



AUGUSTA SENIOR CENTER

640 OSAGE STREET

AUGUSTA, KS 67010

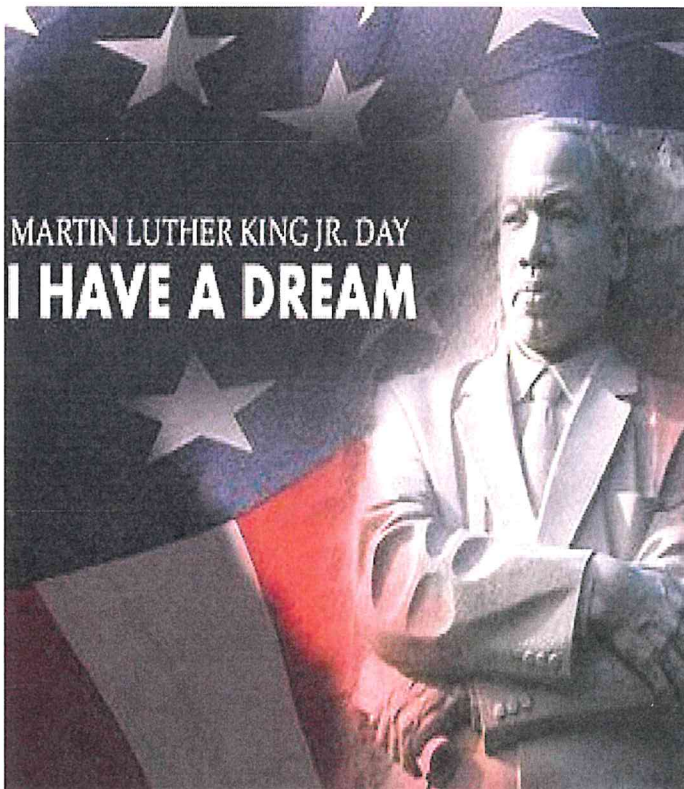
316-775-1189

HAPPY NEW YEAR FROM ALL OF US AT THE SR CENTER!

WE WISH YOU GOOD HEALTH AND GOOD FORTUNE!

PEOPLE HAVE BEEN CELEBRATING NEW YEARS FOR 4,000 YEARS!

**CELEBRATIONS INCLUDE ATTENDING PARTIES, EATING SPECIAL
NEW YEAR FOODS, MAKING RESOLUTIONS FOR THE NEW YEAR
AND WATCHING FIREWORK DISPLAYS!**



**A holiday that celebrates the life
and legacy Of Martin Luther King
Jr who was a Baptist minister
and civil rights leader. He
advocated for nonviolent
resistance against
racial segregation.**

**It is also a 'national day of
service'. Volunteer to honor
King's vision!**

*WE WERE SADDENED
TO HEAR OF THE LOSS
OF THESE ASC MEMBERS
THIS PAST MONTH.*

Harry Weir

Cathy Standefer

Bea Pluimer

Joe Luinstra

Joyce Daniels

Merlin Wood

Laurel Becker

Our thoughts & prayers are with the families.



WHITE EAGLE FOR BEING OUR 2023 BINGO SPONSOR!!

**PAUL OLIVER, MY ANGEL, JEAN PORTER, BARRY WILSON, PEGGY SCHNEIDER, HELEN MEDKIE,
PHYLLIS COLLINS, PAULA RATCHFORD, JOYCE LIEBST, BONNIE THORNBURG, LYNN DRYDEN,
CHUCK MEYER, TERRI WRIGHT, MICHELLE GRAHAM, DAVID DENNETT AND JO JOHNSON
FOR BINGO PRIZES!!**

PHYLLIS COLLINS FOR OFFICE SUPPLIES AND CLEANING SUPPLIES!

PHYLLIS WINN FOR PAPER GOODS!

WAYNE BAGBY FOR HELPING WITH SOME WOODWORK!

BARNEY & VIRGINIA BARNETT FOR THE SWEET DONATION AND GREETING CARDS!

**GEORGETTA DENNETT FOR THE LOVELY BASKETS, JANE MATHIAS FOR THE BEAN SOUP JARS,
JOYCE FOR THE FRUIT AND EVERYONE WHO BROUGHT CANDY FOR OUR "OVER 90" MEMBERS
CHRISTMAS GIFTS!**

KOFFEE KLATSCH GROUP FOR PUTTING THE GIFTS TOGETHER!

**MICHELLE GRAHAM AND HER HELPERS JOYCE LIEBST AND NANCY LANE
FOR INSTRUCTING THE "PAINTER'S GUILD!"**

VICKI BROWN FOR THE FABULOUS BACK MASSAGES ALL YEAR LONG!!

PAULETTE JOHNSTON FOR ALL THE HELP ON FB!!

CONNIE BOURGETT FOR LEADING "CHAIR YOGA"!!

JANE MATHIAS FOR LEADING BIBLE STUDY!!

PENNY HARRISON AND SUSAN OLSON FOR CROCHET INSTRUCTION!

**RON WHITE, FRANCES HEALY, SHERRI THORNTON, HANK SCHICHTLE & DAVID
DENNETT FOR GETTING OUR LUNCHES HERE!**



**TO A COUPLE OF ANGELS WHO BOUGHT US PAPER GOODS
AND MEAL TICKETS FOR SEVERAL MEMBERS!!**



*Dewey & Arlie Benson
1955*

Dewey & Arlie Benson 1955

Dewey does woodworking for the Mercantile. He is a Vet and a lot of his wood work has to do with the different branches of the Armed Forces!



**We want
to
thank

Sherri

Thornton
for the very
generous
donation
to the Senior
Center!**

**We also want to
THANK
WILLIAMSON
PLUMBING
for their donation!**

**THANK YOU
John Reed
for all the support
you give us!!**

2023-2024 Senior Center Board

**Jane Mathias (Pres), John Reid (VP), Sandi Williamson (Treas),
Paul Oliver, Lorita Orr, Betty Poore, Lynda Johnson & Bill Hallmark**

Our Mission Statement:

**"To serve the senior center community with information
and activities while providing a friendly atmosphere
to gather for friendship and fun!"**

THANK YOU 2023 Sponsors!

**Alan's Excavating
Community Bank
Cooper's Drug Store
Headley Funeral Chapel
Lewis & Joann Simmons
White Eagle Credit Union
Anonymous
Dan Wedel
Cami Baker & Associates
McCollom Construction
Podiatry Clinic Larry McNeil
Sudduth Realty
Anonymous**



SUPPER WITH FRIENDS

Thursday January 18th 5pm

**Join us for a night of
fun & fellowship!**

2024 ASC SPONSORS!

ALAN'S EXCAVATING

GEORGE & JANICE BYFIELD

ANONYMOUS

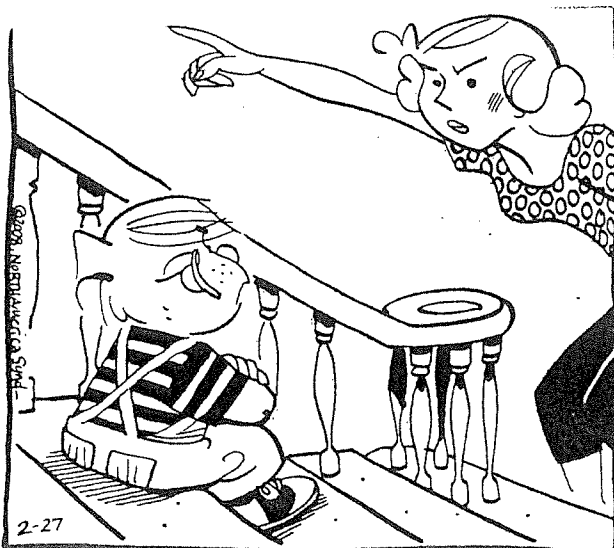
WHITE EAGLE

COMMUNITY BANK

BILL & SUE HOEFGEN

LARRY MCNEIL DPA

CAMI BAKER & ASSOC



"I'M NOT BEIN' DIFFICULT...
I'M BEIN' MYSELF!"



"THE BEST WAY TO GET RID OF TELEMARKETERS
IS TO LET DENNIS TALK TO THEM."

-WANT LIST-

Yarn for Crochet class!

Old Jewelry & Buttons

Greeting Cards

Art Supplies

Office Supplies

6 inch paper plates/bowls & 12 inch paper plates

Nice silk flowers

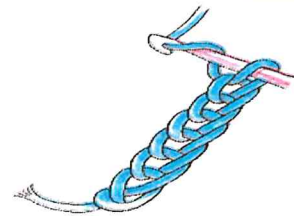
Members

Sponsors

YOU!!!!

CROCHET CLASS

MONDAY 9AM



**KOFFEE
KLAUTSCH**

Tuesdays

9:30am



COME JOIN OUR
BIBLE
Study

WEDNESDAYS

9:30am



**CHANGES TO OUR
2024 ACTIVITY SCHEDULE!**

CHAIR YOGA WILL BE ON MONDAYS AT 10AM!

THERE WILL ONLY BE ONE SESSION A MONTH FOR

ART& CRAFTS 2ND THURSDAY 9AM

&

PAINTER'S GUILD 3RD WEDNESDAY 2PM

LUNCH MEALS

ARE STILL \$6

BUT

CARRY OUT MEALS ARE \$7



BISCUITS & GRAVY!!

SATURDAY JANUARY 13TH 7-10

INCLUDES SCRAMBLED EGGS AND DRINK!

\$6

SPONSOR

LARRY MCNEIL DPA

POPCORN

&

MOVIE

JANUARY 24TH 12:30PM

FATHER GOOSE

CARY GRANT



EVERY FRIDAY

9:30AM

No charge to play!

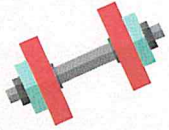
\$10 Blackout!

Great prizes!



8 DAILY HABITS

To Reduce Pain



EXERCISE

It may seem counterintuitive to exercise when you are in pain, but the benefits you feel from exercise can actually be quite substantial. As you exercise, you release natural endorphins which have been shown to help reduce pain sensations. Ask your physician if physical therapy is right for you.



PARTICIPATE IN LIFE

Living with pain does not have to define who you are. In fact, you might find the best prescription for pain is keeping your mind off of the pain by doing other activities. Get involved by joining a local club, taking a class or trying a new activity.



QUIT SMOKING

In case you needed another reason to stop smoking, studies have proven tobacco abuse can increase pain sensations, slow healing, worsen circulation and increase disc damage and disease. If you want to quit smoking and need some support, ask your physician about educational programs available in your area.



HEALTHY DIET

Eating well can help your body to heal and allow you to keep your body strong and healthy. A healthy diet can help maintain an ideal weight, aid digestion and prevent risk for disease.



KEEP A PAIN JOURNAL

Keep a pain journal where you document your pain score every day, keeping tabs of what caused your pain to increase and decrease. Take your journal to your doctor visits so your doctor can help you find ways to reduce pain.



BE VOCAL

Tell your family and friends what you are feeling and how they can help you; whether it is helping to make meals or doing laundry. Ask for help when you need it and talk to your doctor to learn coping strategies that can help you manage your pain effectively.



SCHEDULE TIME OFF

Just like you schedule appointments, be sure to schedule quiet time to yourself. Use this time to reflect on the positive parts of your day and to clear your mind. Relaxation, meditation, breathing exercises and distraction are options to help you relax - reducing feelings of stress, releasing tension in your muscles and allowing for the release of endorphins, which naturally reduce pain sensations.



MEDICATION

While medications are part of pain management for many people, they shouldn't be the only part of your plan. Pain medications can have side effects and risks, which can increase when they're taken for a long time. Learn as much as you can about your medications to ensure your safety.

HOARING TRANSITIONS

Every transition is an opportunity, regardless of your stage in life .

Thursday
January 18th
11:45am



I understand that the questions and challenges seniors and their families face while considering real estate transitions are unique. There are financial, emotional, and logistical considerations involved in any move. Understand how the right Realtor with SRES (Senior Real Estate Specialist) certification can support you and your family.

OUR SERVICES :

- ✓ Downsizing
- ✓ Estate Planning
- ✓ Move Planning
- ✓ Will vs. Estate Guidance
- ✓ Living Options
- ✓ Elder Law Services



 THE
ROY GROUP **kw** HOMETOWN
TEAM REAL ESTATE PARTNERS LLC
KELLERWILLIAMS

BRINGING OUR SOLDIERS HOME!

-Ed Sykes-

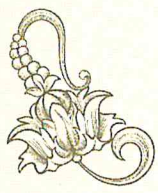
(Rose Hill, Ks)

**will be speaking to us about his
work bringing the bodies
of those left behind in Viet Nam!**

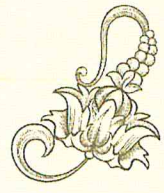
February 29th

11:45am





JANUARY



*Named for the Roman god Janus, protector of gates and doorways.
Janus is depicted with two faces, one looking into the past, the other into the future.*



NEW YEAR'S TRADITIONS FROM AROUND THE WORLD

Many New Year's traditions that we take for granted actually date from ancient times. This year, ring out the old and ring in the new with a New Year tradition—or two! From singing “Auld Lang Syne” to eating black-eyed peas for good luck, discover different ways to celebrate the start of 2024!

MAKE SOME NOISE

Making a lot of noise and light—from fireworks to gunshots to church bells—seems to be a favorite New Year's pastime across the globe.

- In Thailand, it was once tradition to fire guns to frighten off demons.
- In China, firecrackers routed the forces of darkness.
- In Denmark, they throw plates and glasses against each others' front doors to banish bad spirits.
- In Ecuador, it is tradition to burn the effigies of famous people to destroy bad “juju” from the past year and start fresh.
- In the early American colonies, the sound of pistol shots rang through the air.
- In the United States today, many watch the ball drop in New York's Times Square.
- In other countries, many folks wait for the church bells or the chimes of clock towers

to ring out.

EAT LUCKY FOOD

Many New Year's traditions involve food. Here are a few:

- In Spain, people attempt to eat 12 grapes during the 12 strokes of midnight! Tradition says that if they succeed before the chimes stop, they will have good luck for all 12 months of the coming year.
- In the southern U.S., black-eyed peas and pork foretell good fortune.
- In Scotland—where Hogmanay is celebrated—Scots also hold bonfire ceremonies where people parade while swinging giant fireballs on poles!
- Eating any ring-shaped treat (such as a doughnut) symbolizes “coming full circle” and leads to good fortune. In Dutch homes, fritters called *olie bollen* are served.
- The Irish enjoy pastries called bannocks.
- In India and Pakistan, rice promises prosperity.
- Apples dipped in honey are a Rosh Hashanah (Jewish New Year) tradition.
- In Swiss homes, dollops of whipped cream, symbolizing the richness of the year to come, are dropped on the floors—and allowed to remain there!

HAVE A DRINK

Although the pop of a champagne cork signals the arrival of the New Year around the world, some countries have their own beverage-based traditions.

- Wassail, a punch-like drink named after the Gaelic term for “good health,” is served in some parts of England.
- Spiced “hot pint” is the Scottish version of Wassail. Traditionally, the Scots drank to each others’ prosperity and also offered this warm drink to neighbors along with a small gift.
- In Spain, Cava (a sparkling white wine) is often served to guests for making toasts.

GIVE A GIFT

New Year’s Day was once the time to swap presents.

- Gifts of gilded nuts or coins marked the start of the new year in Rome.
- Eggs, the symbol of fertility, were exchanged by the Persians.
- Early Egyptians traded earthenware flasks.
- In Scotland, coal, shortbread, and silverware were traditionally exchanged for good luck.

PUT YOUR BEST FOOT FORWARD

In Scotland, December 31 is known as Hogmanay. Along with fireworks, “First footing” (or the “first foot” in the house after midnight) is still common across Scotland. The first person to cross the threshold into one’s home, called the first footer, is an indication of the year to come.

Although the tradition varies, if the first footer is tall and dark, the year will be a good one. Of course, the entire spirit of a Hogmanay party is to welcome both friends and strangers with warm hospitality and of course lots of kissing all around!

TURN OVER A NEW LEAF

The dawn of a new year is an opportune time to take stock of your life.

- Jews who observe Rosh Hashanah make time for personal introspection and prayer, as well as visiting graves.
- Christian churches hold “watch-night” services, a custom that began in 1770 at Old St. Georges Methodist Church in Philadelphia.
- The practice of making New Year’s resolutions, said to have begun with the Babylonians as early as 2600 B.C., is another way to reflect on the past and plan ahead.

NEW YEAR’S FOLKLORE

Some customs and beliefs are simply passed down through the ages. Here are some of our favorite age-old sayings and proverbs.

- *On New Year’s Eve, kiss the person you hope to keep kissing.*
- *If New Year’s Eve night wind blow south, It betokeneth warmth and growth.*
- *For abundance in the new year, fill your pockets and cupboards today.*
- *If the old year goes out like a lion, the new year will come in like a lamb.*
- *Begin the new year square with every man. [i.e., pay your debts!] –Robert B. Thomas, founder of The Old Farmer’s Almanac*

So, whether we resolve to return borrowed farm equipment (as did the Babylonians) or drop a few pounds, we’re tapping into an ancient and powerful longing for a fresh start!



DID YOU KNOW THAT BIRD BEHAVIOR CAN HELP US PREDICT THE WEATHER?

Closely observe nature and your feathered friends—you might be surprised by what you learn!

One of these days, take a moment to look up. Watch birds in flight. Birds flying high in the sky usually indicate fair weather. As the adage goes ...

- Hawks flying high means a clear sky. When they fly low, prepare for a blow.
- Geese fly higher in fair weather than in foul.

Air pressure does indeed affect birds. For example, swallows have sensitive ears; when the barometric pressure drops, they fly as close to the ground as possible, where air density is greatest. Generally, low-flying birds are a sign of rain; high flyers indicate fair weather.

Migrating birds can fly more easily in dense, high-pressure conditions. Therefore, geese may fly high when a high-pressure system moves to the area. High-pressure systems are associated with fair weather.

Birds tend to stop flying and take refuge at the coast if a storm is coming. They'll also fly low to avoid the discomfort of the falling air pressure.

- When seagulls fly inland, expect a storm.
- When fowl roost in daytime, expect rain.
- Petrels gathering under the stern of a ship indicates bad weather.

Birds tend to get very quiet before a big storm. If you've ever been walking in the woods before a storm, the natural world is eerily silent! Birds also sing if the weather is improving.

- Birds singing in the rain indicates fair weather approaching.

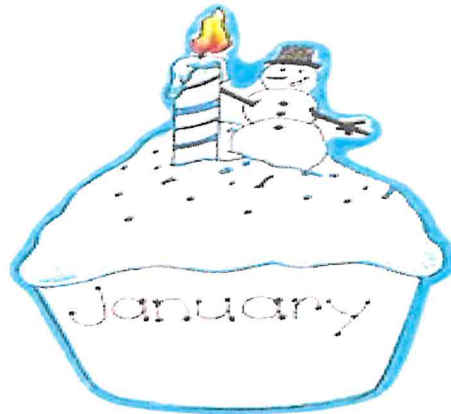


Photo credit:
Shutterstock

Here are more bird proverbs and prognostics. Enjoy!

- If crows fly in pairs, expect fine weather; a crow flying alone is a sign of foul weather.
- The whiteness of a goose's breastbone indicates the kind of winter: A red or dark-spotted bone means a cold and stormy winter; few or light-colored spots mean a mild winter.
- In the fall, drumming partridges mean a mild and open winter.
- When domestic geese walk east and fly west, expect cold weather.
- If birds in the autumn grow tame, the winter will be too cold for game.
- When the rooster goes crowing to bed, he will rise with a watery head.
- When the swallow's nest is high, the summer is very dry. When the swallow buildeth low, you can safely reap and sow.

We humans can learn so much from birds!



January 2
Robin Huff
Rose Ledford
January 3
Peggy Schneider
January 4
Dewey Benson
Ramona Schippers
January 5
Linda Robinson
January 6
Lorraine Papen
January 7
Velton Oglesby
January 9
Karla Hart
January 11
Linda Miller
Georgetta Dennett

January 12
Jerry Goetz
Shari Luinstra
January 13
Marcella Lord
January 15
Connie Doell
Sharon Wenzel
January 16
Lorita Orr
January 18
Connie Chance
Beverly Steiner
January 19
Lani Kilgore
Karen Handsaker
January 20
Ross Lietzke
Pam Bragg

January 21
Joe Schneider
Jesse Daniels
Sandi Williamson
January 24
Jackie Pierce
January 25
Don Brunhoeber
January 26
John Wright
January 27
Shirley Rhodes
Jean Frisch
January 28
Sue Gregg
Jamie Tullis
January 29
Paul Steinmeyer



January 1
Chuck & Carol
Meyer

January 17
Dewey & Arlie
Benson

January 26
David & Sue
Dennett

January 2
Roger & Brenda
Black

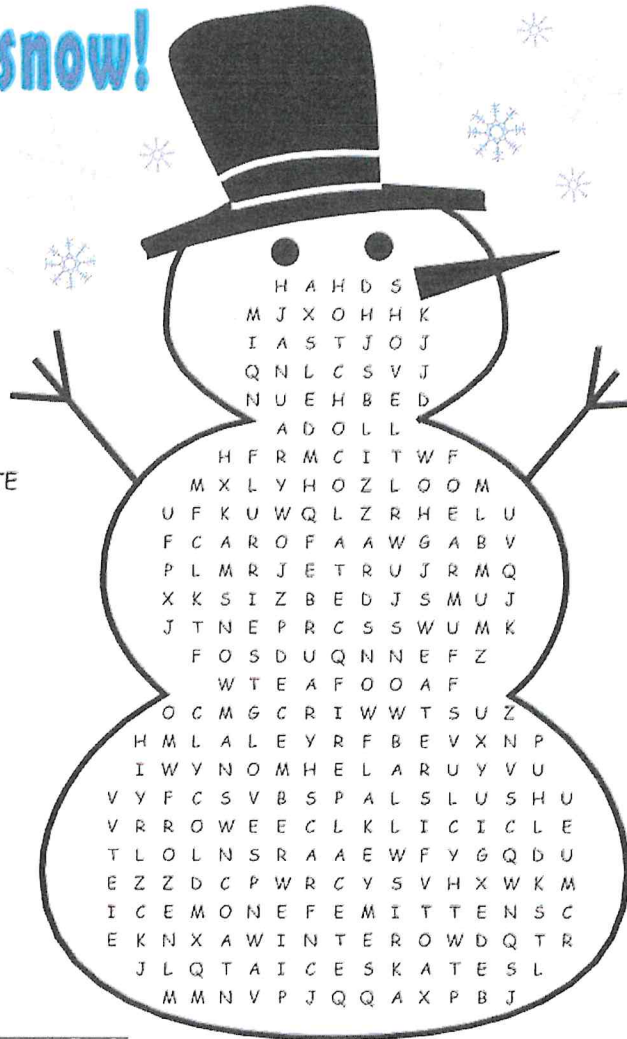
January 18
Dennis & Melanie
Phillips

January 30
William & Sharon
Wenzel

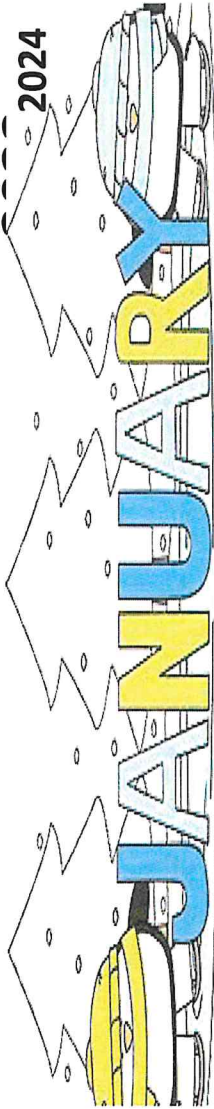


Let it snow!








BLIZZARD
 COAT
 COLD
 DECEMBER
 EARMUFFS
 FEBRUARY
 FIREPLACE
 FLURRIES
 FROZEN
 GLOVES
 HOT CHOCOLATE
 ICE
 ICE SKATES
 ICICLE
 JANUARY
 MITTENS
 SCARF
 SHOVEL
 SLED
 SLUSH
 SNOWBALL
 SNOWFLAKE
 SNOWMAN
 SWEATER
 WINTER

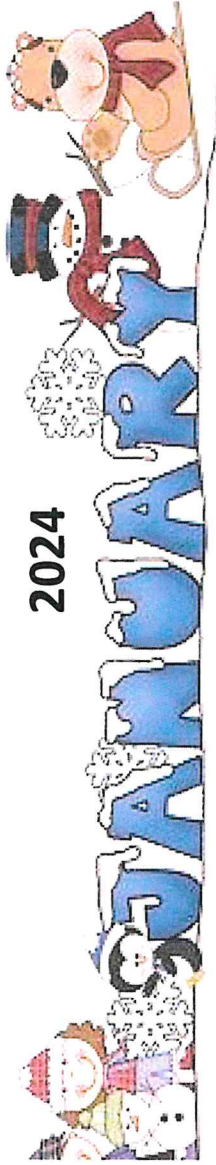


Name: _____



CENTER HOURS: MONDAY—THURSDAY 9—5PM
 FRIDAYS 9—4PM
 YEARLY MEMBERSHIP \$10
 CENTER PHONE NUMBER 316-775-1189

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 9:30 Koffee Klatsch 11:30 Lunch 12:30 Play Pool! 12:30 Games	3 9:30 Bible Study 11:00 Exercise 11:30 Lunch 12:30 Games 1:00 Hand & Foot	4 11:30 Lunch 12:30 Games 1:30 Line Dancing 7:00 VFW	5  9:30 BINGO 11:00 Exercise 11:30 Lunch 12:30 Games	6 GAMES! 1pm Bring snack to share!
7	8 9:00 Crochet! 10:00 Chair Yoga! 11:00 Light Exercise! 11:30 Lunch 12:30 BRIDGE! 12:30 Games 1:00 Pitch 1:30 Line Dancing	9 9:30 Koffee Klatsch 11:30 Lunch 12:30 Play Pool 12:30 Games	10 9:30 Bible Study 11:00 Exercise 11:30 Lunch 12:30 Games 1:00 Hand & Foot	11 900 Arts & Crafts Must Sign Up! 11:30 Lunch 12:30 Games 1:30 Line Dancing 7:00 Am Legion	12  9:30 BINGO 11:00 Exercise 11:30 Lunch 12:30 Games	13  With scrambled eggs, juice & coffee 7—10 am \$6 -Sponsor- Larry McNeil DPA
14	15 9:00 Crochet! 10:00 Chair Yoga! 11:00 Exercise 11:30 Lunch 12:30 Games 12:30 BRIDGE! 1:00 PITCH! 1:30 Line Dancing	16 9:30 Koffee Klatsch 11:30 Lunch 12:30 Play Pool 12:30 Games	17 9:30 Bible Study 11:00 Exercise 11:30 Lunch 12:00 Board Mtg 12:30 Games 1:00 Hand & Foot 2:00 Painter's Guild Must sign up!	18 11:30 Lunch 12:30 Games 1:30 Line Dancing 5:00 Supper with Friends—KING'S BUFFET Augusta	19  9:30 BINGO! 11:00 Exercise 11:30 Lunch 12:30 Games	20
21	22 9:00 Crochet! 10:00 Chair Yoga! 11:00 Exercise 11:30 Lunch 12:30 Games 12:30 BRIDGE! 1:00 PITCH! 1:30 Line Dancing	23 9:30 Koffee Klatsch 11:30 Lunch 12:30 Play Pool 12:30 Games	24 9:30 Bible Study 11:00 Exercise 11:30 Lunch 12:30 Popcorn & Movie! 12:30 Games 1:00 Hand & Foot	25 11:30 Lunch 11:45 The Roy Group 12:30 Games 1:30 Line Dancing 5:00 SUPPER WITH FRIENDS! King's Buffet	26  9:30 BINGO! 11:00 Exercise 11:30 Lunch 12:30 Games	27 SOCIAL 5PM Bring dish to share!
28	29 9:00 Crochet! 10:00 Chair Yoga! 11:00 Exercise 11:30 Lunch 12:30 Games 12:30 BRIDGE! 1:00 PITCH! 1:30 Line Dancing	30 9:30 Koffee Klatsch 11:30 Lunch 12:30 Play Pool! 12:30 Games	31 9:30 Bible Study 11:00 Exercise 11:30 Lunch 12:30 Games 1:00 Hand & Foot	1 11:30 Lunch 12:30 Games 1:30 Line Dancing	2  9:30 BINGO! 11:00 Exercise 11:30 Lunch 12:30 Games	3 GAMES! 1PM! Bring snack!! to share!



2024

Serving Weekdays 11:30am

Donation \$6 (\$7 for take out!)

Reserve a meal the week before...775-1189

-Menu subject to change-

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 Beef Enchiladas Mexican Rice Corn Cherry Cheesecake	3 BBQ Pork Steak Baby Bakers Broccoli Pumpkin Cake	4 Polish Sausage/Bun German Potato salad Sauerkraut/Bacon Cookie	5 Herb Roasted Chicken Scalloped Potatoes Peas & Carrots Roll Peach Cobbler	6 GAMES! 1PM BRING SNACK! Inc scrambled eggs, juice & coffee SPONSOR Larry McNeil DPM 7-10am
7 	8 Ham Stuffing Corn Cranberry Swirl Cake	9 Taco Casserole Mexican Corn Brownie	10 Chicken fried Chicken Pots/Gravy Green Beans Cherry Crisp	11 Hamburger Steak with Onions Au Gratin Potatoes Peas Iced Oatmeal Cake	12 Ham & Beans Fried Potatoes Vegs Cornbread Peach Bread	13
14 	15 Baked Mostaccioli Vegs Garlic Bread Marbled Sour Cream Cake MARTIN LUTHER KING DAY!	16 Pork Roast Roasted red Potatoes Broccoli Fruit Shortcake	17 Shepard's Pie Corn Roll Mandarin Orange	18 Chicken & Noodles Carrots Roll Peach Cobbler	19 Roast Beef Pots & Gravy Veg Caramel Baked Apple Nat'l Popcorn Day!	20
21 	22 Chicken Pot Pie Green Beans National Blonde Brownie Day!!	23 Beef Taco Salad Refried Beans Cheesecake	24 Pork Loin Stuffing Corn Apple Crisp	25 Sloppy Joes Mac & Cheese Green Salad Cake & Ice Cream 	26 Meatloaf Baked potato Broccoli Gelatin Poke Cake	27 SOCIAL 5:00PM BRING DISH TO SHARE!
28	29 Chicken Parmesan Angel Hair Pasta Vegs Fruit Cobbler	30 Apple Pork Loin Stuffing Carrots Cranberry Crumble	31 Beef Stew Creamed Peas Roll Pineapple Upside Down Cake			If you are a member and have a birthday in January, you may eat free on January 25th...our Birthday Luncheon! Please reserve a meal a week ahead! If you are eating on the 19th you may join us for cake & ice cream too!