

Bonner Springs SENIOR CENTER NEWS

200 E. 3rd St., Bonner Springs, KS 66012

Senior Center Director - Gloria Ochoa

913-441-0169 / Hours: Monday thru Friday 8:30am to 3:30pm / email: SenCtrDir@bonnersprings.org

Welcome to our January Newsletter

It is the beginning of a New Year, try and bring something different into your world, like joining the Senior Center. We welcome you to join us and see what is happening at the Center.

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TOP 10 NEW YEARS RESOLUTIONS

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Resolve to ...

1. Spend more time with Family and Friends,
2. Fit in Fitness
3. Tame the Bulge
4. Quit Smoking
5. Enjoy Life More
6. Quit Drinking
7. Get out of Debt
8. Learn something new
9. Help Others
10. Get Organized

The Senior Center is open to seniors 55 years of age and older. We offer programs in recreation, health, education, and crafts. We are open Monday thru Friday from 8:30am to 3:30pm. Transportation is available thru the Tiblow Transit service in Bonner Springs (913-422-5355) Our activities include weekly outings, monthly education presentations, exercise classes, dinner theater trips, bingo, free legal services, We have a wide variety of activities for all interests and abilities. Please stop by our Senior Center and see what we have to offer.

CLUB NEWS

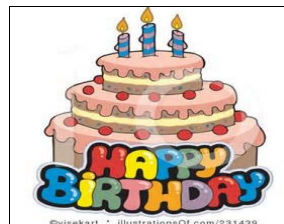
Bonner Springs Senior Citizen's Club meets every second Tuesday of the month at 12:00 noon in the Honey Bee Room located on the lower level of the Community Center.

Yearly dues are \$2.00 and are due in January. Current members are welcomed to bring a guest to the meeting, and encourage past members to return to the Club. Everyone is asked to bring a potluck to share.

Virginia Billings, Secretary

JANUARY BIRTHDAYS

HAPPY BIRTHDAY TO ALL SENIORS WHO HAVE A BIRTHDAY IN JANUARY. MAY YOU BE BLESSED TO HAVE MANY MORE



ENERGY SAVING TIPS

- **CLOSE WINDOWS TIGHTLY.**
- **MAKE SURE AIR VENTS ARE NOT BLOCKED BY FURNITURE.**
- **KEEP CLOSET DOORS CLOSED**
- **COVER BARE FLOORS WITH RUGS.**
- **DRESS WARMLY.**
- **WEAR SAFE SHOES OUTSIDE.**
- **OPEN BLINDS OR CURTAINS. DURING THE DAY.**

SAFETY TIPS

- **USE SAND TO IMPACT TRACTION ON SIDEWALKS AND DRIVEWAYS.**
- **RESTOCK YOUR EMERGENCY KIT IN YOUR CAR, EXTRA BLANKETS, CHECK BATTERIES FOR YOUR FLASHLIGHT, BOTTLED WATER, EXTRA SET OF CLOTHING, BOOTS, GLOVES, HAT, AND A SHOVEL TO DIG OUT OF THE SNOW.**
- **CONSIDER USING BATTERY OPERATED FLAMELESS CANDLES.**
- **ROUTINELY CHECK YOUR ELECTRICAL APPLIANCES AND WIRING.**



NEW DINNER THEATRE

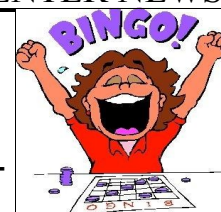
SHEAR MADNESS with Richard Karn from Home Improvement will be our next show on January 14, 2015 at 1:00pm. A renowned classical pianist is murdered in her apartment above the Shear Madness beauty salon and you, the audience, interrogate the suspects, evaluate the clues, and solve the mystery. The cost is \$38.00. We do not have a full bus, if you would like to join us please contact Gloria at the Senior Center.

Does E-mail work for you!

If you receive the newsletter by mail and have e-mail access we ask that you call the Senior Center at 913-441-0169 or send us an e-mail with your request.

If you have not been at the center in over 6 months you will need to call the Center to re-enlist. We would love to hear from you!

BINGO



Ruthanna with Bonner Springs Nursing and Rehabilitation will be calling Bingo on Thursday, January 22 at 11:00am at the Senior Center.

Please come join us for fun, visit with friends and win great prizes.

RSVP VOLUNTEERS

YOUR TIMESHEETS FOR OCTOBER, NOVEMBER, AND DECEMBER ARE DUE BY JANUARY 4. BRING THEM ON SIGN UP DAY.

THANK YOU FOR VOLUNTEERING YOUR TIME.

Senior Center Advisory Board

The Board meets the second Monday of every month. All seniors are encouraged to attend and voice your concerns, suggestions or just praises. Your input is important.

**MYSTERY LUNCH FOR DECEMBER
GOLDEN CORRAL, LOTS OF FOOD!!!**

Shopping & Lunch

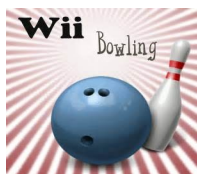
On Tuesday January, 6, we will be leaving the Senior Center at 9:30 to shop for those after Christmas sales. Wear you comfortable shoes and bring your gift cards, credit cards and money with you.

We will eat lunch at Cheddars

Ideas

Do you have any ideas or programs you would like us to try. Please see Gloria at the Senior Center with any suggestions you might have so that we can implement them at the Center. All ideas are welcomed.

Thank you!



Join us for Wii games, Pool, Puzzles, Bridge, Pitch, Farkle, Five Crowns and Bingo!!
Available Daily, Weekly, Monthly!!

Scholarship Volunteers

It is that time of year when we will be asking for volunteers to review the Bonner Springs High School Seniors scholarship applications for the class of 2015. The Senior Citizens, Nancy Jones-Johnson Scholarship will be giving 2 scholarships of \$1,000.00 each. The applications will be submitted in February. If you would like to volunteer, please contact Gloria at the Senior Center . We would like to have at least 5 volunteers.

Thank you once again for your volunteering your time in reviewing these applications.

Wii Bowling Tournaments

Staci, Social Services Director with Golden Living Center comes to our Senior Center every Thursday, from 12:30 to 2:30 pm for our Wii Tournaments, whether its bowling or golf she is there to coach and help us become better players. At our Monthly Luncheon at the Center she also presents everyone with a nice prize.

As well as providing fun and exercise, engaging in active-play video gaming can make it easier for players to begin or maintain other physical fitness activities, such as walking .

Come join us and have fun!

Arthritic Exercise Class



Come and join our arthritic exercise class or peek in to see what the class is all about. Class includes range of motion for your joints and to maintain and increase flexibility and end with a relaxation program that focuses on deep breathing and to release tension from your body.

FREE LEGAL SERVICES

This service is available at the Senior Center on Mondays, please check the calendar for dates. You must sign up for this service in advance. Be sure to include your name and phone number on the sign up sheet. These services consist of one-half hour only.

Shawnee Hills Senior Living
vs
Bonner Springs Senior Center

Well, WE WON, we invited Shawnee Hills Senior living to the Senior Center for a rematch of Wii Bowling on Thursday, December 11. Our coach, Staci with Golden Living Center, guided us to victory! Final score after 4 games, Shawnee Hills, 613, with 8 strikes, Bonner Senior Center, 690 with 14 strikes. We all had a good time, and it was great to see our friends from Shawnee Hills again. We hosted our friends with coffee, tea and cookies . REMATCH?

Health History Form

**In order to serve you and provide the best care possible in case of an emergency, we ask all seniors who attend the Senior Center to complete or update your Health History Form. It is important that your information is correct. Please see Gloria if you have any questions.
Thank you!**



Mark your Calendars

- New Dinner Theatre—Shear Madness, January 14, 2015 at 1:00pm. Cost is \$38.00 which includes your lunch.**
- The Senior Center will be closed Thursday, January 1, New Year's Day.**
- Bingo with Bonner Springs Rehab at 11:00am.**
- The Senior Center will be closed Monday, January 19 for Martin Luther King's Birthday.**
- Oak Park Mall Shopping / Lunch Tuesday, January 6 at 9:30am**

MONTHLY LUNCH

PLEASE JOIN US FOR OUR MONTHLY LUNCH ON FRIDAY, JANUARY 23 AT 11:30AM. THE COST IS \$5.00 WHICH INCLUDES YOUR MAIN MEAL, DESSERT, COFFEE AND TEA.

New Year's Word Search Puzzle

B P M Q N U I T Z I H V P N N
 E A B Q O E N I W V V W I O O
 Y M E T I Q I O U T I R G I B
 E B G H T U T N S L I A T T B
 D D I G A M I A O S M L I C I
 B U N I R N O I T U L O S E R
 K R N N B T X E N D W M U L F
 W A I D E E N E W T C K G F M
 O D N I L D H X M M I P L E J
 N N G M E S N X U I B U A R H
 S E C X C S D R A C X N S Q M
 J L M R A C F X P U Y J S O D
 V A S K R O W E R I F Y E M L
 B C P S I T T E F N O C S S O
 C W D L O S G N I T E E R G C

BEGINNING REFLECTION
 CALENDAR RESOLUTION
 CARDS RIBBON
 CELEBRATION SNOW
 COLD TOAST
 CONFETTI WINE
 END
 FIREWORKS
 GLASSES
 GREETINGS
 IN
 MIDNIGHT
 NEW
 OLD
 OUT

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SENIOR CENTER NEWS

**City of Bonner Springs
205 E. Second, P.O. Box 38
Bonner Springs, Ks. 66012
Return Service Requested**

TIME DATED MATERIAL

