

THE GOLDEN YEARS

The El Dorado Senior Center Monthly Newsletter



POTLUCK FEAST: LET'S GATHER TOGETHER!

Mark your calendars and set your appetites. It's potluck time, and we're bringing the feast (and the fun)! Last month we had 72 people join us for Fried Chicken and Linx performed juggling and made balloon animals. Check out the below details for October's Potluck Feast!

Date: Monday, October 7th

Time: 6:00 PM

Main Course: Pull Pork

Sponsored By: Kind-hearted supporter

Entertainment By: El Dorado Fire

Department to share about Fire Prevention Week.



Potluck Guidelines:

- Please bring a dish to share (side dish, relish dish or dessert).
- Don't forget to bring your appetites!

**210 EAST SECOND AVE.
EL DORADO, KS
67042**

**PH: 316-321-0142
FX: 316-321-1525**

**SENIORCENTER@ELDOKS.COM
-OR-
KTRAINA@ELDOKS.COM**

**OFFICE HOURS:
M/W/F: 9:00 A.M. - 5:00 P.M.
T/TH: 9:00 A.M. - 3:00 P.M.**

2024 BOARD & STAFF

**PRESIDENT - ROXANN COOL
VICE PRESIDENT - MARY MAYS
TREASURE - JUDY PARKS
SECRETARY - BARBARA HIGGINS**

**DIRECTOR - KRISTINA TRAINA
KITCHEN - SUZIE WOLL**

**FOLLOW US ON OUR NEW
FACEBOOK PAGE.
EL DORADO SENIOR CENTER**



A BOUNTIFUL HARVEST: THANK YOU TO OUR GENEROUS GARDENERS!

We want to extend a huge thank you to all our members who have so generously shared their homegrown vegetables with the our senior community. Your kindness and generosity have brought joy and nourishment to many. From juicy tomatoes and fresh peppers to yellow giant squash and apples, your contributions have made a real difference. Keep up the great work!



MONTHLY TIP: Nature's Boost

Spending time in nature can improve your brain, mood, and overall well-being. So, take a walk or simply sit outside and enjoy the fresh air.

JOIN US FOR A BREW AND A CHAT!

Are you looking for a friendly place to start your day? Come join us for our weekly Coffee Group every morning at 9:00 A.M.



Whether you're a seasoned senior or new to the center, our coffee group is a welcoming space to connect with others, share stories, and enjoy a cup of coffee. We love to hear about your experiences, hobbies, and interests.

So why not come and see for yourself what all the buzz is about? We're always looking for new faces, so bring a friend and join us for a fun and relaxing morning.



Why did Bob's wife get frustrated after he retired? She got twice as much Bob on half as much pay.

What is the easiest way to burn 1000 calories? Leave the pizza in the oven.

What do stars and dentures have in common? They both come out at night.





HAPPY BIRTHDAY TO OUR WONDERFUL SENIORS!



Another year older, another year wiser! Let's celebrate the birthdays of all our amazing seniors. Whether you're celebrating a milestone or just another year of life, you deserve to feel special. Remember, age is just a number, and life is a journey to be enjoyed. So, let's make this year's birthdays extra special with lots of love, laughter, and good company!

Dick Albright	Dana Duncan	Joy Kendall	Ada Soyez
Cindy Beard	Nancy Green	Susan King	Suzie Woll
Ron Bowlin	Don Greenlee	Jan Koontz	Kent Kallenberger
Wanda Butterfield	Carol Hall	Bonnie Madsen	Robin Stevens
Jon Casteel	Tracy Holt	Lonnie Nave	Donna Wilkinson
Brad Cool	Leslie Ingalls	Sue Porter	

"I'm 60 years of age. That's 16 Celsius." -George Carlin

HELP US HONOR OUR VETERANS!

We're creating a special display to honor our Veterans.

- Please bring in photos of you, your spouse and/or children.
- Drop your photos off at the office or give to Judy or Suzie by October 18th.

THANK YOU VETERANS!

VETERANS DAY PARADE SIGN-UP

Show your patriotic spirit at the Veterans Parade on Saturday, November 9th! We'll meet at the Senior Center at 10 am and head to the KS Workforce parking lot for the 11 am parade start.

Wear your red, white, and blue to support our Veterans. If you're interested, let the office or Judy know. See you there!

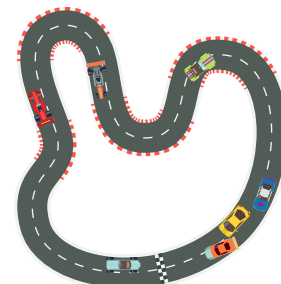


DEFENSIVE DRIVING COURSE



We are excited to announce that The Johnson Agency is sponsoring a Defensive Driving Course on **Saturday, October 19th from 9 am - 3 pm**. This course will be presented by Kansas Highway Patrolman Chad Crittendon.

- Date: Saturday, October 19th
- Time: 9 am - 3 pm
- Cost: \$20 (payable on the day of the course)
- RSVP by: October 10th
- Lunch: Provided



Please stop by the office to sign up. This is a great opportunity to brush up on your driving skills and enjoy a day of learning and camaraderie.

THE BUZZ

CRAFT CORNER: GET CREATIVE WITH US!

New Craft of the Month Club!

We're excited to announce our new Craft of the Month Club! Come sign up today at the office and discover what fun project we'll be working on next. Whether you're a seasoned crafter or just looking to try something new, there's a place for you here.

Monthly Meet-Up- OCTOBER - Crafty Seniors Society

Join us on the **SECOND MONDAY** of every month in the craft room at 9:30 AM. Come early at 9 AM for coffee and a chat, then let's get crafting at 9:30 AM. It's the perfect way to start your week with creativity and camaraderie.

Don't miss out on the fun— for just \$5, sign up in the office today and let's craft it up together by showcasing your cherished handkerchiefs in a fancy and loving way!

Craft Room Always Open!

Got a craft project that's been sitting unfinished? Bring it to the senior center! Our craft room is always open, and there's always someone around to inspire you or help you find that perfect finishing touch.

GAME ON AT THE SENIOR ♠♥♣♦ CENTER! ♦♣♥♠

Calling all game enthusiasts! We're on the lookout for players who love Pinochle, Pitch, and any other games you can think of. Whether you're a card shark or a board game buff, we want you!

Sign Up Today!

Swing by the office to sign up and let us know what games you're interested in. The more, the merrier!

Let's Get the Fun Rolling!

Imagine the fun and laughter as we gather for some friendly competition. It's a great way to meet new friends and enjoy some good old-fashioned fun. Don't miss out—sign up today and let's make our game nights the talk of the town!



FANG-TASTIC HALLOWEEN DANCE!



Get ready for a fang-tastic evening at the Halloween Dance! Join us on October 17 from 6:30-8:30 PM for a night of music, costumes, and fun!

Dust off your best costume and join the fun! Prizes will be awarded for the best costumes, so get creative!

Enjoy live music from the amazing Jess Dean & Country Plus Band. They'll have you dancing the night away!

Exciting door prizes await, adding an extra thrill to the evening.

It's not just about the dance—it's about coming together, making memories, and having a fang-tastic time with friends old and new.

Entry Fee: \$5

You won't want to miss this event! Mark your calendars and join us for a night to remember.

Sponsored By:



MILLS

INSURANCE SERVICES

ACTIVITIES SCHEDULE



DAILY

COFFEE 9:00 A.M.

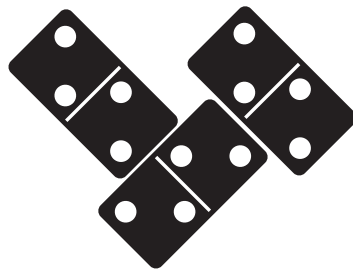
LUNCH 11:30 A.M.



Don't forget

FREE ACCESS TO WIFI AND COMPUTERS DAILY.

BRING IN YOUR SENSITIVE DOCUMENTS FOR FREE SHREDDING.



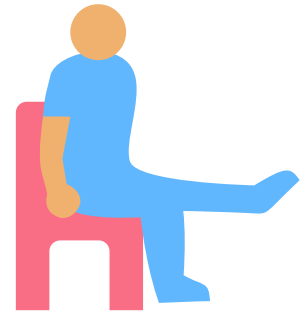
MONTHLY

1st Monday - Potluck 6 P.M.

2nd Monday - Craft Corner

3rd Monday - ALZ/Dementia Support Group 5:30 P.M.

3rd Thursday - Dances 6:30 P.M.



WEEKLY

MONDAY

- Aerobics 10:00 A.M.
- Mexican Train Dominoes 12:30 P.M.

TUESDAY

- Bible Study 10:00 A.M.
- Bingo 12:30 P.M.



WEDNESDAY

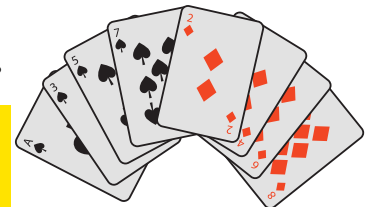
- Back to Balance 10:00 A.M.
- Hand & Foot 12:30 P.M.
- Prairie Port Seniors (Pitch & Hand & Foot) 1:00 P.M.

THURSDAY

- Tai Chi 9:30 A.M.
- Mexican Train Dominoes 12:30 P.M.

FRIDAY

- Aerobics 10:00 A.M.
- Adventure Friday with Lunch
- Hand & Foot 12:30 P.M.



STAY IN THE LOOP

 **Text Reminders:** Sign up for text message reminders by simply letting the office know.

 **Email Newsletters:** Want our newsletter delivered straight to your inbox? Swing by the office to join the list!

“I was thinking about how people seem to read the Bible a lot more as they get older, and then it dawned on me – they’re cramming for their final exam.”
-George Carlin

OCTOBER LUNCH MENU

MONDAY - FRIDAY

11:30 A.M.

\$5 SUGGESTED DONATION

Tired of the same old lunch?
Join us for fresh, homemade
meals made with love!
Call (316) 321-0142 to place
your order at least one day
in advance.



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chili Dogs Bakes Beans Chips Dessert	2 Smoked Pork Cheesy Potatoes Dessert	3 Spaghetti Side Salad Dessert	4 Fish Sticks French Fries Dessert
7 Chicken Parmesan Vegetable Dessert	8 Ham & Potato Chowder Roll Dessert	9 Chicken Fajita Chips & Salsa Dessert	10 Rueben Sandwich Pasta Salad Dessert	11 Shrimp Quiche Dirty Rice Dessert
14 Mushroom Steak & Gravy Mashed Potatoes Broccoli & Cauliflower Dessert	15 Red Beans & Rice Coleslaw Dessert	16 Rigatoni Pasta Side Salad Dessert	17 Chicken Enchiladas Corn Dessert	18 Hamburger Stew Veggies Dessert
21 MONTERREY FUNDRAISER 11:30 A.M \$8	22 Goulash Green Beans Garlic Bread Dessert	23 BBQ Meatballs Baked Potato Dessert	24 Taco Soup 1/2 Turkey & Swiss on Sourdough Dessert	25 Chicken Fried Steak Mashed Potatoes & Gravy Dessert
28 Grilled Ham & Cheese Chips Fruit Salad Dessert	29 Zucchini Casserole Peas Dessert	30 Pinto Bean Soup Cornbread Dessert	31 Philly Steak Sandwich Pickled Beets Dessert	



REMINDER! POTLUCK IS OCTOBER 7TH AT 6 PM



KNOWLEDGE NUGGETS



- October translates into “the eighth month” in Latin. (In 451 BC the two months of Ianuarius and Februarius were added to the beginning of the calendar, making October the 10th month.)
- In 1902, the Wright brothers patented their groundbreaking invention: the airplane. The patent was granted on October 5, making this day an important milestone in the aviation history.
- October 7, 1916: Georgia Tech football team recorded the highest score in college football history, with a staggering 222-0 win against Cumberland College. Coach John Heisman led the team to victory, and the Heisman Trophy was later named in his honor.
- Halloween is a holiday celebrated each year on October 31, and Halloween 2024 will occur on Thursday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

BRADFORD MEMORIAL LIBRARY SERVICES



LARGE PRINT BOOKS

The Bradford Memorial Library brings in large print books for our members to check out. These books are kept in the office and are swapped out monthly, so there's always something new to read!

Can't Get Out of the House?

No problem! Butler County Library Outreach delivers books right to your door. If you're interested in receiving this service or know someone who would benefit, call Outreach at 316-321-3363 or email sidney@bradfordlibrary.info.

Issues with Your Eyesight?



El Dorado Senior Center presents TALKING BOOKS! This service, provided by the Library of Congress, National Library Service, and Kansas State Library, makes it possible for those with low vision or physical limitations to enjoy thousands of books and magazines for free!

Access Books Easily



- Use your phone, tablet, or computer to download audiobooks.
- Order books in braille.
- Get a FREE player to use at home with audiobooks mailed directly to you.

For more information or to start using Talking Books, call the ESC office at 316-321-0142 today!

SENIOR RESOURCES

THRIVE NOW AT THE SENIOR CENTER

We are excited to announce that Thrive has opened an office at the El Dorado Senior Center! Thrive is here to assist you with navigating online resources and completing forms for benefits such as: Social Security, Medicare, the Healthcare Marketplace, insurance, Medicaid, food assistance, disability, and more.



Medicare Open Enrollment Appointments

Medicare open enrollment period officially runs from October 15th to December 7th, please note, THRIVE will be attending a conference on October 15th and 16th. Therefore, will start scheduling appointments from October 17th onwards.

To avoid the last-minute rush, it is encouraged to schedule your appointment as early as possible. You can call to schedule now or anytime before the December 7th deadline.

Free COVID Tests and Narcan Available

There are free COVID tests and Narcan available for anyone who needs them.

Contact Information

To make an appointment with Andrea Campbell from Thrive, please call 785-230-8809 or email her at Andrea@thriveallencounty.org.

LEARN AND GROW WITH US

At the El Dorado Senior Center, we are dedicated to helping our community members reach their goals, continue learning, and maintain their independence. We offer a variety of resources, classes, support groups, and seminars designed to support you in every way possible.

Is there something you would like to learn how to do? Perhaps you want to get more familiar with your smartphone or computer? We welcome your ideas and suggestions! A suggestion box has been placed at the front desk, and we would love to hear from you. Alternatively, feel free to talk to Kristina directly!

Kristina is always ready to help you find our new Senior Center Facebook page or assist you with navigating anything on your phone. Just ask!

PREVENTING ELDER ABUSE

At the El Dorado Senior Center, we deeply care about the well-being of our community members. It's important to recognize that elder abuse, neglect, and exploitation are serious issues that can affect anyone. These are all forms of abuse, and it's crucial to address them promptly and compassionately.

If you or someone you know is experiencing any form of abuse, please reach out for help. You can contact the Butler County Prevention of Elder Abuse at 1-800-279-3655 or 316-322-4254. Your call will be confidential, and support is available to ensure safety and well-being.

Remember, seeking help is a brave and important step towards a safer and healthier life.

SENIOR RESOURCES

FOOT CARE CLINIC BY HERMES HEALTHCARE

Hermes HealthCare offers a convenient Foot Care Clinic right here at the senior center! To schedule an appointment for a pedicure, please call 316-260-4110. These services are covered by Medicare.

DATES:	October 4
November 1	November 15
December 6	December 15

COMMODITIES DISTRIBUTION

We are pleased to announce the upcoming Commodities Distribution at the El Dorado Senior Center!

Distribution will take place on the **North Side** from **1 PM - 2 PM** on the following dates in 2024:
October 9 November 13 December 11

To obtain or submit an application for the Supplemental Food Program, please call the United Methodist Open Door Program office at (316) 267-0511.

Please ensure you pick up your commodities on the distribution date to avoid any inconvenience. Timely pickup is crucial to ensure everyone receives their items smoothly.



EL DORADO ALZHEIMER'S SUPPORT GROUP



Presented By: Alzheimer's Association
Central & Western, KS

Who Joins a Support Group?

People of all ages and backgrounds join support groups. They seek support, knowledge about the disease, and ways to help each other with Alzheimer's challenges.

Why Join a Support Group?

Support groups are vital for both caregivers and patients. They provide education on managing Alzheimer/Dementia care, reducing stress, and improving the well-being of everyone involved. Research shows that support groups help caregivers cope better and keep patients living at home longer. Contrary to belief, groups are uplifting and a great place to find both support and laughter.

JOIN US!

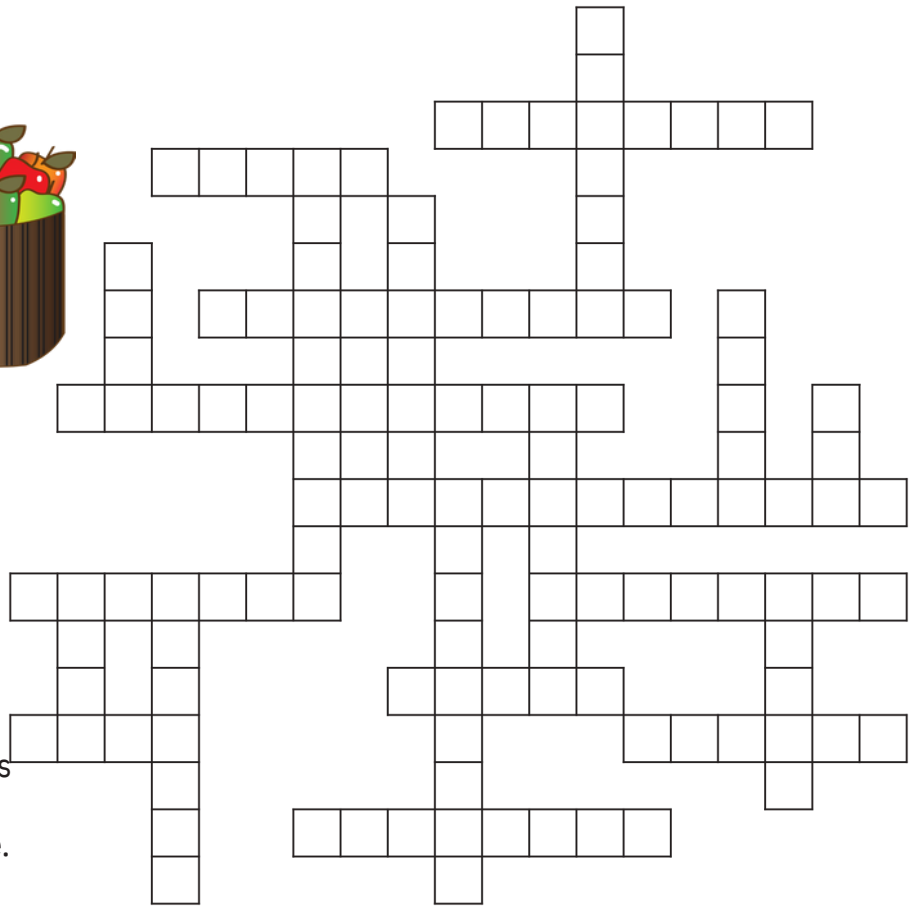
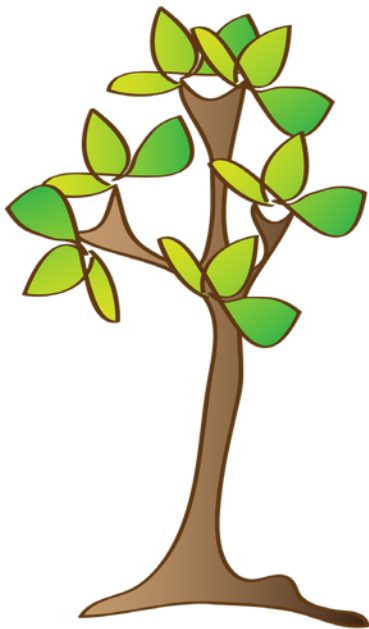
3rd Monday Each Month
5:30 PM
El Dorado Senior Center
210 East 2nd
El Dorado, KS 67042

QUESTIONS?

Roxann Cool
roxann_cool@hotmail.com
or call the ESC
316-321-0142

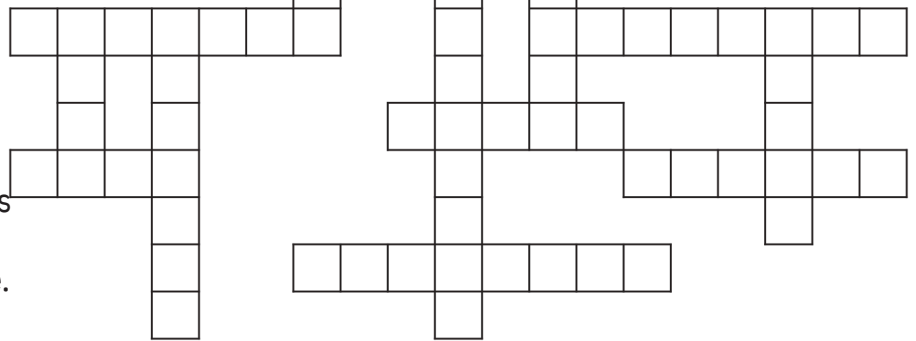
Johnny Appleseed

Crossword



Across

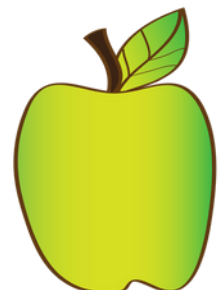
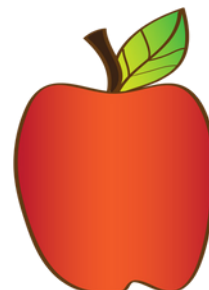
- 2. Direction American pioneers headed.
- 3. Put into the ground to grow.
- 7. Along with being a gardener, Johnny Appleseed was also a ____.
- 9. Care and preservation of nature.
- 12. State where Johnny Appleseed was born.
- 14. Johnny Appleseed's real last name.
- 17. Johnny Appleseed is an ____ legend.
- 19. Johnny Appleseed supposedly threw these on the ground wherever he went.
- 20. Mr. Appleseed's first name.
- 21. A popular story regarded as historical but not necessarily true.
- 22. No shoes on his feet.



- 10. Place to pick apples.
- 11. Johnny Appleseed's hat.
- 13. In what month do we celebrate Johnny Appleseed Day?
- 15. A courageous person.
- 16. An early settler or explorer of an area.
- 18. Beverage made from apples.

Down

- 1. A person who moves into a new area.
- 4. A person who grows plants to sell them.
- 5. Johnny Appleseed cared deeply about all ____.
- 6. The "Buckeye State", where Johnny planted many nurseries.
- 8. Fruit such as a Granny Smith or a Red Delicious.



PUMPKIN PATCH

- ACRES
- BARN
- BIG
- BUMPS
- COLOR
- CORN STALKS
- FALL
- FARMER
- FIELD
- FIRM
- FLOWERS
- GOURDS
- HARVEST
- HAYRIDE
- MAZE
- MEDIUM
- MINI
- ORANGE
- PAINTED
- PAY
- PICK
- PUMPKINS
- SCARECROW
- SELL
- STAND
- STEMS
- TOUCH
- WEIGHT
- WHITE

WORD SEARCH PUZZLE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



LEADERSHIP LENS: A NOTE FROM THE DIRECTOR

Hi everyone! I'm thrilled to introduce myself as your new Director here at the El Dorado Senior Center. Kristina Traina. I'm a lifelong resident of El Dorado, having grown up and attended the local schools. I'm married to my wonderful husband, Brandon, who is an electrician. We've been happily married for almost 10 years, and together, we have two amazing kids: our six-year-old son, Mason, and our spunky three-year-old daughter, Jolie.



Mason is currently keeping busy with soccer, Cub Scouts, and trying to drive his little sister crazy. Jolie is the light of our lives, and she's definitely a force to be reckoned with! We're also proud members of the First United Methodist Church.

When we're not chasing after our kids, you might find us camping, playing tennis or pickleball, or cheering on the Kansas Jayhawks. We love spending time outdoors and enjoying each other's company. Music is another passion of ours, and we love cooking up delicious meals together.

I'm also honored to serve on the Celebration of Freedom Committee, which organizes the annual Veterans Day parade in El Dorado. We've recently been able to raise funds to donate service animals to local Veterans, which is a cause I'm incredibly passionate about.

I'm so excited to be here at the Senior Center and to serve our community. I'm looking forward to starting new initiatives and growing our membership so that everyone knows this is the place to be in El Dorado. Age is just a number, and we all have the pizzazz!

Let's make this a year to remember! Together, we can create a vibrant and welcoming community here at the Senior Center. I'm excited to get to know you all better and work together on exciting new projects.

Thank you all for taking the time to meet me. I appreciate your patience with me as I learn everyone's names, and I'm grateful for your warm welcome. Let's work together to create a vibrant and welcoming community here at the Senior Center.

A handwritten signature in black ink, appearing to read 'Kristina Traina'. The signature is stylized and fluid, with a long horizontal line extending to the right.