

# APRIL 2025 Smithville Senior Center



113 W. Main St., Smithville, MO 64089 816-343-2073 [www.smithvilleparksrec.com](http://www.smithvilleparksrec.com)

**HOURS: Mon, Wed, Fri: 8 a.m. to 2 p.m. Tue, Thurs: 10 a.m. to 1 p.m.**

*The Senior Center serves Clay County residents aged 60 and over through a partnership with Clay County Senior Services (CCSS).*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><i><b>Did You Know?</b></i> Peeps® chicks were originally made by hand and took 27 hours. Today each chick is made in 6 minutes. Yellow is the most popular color.</p> 	<p><b>10-11</b> Mindful Movement <b>11:15</b> Lunch</p> <p><b>Roast Beef Sandwich</b> <b>Assorted Chips</b> <b>Fresh Fruit, Dessert</b></p>	<p><b>8:15-9</b> Chair Yoga <b>9-11:30</b> Games &amp; Cards <b>10:30</b> Library Visit <b>11:30</b> CCSS Visit/Speaker <b>12:00</b> Lunch, <b>12:30</b> Bingo</p> <p><b>Domino's Pizza</b> <b>Lettuce Salad</b> <b>Dessert from CCSS</b></p>	<p><b>10:00</b> Walking Group (Heritage Park) <b>11:15</b> Lunch <b>11:45</b> Learn to Draw: <i>Spring Flowers</i></p> <p><b>Turkey Club Wrap</b> <b>Potato Salad</b> <b>Fresh Fruit, Dessert</b></p>	<p><b>8-8:45</b> Strength &amp; Balance <b>9-12</b> Games &amp; Cards <b>12:00</b> Lunch, <b>12:30</b> Bingo</p> <p><b>Sliced Ham</b> <b>Scalloped Potatoes</b> <b>Cooked Carrots</b> <b>Oreo Dessert</b></p>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p><b>8-8:45</b> Strength &amp; Balance <b>9-9:30</b> Bird Slideshow <b>9:30-12</b> Games &amp; Cards <b>10:45</b> Blood Pressure Checks with <i>ClearSky Rehab</i> <b>12:00</b> Lunch, <b>12:30</b> Bingo <b>1-2</b> Line Dancing</p> <p><b>Biscuits &amp; Gravy</b> <b>Scrambled Eggs</b> <b>Bacon/Sausage, Potatoes</b></p>	<p><b>10-11</b> Mindful Movement <b>11:15</b> Lunch</p> <p><b>Chicken Caesar Salad</b> <b>Fresh Fruit</b> <b>Granola Bar</b></p>	<p><b>8:15-9</b> Chair Yoga <b>9-11:30</b> Games &amp; Cards <b>11:30</b> Town Hall Mtg. <b>12:00</b> Lunch, <b>12:30</b> Bingo <b>1-2</b> Bunko</p> <p><b>Meatloaf</b> <b>Mashed Potatoes &amp; Gravy</b> <b>Calif. Blend Veggies</b> <b>Fruit Cocktail</b></p>	<p><b>10:00</b> Walking Group (Heritage Park) <b>11:15</b> Lunch 'N' Learn: <i>Fraud Awareness Presentation &amp; Lunch Provided by Southern Bank</i> <b>12:00</b> Learn to Draw: <i>Birds &amp; Butterflies</i></p> <p><b>Pizza Shoppe Pizza</b> <b>Bundt Cake</b></p>	<p><b>8-8:45</b> Strength &amp; Balance <b>9-12</b> Games &amp; Cards <b>12:00</b> Lunch <b>12:30</b> Making Music</p> <p><b>Fried Chicken Tenders</b> <b>Macaroni &amp; Cheese</b> <b>Spinach Salad</b> <b>Jello Dessert</b></p>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p><b>8-8:45</b> Strength &amp; Balance <b>9-12</b> Games &amp; Cards <b>12:00</b> Lunch, <b>12:30</b> Bingo</p> <p><b>Lasagna w/Garlic Bread</b> <b>Lettuce Salad</b> <b>Dessert from Oak Pointe</b> <b>Assisted Living</b></p>	<p><b>10-11</b> Mindful Movement <b>11:15</b> Lunch</p> <p><b>Chef Salad</b> <b>Fresh Fruit</b> <b>Granola Bar</b></p>	<p><b>8:15-9</b> Chair Yoga <b>9-10</b> Games &amp; Cards <b>12:00</b> Lunch <b>12:30</b> Music Bingo w/<i>Three Rivers Hospice</i></p> <p><b>Chicken Pot Pie</b> <b>Broccoli &amp; Cauliflower</b> <b>Peach Crisp a la Mode</b></p>	<p><b>10:00</b> Walking Group (Heritage Park) <b>11:15</b> Lunch <b>11:45</b> Learn to Draw: <i>Rabbits</i></p> <p><b>Roast Beef Sandwich</b> <b>Assorted Chips</b> <b>Fresh Fruit, Dessert</b></p>	<p><b>8-8:45</b> Strength &amp; Balance <b>9-12</b> Games &amp; Cards <b>12:00</b> Lunch <b>12:45</b> Movie: <i>A League of Their Own (Snacks: 3 Rivers)</i></p> <p><b>Pork Tenderloin</b> <b>Potato Wedges</b> <b>Coleslaw, Peaches</b></p>
<b>21 Birthday Party</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<p><b>8-8:45</b> Strength &amp; Balance <b>9-12</b> Games &amp; Cards <b>12:00</b> Lunch, <b>12:30</b> Bingo <b>1-2</b> Line Dancing</p> <p><b>Fried Chicken</b>  <b>Mashed Potatoes &amp; Gravy</b> <b>Corn &amp; Dinner Roll</b> <b>Cake from Terrace Park</b></p>	<p><b>10-11</b> Mindful Movement <b>11:15</b> Lunch</p> <p><b>Turkey &amp; Swiss Croissant</b> <b>Assorted Chips</b> <b>Fresh Fruit, Dessert</b></p>	<p><b>8:15-9</b> Chair Yoga <b>9-10, 11-12</b> Games &amp; Cards <b>12:00</b> Lunch, <b>12:30</b> Bingo</p> <p><b>Taco Salad w/Meat &amp; Beans</b> <b>Tortilla Chips</b> <b>Dessert from Right At Home</b></p>	<p><b>10:00</b> Walking Group (Heritage Park) <b>11:15</b> Lunch <b>11:45</b> Learn to Draw: <i>Spring Blossom Tree</i></p> <p><b>Ham Salad Sandwich</b> <b>Assorted Chips</b> <b>Fresh Fruit, Dessert</b></p>	<p><b>8-8:45</b> Strength &amp; Balance <b>9-12</b> Games &amp; Cards <b>12:00</b> Lunch, <b>12:30</b> Bingo</p> <p><b>Pulled Pork on Bun</b> <b>Macaroni Salad</b> <b>Steamed Broccoli</b> <b>Applesauce</b></p>
<b>28</b>	<b>29</b>	<b>30</b>		
<p><b>8-8:45</b> Strength &amp; Balance <b>9-12</b> Games &amp; Cards <b>12:00</b> Lunch, <b>12:30</b> Bingo</p> <p><b>Chicken Alfredo Pasta</b> <b>Lettuce Salad, Breadstick</b> <b>Dessert from Nevaeh</b></p>	<p><b>10-11</b> Mindful Movement <b>11:15</b> Lunch <b>11:45</b> Learn to Crochet</p> <p><b>Chicken &amp; Bacon Wrap</b> <b>Potato Salad</b> <b>Fresh Fruit, Dessert</b></p>	<p><b>8:15-9</b> Chair Yoga <b>9-10</b> Games &amp; Cards <b>12:00</b> Lunch, <b>12:30</b> Bingo</p> <p><b>COOKOUT: Hamburgers,</b> <b>Hotdogs, Brats</b> <b>Baked Beans, Cole Slaw</b> <b>Ice Cream Bar</b></p>	<p><b>Join us for lunch! \$5 cash only. Meals must be reserved at least 24 hours in advance. To reserve or cancel your meal: call 816-343-2073 by 1 p.m. the <i>business day</i> before you want to eat. Upon request, baked chicken or baked fish may be substituted on M/W/F.</b></p>	