



# Andover Senior Center

## The MONTHLY REVIEW

2024

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



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### 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



## BE THANKFUL

*Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?*

*Be thankful when you don't know something, for it gives you the opportunity to learn.  
Be thankful for the difficult times. During those times you grow.*

*Be thankful for your limitations, because they give you opportunities for improvement.  
Be thankful for your mistakes. They will teach you valuable lessons.*

*Be thankful when you're tired and weary, because it means you've made a difference.  
It's easy to be thankful for the good things.  
A life of rich fulfillment comes to those who are also thankful for the setbacks.*

*Find a way to be thankful for your troubles, and they can become your blessings.*

Facebook Page: **ALBERTO CASING**

# June 2024-MENU

**SUGGESTED DONATION \$5.00**

**Meals are subject to change**

**Served @ 11:30**



Mon	Tue	Wed	Thu	Fri
<b>3</b> Goulash Salad Rolls w/Butter Dessert	<b>4</b> Sub Sandwiches Baked Beans Chips Dessert Sponsored: Serene Hospice	<b>5</b> Meatloaf Mashed Potatoes Green Beans Dessert	<b>6</b> Rotisserie Chicken Seasoned Potatoes Glazed Carrots Roll w/Butter Dessert	<b>7</b> Cheeseburgers w/all Fixings Macaroni Salad Dessert
<b>10</b> B.L.T. Sandwich 3 Bean Salad Chips Dessert	<b>11</b> Baked Spaghetti Meatballs Salad Garlic Bread Dessert	<b>12</b> Baked Fish Salad Roll w/Butter Dessert	<b>13</b> Soft Tacos Refried Beans Rice Dessert	<b>14</b> Chicken Salad Croissant Tomato Salad Chips Dessert
<b>17</b> Chicken Alfredo Broccoli Garlic Bread Dessert	<b>18</b> Pizza Day Salad Dessert	<b>19</b> <u><b>FUNDRAISER</b></u> <b>MONTERREY</b> Dessert <b>\$8</b>	<b>20</b> Chef's Choice	<b>21</b> All Beef Hotdog Chili/Sauerkraut Potato Salad Dessert
<b>24</b> Tatar Tot Casserole Creamy Cucumbers Roll w/Butter Dessert	<b>25</b> Bacon Quiche Spinach Salad Fresh Fruit Dessert	<b>26</b> Chicken Fried Steak White Gravy Mashed Potatoes Mixed Veggies Birthday Cake	<b>27</b> Chef's Salad Hard Boiled Egg Cottage Cheese Crackers Dessert	<b>28</b> Sloppy Joes Coleslaw Chips Dessert

## 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!**



# DAILY ACTIVITIES

COFFEE HOUR starts @ 9am

WORD SEARCH starts @ 10am

## Lunch Served @ 11:30



Mon	Tue	Wed	Thu	Fri
<b>3</b> 9:30 Exercise 12:30 LCR 12:30 Pitch 1:00 Bridge 1:00 Pool	<b>4</b> 10:25 Balance Class 12:15 Pinochle 12:30 Hand & Foot	<b>5</b> 9:30 Exercise 11:00 Bible Study 12:30 Grief Support 1:00 Bridge 1:00 Crafting Fun	<b>6</b> 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	<b>7</b> 9:30 Exercise 12:30 BINGO
<b>10</b> 9:30 Exercise 10:15 Memory Cafe 12:30 Pitch 1:00 Bridge 1:00 Pool	<b>11</b> 10:25 Balance Class 12:15 Pinochle 12:30 Hand & Foot	<b>12</b> 9:30 Exercise 10:00 TRIVIA 11:00 Bible Study 1:00 Bridge 1:00 Crafting Fun	<b>13</b> 10:25 Balance Class 12:30 Pinochle 12:30 Mahjong 12:30 Quilters 1:00 Pool 6:00 Hand & Foot 7:00 Pitch	<b>14</b> 9:30 Exercise 12:30 BINGO
<b>17</b> 9:30 Exercise 12:30 BUNCO 12:30 Pitch 1:00 Bridge 1:00 Pool	<b>18</b> 10:25 Balance Class 12:15 Pinochle 12:30 Hand & Foot	<b>19</b> <b>FUNDRAISER</b> <b>MONTERREYS</b> <b>\$8</b> Starts @ 11am 1:00 Bridge	<b>20</b> 10:25 Balance Class 12:30 Pinochle 12:30 Mahjong 12:30 Quilters 1:00 Pool 6:00 Hand & Foot 7:00 Pitch	<b>21</b> 9:30 Exercise 12:30 BINGO
<b>24</b> 9:30 Exercise 10:15 Memory Cafe 12:30 Pitch 1:00 Bridge 1:00 Pool	<b>25</b> 10:25 Balance Class 12:15 Pinochle 12:30 Hand & Foot	<b>26</b> 9:30 Exercise 11:00 Bible Study 1:00 Bridge 1:00 Crafting Fun	<b>27</b> 10:25 Balance Class 12:30 Pinochle 12:30 Mahjong 12:30 Quilters 1:00 Pool 6:00 Hand & Foot 7:00 Pitch	<b>28</b> 9:30 Exercise 12:30 BINGO

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



# June Speakers & Events...

**Monday**

**June 3rd @**

**12:30**— L.C.R. Dice Game

**Tuesday June 4th @ 11:30**— Serene Hospice w/ Janna { Sponsoring lunch }

**Wednesday June 5th**— HERMES Foot Clinic by appointment only

**Wednesday June 5th**— 12:30 Grief Support Group w/ Tony from Kindred

**Wednesday June 5th @ 1:00**— Crafting Fun w/Linda

**Thursday June 5th @ 9:30**— Donuts with the Chief

**Monday June 10th @ 10:15**— Memory Café

**Tuesday June 11th @ 11:30**— Parson's Physical Therapy w/ Tad

**Wednesday June 12th @ 10:00**— TRIVIA

**Wednesday June 12th @ 1:00**— Cooking Class w/ Amir from Home Instead

**Thursday June 13th @ 11:30**— K-State Extension Horticulture w/ Calla

**Monday June 17th @ 12:30**— BUNCO TIME \$5

**Tuesday June 18th @ 10:00**— SINGO/BINGO \*\*\*\*\*Prizes & FUN\*\*\*

**Wednesday June 19th**— Monterrey Fundraiser Starts @ 11:00 \$8

**Thursday June 20th @ 11:30**— Providence Palliative & Hospice

**Friday June 21st @ 11:30**— Chisholm Place w/Steve

**Monday June 24th @ 10:00**— Memory Cafe

**Tuesday June 25th @ 1:00**— Computer Class w/Linda

**Wednesday June 26th**— FOOT CARE w/Michelle Stienke by appt only 316-946-0722

**Wednesday June 26th @ 10:00**— Book Club

**Wednesday June 26th @ 1:00**— Crafting Class w/Linda

**Wednesday June 26th @ 11:30**— Birthday Cake provided by Inspired Advisors

**Friday June 28th @ 12:30**— Mayor Price calling Bingo



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

# Don't Forget we also ....

## Shoot Pool...

Mondays & Thursdays @ 1pm

(Table opened everyday for members)

## Play Cards...

Pitch - Mondays @ 12:30pm & Thursdays @ 7pm

Hand & Foot - Tuesdays @ 12:30pm

Thursdays @ 6pm

Bridge— Monday & Wednesdays @ 1pm

Pinochle— Tuesdays & Thursdays @ 12:15

Play Mahjong— Thursdays @ 12:30



## BUNCO RETURNS...

Come & join us for a whole lotta fun

Monday June 17th @ 12:30

Sign up sheet @ Center or call 733-4441

\$5

Hope to see you there!!!

Join us for some fun!!!



Monday June 3rd @ 12:30

Bring 18 pennies

If you do not know how to play...

Come & Learn

\*\*\* I have lost the winners names from our May game. I apologize & will do better next month.\*\*\*

## **May Trivia Winners**

### Category Winners

David Berger

Mary Ann Fenske

JoAnn Westwood

### OVERALL WINNER

Mary Ann Fenske

### June Categories:

Presidents & Their Families—'45 to '74

Miscellaneous Trivia

1950's Music

Come & test your knowledge

**Wednesday June 12th @ 10:00am**

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



Joe Andrews

Charlotte Bates

Roger Black

Brenda Black

Ken Boone

Jeanne Cleary

Tracey Coleman

Donna Courtright

Alisha Davis

Donna Durflinger

Frank Evanega

Ahmed Farooq

Jim Flory

Joni Gilbert

Marjorie Hromek

Robert Kaplan

Keith Kastler

Robert Linden

Paul May

Marilyn Milewski

Janice Mitchem

John Pavetto

Pat Prendes

Ronnie Price

Mike Roosevelt

Joann Russell

Pat Schlageck

JoEllen Schrieber

Sally Sears


Cathy Stevenson

Bill Stuenkel

## DID YOU KNOW...

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***THANK YOU!***



**To all of My Friends  
50 years and up:**

Most of us are going through the next phase of our lives.

We're at the age where we see wrinkles, gray hair and extra pounds. We have run homes, paid bills, and dealt with sickness, madness, trauma, and everything else life has assigned us. We are survivors, we are warriors, we are like a classic car or a fine wine. Even if our bodies may not be what they once were, they carry our souls, our honor, courage and our strength. We shall all enter this chapter of our lives with humility, grace and pride over everything we have been through. Never feel less than for getting older. **It's a privilege denied so many.**

### 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 .



*"The warranty covers the device up until it stops working."*

### 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?

Coffee /Large Tea Bags

12oz Styrofoam or Solo Cups  
Single Serving Liquid Creamer

Plastic Forks, Knives, & Spoons

Soda Pop

Copy Paper

Stamps



### BOOK CLUB

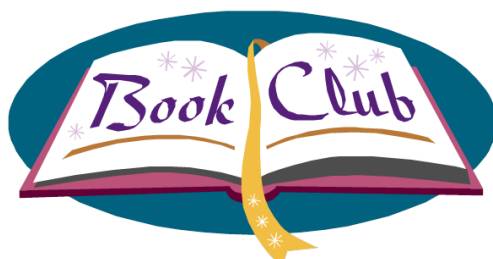
#### June's Book:

**"A for Alibi" by Sue Grafton**

#### Meeting held :

**Wednesday June 26th @ 10:00**

**Call Linda @ 733-4441 for more info.**



### CALLING ALL MEMBERS...

Do you know someone *age 50 or older*?  
Are they interested in having fun, engaging in some great conversations and meeting new people as interesting as they are?

Well, let's get them signed up as new members of the Andover Senior Center!  
Stop by the office and pick up a brochure or two that you can share with people you know!





## *Christmas in July Craft Show*

*July 18, 19 and 20*

*Andover Senior Center*

*Thursday, Friday 9-5 & Saturday 9-3*



*Start your Christmas Shopping  
early with a large variety of hand  
made Crafts*



*Photo Booth  
will be availa-  
ble to take pic-  
tures with your  
friends and  
family*

*If you are look-  
ing for some  
sweet treats you  
will find them  
here. We'll have  
Beer Bread and  
home made  
cookies and  
candies.*



*410 Lioba Drive, Andover, KS  
67002*

### **DID YOU KNOW...**

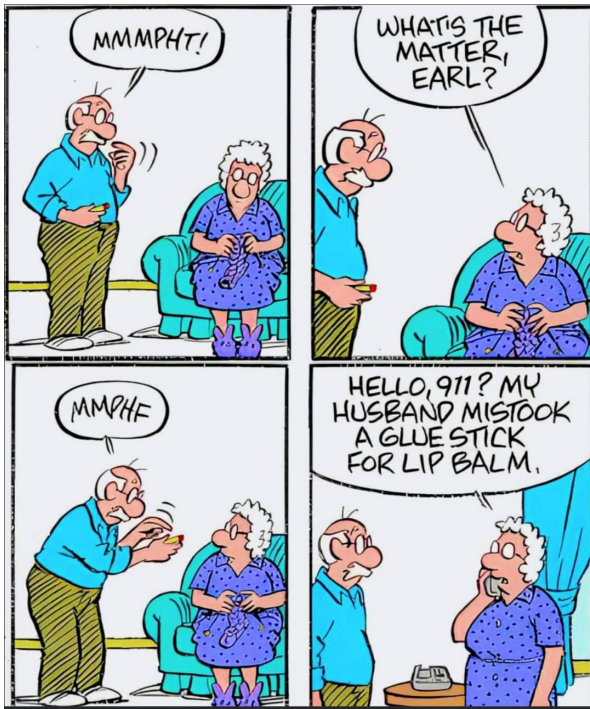
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## United Methodist Open Door Commodity Supplemental Food Program

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 so keep your waiting time minimal. This is a great service and available for anyone who needs it!



## Start Your Day Right

A nutritious breakfast can be a great start to your day-but what makes a breakfast healthy? It generally means a combination of complex carbohydrates, fiber, protein and a small amount of healthy fat.

Complex carbs such as whole grains, legumes, nuts, fruits and vegetables help replenish energy stores depleted overnight and provide vitamins, minerals and fiber-which help you feel full longer. Adding in lean proteins, which are rich in vitamins and minerals, also helps you delay hunger. One example is low-fat dairy products, which are important sources of vitamins A and D, calcium, and potassium.

A morning meal with these elements will help improve your concentration; provide nutrients important to your heart, bones and other systems; and may help control the amount of calories you take in later in the day. Choose from at least three of these four food groups to round out a healthy breakfast:

**Whole grains**-Whole-grain bread or bagels, hot or cold whole-grain cereals, whole-grain English muffins, and whole-grain waffles.

**Lean protein**-Eggs, lean meat, legumes and nuts.

**Low-fat dairy**-Milk, plain or low-sugar yogurts, and low-fat cheeses, such as cottage cheese and natural cheeses.

**Fruits and vegetables**-Fresh or frozen fruits and vegetables, 100 percent juice drinks without added sugar, and fruit and vegetable smoothies.



THE BUTLER COUNTY DEPARTMENT ON AGING PRESENTS

*Butler County Senior Resource Fair*



# SPRING FLING

Visit the fair to learn more about the services, trends, and opportunities for today's older adults and caregivers

## JUNE 6, 2024

9 a.m. to 2 p.m.

**FREE ADMISSION!!**

Visit up to 100 Booths

Door Prizes at every booth

Free Health screenings

Free Document Shredding

Free Shuttle

Chance to Win Grand Prize!

Free Photo Booth

Monterey Lunches \$8

**THREE Locations in El Dorado**

CIVIC CENTER - 201 E. Central

COMMUNITY BLDG. - 206 N. Griffith

SENIOR CENTER - 210 E. Second

**"KICK UP SOME DUST & HAVE FUN"**

Sponsored by



THE ACTIVE AGE PUBLISHING ★ HOMESTEAD SENIOR LIVING

Inspired Advisors, Bluestem Communities, Advana Living, Heritage Funeral Homes  
Aetna, Good Shepherd Hospice, Interim Healthcare, Home Buddy, KSN, Liberty Benefits Consultants,  
Mills Insurance Services, Phoenix Home Health & Hospice

QUESTIONS/INTERESTED IN A VENDOR BOOTH? Call BCDa at 316-775- 0500 or email [deptonaging@bucoks.com](mailto:deptonaging@bucoks.com)



# ANDOVER SENIOR CENTER

410 Lioba Drive

**MONTERREYS!!!**

Wed, June 19th starts @ 11am

Dine In or Carryout

Only **\$8.00!!!!**



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

***Dessert included!***

***{Back by popular demand...}***



*June  
national days  
word search  
printable  
from Always  
the Holidays*

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

**COCONUT DAY  
JUNETEENTH  
LGBT PRIDE DAY  
GO FISHING DAY**

**SELFIE DAY  
EYEWEAR DAY  
YOYO DAY  
REPEAT DAY**

**FOOD TRUCK DAY  
FATHERS DAY  
EGG DAY  
WIDOWS DAY**