



October 2025 Smithville Senior Center



113 W. Main St., Smithville, MO 64089 816-343-2073 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
EAT LUNCH WITH US: <ul style="list-style-type: none"> \$5 per meal (cash only) RESERVE YOUR MEAL: Call 816-343-2073 by 1 p.m. the prior business day SPECIAL EVENTS: <ul style="list-style-type: none"> Get help with upcoming Medicare changes. Visit with Matthew West from Alliance Medicare Advisors on Friday, 10/3 or Monday, 10/6. Wear your best Halloween Costume on Fri. 10/31! 		1 8-8:45 Strength & Balance 9-12 Games & Cards 10:30 Library Visit 12:00 Lunch 12:30 Legacy Videos Celebrating Bettie Bender & Bud Warring Fried Chicken Tenders Mac & Cheese, Mixed Veg Cupcakes	2 10:00 Walking Group 11:00 Tai Chi Video Practice 12:00 Lunch BOXED LUNCH: Southwest Chicken Wrap Assorted Chips Fresh Fruit Dessert	3 8-8:45 Strength & Balance 9-12 Games & Cards 10-2 Indiv. Medicare Help 12:00 Lunch (<i>Sponsored by Alliance Medicare Advisors</i>) 12:30 Bingo Hamburgers & Hotdogs Coleslaw, Potato Chips Ice Cream Bars
6 8-8:45 Strength & Balance 9-12 Games & Cards 10-2 Indiv. Medicare Help 10:45 Blood Pr. Checks 12:00 Lunch, 12:30 Bingo 1-2 Line Dancing Meatloaf Mashed Potatoes & Gravy Green Beans, Dinner Roll Fruit Cup	7 10-11 Mindful Movement 11:15 Lunch BOXED LUNCH: Chicken Caesar Salad Fresh Fruit Granola Bar	8 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Bunko Taco Salad w/Meat & Refried Beans Tortilla Chips & Fixings Assorted Cookies	9 10:00 Walking Group 11:00 Tai Chi Video Practice 12:00 Lunch BOXED LUNCH: Ham & Swiss Sandwich Fresh Veggies w/Dip Dessert	10 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Making Music w/Rachelle Chicken & Veggie Stir Fry Steamed Rice Jello with Fruit Brownies
13 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Baked Ham Mashed Sweet Potatoes Cooked Cauliflower, Roll Dessert from Oak Pointe	14 10-11 Mindful Movement 11:15 Lunch BOXED LUNCH: Roast Beef & Cheddar Sandwich Assorted Chips Fresh Fruit, Dessert	15 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Music Bingo w/Three Rivers Hospice Pizza Spinach Salad Apple Crisp	16 10:00 Walking Group 11:00 Tai Chi Video Practice 12:00 Lunch BOXED LUNCH: Spinach Salad w/Chicken Fresh Fruit Granola Bar	17 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Movie: Ghost (<i>Snacks from Three Rivers</i>) Sloppy Joes Baked Potato, Peas Ambrosia Dessert
20 Birthday Party 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Fried Chicken  Mashed Potatoes & Gravy Green Beans, Biscuit Cake from Terrace Park	21 10-11 Mindful Movement 11:15 Lunch 12-1 Grief/Transitions Grp. BOXED LUNCH: Chicken Salad Croissant Assorted Chips Fresh Fruit, Dessert	22 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo BBQ Pork with Bun Potato Chips Fresh Veggie Tray Peach Cobbler	23 10:00 Walking Group 11:00 Tai Chi Video Practice 12:00 Lunch 12:30 Using Your Air Fryer BOXED LUNCH: Chicken & Veggie Wrap Macaroni Salad Fresh Fruit, Dessert	24 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Pasta with Meat Sauce Lettuce Salad Garlic Bread Banana Pudding
27 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Line Dancing Breaded Fish Filet Cole Slaw, Broccoli Hush Puppies, Oreo Whip	28 10-11 Mindful Movement 11:15 Lunch BOXED LUNCH: Chef Salad Whole Wheat Crackers Fresh Fruit, Dessert	29 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Salisbury Steak Mashed Potatoes & Gravy Corn, Dinner Roll Assorted Cookies	30 10:00 Walking Group 11:00 Tai Chi Video Practice 12:00 Lunch 12:30 Using Your Air Fryer BOXED LUNCH: Corned Beef & Swiss on Rye Fresh Veggies w/Dip Dessert	31 Costume Party  8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Pork Tenderloin Sandwich Tator Tots Calif. Blend Veggies Pumpkin Bread