



# 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

### ∞ Perspective of the Day ∞

#### 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



**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.**



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 <b>FUNDRAISER</b> 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: Paulette 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: Paulette 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      Phyllis Winn**

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

**You are appreciated beyond words.**



Gertie Abraham

Ruth Helena

Chad Russell

Marsha Agard

Donnalee Johnson

Linda Saucedo

Steven Ansel

Phyllis Jones

John Sharpley

Donna Ard

Joy Kellogg

Jill Smith

Lynn Betts

Lavon Kirkhart

Lee Spear

Kathy Cahoon

Richard Lietz

Linda Stegan

Camy Cawthorn

Barbara Madewell

Dee Webber

Dorothy Chancellor

Mike Maxton

Ted Whitson

Sherry Currie

Julia McGinnis

Sue Havlik

Mable Powell

## BENEFITS OF A GOOD VOCABULARY!

I recently called an old Engineering buddy of mine and asked what he was working on these days.

He replied that he was working on “Aqua-thermal treatment of ceramics, aluminum and steel under a constrained environment.”

I was impressed until, upon further inquiry, I learned that he was washing dishes with hot water under his wife’s supervision.

sun-gazing.com  
11/11/11



## 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:

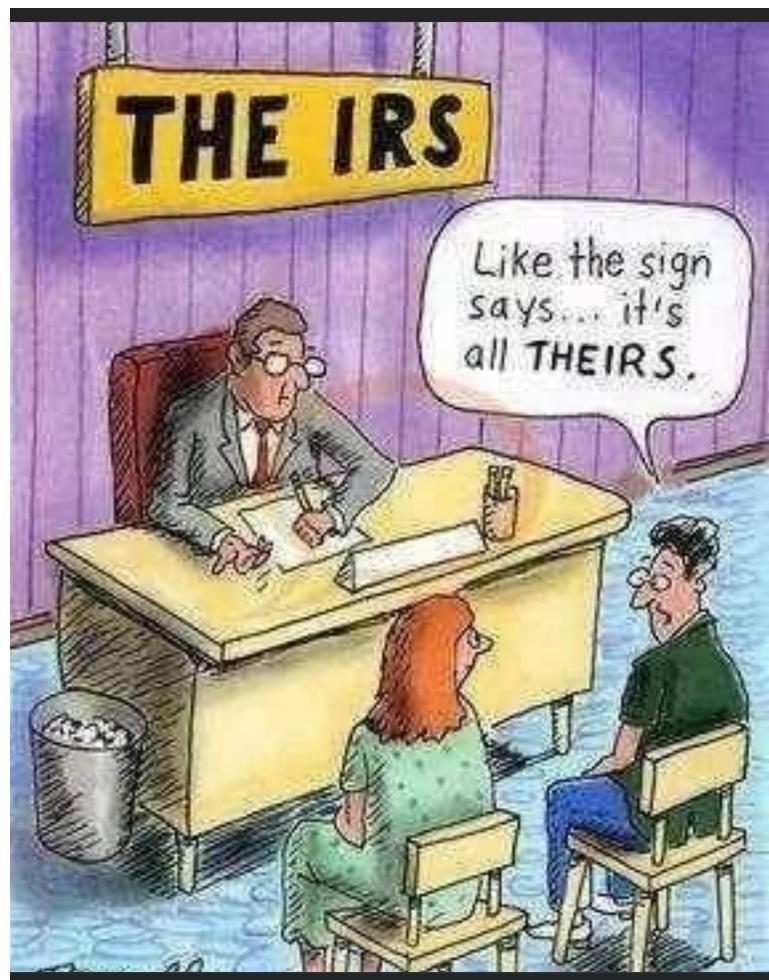
Coffee

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.**



### **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.**

### **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!

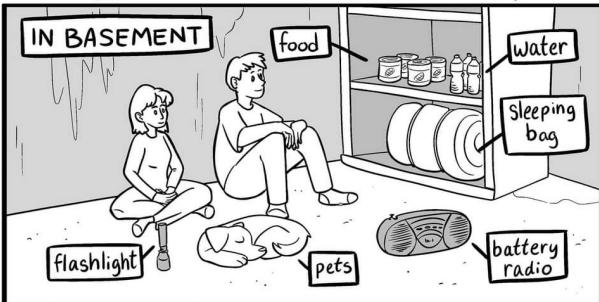


### **United Methodist Open Door Commodity Supplemental Food Program**

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



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
- Cysticole
- 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,



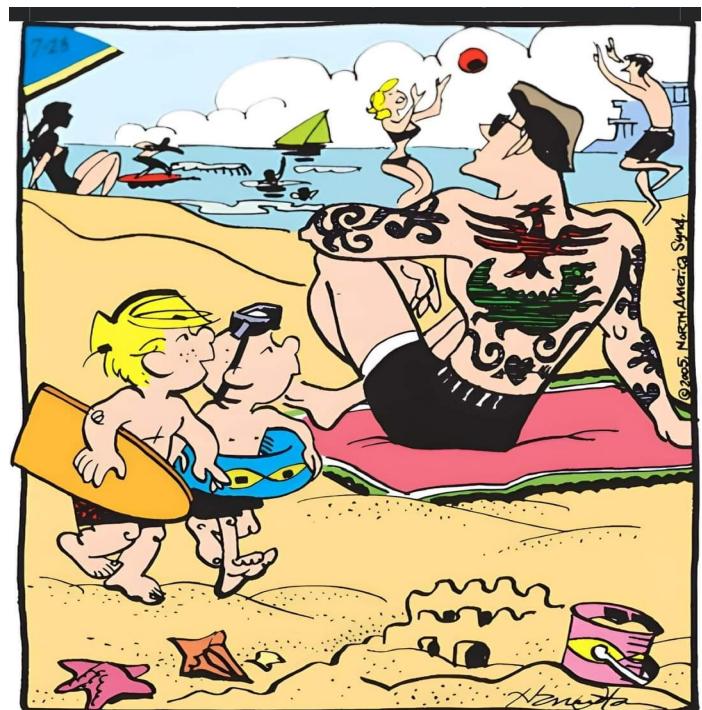
## COMPUTER CLASS w/Linda

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



shutterstock.com · 306985412



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!!!!**



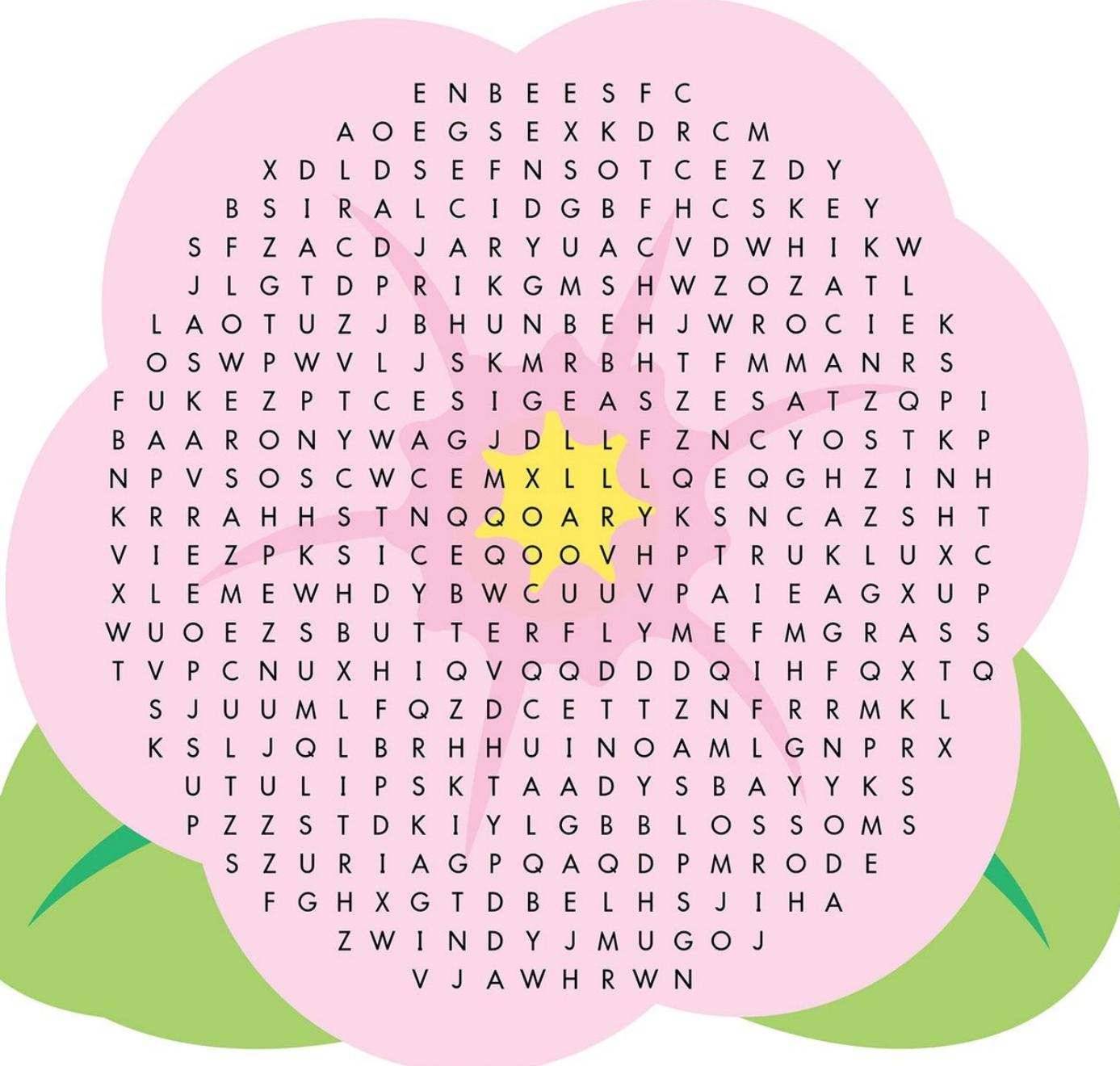
***Stop by for a delicious lunch!***

***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