



# 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

**Thank you for your sacrifice,**

You gave your strength, your youth, and time.

You did a job that not many will.

You deserved our respect, and you do still.

Though you didn't give your life, you were a willing soul.

Only your brothers in combat, your suffering truly know.

We love that you are here with us and honor who you are.

A grateful nation appreciates every single scar.

That wrote upon the slate of you, though you were so brave.

You came back to us a hero, you are not quite the same.

For you have learned to bear the weight, of defending freedom's call.

But you did come back, and that is what we give thanks for most of all.

**May God Bless all of America's Veterans.**



# NOVEMBER 2024-MENU



**SUGGESTED DONATION \$5.00**

**Meals are subject to change**

**Served @ 11:30**



Mon	Tue	Wed	Thu	Fri
				1 Cheeseburger w/all the fixings Pasta Salad Chips Dessert
4 Ham & Beans Cornbread Salad Dessert	5 Soft Tacos Rice Refried Beans Dessert	6 Chicken Casserole Sweet Potatoes Mixed Veggies Roll w/Butter Dessert	7 Lil Smokies Mac & Cheese Zucchini Casserole Dessert	8 <u>Veteran's Lunch</u> Meat Loaf Mashed Potatoes Brown Gravy Garlic Green beans Roll w/Butter Dessert
11 CLOSED  <b>VETERANS DAY</b>	12 Bacon Quiche Hash Browns Fruit Muffin	13 Goulash Cheddar Biscuits Salad Dessert	14 Hot Turkey Sand. Stuffing Cranberry Sauce Glazed Carrots Dessert	15 Sloppy Joes Baked Beans Coleslaw Dessert
18 Chicken Fried Steak Mashed Potatoes White Gravy Green Beans Roll w/Butter	19 Creamy Tomato Soup Grilled Cheese Salad Dessert	20 Salmon Loaf Roasted Potatoes Peas Roll w/Butter Dessert	21 Spaghetti w/Sauce Meat Balls Garlic Bread Salad Dessert	22 Thanksgiving Feast Starts @ 11:30  Provided by, EQUITY BANK
25 Chili Corn Bread Salad Cinnamon Roll	26 Tatar Tot Casserole Broccoli w/Cheese Roll w/Butter Dessert	27 Chicken Salad Croissant Pea Salad Chips B-Day Cake	28 CLOSED 	29 CLOSED 

# NOVEMBER DAILY ACTIVITIES



**Coffee/Word search starts @ 8:30**

**Lunch served @ 11:30**

Mon	Tue	Wed	Thu	Fri
				1 9:30 Exercise 12:30 Bingo
4 9:30 Exercise 12:30 LCR 1:00 Bridge 1:00 Pitch	5 10:30 Balance Class 12:15 Pinochle 1:00 Hand & Foot	6 9:30 Exercise 10:30 Bible Study 12:30 Grief Support 1:00 Bridge 1:00 Crafting	7 9:30 Donuts w/Chief 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 12:30 Quilters 6:00 Hand & Foot 7:00 Pitch	8 Veterans Luncheon Starts @ 1130  Bingo Cancelled
<b>11 CLOSED</b>   <b>VETERANS DAY</b>	12 10:30 Balance Class 12:15 Pinochle 1:00 Hand & Foot	13 9:30 Exercise 10:00 Trivia 11:00 Bible Study 1:00 Bridge 1:00 Crafting	14 10:30 Balance Class 10:30 Blood PRS Chks 12:15 Pinochle 12:30 Mahjong 12:30 Quilters 6:00 Hand & Foot 7:00 Pitch	15 9:30 Exercise 12:30 Bingo
18 9:30 Exercise 1:00 Bridge 1:00 Pitch	19 10:30 Balance Class 12:15 Pinochle 1:00 Hand & Foot	20 9:30 Exercise 10:30 Bible Study 1:00 Bridge 1:00 Crafting	21 10:30 Balance Class 12:15 Pinochle 12:30 Mahjong 12:30 Quilters 6:00 Hand & Foot 7:00 Pitch	22 Thanksgiving Dinner Starts @ 11am Provided by Equity  Bingo Cancelled
25 9:30 Exercise 10:00 Memory Cafe 1:00 Bridge 1:00 Pitch	26 10:30 Balance Class 12:15 Pinochle 1:00 Hand & Foot	27 10:00 Book Club 9:30 Exercise 10:30 Bible Study 1:00 Bridge 1:00 Crafting	<b>28 CLOSED</b>  	<b>29 CLOSED</b>  

# November SPEAKERS & EVENTS...

**Friday November 1st**— Trinity Insurance Group w/Hunter   Medicare Q&A 10-2pm

**Monday November 4th @ 11:30**— Village Travels Motor Coach Tours

**Tuesday November 5th**- **ELECTION DAY GET OUT AND VOTE!**



**Tuesday November 5th @ 11:00**—The Regent   Cocoa Bar & Fun

**Wednesday November 6th @ 1:00**— Crafting Fun w/Linda

**Thursday November 7th @ 11:00**— Shofar Ministries   Singing & Dancing

**Friday November 8th @ 11:30**— Veterans Day Luncheon   “To Honor Those That Served”

**Monday November 11th**— CLOSED in Observance of Veterans Day

**Tuesday November 12th @ 11:30**—Heartland Hospice w/Hailey

**Wednesday November 13th @ 10:00**— TRIVIA

**Wednesday November 13th @ 1:00**—Crafting Fun w/Linda

**Wednesday November 13th @ 3:00**— ASC Board Meeting

**Thursday November 14th @ 11:30**— Angels Home Health w/Cindy

**Friday November 15th @ 10:45**- **GENERAL MEMBERSHIP & ASC BOARD ELECTIONS**

**Wednesday November 20th @ 1:00**— Crafting Fun w/Linda

**Thursday November 21st @ 11:30**— Solid Financial Group w/Jonathan   Medicare/Medicaid Q&A

**Friday November 22nd @ 11:00**— **VETERANS DAY LUNCHEON**

**Monday November 25th @ 10:15**— Happy Memories Café w/ Barb

**Wednesday November 27th**— Foot Care w/Michelle   by appointment 316-946-0722

**Wednesday November 27th @ 11:30**—Birthday Cake provided by Inspired Advisors

**Wednesday November 27th @ 1:00**—Crafting fun w/Linda & special guest Kathleen {Card Making}

**Thursday November 28th**— **CLOSED IN OBSERVANCE OF THANKSGIVING**

**Friday November 29th**— **CLOSED IN OBSERVANCE OF THANKSGIVING**

The Andover Senior Center would like for you to “*like*” us on Facebook! If you have access to a computer please visit our page. It’s a great place to read about what the Center has been up to and what we have planned going forward! Also will inform you of our events.



# *A Heartfelt thank you to our amazing volunteers!*

*On behalf of the entire Andover Senior Center, we want to express our deepest gratitude for you invaluable contributions as volunteers. Your dedication and time have made a significant difference in our community, and we truly appreciate your commitment to supporting our center.*

*Your willingness to assist with events, delivering meals, helping in the kitchen, and so many other things directly impacts our seniors lives. Your positive attitudes and genuine caring have created a welcoming and supportive environment for everyone that walks through our doors.*

*We are so fortunate to have all of you as part of our Senior Center family.*



## **A Huge shout out and thank you to The Loft Energy and Nutrition!!!**

Our ice-maker broke and John & Janelle somehow heard about it and jumped right in to help us. John was kind enough to bring us bags of ice every morning, for almost a month.

Thank you from all our members and staff...The Loft Rocks!!!



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

The Andover Senior Center is an IRS approved 501c3! We are financed by donations, memorials, fund-raisers, grants and special events. We appreciate your membership and donations to our Center.

**THANK YOU!**



We had so much fun at our Hawaiian Day Luau, thank you to all the volunteers who made it possible. Looking forward to doing it again.

**2024 Cookie Exchange Event**

**Thursday December 19<sup>th</sup> at 10a.m.**

**Instructions**

- 1. Each Participant will bring 4 dozen of cookies "no more than two different types of cookies."**
- 2. Each Participant will have the opportunity to take 4 dozen cookies home.**
- 3. Cookies may be purchased or baked.**
- 4. Please bring tongs to select cookies. ASC has only a few available.**
- 5. Boxes will be given to each person to put cookies in to take home.**
- 6. Limited to 25 participants**
- 7. Gifts will be given to each person attending after choosing cookies.**

**MERRY CHRISTMAS!!!**



To sign-up for the Cookie Exchange,  
Please call the office @ 733-4441 or go to the Center.

## 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 list below?

### General Area:

Bingo Prizes for Friday Bingo

12oz Styrofoam Cups

12oz Solo Cups

10" Paper plates

Heavy Plastic Forks, Knives,& Spoons

Copy Paper

Postage Stamps

### And for the pantry:

Coffee

Sugar or Creamer Packets

Cake mixes

Frosting

We appreciate any and all donations made to the Center in order for us to make your

**Active Duty Military, Veterans,  
and Descendants and Family of  
Military and Veterans**

**We Need you to help save your local  
American Legion serving the  
Andover community**

Many of our members are elderly and have  
served the community for many years

**Join Your  
ANDOVER AMERICAN LEGION  
POST 406 or AUXILIARY**

**4<sup>th</sup> SUNDAY Every Month  
(except December)**

Next Meeting October 27<sup>th</sup>, 2024

**MEETINGS: 3:00**

**Community Dinner 5:00 pm - \$8.00**

**Bingo 6:00 pm - \$10.00**

**Dinner & Bingo Special - \$15.00**

**415 LIOBA  
ANDOVER, KANSAS  
Come support your Post 406**

For more information call - 316-990-1856



### OCTOBER CATEGORY WINNERS

**Donella Lingle Pat Huck Barb Schmitz**

### OVERALL WINNER

**Pat Huck**

### NOVEMBER CATEGORIES:

November

Thanksgiving

Patriotic Music

**Next game held on Wednesday**

**November 13th @ 10:00**

**Category Winners receive a free Center lunch**

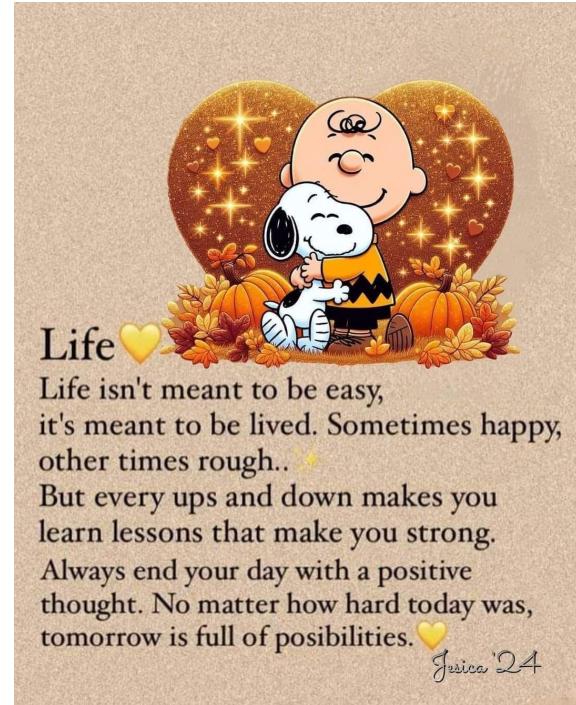
**Overall Winner receives a \$10 Gift Card**



## 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!



## Andover Senior Center Board Elections

ASC Board Elections will be held on Friday November 15th, 2024 @ 10:45

{ General Membership meeting will follow }

Members are encouraged to please come and vote for your favorite candidate and to stay for the meeting and let us know your suggestions for new activities and events for next year. We need your input.

### National Family Caregivers Month

November is National Family Caregivers month. If you are a caregiver or know someone who is, the following 10 tips can help you stay mentally and physically healthy while caring for someone else:

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

Interested in reading more about National Family Caregivers Month? Go to <http://caregiveraction.org/> resources for more information on how to care for yourself while caring for others.

*You are cordially invited. . .*

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## AsC Thanksgiving Dinner

Friday November 22nd @ 11am

Provided by Andover  EQUITY BANK.

*Join us for great Food, Music, and Fellowship*



## Quilt Raffle

### Sampler Quilt

73" x 82"

*Tickets on sale*

2 for \$5

5 for \$10

*Drawing held Friday Dec 20th*

*After Christmas Luncheon*





**Tana Archuleta**

**Rolland Benoit**

**Shelly Betts**

**David Boothe**

**Louise Cradduck**

**Bev Frederick**

**Sheri Hamblin**

**Peggy Harrison**

**Suzanne Herzberg**

**Dallas Hewett**

**Sherri Hollis**

**Jack Jacobs**

**Shirley Kastler**

**John Kullman**

**Patricia LeMay**

**Vivian Lessman**

**Barbara Lyda**

**Pam McElvain**

**Paul McGinnis**

**Rosalie Norton**

**Loren Peterson**

**Randol Plunk**

**Becky Rodriguez**

**Linda Roemer**

**Peggy Rump**

**Linda Schauner**

**Barbara Schmitz**

**Sally Sharpley**

**Joyce Smith**

**Christine Souza**

**Rosa Starnes**

**Sue Windsor**

**Pam Ziser**



*Please Join us as we recognize and honor our Veterans*

*Andover Senior Center*

*Friday November 8th @ 11:30am*

*Free lunch for Veterans & their spouses*

Meatloaf

Mashed Potatoes w/Gravy

Green Beans

Roll w/Butter

Dessert





## Andover Senior Center

410 Lioba Drive, Andover, KS 67002

### 2024 Christmas Craft Show



December 5th, 6th, and 7th  
Thursday, Friday 9-5 & Saturday 9-3

*Get your Christmas shopping done with a variety of handmade gifts!*



#### **Gift Wrapping available!**

All types of vendors - Woodworking,  
Quilts, Tableware, Hand Towels, 3D Printing,  
Jewelry, Holiday Decorations, Jelly's and Jam's,  
Knitting and Crochet items and so much more.....



*Have fun at the Photo Booth taking pictures with friends & family!*



*If you are looking for some sweet treats you will find them here. We'll have cookies, candies and Beer Bread for you!*



*Merry Christmas!*





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



THANKSGIVING DAY  
KINDNESS DAY  
XRAY DAY

MAIZE DAY  
VETERANS DAY  
GUY FAWKES DAY

ALL SAINTS DAY  
ALL SOULS DAY  
CANDY DAY