

THE GOLDEN YEARS

The El Dorado Senior Center Monthly Newsletter



MARK YOUR CALENDARS AND BRING YOUR APPETITES—IT'S POTLUCK TIME!

We must have a lucky charm in the air because 72 guests joined us for October's Pulled Pork Potluck! The El Dorado Fire Department also shared tips on smoke detectors and even set up appointments for home installations.

Let's see if we can top that this month — November's Potluck Feast is shaping up to be a good one! Check out the details below.

Date: Monday, November 4th
Time: 6:00 PM

Main Course: Fried Chicken

Sponsored By: VFW Post 1174

Entertainment By: Doug Odom, Director of the WW II History Center



Potluck Guidelines:

- Please bring a dish to share (side dish, relish dish or dessert).

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

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

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
TREASURER: JUDY PARKS
SECRETARY: BARBARA HIGGINS
MEMBER AT LARGE: SUZIE CAWTHORN
MEMBER AT LARGE: DANA DUNCAN
MEMBER AT LARGE: SUSAN JOHNSON
MEMBER AT LARGE: MARK SOMERVILLE
MEMBER AT LARGE: ANN TEMPLETON

DIRECTOR - KRISTINA TRAINA
KITCHEN - SUZIE WOLL

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



A BIG THANK YOU TO OUR INCREDIBLE VOLUNTEERS

We want to extend our heartfelt thanks to the incredible volunteers who make the Center the wonderful place it is. From making morning coffee, cleaning tables, and setting up activities, to deep cleaning—you are the heartbeat of our center.



A special thanks to those working tirelessly in the kitchen, serving up delicious meals every weekday, we couldn't do it without you. A big thank you as well to our board members, whose behind-the-scenes efforts keep everything running smoothly.

Please take a moment to thank these wonderful people when you see them around the center. Their contributions are what keep us thriving.



We're also looking for extra help in the kitchen—if you're interested, please contact the office.

Without our volunteers, we simply wouldn't survive. Thank you for all that you do!

MONTHLY TIP: Embrace Gratitude

November is a great time to reflect on what you're thankful for. Start a gratitude journal and connect with loved ones to share your appreciation. A little gratitude can go a long way!

JOIN US FOR BIBLE STUDY

Looking for a moment of reflection and connection? Join us every Tuesday at 10 AM on the north side of the building for our weekly Bible study. Whether you're new to the Bible or have been studying for years, everyone is welcome to share in the lessons of the day. Come and be part of our warm and supportive community!



An old woman is sitting at a bar when an older gentleman sits down beside her. "So," he says, "Do I come here often?"

And the Lord said unto John, "Come forth, and you will receive eternal life." But John came fifth and won a toaster.

Apparently saying, "Oh, this old thing?" isn't an appropriate way to introduce my wife.





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!

Marlene Andrews	Pat Hogoboom	Mary McIlwain	
Barbara Banzet	Jo Holmgren	Kathy Morrow	Clarence Walker
Dorothy Beer	Susan Johnson	Lorraine Olbrey	Mary Whiteside
Teri Bowlin	Audrey Kallenberger	Glenda Phillips	Paul Wilkins
Hjarda Cipra	Sherry Kelsey	Kay Riggle	Linda Winzer
Dianne Davidson	Darlene King	Carol Stevens	Sandra Younker
Sherri Elliott	Venettia Maddux	Rene Taylor	

**"I don't feel old. I don't feel anything until noon. Then it's time for my nap."
-Bob Hope**

WELCOME TO THE CLUB: WHERE FRIENDSHIP IS ALWAYS ON THE MENU!

We're thrilled to welcome our newest members to the El Dorado Senior Center! Every new face brings fresh stories, laughter, and the opportunity to make lifelong friends. Whether you're joining us for lunch, activities, or just great company, we're excited to have you in our vibrant community. Let's create some lasting memories together!

Check out the newest additions to our family below, and be sure to say hello when you see them around!

Deborah Adolph-Espinosa	Craig Cipra	David McCoy
Jerry Allen	Hjarda Cipra	Peg Nolan
Karen Andersen	Wayne Cook	Terry Phillips
Darlene Andrews	Lewie Cooper	Tina Routh
Bob Blackmore	Bill Eller	Sherri Stenseng
Jane Blackmore	Norma Eller	Dianne Travnicek
Harry Byers	Ronnie Folden	Richard Wentworth Sr.
	Terry Jordan	Sally Young

HOLIDAY SCHEDULE REMINDER: MARK YOUR CALENDARS!

Just a friendly reminder that we will be **CLOSED** on November 11th for Veterans Day, as well as November 28th and 29th for the Thanksgiving holiday. We hope you enjoy the festivities with your loved ones! We'll be back to our regular hours starting Monday, December 2nd, ready for more fun and community.

THE BUZZ

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.

Join Our New Walking Group!

Kick off your week with us every Monday and Friday from 9:00-9:30 a.m. on the north side! All paces are welcome—whether you're a speed-walker or a stroller. With music playing, it's the perfect time to move, mingle, and make new friends. See you there!

A Little Goes a Long Way!

Your \$5 "suggested donation" for lunch helps in so many ways. It covers the cost of groceries, pays our dedicated kitchen staff, and even takes care of the paper goods we use. As a non-profit, every bit helps us manage our bills and continue providing delicious meals. So, next time you enjoy your lunch, please consider contributing. Every little bit truly makes a difference. Thank you for your support!

Save the Date: Paint with Sheila!

Grab your brushes, Sheila from Coutts Art Museum is back with another festive painting class on December 9th at 2 pm. Cost is just \$5, with only 20 spots available, Sign up today, and let's paint the season merry and bright!

NOTICE SOMETHING NEW?!

We're thrilled to unveil our brand-new logo and motto: "A Golden Glow at 50 & Better!" More than just a new look, it's a symbol of the vitality, history, and warmth of our community.

The logo's central golden tree represents not only the wisdom and growth within our senior center but also a nod to El Dorado's rich history as an oil boom town. Just as our community thrived from the oil fields, with deep roots stretching across the decades, our members bring strength and resilience to our center today. The tree's branches flow outward, honoring both our past and our future, while at the base, golden figures capture our unity and shared experiences.

Let's embrace this new change and the new "us," reflecting the legacy of our golden town and the ongoing spirit that keeps us glowing!

PUT ON YOUR DANCING SHOES!

Join us on November 21, from 6:30-8:30 PM for a toe-tapping night of live music, snacks, and dancing! Jess Dean & The Country Plus Band will have you spinning and swaying to every beat.

This night isn't just about the dance floor—it's about coming together, making memories, and having a blast with friends old and new.

Entry Fee: \$5

Don't miss out! Mark your calendars and let's make it a night to remember!



Jess Dean & The Country Plus Band

THE BUZZ



Exciting News: New Games and Equipment on the Way!

We're thrilled to announce that we've been awarded a generous \$750 grant from HF Sinclair, thanks to the hard work of our very own Director, Kristina Traina. This funding will bring a few much-needed upgrades to our favorite activities and make game time even more enjoyable for everyone.

What's coming? First up, 250 brand-new bingo sliding cards, plus larger bingo balls and a shiny new roller cage for our bingo caller to spin with style. If that's not exciting enough, we'll also have new, easy-to-read, larger print plastic playing cards—these durable beauties should keep us shuffling for a long time! And with the remaining funds, an extra set of dominos for Mexican Train and some cornhole boards to encourage even more fun and friendly competition.

A huge thanks to HF Sinclair for this fantastic partnership and their commitment to supporting our community. We can't wait to see our Bingo group in action with these new upgrades! Stay tuned for our next game day lineup.



Board Seats Now Open for 2025!



Looking to get more involved in the El Dorado Senior Center? We have several Board of Director seats open, and you might be just the person we need! This year, we're seeking candidates for the following positions:

- President (1-year term)
- Secretary (2-year term)
- Two At-Large Seats (each a 2-year term)

Board terms begin January 1 and end December 31 of their respective term years. To be eligible, nominees must be current members of the Senior Center and cannot be a family member of another serving board member. Interested in running? Please notify the office by November 20.

Our Election Committee will distribute ballots for in-person voting on the second Monday in December from 9 AM to 5 PM. For those unable to vote in person, online voting links will be sent out the following day to members who've provided an email address, allowing voting through the third Monday in December, with polls closing at 4:30 PM. Results will be posted right after on our main bulletin board!

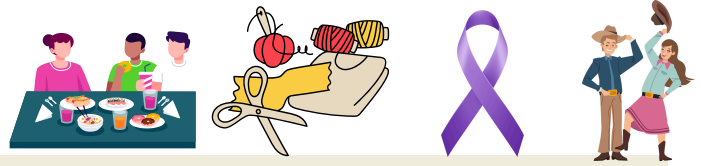
We'd love to have fresh perspectives and new ideas on our board. This is a great chance to contribute and shape the future of our Senior Center—come and be part of something wonderful!

Time to Renew Your Membership!



For just \$10, swing by the office and renew your membership to stay in the loop with all the perks! Plus, you'll get a snazzy new membership card featuring our brand-new logo. Members enjoy benefits that non-members only dream about—so don't miss out! Renew today and keep the good times rolling!

ACTIVITIES SCHEDULE



DAILY

COFFEE 9:00 A.M.
LUNCH 11:30 A.M.
OPEN GAMES 2:00 P.M



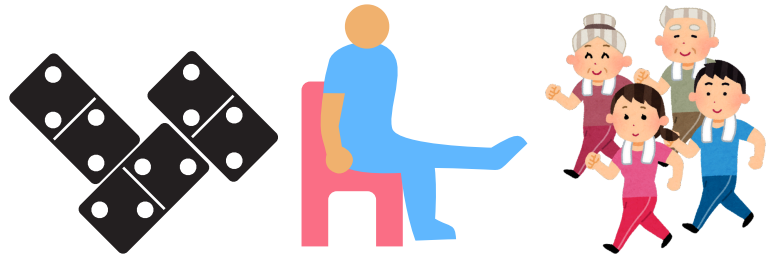
MONTHLY

1st Monday - Potluck 6 P.M.
2nd Monday - Craft Corner
3rd Monday - ALZ/Dementia Support Group 5:30 P.M.
3rd Thursday - LIVE Bands & Dancing 6:30 P.M.

Don't forget

FREE ACCESS TO WIFI AND COMPUTERS DAILY.

BRING IN YOUR SENSITIVE DOCUMENTS FOR FREE SHREDDING.



WEEKLY

MONDAY

- Morning Movers: Walk, Talk and Roll 9:00 A.M.
- 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

- Morning Movers: Walk, Talk and Roll 9:00 A.M.
- Aerobics 10:00 A.M.
- Hand & Foot 12:30 P.M.

 **NOTE** - Adventure Friday will be changing effective immediately. New program to be announced shortly. Thank you for your understanding and patience while we find a new exciting program for you all to enjoy during Friday lunches!

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!

NOVEMBER LUNCH MENU

MONDAY - FRIDAY

11:30 A.M.

\$5 SUGGESTED DONATION

**Menu Subject to Change Without Notice*

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
<p>All meals served with dessert.</p>				<p>1 Chili with Crackers Raw Veggies</p>
	<p>4 Chicken Enchilada Casserole Spanish Rice</p>	<p>5 Pulled Pork Sandwich Potato Salad Baked Beans</p>	<p>6 Chicken & Noodle Soup Buttered Corn</p>	<p>7 Tomato Soup Grilled Cheese</p>
<p>11 VETERANS DAY CLOSED</p>	<p>12 Spaghetti Garlic Bread Side Salad</p>	<p>13 Beef Stew Green Beans Roll</p>	<p>14 Pork Roast Candied Sweet Potato Brussel Sprouts</p>	<p>15 Chili Dogs Macaroni Salad Chips</p>
<p>18 MONTERREY FUNDRAISER 11:30 A.M \$8</p>	<p>19 Chicken Fettuccine Alfredo Garden Salad</p>	<p>20 Chicken & Biscuit Casserole Buttered Carrots</p>	<p>21 Sloppy Joes Baked Beans Chips</p>	<p>22 Mac & Cheese Green Bean Almondine</p>
<p>25 Swiss Steak Mashed Potato & Gravy Corn</p>	<p>26 Hamburger Chips Veggie Salad</p>	<p>27 Ham & Beans Cornbread</p>	<p>28 THANKSGIVING DAY CLOSED</p>	<p>29 SENIOR CENTER CLOSED</p>



REMINDER! POTLUCK IS NOVEMBER 4TH AT 6 PM



KNOWLEDGE NUGGETS



- The name "November" comes from the Latin word novem, meaning nine. November was originally the ninth month in the ancient Roman calendar, before January and February were added!
- In 1956, The Wizard of Oz was first televised on November 3. The film adaptation of L. Frank Baum's classic novel, starring Judy Garland as Dorothy, became an iconic movie in American culture.
- Formation of the US Marine Corps: On November 10th, 1775, the United States Marine Corps was established by the Second Continental Congress in Philadelphia, playing a significant role in the nation's military history.
- The first Macy's Thanksgiving Day Parade took place on November 27, 1924. This event has become an annual tradition that attracts millions of spectators and is watched by audiences worldwide on television.
- November 9, 1872 - The Great Boston Fire started in a dry-goods warehouse then spread rapidly in windy weather, destroying nearly 800 buildings. Damage was estimated at more than \$75 million. The fire's bright red glare could be seen in the sky for nearly 100 miles.
- American author Samuel Clemens (1835-1910) was born in Florida, Missouri. He wrote books under the pen name Mark Twain including The Adventures of Tom Sawyer, The Adventures of Huckleberry Finn, and The Prince and the Pauper.

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, LIEAP and more.



Medicare Open Enrollment Appointments

Medicare open enrollment runs from October 15th to December 7th. Schedule early to avoid the rush!

Marketplace Insurance Open Enrollment

Open enrollment for Marketplace Insurance is from November 1st to January 15th. This is for anyone up to the age of 65, including some seniors who may need insurance.

LIEAP Information

LIEAP application season opens early this year, from November 18th to March 31st at 5 PM. The program helps with electricity, home gas service, and wood burning. Applications can be printed or completed online.

Presumptive Eligibility Specialist Services

Helping parents (of children under 19), children, and pregnant individuals get immediate Medicaid coverage if eligible. This service might be useful for your family members.

Contact Information

To make an appointment with Andrea Campbell or Heather Patterson from Thrive, please call Andrea at 785-230-8809 or email her at Andrea@thriveallencounty.org or Heather 316-737-8170, heather@thriveallencounty.org.

LEARN AND GROW WITH US

At the El Dorado Senior Center, we're here to help you reach your goals, keep learning, and stay independent. We offer various resources, classes, support groups, and seminars to support you.

Have something you'd like to learn? Want to get more familiar with your smartphone or computer? Share your ideas in the suggestion box at the front desk or talk to Kristina directly!

Kristina can also help you find our new Senior Center Facebook page or assist with your phone. Just ask!

PREVENTING ELDER ABUSE

Elder abuse, neglect, and exploitation are serious issues that can affect anyone. 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. 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.

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:

November 1	November 15
December 6	December 15

COMMODITIES DISTRIBUTION

We are pleased to announce the upcoming Commodities Distribution!

Distribution will take place on the **North Side** from **1 PM - 2 PM** on the following dates in 2024:

November 13 December 11

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

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

GRIEF SUPPORT GROUP

If you're seeking comfort and support through grief, join the Heartfelt Grief Support Group at Family Worship Center, 701 S. Atchison, El Dorado.

Meetings are held on the 2nd and 4th Tuesdays of each month from 6:30 to 7:30 PM. Please use the NW parking lot and entrance.



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.

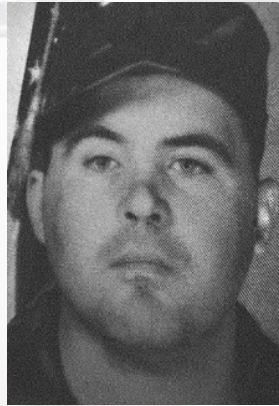
JOIN US!

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

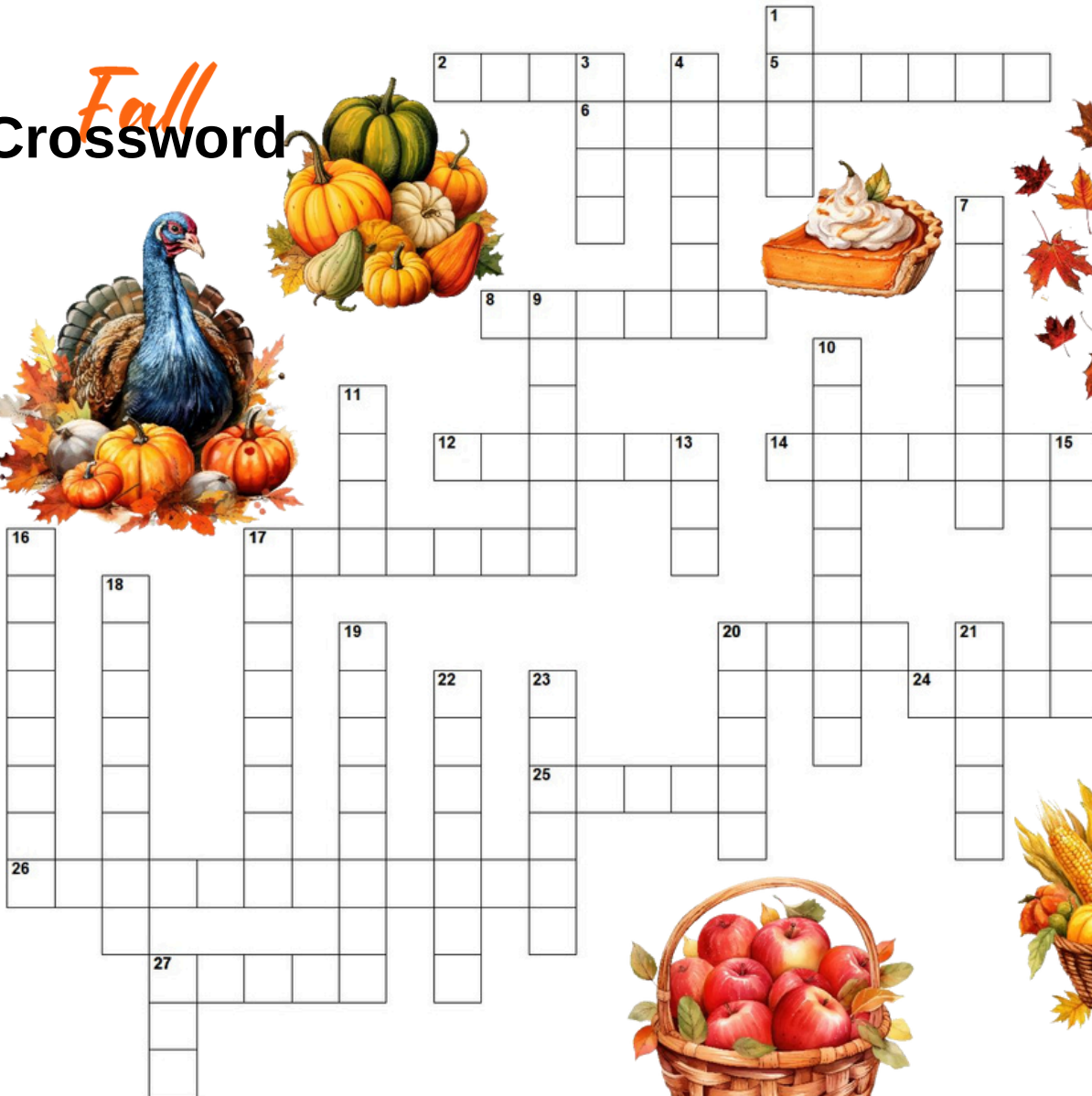
QUESTIONS?

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

thank you FOR YOUR SERVICE



Fall Crossword



Across

- 2. Fallen foliage
- 5. Name for a type of summer corn
- 6. Nut of an oak tree
- 8. Container for collecting apples
- 12. Yellow fruit often cooked in autumn
- 14. Gathering crops
- 17. Jack-O'-Lantern's main ingredient
- 20. Grain often found in fields
- 24. Warm & comfortable
- 25. Fruit of the season
- 26. Holiday in late November
- 27. Tree known for its colorful leaves

Down

- 1. Evergreen tree
- 3. Season after summer
- 4. Sound a turkey makes
- 7. Clothing worn in cooler weather
- 9. Another word for fall
- 10. Keeps birds away from fields
- 11. Opposite of cold
- 13. Baled grass
- 15. Bird often eaten on Thanksgiving
- 16. Nut roasted over an open fire
- 17. Early settlers of America
- 18. Event celebrating fall harvest
- 19. Fire used for outdoor cooking
- 20. Drink made from apples
- 21. Decorative fall fruit
- 22. Outdoor fire often seen in fall
- 23. Color of many fall leaves
- 27. Type of fall flower

FALL

Word Search



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



**AUTUMN
 HARVEST
 CRISP AIR
 FOLIAGE
 SWEATER WEATHER
 COOL BREEZE
 RAKE LEAVES**

**BONFIRE NIGHT
 CHANGING COLORS
 COZY BLANKET
 GOLDEN HUES
 FALLING ACORNS
 PUMPKIN PATCH
 CORN MAZE**

**HAY BALE
 FROSTY MORNINGS
 HARVEST MOON
 APPLE ORCHARD
 CHILLY EVENINGS
 SCARECROW**

LEADERSHIP LENS: A NOTE FROM THE DIRECTOR

First, a heartfelt thank you to all our Veterans—thank you for your service. Month two here, and I'm still showing up every day—must be something in the tea... or maybe it's the food! Speaking of food, have you tried our lunches? WOW! These ladies in the kitchen can cook! For only \$5, you're getting a homemade meal, and trust me, it's better than anything you'll find around town. We're so fortunate to have these talented folks whipping up deliciousness for us, and every dollar you contribute helps keep our kitchen running smoothly. Your support covers food, supplies, and the hard work of our kitchen staff who make it all happen.



Now, have you noticed the fresh changes around the center? We're rolling out a new logo, thanks to our Board, and you can read all about it on page 4 in "The Buzz." I know change can sometimes be a challenge (believe me, I've been through a few!), but it's all part of building a brighter, better community here. Thank you all for embracing the new and joining in on the exciting things happening at the center.

On that note, check out some of our new programs! We have a walking group every Monday and Friday morning for those who want to stretch their legs and enjoy a chat and music. Or, grab a buddy and join open game time, where you can dive into our board game stash and battle it out for ultimate bragging rights. And if you're around in the mornings, you won't want to miss our Coffee Group at 9 AM. This crew is growing, and the stories I overhear—well, let's just say they're the kinds of tales that'll make you laugh out loud (and maybe question reality a bit).

As always, my door is open! I'm here for your concerns, new ideas, or even just a friendly chat. Let's continue to make this center the place to be—the spot to make new friends, craft, exercise, enjoy hearty meals, play games, find spiritual support, laugh, and simply enjoy these golden years. After all, we are the best-kept secret in El Dorado!

