



# June 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>2</b> 8-8:45 Strength & Balance 9-12 Games & Cards 10:45 Blood Pressure Checks with ClearSky Rehab 12:00 Lunch, 12:30 Bingo 1-2 Line Dancing  Chicken Alfredo Pasta Steamed Peas & Carrots Garlic Bread, Fresh Fruit	<b>3</b> 10-11 Mindful Movement 11:15 Lunch 'N' Learn: <u>Nourishing Your Brain by</u> <u>KU Med Landon Center on</u> <u>Aging Video Series</u>  Roast Beef & Cheddar Sandwich Assorted Chips Fresh Fruit, Dessert	<b>4</b> 8:15-9 Chair Yoga 9-12 Games & Cards 10:30 Library Visit 12:00 Lunch 12:30 Bingo  Domino's Pizza Lettuce Salad Lemon Cake	<b>5</b> 9:00 Walking Group (Heritage Park) 10:00 Games & Cards 11:00 Tai Chi 12:00 Lunch  Turkey Club Wrap Macaroni Salad Fresh Fruit, Dessert	<b>6</b> 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Bingo  Sloppy Joe on Bun Potato Salad Fresh Veggie Tray Chocolate Pudding
<b>9</b> 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo  Sliced Ham Mashed Sweet Potatoes Broccoli & Cauliflower Dessert from Oak Pointe	<b>10</b> 10-11 Mindful Movement 11:15 Lunch 'N' Learn: <u>Dementia Care by KU Med</u> <u>Landon Center on Aging</u> <u>Video Series</u>  Ranch Chicken Wrap Assorted Chips Fresh Fruit, Dessert	<b>11</b> 8:15-9 Chair Yoga 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Bunko  Meatloaf Mashed Potatoes & Gravy Calif. Blend Veggies, Roll Fruit Cocktail	<b>12</b> 9:00 Walking Group 10:00 Games & Cards 11:00 Tai Chi 12:00 Lunch  Chicken Caesar Salad Fresh Fruit Granola Bar	<b>13</b> 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Making Music  Fried Chicken Tenders Macaroni & Cheese Green Beans Jello Dessert
<b>16</b>  <b>CLOSED FOR SMITHVILLE FOUNDER'S DAY</b>	<b>17</b> <u>(NO Mindful Movement)</u> 10:00 Games & Cards 11:15 Lunch 12-1 Grief & Transitions Group w/Ann Kinney, MS, QMHP  Chef Salad Fresh Fruit, Granola Bar	<b>18</b> 8:15-9 Chair Yoga 9-12 Games & Cards 12:00 Lunch 12:30 Music Bingo w/Three Rivers Hospice  Taco Salad w/Meat & Beans Tortilla Chips, Salsa, Cheese Sliced Peaches	<b>19</b> 9:00 Walking Group 10:00 Games & Cards 11:15 Lunch <u>(NO Tai Chi)</u>  Chicken Salad Sandwich Assorted Chips Fresh Fruit, Dessert	<b>20 First Day of Summer</b> 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:45 Movie: What About Bob? (Snacks: Three Rivers) Pork Tenderloin Sandwich Potato Wedges Cooked Carrots Oreo Dessert
<b>23 Birthday Party</b> 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Line Dancing  Fried Chicken Mashed Potatoes & Gravy Corn & Dinner Roll Cake from Terrace Park	<b>24</b> 10-11 Mindful Movement 11:15 Lunch 11:45 Learn to Crochet  Buffalo Chicken Wrap Veggies, Granola Bar	<b>25</b> 8:15-9 Chair Yoga 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo  Chicken Salad Croissant Potato Chips Cooked Mixed Vegetables Chocolate Pudding	<b>26</b> 9:00 Walking Group 10:00 Games & Cards 11:00 Tai Chi 12:00 Lunch 'N' Learn Speaker: <u>Understanding</u> <u>Alzheimer's &amp; Dementia</u> <u>+ The 10 Warning Signs by</u> <u>The Alzheimer's Assn.</u>  Pizza, Veggie Tray Brownies	<b>27</b> 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo  Cookout: Burgers/Hotdogs/Brats Coleslaw, Baked Beans Watermelon
<b>30</b> 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo  Spaghetti with Meatballs Garlic Breadstick Lettuce Salad	<b>SPECIAL INFORMATION:</b>  <b>JOIN US FOR LUNCH!</b> \$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>DID YOU KNOW?</b> June is National Alzheimer's & Brain Awareness Month. Attend our special presentations this month to learn more. If you're living with dementia or providing care, The Alzheimer's Association has a helpline at <b>800-272-3900</b> staffed 24/7 to answer questions and provide support.			