



August 2025 Smithville Senior Center

113 W. Main St., Smithville, MO 64089 816-343-2073 www.smithvillemo.org/seniorcenter
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
<p>LUNCH AT THE SENIOR CENTER:</p> <ul style="list-style-type: none"> \$5 per meal (cash only) RESERVE A MEAL: Sign up at the Senior Center, OR call 816-343-2073 by 1 p.m. the <i>prior business day</i>. Reservations cannot be taken on weekends. Walk-ins are welcome and will be placed on a waitlist as space permits. Baked chicken or baked fish can be substituted for the entrée on M/W/F. Just let a staff member know! 				
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				<p>8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo</p> <p>Chicken Salad Croissant Tator Tots, Spinach Salad Angel Food Cake</p>
4	5	6	7	8
<p>8-8:45 Strength & Balance 9-12 Games & Cards 10:45 Blood Pressure Checks 12:00 Lunch, 12:30 Bingo 1-2 Line Dancing</p> <p>Sliced Ham Mac & Cheese, Broccoli Lemon Cake</p>	<p>10-11 Mindful Movement 11:15 Lunch 11:45 Cooking Matters</p> <p>BOXED LUNCH: Chicken Caesar Salad Fresh Fruit Granola Bar</p>	<p>8:15-9 Chair Yoga 9-11:30 Games & Cards 10:30 Library Visit 11:30 Town Hall Meeting & SC Board Nominations 12:00 Lunch, 12:30 Bingo</p> <p>Domino's Pizza Lettuce Salad Peach Cobbler</p>	<p>11:00 Tai Chi (registered participants only) 12:00 Lunch</p> <p>BOXED LUNCH: Turkey Club Wrap Coleslaw, Fresh Fruit</p>	<p>8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Making Music</p> <p>Fried Chicken Tenders Potato Salad Veggies & Dip Ice Cream Bars</p>
11	12	13	14	15
<p>8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo</p> <p>Sloppy Joes Baked Potato Cooked Peas & Carrots Dessert from Oak Pointe</p>	<p>10-11 Mindful Movement 11:15 Lunch 11:45 Cooking Matters</p> <p>BOXED LUNCH: Roast Beef Sandwich Assorted Chips Fresh Fruit, Dessert</p>	<p>8:15-9 Chair Yoga 9-10 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Bunko</p> <p>Taco Salad w/Meat & Refried Beans Tortilla Chips & Fixings Whipped Oreo Dessert</p>	<p>11:00 Tai Chi (registered participants only) 12:00 Lunch</p> <p>BOXED LUNCH: Chef Salad Fresh Fruit Granola Bar</p>	<p>8-8:45 Strength & Balance 9-11 Games & Cards 11:00 CAPABLE Program Speaker & Signups 12:00 Lunch 12:30 Movie: 9 to 5 Roast Turkey w/Gravy Stuffing Sweet Potatoes, Apple Crisp</p>
18 Birthday Party	19	20	21	22
<p>8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Line Dancing</p> <p>Fried Chicken  Mashed Potatoes & Gravy Green Beans, Biscuit Cake from Terrace Park</p>	<p>10-11 Mindful Movement 11:15 Lunch 12-1 Grief/Transitions Grp</p> <p>BOXED LUNCH: Turkey & Swiss Croissant Assorted Chips Fresh Fruit, Dessert</p>	<p>8:15-9 Chair Yoga 9-11:30 Games & Cards 11:30 SC Board Elections 12:00 Lunch 12:30 Music Bingo – 3 Rivers</p> <p>COOKOUT: Hamburgers, Hotdogs, Brats Macaroni Salad, Chips Strawberry Shortcake</p>	<p>11:00 Tai Chi (registered participants only) 12:00 Lunch</p> <p>BOXED LUNCH: Egg Salad Sandwich Fresh Veggies & Dip Fresh Fruit, Granola Bar</p>	<p>8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo</p> <p>Breaded Fish Filet Calif. Blend Vegetables Coleslaw Cornbread & Butter Assorted Brownies</p>
25	26	27	28	29
<p>8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo</p> <p>Lasagna Lettuce Salad Garlic Bread Dessert from Nevaeh</p>	<p>10-11 Mindful Movement 11:15 Lunch 11:45 Learn to Crochet</p> <p>BOXED LUNCH: Ranch Chicken Wrap Potato Salad Fresh Fruit, Dessert</p>	<p>8:15-9 Chair Yoga 9-11 Pool Tournament 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo</p> <p>Meatloaf Mashed Potatoes & Gravy Corn, Dinner Roll Chocolate Cake</p>	<p>11:00 Tai Chi (registered participants only) 12:00 Lunch</p> <p>BOXED LUNCH: Spinach Salad w/Chicken Whole Wheat Roll Fresh Fruit</p>	<p>8-8:45 Strength & Balance 9-11 Pool Tournament 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo</p> <p>Chili Dogs Potato Wedges Fresh Veggie Tray & Dip Assorted Cookies</p>