

THE GOLDEN YEARS

The El Dorado Senior Center Monthly Newsletter



SEPTEMBER POTLUCK PARTY!

This month, we're welcoming the Butler County Emergency Medical Services team. They'll be sharing helpful tips on what to do in medical emergencies and how to stay calm when it matters most. It's sure to be both informative and fun, and we may even get to practice a few skills together!

That's not all, this is also the day we'll hold the drawing for our Summer Membership Drive! Don't worry if you haven't entered yet, there's still time to earn tickets. Just stop by the office to learn how you can get your name in the drawing.

To keep our potlucks tasty and varied, we're trying something new. We will switch it up monthly! If your last name begins with:

- A-F: Bring a Fruit or Veggie Dish
- G-L: Bring a Dessert
- M-R: Bring a Cold Dish
- S-Z: Bring a Hot Dish

Date: Monday, September, 8th
Time: 6:00 PM

Main Course: Baked Spaghetti

Guest: Butler County Emergency Medical Services

Sponsor: Mills Insurance Services



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

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

KTRAINA@ELDOKS.GOV

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

2025 BOARD & STAFF

**PRESIDENT: ROXANN COOL
VICE PRESIDENT: MARY MAYS
TREASURER: JUDY PARKS
SECRETARY: JANET SPENCER
MEMBER AT LARGE: SUZIE CAWTHORN
MEMBER AT LARGE: TERI BOWLIN
MEMBER AT LARGE: SUSAN JOHNSON
MEMBER AT LARGE: MARK SOMERVILLE
MEMBER AT LARGE: BARBARA HIGGINS**

**DIRECTOR - KRISTINA TRAINA
KITCHEN - JAMES SCOTT**

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





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.

Ron Allen
 Betty Barnhart
 Melissa Behrens
 Suzie Cawthorn
 Bert Chastain
 Judith Cole
 Sandy DeWitt
 Don Durlinger
 Paul Erickson
 Kyle Good
 Patricia Ann Grant
 Marsha Griggs
 Danny Guthrie

Mary Herrmann
 Joe Hunter
 Mike Kelly
 Craig Kobel
 Maurice Leap
 Les Limon
 Albert McCabe
 Jim McClaren
 Vickey Miller
 Cassie Morton
 Sandra Patton
 Bethel Posey
 Robert Quigley

Barbara Reeves
 Kate Rhoads
 Timothy Rhyne
 Patricia Robertson
 Phyllis Samuels
 Gary Schuldt
 Sarah Margaret Simonton
 Mark Walls
 Richard Wentworth Sr.
 Marilyn Whittington
 Judy Wilson
 Clare Seipel
 Charlotte Lea

**Why don't old folks ever mind being called "vintage"?
 Because it sounds way better than "expired."**

WELCOME TO THE CLUB!

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.

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

Linnie Baca
 Bob Baines
 Vern Barker
 Roger Beal
 Lisa Beal
 Deanna Bonn
 David Bullock

Danny Bullock
 Leslye Bullock
 Frankie Cabrales
 Bert Chastain
 Jerry DeWitt
 Julie Hokr
 Janice Jones

Robert McRee
 Rex Newsom
 Terry Jones
 Bill Klein
 Dawn Klein
 Charlotte Lea
 Les Limon
 Roxanne Limon

James Orman
 Daniel Paye
 Mark Poe
 Ramon Pratt
 Clare Seipel
 Carmen Sperry
 Darlene Taylor
 Dennis Todd

MONTHLY TIP: September - Healthy Aging Month

Stay active, eat well, and keep your mind sharp, try a 10-minute walk each day to boost both body and mood!

THE BUZZ

A GIFT OF ACCESSIBILITY AND GRATITUDE

We are deeply honored to share that the Center has been awarded a \$15,000 grant from the Tim Underwood Memorial, made possible through the annual fundraiser hosted by HF Sinclair. Tim Underwood, a dedicated refinery employee, tragically lost his life in an accident, and his family has continued to honor his memory in remarkable ways. This year, they chose our center and our request, an incredible blessing for our community.

With these funds, we will be installing push-button ADA doors on the north side of our building, making it easier for those with mobility challenges to enter and enjoy all that the center has to offer. If funds allow, we will also be upgrading the men's restrooms with ADA-compliant toilets, furthering our commitment to accessibility and comfort.

We are so very thankful to the Underwood family and HF Sinclair for their generosity and support. Their gift ensures that our center remains a welcoming place for all.

A thank-you card is available at the front desk for members and guests who would like to join us in expressing gratitude to the family. Please take a moment to add your name and share in this heartfelt appreciation.

INTRODUCING OUR NEW CHECK-IN SYSTEM!

We're excited to announce that the center is now using My Senior Center, no more paper and pen! This easy system makes check-in simple, especially for those with vision issues, and helps with important reporting for the county. If you haven't yet, stop by the office to pick up your key card. Just touch the screen, scan your card, and select the activities you're here for, voilà! Volunteering? You can even track your hours, which is vital for our county funding. We're feeling pretty fancy now!



QUILT RAFFLE FUNDRAISER!

Our amazing Quilt Guild has done it again! They've generously created and donated a beautiful king-size quilt to help support the Senior Center. We're so excited to raffle it off as a fundraiser!

Tickets are just **\$5 each** and will be available starting **September 2nd**. The lucky winner will be announced at our **October Potluck on October 6th**, you don't want to miss it!



Thank you to our talented Quilt Guild for sharing their time, talent, and love with our center. This quilt is truly stitched with care, and it could be yours!

VACCINATION CLINIC AT THE CENTER!

On **Monday, September 29th from 10:00 AM – 2:00 PM**, the Center will host a vaccination clinic with El Dorado True Care Pharmacy.

Vaccines available include Flu and COVID-19 (based on availability). Please bring your Medicare Rx card, red/white/blue Medicare card, or commercial Rx card with you.

To reserve your spot, call the office at 316-321-0142. As an extra bonus, those who receive a vaccination will receive a \$25 Wal-Mart gift card!

THE BUZZ

MEMBERSHIP MEETING & DINNER

Join us on **Thursday, September 25th at 5:30 PM** for our next Membership Meeting, and come hungry! The center will be serving up delicious pulled pork with all the fixin's before an evening of history, music, and storytelling.

We are excited to welcome Derrick Doty, a Humanities Kansas speaker, who will take us on a journey through Kansas history, from the days of Territorial Kansas to the golden age of radio. His program blends history, music, and storytelling for an unforgettable experience!

This event is for members only. Following the meal and presentation, we'll hold our Board Meeting where you'll have the chance to hear important updates, review finances, ask questions, and vote on key issues. And, let's not forget, the 50/50 raffle!

Don't miss this special night of food, fellowship, and Kansas heritage!

LIVE BAND & DANCE NIGHT!

Mark your calendars for **Friday, September 19th from 6:30–8:30 PM!** We will have a special guest band here for a fun-filled evening of live music and dancing.

This month's theme is "Fried Chicken, Boots & Bites!" The center will provide the fried chicken, just bring a covered dish to share.

Admission is only \$5, and this event is open to the public, so grab a friend and come enjoy a night of music, dancing, food, and fellowship!



BRUSHIN' UP WITH CHELSEY

Guess who's back? Chelsey is making a special appearance **at the center, she just can't quit us (and we're so glad she can't)!** Join us on **Monday, September 22nd at 12:30 PM** to paint one of my favorites: an old truck with sunflowers.

The class is just **\$5**, and seating is limited, so be sure to stop by the office and sign up today. Don't miss this chance for creativity, laughter, and a beautiful painting to take home!

GREAT NEWS – ANDREA & THRIVE ARE STAYING PUT!

We're thrilled to share that the THRIVE El Dorado office will remain open this year, thanks to a partnership with United Methodist Health Ministry Fund! This means we can continue offering vital support to our community, including assistance with health insurance, Medicaid, Medicare, food and utility programs, and other essential resources.



We are so grateful for the community's support that allows THRIVE to continue helping residents navigate healthcare and basic needs right here in El Dorado.

Join Andrea for a Lunch 'n Learn on **Tuesday, September 2nd at 11:45 AM** to learn more about THRIVE's programs, ask questions, and enjoy a meal with us!

LUNCH 'N LEARN SERIES

THE A.R.K.

Join us for our Lunch 'n Learn on **Friday, September 5th at 11:45 AM**, featuring Bobbie and Terry, dedicated members of our center. They will share all about The A.R.K. (Arranging Resources in God's Kingdom), a local program providing free clothing, blankets, coats, shoes, and much more to those in need.

Bobbie and Terry will explain how to apply for these programs and ways you can help, including donations. They are also going to explain the Bushels of Hope Food Pantry.

Come learn, enjoy lunch, and discover how you can make a difference in our community!



BINGO & BENEFITS WITH BEN

Ben from American Senior Benefits and his team will be joining us

Tuesday, September 9th at 11:30 AM,

not only to call out those lucky numbers and hand out some fantastic prizes,, and a whole lot of fun to the table. Topics will include Medicare enrollment, fraud awareness, and other essential planning tips.

Come for the laughs, stay for the great company, and maybe even leave with a prize or two! Bring your friends, your lucky charms, and your questions, because this is one event you won't want to miss.



LUNCH N LYRICS - SHOFAR MINISTRIES

Get ready to tap your toes and lift your spirits! Join us for Lunch 'n Lyrics on **Friday, September 12 at 11:45 AM**, featuring the amazing Shofar Ministries singing heartfelt gospel music.

Bring your appetite for both delicious food and joyful music, it's the perfect way to start your weekend with friends, fun, and fellowship. Don't miss it!



STAY REFRESHED WITH ANGELS CARE

We've all heard it a million times this summer: "Drink your water!" Now, Angels Care is bringing a hydration station to the center on **Tuesday, September 16th at 11:45 AM** to show us why staying hydrated is so important.

During this session, you'll learn how hydration affects your energy, focus, digestion, and overall health, as well as tips for getting enough fluids throughout the day. Angels Care will also provide fun demonstrations, hydration tips, and refreshing samples to help you stay on track.

Whether you're walking, crafting, or enjoying a meal with friends, staying hydrated keeps your body and mind feeling their best. Don't miss this chance to learn, sip, and refresh with us, your body will thank you!



LUNCH 'N LEARN SERIES

FALL INTO COMFORT: HEATING & AIR TIPS WITH DON'S

Get ready for the cooler months! Don's Heating and Air will be at the center on **Friday, September 19th at 11:45 AM** to share tips and tricks for keeping your heating and air systems running efficiently.

This is the perfect opportunity to ask questions, learn maintenance tips, and get your home ready for fall and winter. Whether you're a DIY enthusiast or just want to make sure your system is working properly, you won't want to miss this informative session!



UNDER THE HOOD WITH SUPERIOR AUTO

We're so excited to welcome Mike from Superior Auto back to the center! Mike will share his expert tips and tricks on **Friday, September 26th at 11:45 AM** and will be in to get your vehicles ready for the fall and winter months.

From checking fluids and tire pressure to winterizing your battery and windshield wipers, Mike will cover all the essentials to keep your car running safely and smoothly during colder weather. He'll also answer your questions, give practical advice for simple maintenance, and share insider tips that can save you time and money.

This is the perfect opportunity to learn, laugh, and enjoy a meal with friends while getting ready for the season ahead. Don't miss out on this engaging and informative session, it's a must for any car owner!



STAY SAFE THIS FALL – TIPS FROM ROSS WITH SERC

We're excited to welcome Ross from SERC to the center on **Tuesday, September 30th at 11:45 AM!** SERC is dedicated to providing clinically superior physical therapy while building trust and healing in the hearts of their patients. Their team is committed to helping you stay healthy, active, and independent.

During this session, Ross will share practical tips to prevent falls, exercises to improve balance, and smart safety strategies for your home and daily life. You'll also learn small tricks that can make a big difference in staying steady and confident.

This is the perfect opportunity to ask questions, learn from professionals, and take steps toward safer living. SERC's commitment to compassionate care and community health makes this an event you won't want to miss!



HAVE AN IDEA FOR A LUNCH 'N LEARN?

Don't see a topic that sparks your interest? We want to hear from you! Stop by the office and let us know what you'd like to listen to, learn about, or explore, we're always excited to bring new ideas and programs to our members!

THE BUZZ



BOARD MEETING HIGHLIGHTS: TRANSPARENCY FOR OUR MEMBERS

August 2025 Board Meeting Highlights

Treasurer's Report:

- July Income: \$4,222.52
- Expenses: \$25,406.96
- Ending Balance: \$82,246.73

Director's Report: 16 (1 returning)

- Total Members: 452
- Received \$500 from the United Steel Workers Union for the Veterans Recognition Corner
- \$15,000 from the Tim Underwood Memorial

Old Business:

- Committees: Fundraising, Events, and Decorating committee updates:
 - Open House for Veteran's Recognition Corner to have around Veteran's Day in November
- Updates to Bylaws: Kristina requested the City Attorney to rush review of By-Laws
- Security Cameras to be installed week of August 25th, 2025.

New Business:

- Membership Meeting time to change from 6:00 PM to 5:30 PM. Motion carries.
- THRIVE KS will not be leaving. Rent tabled until 2026.
- Board Meetings time to change from 10:00 AM to 9:30 AM. Motion approved.
- Discussion on what will be on the agenda for the Membership Meeting on September 25th.
- Discussion on Games and how to prevent bullying. Decided to draw for tables and who would play at what table.
- Discussion on policy for Veterans Recognition Corner. Pictures must be those of a member or family member of a CURRENT member of the ESC. If there is no longer room on the wall for new pictures, members that are deceased will have their pictures placed in a photo album and displayed in the corner.

New Programs:

- Grief Support Group - Starting August 27th @ 10:30 AM

Upcoming Events:

- End of Summer Afternoon Potluck & Dance - August 22nd @ 11:30 AM
- Potluck - Monday, September 8th @ 6 PM
- Membership Meeting - Thursday, September 25th @ 5:30 PM
- Live Music & Dancing - "Boots & Bites" Covered Dish Night - Chuck Haukos Band @ 6:30 PM

Miscellaneous:

- September is National Senior Center Month. Proclamation has been sent to the City to be read at the City Commission meeting on Tuesday, September 2nd at 5:30 PM
- Rotary has offered to Paint the south side of the building!

Thank you for supporting the El Dorado Senior Center!

SEPTEMBER LUNCH MENU

MONDAY - FRIDAY

11:30 A.M.

\$5 SUGGESTED DONATION

PICK-UP MEALS AVAILABLE!

**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.**

ALL MEALS SERVED WITH DESSERT.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>CLOSED</p>	<p>2</p> <p>Chicken Broccoli Casserole</p>	<p>3</p> <p>Beef Pan Pizza</p>	<p>4</p> <p>Tomato Soup Grilled Cheese</p>	<p>5</p> <p>BBQ Chicken Baked Potato</p>
<p>8</p> <p>Polish Sausage & Potato Bake Roasted Veggies</p>	<p>9</p> <p>Lasagna Garden Salad</p>	<p>10</p> <p>Ham 'N Beans Cornbread</p>	<p>11</p> <p>Ham Salad Cole Slaw Chips</p>	<p>12</p> <p>Chicken & Wild Rice Soup</p>
<p>15</p> <p>Angel Chicken Caesar Salad</p>	<p>16</p> <p>Taco Salad</p>	<p>17</p> <p>Chicken & Dressing</p>	<p>18</p> <p>Sloppy Joes Tater Tots</p>	<p>19</p> <p>Meatloaf & Potato Casserole</p>
<p>22</p> <p>Club Sandwich Cup of Minestrone Soup Chips</p>	<p>23</p> <p>Chicken Fried Steak Mashed Potatoes & Gravy</p>	<p>24</p> <p>Chicken Salad Sandwich</p>	<p>25</p> <p>Hamburger French Fries</p>	<p>26</p> <p>Beef Taco Pasta</p>
<p>29</p> <p>Mexican Soup</p>	<p>30</p> <p>Spaghetti Garden Salad</p>			



REMINDER! POTLUCK IS SEPTEMBER 8TH AT 6 PM



SEPTEMBER ACTIVITIES CALENDAR

Let's Get Social!!

Check out this month's lineup of fun and friendship! From exciting events to everyday favorites, there's something for everyone!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><i>Thank you</i> FOR YOUR <i>Hardwork</i></p> <p>CLOSED</p>	<p>2</p> <p>Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Bingo - 12:30 P Open Games - 2 P</p>	<p>3</p> <p>Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Yoga - 10:45 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P Open Games - 2 P</p>	<p>4</p> <p>Coffee - 9 A Tai-Chi - 9:30 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P</p>	<p>5</p> <p>Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Aerobics - 10 A Lunch - 11:30 A Lunch N' Learn - 11:45 A Hand & Foot - 12:30 P Music Bingo - 2 P</p>
<p>8</p> <p>Coffee - 9 A Walking - 9 A Aerobics - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Open Games - 2 P Potluck - 6 P</p>	<p>9</p> <p>Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Bingo w/ Ben - 12:30 P Open Games - 2 P</p>	<p>10</p> <p>Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Cancer Support - 10:30 A Yoga - 10:45 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P Open Games - 2 P</p>	<p>11</p> <p>Coffee - 9 A Tai-Chi - 9:30 A Tech Time - 10:30 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P</p>	<p>12</p> <p>Coffee - 9 A Cornhole - 9:30 A Lunch - 11:30 A Lunch N' Lyrics - 11:45 A Hand & Foot - 12:30 P</p>
<p>15</p> <p>Coffee - 9 A Walking - 9 A Craft Club - 9:30 A Aerobics - 10 A Lunch - 11:30 A Painting - 12:30 P Mexican Train - 12:30 P Open Games - 2 P ALZ/Dementia - 5:30 P</p>	<p>16</p> <p>Coffee - 9 A Foot Care - 9:30 A - 1 Bible Study - 10 A Lunch - 11:30 A Lunch 'N Learn 11:45 A BP Checks - 11:30 A Bingo w/ Ben - 12:30 P Open Games - 2 P</p>	<p>17</p> <p>Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Lunch - 11:30 A Yoga - 10:45 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P Open Games - 2 P</p>	<p>18</p> <p>Coffee - 9 A Tai-Chi - 9:30 A Tech Time - 10:30 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P</p>	<p>19</p> <p>Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Aerobics - 10 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Hand & Foot - 12:30 P Open Games - 2 P Music Bingo - 2 P Dance - 6:30 P</p>
<p>22</p> <p>Coffee - 9 A Walking - 9 A Aerobics - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Painting Class - 12:30 P Open Games - 2 P</p>	<p>23</p> <p>Coffee - 9 A C&B Foot Care - 9A - ? Bible Study - 10 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Bingo - 12:30 P Open Games - 2 P</p>	<p>24</p> <p>Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Grief Support - 10:30 A Yoga - 10:45 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P Open Games - 2 P</p>	<p>25</p> <p>Coffee - 9 A Tai-Chi - 9:30 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P Membership MTG - 5:30 P</p>	<p>26</p> <p>Coffee - 9 A Cornhole - 9:30 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Hand & Foot - 12:30 P Open Games - 2 P</p>
<p>29</p> <p>Coffee - 9 A Walking - 9 A Aerobics - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Open Games - 2 P</p>	<p>30</p> <p>Coffee - 9 A Bible Study - 10 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Bingo - 12:30 P Open Games - 2 P</p>			

KNOWLEDGE NUGGETS



- September 1, 1887, opened the world's first drive-in pharmacy. Located in London, UK, this unique pharmacy allowed customers to drive up or ride horses to pick up their prescriptions without having to step out of their vehicles.
- The first major labor union in the United States, the Knights of Labor, was founded on September 3, 1869, advancing labor rights and pushing for an eight-hour workday.
- On September 8, 1956, RCA Elvis Presley's "Don't Be Cruel" became the number-one song in the United States.
- On September 9, 2024, Kristina Traina, aka your director, started at the El Dorado Senior Center. This decision has now been known to be the best decision she has ever made for herself and for her community.
- On September 10, 1846, Elias Howe received a patent for the sewing machine, transforming the textile industry and vastly improving the efficiency of making clothes.
- International Chocolate Day is celebrated on September 13th. This sweet day honors the creation and appreciation of chocolate, one of the world's favorite treats for thousands of years.
- On September 25, 1981, Sandra Day O'Connor became the first female Supreme Court Justice in the United States when she was sworn in by Chief Justice Warren E. Burger.

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 services@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 – IS STAYING AT THE ESC!

After extensive federal budget cuts, which deeply impacted Thrive Kansas, we had originally planned to close our Kansas CARES El Dorado office, but we have good news: thanks to a partnership with United Methodist Health Ministry Fund, we will now be able to keep the El Dorado office open this year and retain two positions to assist with health insurance, Medicaid, Medicare, food and utility assistance and more! We are so grateful for all the support we have received this year and to be able to continue our work in the area!

THRIVE will be **closed on Monday, September 1st**, in observance of **Labor Day**.

Please contact Andrea Campbell - 785-230-8809 or by email: andrea@thriveallencounty.org to schedule an appointment. THRIVE KS, also has an office in the center for your needs!

FOOT CARE BY CHERYL & BEN

We're excited to welcome Cheryl and Ben back to the Center to provide professional foot care services! **Sign-ups are now open in the office.**

Cheryl and Benjamin will be offering foot care on the third Tuesday of each month from **9:30 AM to 1:00 PM** on the following dates:

September 16, October 21, November 18, and December 16.

The cost of their services is **\$25** and can be paid by cash, check, or Venmo. Both Cheryl and Benjamin are licensed, insured, and bonded, so you can feel confident you're in good hands.

FOOT CARE CLINIC BY HERMES HEALTHCARE



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

DATES:

September 12 September 26
November 14

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.

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 2025:

September 10
November 12

October 8
December 10

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.

CALL 316-321-0142
WITH QUESTIONS

EL DORADO SENIOR CENTER SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

A SAFE SPACE FOR
CAREGIVERS AND FAMILIES
TO SHARE, LEARN, AND
CONNECT WITH OTHERS ON
A SIMILAR JOURNEY. THIS
GROUP OFFERS EMOTIONAL
SUPPORT, PRACTICAL TIPS,
AND A SENSE OF
COMMUNITY.

3RD MONDAY
EACH MONTH
5:30 PM

GRIEF SUPPORT GROUP

OUR GROUP OFFERS
CONNECTION, COMFORT, AND
UNDERSTANDING.

A SAFE SPACE TO SHARE,
HEAL, AND NAVIGATE GRIEF
WITH OTHERS WHO TRULY
UNDERSTAND.

4TH WEDNESDAY
EACH MONTH
10:30 AM

CANCER SUPPORT GROUP

WHETHER YOU ARE
CURRENTLY UNDERGOING
TREATMENT, ARE A SURVIVOR,
OR ARE SUPPORTING A LOVED
ONE, YOU ARE WELCOME.

THIS GROUP OFFERS A SAFE
AND SUPPORTIVE
ENVIRONMENT TO TALK
OPENLY AND EXCHANGE
HELPFUL RESOURCES.

2ND WEDNESDAY
EACH MONTH
10:30 AM

STRONGER TOGETHER

OUR GROUPS:

ALL
GROUPS
MEET AT
210 EAST
2ND AVE.

HEALING STARTS WITH A CONVERSATION.



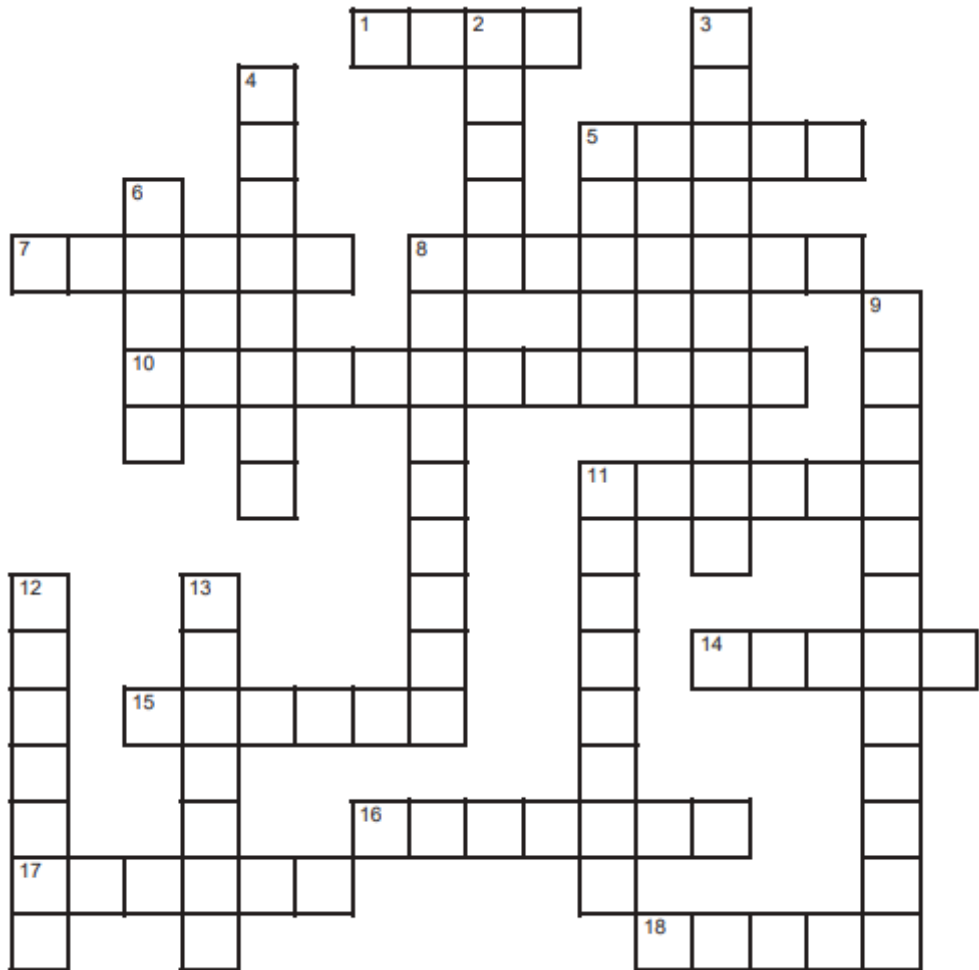
ACROSS

1. Season that begins in September.
5. Flower associated with September.
7. Number of days in September.
8. Birthstone for the month of September.
10. Celebrated on the second Sunday of September: ___ Day.
11. These might get raked into a pile in September.
14. September is the ___ month of the year.
15. Season that ends in September.
16. Where you might pick apples in the fall.
17. This might start up in September.
18. Fruit of the oak tree.



DOWN

2. Astrological sign for the second half of September (pair of scales).
3. September 11th.
4. Team sport often associated with September.
5. Crisp fruit which is often red.
6. Astrological sign for the first half of September (maiden).
8. Name for this month comes from the Roman word for seventh.
9. Celebrated on September 17th: ___ Day.
11. First Monday of September.
12. Gathering of crops at the end of summer.
13. Event which occurs around September 22nd or 23rd.



- | | |
|--------------|-------------|
| Acorn | Libra |
| Apple | Ninth |
| Aster | Orchard |
| Constitution | Patriot Day |
| Equinox | Sapphire |
| Fall | School |
| Football | September |
| Grandparents | Summer |
| Harvest | Thirty |
| Labor Day | Virgo |
| Leaves | |

September WordSearch



September's here, and so is a word search packed with seasonal fun! Can you find all the hidden words scattered in every direction—forward, backward, up, down, and diagonal? Circle each word as you find it and cross it off the list.

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

- ACORNS
- APPLES
- AUTUMN
- BACKPACK
- BONFIRE
- BREEZY
- CIDER
- COOLER
- CORN
- CRISP
- EQUINOX
- FALLING
- FARMERS
- FOLIAGE
- FOOTBALL
- GOURDS
- GRAPES
- HARVEST
- HAYRIDE
- LABOR DAY
- LEAVES
- MIGRATION



- SCHOOL
- SEPTEMBER
- SQUIRREL
- SWEATER
- ORCHARDS
- PUMPKINS
- RAKE
- SCARECROW



LEADERSHIP LENS: A NOTE FROM THE DIRECTOR

Can you believe it? On September 9th, I will have completed one full year, 365 days, as YOUR director! How lucky am I? Seriously! Some days I want to second-guess myself (okay, maybe a lot of days), but then I remember my mission, and what an honor it is to serve you. Being here with all of you has truly shaped me, defined me, and made me grateful every single day.



September is also National Senior Center Month, and to celebrate, I've submitted a proclamation to be read at the City Commission meeting on Tuesday, September 2nd at 5:30 PM. I invite all of you to attend! It's so important that we show up, speak up, and advocate for our center, for ourselves, for each other, and for the vital programs and services that make this place so special.

Being an advocate doesn't just mean attending meetings, it means valuing your needs and the needs of your peers, speaking up when something matters to you, and helping others understand the importance of senior centers in our community. These centers are not just buildings, they are places of connection, learning, health, and joy. By advocating for our center, you are also advocating for yourself, your friends, and for all older adults who deserve respect, access, and opportunity.

This month, let's also celebrate ourselves. Own your age, embrace your journey, and recognize that you deserve all the care, respect, and fun that comes with it! Advocate not just for the center, but for your own well-being, for your peers, and for the idea that growing older is a gift, and one that comes with rights, dignity, and a voice that matters.

Thank you for welcoming me, supporting me, and letting me be part of your lives. Here's to another wonderful year of laughter, learning, friendship, and standing up for what matters, together! Remember, being an advocate is a powerful way to show that older adults are strong, capable, and essential members of our community.

Your Director ❤️

See you at the center!