



January 2026 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
			1	2
RESOLVE TO GET AND STAY FIT THIS NEW YEAR: <ul style="list-style-type: none"> NEW on Thursdays at 10 a.m.: Chair Yoga led by instructor Constance M/W/F at 8 a.m.: Strength & Balance led by instructor Michelle Tuesdays at 10 a.m.: Mindful Movement led by instructor Constance <i>"If exercise could be packaged in a pill, it would be the single most widely prescribed and beneficial medicine in the nation." - Robert Butler, National Institute on Aging</i>			CLOSED	CLOSED
5	6	7	8	9
8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Lasagna Salad, Garlic Bread Oreo Whip Dessert	10-10:45 Mindful Movement 11:00 Lunch Chicken Caesar Salad Clementine Granola Bar	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Domino's Pizza Spinach Salad Fresh Cut Fruit	10-10:45 Chair Yoga 11:00 Lunch Turkey & Swiss on Wheat Baked Chips Apple, Cookie	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Meatloaf Mashed Potatoes & Gravy Peas & Carrots, Roll Ice Cream Bars
12	13	14	15	16
8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Line Dancing Pulled Pork w/Bun Macaroni & Cheese Coleslaw, Jello	10-10:45 Mindful Movement 11:00 Lunch Chef Salad Grapes Whole Wheat Crackers	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Bunko Fried Chicken Tenders Seasoned Potato Wedges California Veggies Peach Cobbler	10-10:45 Chair Yoga 11:00 Lunch Ranch Chicken Wrap Pasta Salad Orange	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Making Music Breaded Fish, Roll Corn, Steamed Broccoli Pudding
19	20	21	22	23
CLOSED Martin Luther King Jr. Day	10-10:45 Mindful Movement 11:00 Lunch Italian Sub Baked Chips Cut Fresh Fruit	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Music Bingo w/Three Rivers Hospice Sliced Baked Ham Cooked Carrots, Stuffing Brownies	10-10:45 Chair Yoga 11:00 Lunch Egg Salad Sandwich Baked Chips Muffin	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Taco Salad w/Meat & Refried Beans Tortilla Chips & Fixings Applesauce
26 Birthday Party	27	28	29	30
8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch (No Bingo) Fried Chicken Mashed Potatoes & Gravy Green Beans, Corn Bread Cake from Terrace Park	10-10:45 Mindful Movement 11:00 Lunch Chicken Salad Croissant Fresh Veggies w/Dip Granola Bar	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Orange Chicken White Rice Steamed Broccoli Baked Apple Dessert	10-10:45 Chair Yoga 11:00 Lunch Southwest Chicken Wrap Coleslaw Cookie	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:45 Movie: Mr. Popper's Penguins Salisbury Steak w/Gravy Baked Potato California Veggies Assorted Cookies
JOIN US FOR LUNCH! \$5 per meal, cash only Reserve your meal: Call 816-343-2073 by 1 pm the prior business day. Reservations made after 1 pm or on weekends are not guaranteed.			INCLEMENT WEATHER POLICY: The Senior Center follows Smithville School closures when there is bad weather. To sign up to receive an automated phone message when the Senior Center will be closed, simply provide us with your phone number.	