



# September 2025 Smithville Senior Center



113 W. Main St., Smithville, MO 64089 816-343-2073 [www.smithvillemo.org/seniorcenter](http://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  |
|---|---|--|--|---|
| <b>1 LABOR DAY – CLOSED</b>   | <b>2</b>  | <b>3</b>   | <b>4</b>   | <b>5 RED FRIDAY–GO CHIEFS</b>   |
| <b>Daily Lunch Information:</b><br>-- \$5 per meal (cash only)<br>-- Lunches are catered by Smithville Price Chopper.<br>-- Call 816-343-2073 by 1 p.m. the <i>prior business day</i> to reserve your meal.   | <b>10-11</b> Mindful Movement<br><b>11:15</b> Lunch<br><br><b>BOXED LUNCH:</b><br>Roast Beef Sandwich<br>Assorted Chips<br>Fresh Fruit, Dessert   | <b>8-8:45</b> Strength & Balance<br><b>9-12</b> Games & Cards<br><b>12:00</b> Lunch, <b>12:30</b> Bingo<br><br><b>Domino's Pizza</b><br>Lettuce Salad<br>Assorted Brownies   | <b>10:00</b> Walking Group<br><b>11:00</b> Tai Chi (registered only)<br><b>12:00</b> Lunch<br><br><b>BOXED LUNCH:</b><br>Chicken Caesar Salad<br>Fresh Fruit<br>Granola Bar  | <b>8-8:45</b> Strength & Balance<br><b>9-12</b> Games & Cards<br><b>12:00</b> Lunch, <b>12:30</b> Bingo<br><br><b>Fried Chicken Tenders</b><br>Pasta Salad, Broccoli<br>Whipped Oreo Dessert  |
| <b>8</b>  | <b>9</b>  | <b>10</b>  | <b>11</b>  | <b>12 HARVEST SOCIAL</b>  |
| <b>8-8:45</b> Strength & Balance<br><b>9-12</b> Games & Cards<br><b>10:45</b> Blood Pressure<br>Checks with <i>ClearSky Rehab</i><br><b>12:00</b> Lunch, <b>12:30</b> Bingo<br><br><b>Chicken &amp; Noodles</b><br>Cooked Carrots<br>Dessert from Three Rivers                                    | <b>10-11</b> Mindful Movement<br><b>11:15</b> Lunch<br><br><b>BOXED LUNCH:</b><br>Turkey Club Wrap<br>Potato Salad<br>Fresh Fruit, Dessert  | <b>8-8:45</b> Strength & Balance<br><b>9-10:30</b> Games & Cards<br><b>10:30-11:15</b> <b>KC Zoo Visit</b><br><b>12:00</b> Lunch, <b>12:30</b> Bingo<br>1-2 Bunko<br><br><b>Meatloaf</b><br>Mashed Potatoes & Gravy<br>Calif. Blend Veggies<br>Dinner Roll<br>Fresh Mixed Fruit with Dip   | <b>10:00</b> Walking Group<br><b>11:00</b> Tai Chi (registered only)<br><b>12:00</b> Lunch<br><br><b>BOXED LUNCH:</b><br>Spinach Salad w/Chicken<br>Fresh Fruit<br>Whole Wheat Crackers  | <b>8-8:45</b> Strength & Balance<br><b>10:00</b> <b>WIN BIG BINGO</b><br><b>10:45</b> <b>LIVE MUSIC</b> with Entertainer Bob Cohen<br><b>12:00</b> Lunch<br><b>12:30</b> Making Music Group<br><br><b>BBQ COOKOUT:</b><br>Burgers, Hotdogs, Brats<br>Baked Beans<br>Potato Salad<br>Apple Pie a la Mode |
| <b>15</b>   | <b>16</b>   | <b>17</b>  | <b>18</b>  | <b>19 RED FRIDAY–GO CHIEFS</b>  |
| <b>8-8:45</b> Strength & Balance<br><b>9-12</b> Games & Cards<br><b>12:00</b> Lunch, <b>12:30</b> Bingo<br>1-2 Line Dancing<br><br><b>Lasagna</b><br>Garlic Bread<br>Lettuce Salad<br>Dessert from Oak Pointe   | <b>10-11</b> Mindful Movement<br><b>11:15</b> Lunch<br><b>12-1</b> Grief/Transitions Grp<br><br><b>BOXED LUNCH:</b><br>Turkey & Swiss Croissant<br>Assorted Chips<br>Fresh Fruit, Dessert | <b>8-8:45</b> Strength & Balance<br><b>9-12</b> Games & Cards<br><b>12:00</b> Lunch<br><b>12:30</b> Music Bingo - 3 Rivers<br><br><b>Taco Salad w/Meat &amp; Refried Beans</b><br>Tortilla Chips & Fixings<br>Ice Cream Bar  | <b>10:00</b> Walking Group<br><b>11:00</b> Tai Chi (registered only)<br><b>12:00</b> Lunch<br><br><b>BOXED LUNCH:</b><br>Egg Salad Sandwich<br>Fresh Veggies w/Dip<br>Dessert  | <b>8-8:45</b> Strength & Balance<br><b>9-12</b> Games & Cards<br><b>12:00</b> Lunch<br><b>12:30</b> Movie: Seabiscuit<br><br><b>Pork Tenderloin Sandwich</b><br>Roasted Potato Wedges<br>Coleslaw<br>Peaches  |
| <b>22 Funny Hat Day</b>   | <b>23 Crazy Sock Day</b>  | <b>24 Retro Outfit Day</b>   | <b>25 Hawaiian Shirt Day</b>   | <b>26 Smithville Green Day</b>  |
| <b>8-8:45</b> Strength & Balance<br><b>9-12</b> Games & Cards<br><b>12:00</b> Lunch, <b>12:30</b> Bingo<br><br><b>Fried Chicken</b> <br>Mashed Potatoes & Gravy<br>Corn, Dinner Roll<br>Cake from Terrace Park | <b>10-11</b> Mindful Movement<br><b>11:15</b> Lunch<br><br><b>BOXED LUNCH:</b><br>Chef Salad<br>Fresh Fruit<br>Granola Bar  | <b>8-8:45</b> Strength & Balance<br><b>9-12</b> Games & Cards<br><b>12:00</b> Lunch, <b>12:30</b> Bingo<br><br><b>Sliced Ham</b><br>Macaroni & Cheese<br>Green Beans<br>Dinner Roll<br>Sherbet Cup   | <b>10:00</b> Walking Group<br><b>11:00</b> Tai Chi (registered only)<br><b>12:00</b> Lunch<br><b>12:30-1:45</b> "Saving Claire" Falls Prevention Workshop<br><br><b>Italian Sub Sandwich</b><br>Pasta Salad<br>Fresh Mixed Fruit<br>Assorted Cookies | <b>8-8:45</b> Strength & Balance<br><b>9-12</b> Games & Cards<br><b>12:00</b> Lunch, <b>12:30</b> Bingo<br><b>2:00</b> Homecoming Parade<br><br><b>Sloppy Joes</b><br>Tator Tots<br>Fresh Veggie Tray & Dip<br>Frosted Spice Cake   |
| <b>29</b>   | <b>30</b>   | <b>SPECIAL EVENTS:</b>   |  |   |
| <b>8-8:45</b> Strength & Balance<br><b>9-12</b> Games & Cards<br><b>12:00</b> Lunch, <b>12:30</b> Bingo<br>1-2 Line Dancing<br><br><b>Pulled Pork on Bun</b><br>Baked Potato<br>Steamed Broccoli<br>Applesauce  | <b>10-11</b> Mindful Movement<br><b>11:15</b> Lunch<br><b>11:45</b> Learn to Crochet<br><br><b>BOXED LUNCH:</b><br>Chicken & Bacon Wrap<br>Potato Salad<br>Fresh Fruit, Dessert           | <ul style="list-style-type: none"> <li>▪ <b>Wed. 9/10: KC ZOOMOBILE:</b> Entertaining indoor presentation with live animals.</li> <li>▪ <b>Fri. 9/12: HARVEST SOCIAL:</b> LIVE MUSIC – BINGO – DOOR PRIZES – BBQ COOKOUT!</li> <li>▪ <b>Thurs., 9/25: FALLS PREVENTION WEEK WORKSHOP:</b> The Saving Claire Project. Informative program, Q&amp;A with local falls prevention experts, treats, giveaways.</li> <li>▪ <b>Mon. 9/22 – Fri. 9/26: HOMECOMING WEEK:</b> Retro fun &amp; themed spirit days! Watch the parade Friday from the Senior Center.</li> </ul> |  |   |