee Webber

Ted Whitson



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!

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!***



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.

ARTS and CRAFTS

*Every Wednesday at
1:00 p.m.*

**New craft projects each
week!**

Supplies Provided.

JPG Preview

service@clipartof.com



www.clipartof.com/1046619

No Free Use Allowed

You are important to us!

Just a reminder that the Andover Senior Center offers a FREE Blood Pressure Check every other Tuesday 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!

Service for Seniors

If you are homebound and live in or near the city of Andover, we can deliver lunch to you.

Please call the office, 733-4441, for further info.

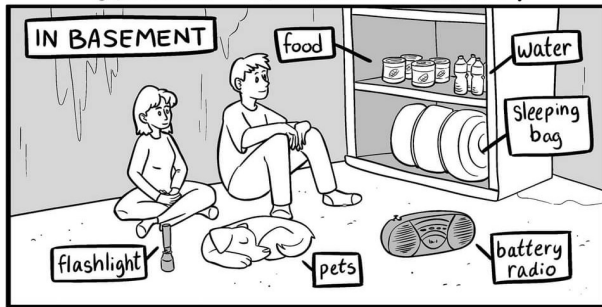
**Suggested donation is
\$5 per delivery.**

United Methodist Open Door Commodity Supplemental Food Program

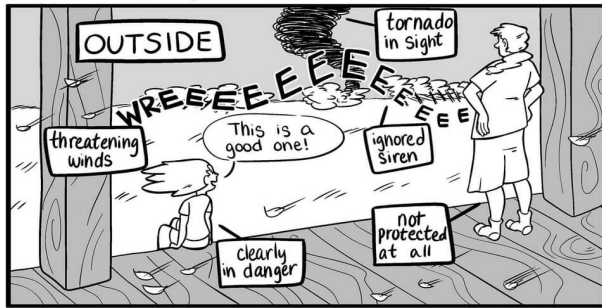
The Andover Senior Center is a distribution center for the United Methodist Open Door Commodity Program based out of Wichita, KS. This program is designed to assist people who are on a limited income by providing food such as canned goods, cereal, dry milk, cheese, etc. to help supplement their food needs for the month.

If you are interested in receiving commodities, please stop by the Andover Senior Center office to pick up an application for qualification of the service. The application isn't long and Margit will fax to the Open Door office to keep your waiting time minimal. This is a great service and available for anyone who needs it!

CORRECT TORNADO SAFETY



MIDWESTERN FOLK



WWW.KELLYLATHAM.COM

@SLEEPYHEADKL

COME JOIN US

FOR AN INFORMATIVE WORKSHOP ON WOMEN'S HEALTH!

Our newest member at Empower Physical Therapy of Andover: Dr. Demi Kraus PT, DPT wants to educate you on pelvic floor dysfunction and how physical therapy can help!

TREATMENT AREAS ASSOCIATED WITH PELVIC FLOOR THAT DR. KRAUS TREATS:

- Urinary Incontinence
- Interstitial Cystitis
- Constipation
- Lower Abdominal/Pelvic Region Pain
- Diastasis Recti
- Stress Urinary Incontinence
- Fecal Incontinence
- Pelvic Organ Prolapse
- Pregnancy & Post Partum Weakness
- Urge Incontinence
- Over Active Bladder
- Dyspareunia
- Rectal Pain
- Cystocele
- Rectocele
- Pelvic Pain

MEET US AT THE ANDOVER SENIOR CENTER
MONDAY, APRIL 15TH AT 11:30AM



Donuts with the Chief

Thursday April 4th @ 9:30

Stay informed with what is going on in our community,

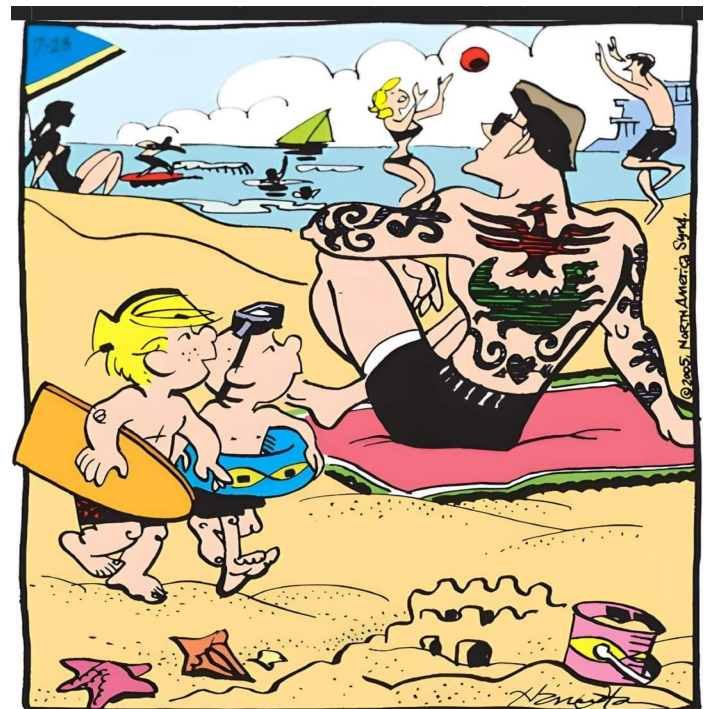
COMPUTER CLASS w/Linda

Tuesday April 30th @ 1pm



Q&A : Tablets, Androids, iPads & Phones, & Lap Tops.

Sign up @ Center or 733-4441



"I'll bet his mom is gonna take away ALL OF HIS MARKERS."

TORNADO WEATHER!!!

Join us Wednesday April 10th @ 12:15 when ***Frank Waugh of KAKE News*** will be here to speak about Tornado Weather and how far we have come in detecting them.



BREAKFAST FUNDRAISER

Andover Senior Center

410 Lioba Drive

Saturday April 27th 2024

7am-10am

Biscuits & Gravy

Scrambled Eggs

Orange Juice

Coffee



Support Your Local Senior Center

\$6

ANDOVER SENIOR CENTER

410 Lioba Drive

MONTERREYS!!!

Wed, April 17th -starts@ 11am

Dine In or Carryout

Only \$8.00!!!!



Stop by for a delicious lunch!

Dessert included!

My name is _____

Spring Flower Word Find

Find and circle the words.



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

APRIL
BABY ANIMALS
BASEBALL
BEES
BIRDS

BLOSSOMS
BUTTERFLY
FLOWERS
FRESH AIR
GARDEN

GRASS
KITES
MARCH
MAY
NEST

PLANT
PUDDLES
RAIN
SUNSHINE
TULIPS

UMBRELLA
WINDY
WORMS