

THE GOLDEN YEARS

The El Dorado Senior Center Monthly Newsletter



POTLUCK PAUSE... THEN PARTY TIME!

Before you start planning your famous casserole, hold that thought! **There will be no potluck in January.** Consider it a short winter break for your crockpots and casseroles.

But don't worry, we'll be back and better than ever on **February 2nd!** We're thrilled to welcome back Dave, Sheldon & Winston from the El Dorado Walnuts. They're always fun, always entertaining, and they'll even be giving away a FREE season pass! We love community partners who give back to the Center, so let's show up and show them some love.

New Time Reminder: Potluck now starts at 5:30 PM. Bring a friend, a family member, or come ready to make new ones. And, don't forget the 50/50 raffle and door prize drawing!

Can't bring a dish this time? No problem at all! You're welcome to drop off money at the kitchen or office and let us know what you'd like us to pick up, easy peasy and still delicious.

February can't come soon enough... see you there!

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



**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.**

2026 BOARD & STAFF

PRESIDENT: TERI BOWLIN
VICE PRESIDENT: RONNI FOLDEN
TREASURER: MARY BICKLEY
SECRETARY: PAM KEEN
MEMBER AT LARGE: JOHN WATSON
MEMBER AT LARGE: OPEN
MEMBER AT LARGE: SUSAN JOHNSON
MEMBER AT LARGE: MARK SOMERVILLE
MEMBER AT LARGE: BARBARA HIGGINS

**DIRECTOR - KRISTINA TRAINA
KITCHEN - OPEN**

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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.

Lisa Beal
 Joe Ruiz
 Carmen Sperry
 Carolyn Bisel
 Darrell Bisel
 Terry Stubblefield
 Darlene Conner
 Judy DeMint
 Starlene Nearhood
 Craig Cipra
 Sherri Stenseng
 Ann Wimberly
 Crystal Light
 Sue Biddle
 Steve Reynolds
 Betty Turner
 Douglas Bishop

Maris Simmons
 Deb Shoopman
 Bob Blackmore
 Marvin Krekel
 Peter Storandt
 Jan Wheeler
 Sheila Berndt
 Steve Fellers
 Marilyn Moynagh
 Robert Proctor
 Janet Baker
 Myrna Jensen
 John Watson
 Mark Poe
 Sheri Olsson
 Sue Reynolds

Brenda Allen
 Tom Clark
 Donna Ollek
 Thomas Renshaw
 Lisa Crook
 Kenneth Howell
 Sondra Storrer
 Millie Turner
 Bernadette Gordanier
 Marilyn Ligon
 David Pyle
 Gerald Younker
 Marcia McCoy
 Carla Knoop
 Kimberly Lucas
 Virginia Cope
 Connie Schmidt

“Middle age is when your age starts to show around your middle.” - Bob Hope, U.S. comedian and actor.

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!

LeShara Fisher
 Linda Johnson
 Casey Jackson

Sue Meyers
 Dan Floyd
 Debbie Reiter

Cheryl Brueggeman
 Janet Baker
 Raymond Taylor
 Sandy Taylor

MONTHLY TIP: January Tips!

Focus on staying warm, active, hydrated, and socially connected to combat the winter blues and risks of cold weather, emphasizing indoor exercises, sunlight exposure, nutritious comfort foods, layered dressing, fall prevention (like checking for ice), and checking on loved community resources (like THE CENTER) for social activities.

GREETING CARD SALE! YOU'LL FIND ALL THE CARDS! 10 FOR \$1!

THE BUZZ

A MESSAGE FROM THE NEW PRESIDENT

First of all, thank you for voting for and electing me as President of the Senior Center board. I'm excited for 2026 and look forward to getting to know you better and making new friends. Secondly, I want you to bring your thoughts, ideas, suggestions and concerns to Kristina, myself or any board member. We are here for you and will work together to continue to make our center a warm, welcoming, safe place for all of us. I also want to remind you to speak kind and be kind to each and every person that comes through our doors. We don't know what a person is or may be going through and we should support each other. Remember the "Code of Conduct", it's in place for a reason. Lastly, I want to thank the outgoing board members, Roxann Cool, Mary Mays, Janet Spencer and Suzie Cawthorn for your years of service. I appreciate your leadership and guidance and I hope you will continue to support myself and the board as we move into the new year. Let's all work together to make the El Dorado Senior Center a place that the members of our community can't wait to be a part of!



Yours truly, Teri

KANSAS DAY EVENT

Join us **Wednesday, January 29th** as we celebrate our wonderful Sunflower State turning 165 years young! We've got a day packed with music, history, and delicious food!

Kathy Morrow and Teresa Bachman will be performing your favorite Kansas songs and sharing fun stories about our state's history. You'll laugh, sing along, and maybe even learn a thing or two, like which Kansas town claims to have more cows than people... or was that just my neighbor's imagination?

Come hungry! We're serving smoked turkey with all the fixins, homemade bread, and yes, sunflower cake for dessert! Because every Kansas birthday deserves cake... and maybe a little extra frosting for good luck.

- Lunch: 11:30 AM
- Program: 11:45 AM
- RSVP: Call 316-321-0142, stop by the kitchen, or the office, don't be shy!

Let's celebrate Kansas, enjoy great food, and have fun together. Here's to you, Kansas, 165 never looked so good!

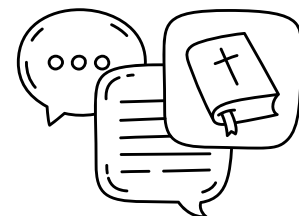
NEW SUNDAY BIBLE STUDY GROUP STARTING

Children of God - Bible Remnant Church will be launching a new, informal Sunday Bible Study Group at the El Dorado Senior Center. A Dedication Service is scheduled for **Sunday, January 4, 2026**, and all are welcome to attend.

This group is modeled after Acts 2:42 and will focus on fellowship, prayer, Bible study, and growth in Christ. The format will be senior-led, discussion-based, and welcoming to anyone seeking God, regardless of age. Family and friends are encouraged to attend.

January 4 Schedule:

- 1:30 PM - Setup
- 2:00-3:00 PM - Fellowship, snacks, hymns
- 3:00-4:00 PM - Dedication Service & Bible Study
- 4:00-4:30 PM - Clean-up



Please call Joe Hunter at 325-276-7552 if you plan to attend so enough refreshments are available.

All are invited, come as you are and join in fellowship and study.

THE BUZZ

DID YOU KNOW? NOTARY SERVICES AVAILABLE!

Here's a helpful perk just for our members! The Senior Center Director is a certified Notary Public and is happy to offer free notary services to our members.

If you have a document that needs to be notarized, simply make an appointment with the Director. This service is available by appointment only to ensure everyone gets the time and attention they need.



Who: Members only

Cost: Free

How to schedule: Stop by the office or give us a call at 316-321-0142.

It's just one more way we're here to support you, because convenience and service matter!

STAY IN THE KNOW — JOIN US AT A BOARD MEETING!

Curious about what's happening behind the scenes at the Senior Center? Here's another great way to stay informed and connected: attend a Board Meeting!

All active members are welcome to sit in and listen as the Board discusses updates, plans, and the future of the Center. While visitors aren't able to speak, vote, or remain during executive session, your presence is always valued. It's a wonderful way to stay involved, understand how decisions are made, and support transparency within our Center.

When: Every third Wednesday of the month

Time: 9:30 AM

Where: Craft Room

We love an engaged membership, and this is just one more way to be part of the heartbeat of the Center. We hope to see you there!

FREE TAX PREP WITH AARP FOUNDATION TAX-AIDE

Tax season is just around the corner, but don't worry, we've got you covered! The AARP Foundation Tax-Aide program offers free tax preparation, with a special focus on older adults with low to moderate incomes.

Sign-ups start January 5th

Give us a call at 316-321-0142 or stop by the office to secure your spot. Appointments will fill up fast, no walk-ins allowed.

Details:

Dates: Thursdays, February 5th to April 9th

Times: 9:00 AM to 3:0 PM

Duration: 1-hour time slots



Let the pros handle the paperwork while you sit back and relax, taxes don't have to be stressful when you have the right help!

TIME TO RENEW YOUR MEMBERSHIP!



For just \$10, pop by the office and renew your membership to keep all the fun (and perks) coming! Members get the good stuff, benefits non-members can only wish they had, so don't be left out.

Renew today and let the good times keep rolling!

P.S. To save costs (and wallet space), we won't be printing paper membership cards this year.

THE BUZZ

MARTIN LUTHER KING JR. DAY - YOU'RE INVITED: A DAY OF SERVICE & GIVING

The First United Methodist Church has warmly invited our members to take part in their Annual Day of Service, a beautiful opportunity to give back, connect, and make a difference together.

On **Monday, January 19th**, volunteers will be sewing and assembling items to support meaningful local causes, including: cloth bags with hygiene kits for Ember Hope Youth and cloth rice bags for the OB Floor at Susan B. Allen Memorial Hospital.

Schedule:

- Check-in: 9:00 AM
- Sewing & assembling: 9:30 AM – 2:00 PM
- Light lunch provided

Whether you sew, sort, or simply lend a helping hand, your presence will be a gift. For questions, please contact Shelley Shipman at 316-323-2393.

COLD WEATHER POLICY: YOUR SAFETY COMES FIRST

When winter weather moves in, the Center may close for safety reasons. We will be closed if USD 490 closes, or if the director determines that road conditions or extreme cold make travel unsafe.

How you'll know:

- Text message
- Email
- Announcements on local news channels
- Updates on our Facebook page

Please always check before heading out during bad weather. Your safety is our number one concern, and we truly appreciate your understanding as we make decisions with everyone's well-being in mind. Stay warm and stay safe!

DOUBLE THE FUN: CREATE & DISCOVER DAY!

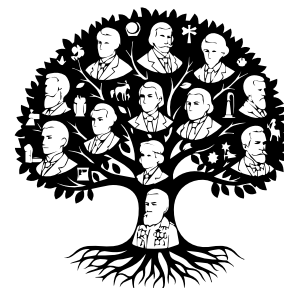
Mark your calendars for **Thursday, January 15th**, we're packing two great events into one fun-filled afternoon!

T-Shirt Bar with Amy K!

12:30 – 2:30 PM

Get creative and design your own custom T-shirt!

- \$10 for your first shirt
- \$15 for each additional shirt
- Perfect for gifts, or a little something just for you!



Genealogy Class

1:00 PM | North Side

- Curious about your family roots? Join us to learn tips and tools for tracing your family history and discovering where you came from.

Please sign up for both events, either by calling the office or using the sign-up sheets at the center.

NEW WRITING GROUP STARTING IN JANUARY: "WRITE TIME"

If you love writing prose or poetry, or have always wanted to tell your story for family and friends, this is your moment! Join us for "Write Time" on the north side, beginning **Wednesday, January 14th at 1 P.**

HOLIDAY SCHEDULE REMINDER

Just a friendly reminder that we will be **closing on NOON on Wednesday, December 31st and CLOSED January 1st and 2nd. The Center will also be closed on Monday, January 19th in observance of Martin Luther King Jr. Day.**



LUNCH 'N LEARN SERIES

COUNTRY MUSIC & GOOD COMPANY

Get ready to tap your toes and sing along! On **Tuesday, January 6th at 11:45 AM**, we're excited to welcome Gary Grove to the Center for a special Lunch 'N Lyrics filled with good 'ole country music.

Gary is bringing his guitar, his voice, and a whole lot of heart, all we need is you! Come enjoy familiar tunes, hum along, clap, sing, or just sit back and soak in the music while enjoying lunch with friends.

Your part: show up, listen, tap those toes and sign along if the spirit moves you!

Let's give Gary a warm Senior Center welcome and make this a Lunch 'N Lyrics to remember. See you there!

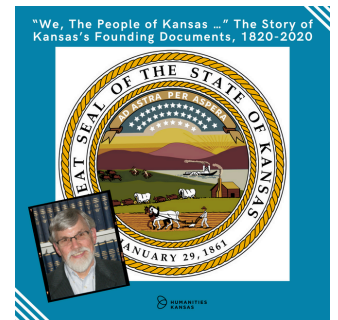


A KANSAS HISTORY YOU'LL LOVE!

Join us on **Tuesday, January 20th at 11:45 AM** for a fascinating (and fun!) Lunch 'N Learn all about Kansas's founding story. Historian Virgil Dean will bring history to life as he shares how the Wyandotte Constitution of 1859 helped shape Kansas, covering everything from our rights and government to schools, elections, and local communities.

You'll also hear about other important documents that helped form our state and why they still matter today. This engaging program is part of Humanities Kansas's Speakers Bureau and the 21st Century Civics series, celebrating Kansas history and our shared role in democracy.

Come enjoy lunch, learn something new, and take pride in the story of "We, the People of Kansas."



HOSPICE MYTH-BUSTING 101

Join us on **Friday, January 23rd at 11:45 AM** for an eye-opening and reassuring Lunch 'N Learn with Lesly and Kim from Compassus. They'll be here to bust common myths about hospice and share the facts, no pressure, just helpful information.



This is a great opportunity to ask questions, learn the truth, and feel empowered with knowledge, all while enjoying lunch with friends. Come curious, leave informed!

RED, WHITE & YOU!

Mark your calendars for **Tuesday, January 27th at 11:45 AM** and join us for a fun and meaningful Lunch 'N Learn with Terrie Cook from the VFW Post 1174 Auxiliary!

Terrie will share the history of the VFW Auxiliary, how everyday citizens can get involved, and the many programs that support our local Veterans and their families. From community service to honoring those who served, you'll learn how the Auxiliary makes a real difference, right here at home.

Come enjoy lunch, hear some great stories, and discover ways to show your support for those who've served our country. It's informative, inspiring, and a wonderful way to connect with your community



THE BUZZ



BOARD MEETING HIGHLIGHTS: TRANSPARENCY FOR OUR MEMBERS

December 2025 Board Meeting Highlights

Treasurer's Report:

- November Beginning Balance: \$119,762.35
- November Income: \$5,857.02
- Expenses: \$11,366.90
- November Ending Balance: \$114,252.47

Director's Report: 15 New members

- Total Members: 534
- 2026 Renewals: 92

Old Business:

- Committees: Fundraising, Events, and Decorating committee updates:
 - Updated on November & December Events

New Business:

- Election of Board Officers: President - Teri Bowlin, Vice President - Ronnie Folden, Members at Large - John Watson & Mark Somerville. Pam Keen was also elected by current president to continue the secretary position as Janet Spencer has resigned.
- Schedule Board Orientation: Scheduled for January 8th 10am.
- Bible Study Group: An individual had approached the center wanting to start a new Bible study group on Sundays. The board decided to allow the group to meet on Sunday unless there is a rental. Will give new group 30 days and then revisit going forward.
- Keyless Doors: Discussion on the installation of keyless doors. This would help with rentals along with evening/weekend groups that would like to meet at the center. Motion Carried to have installed.

New Programs:

- AARP Taxes - Will start scheduling first part of January. Will only have two individuals preparing taxes and will be on Thursdays.

Upcoming Events:

- Potluck - Monday, February 2 @ 5:30 PM
- Kansas Day w/ Kathy Morrow and Teresa Bachman - January 29th 11:30A
- Humanities Kansas Speaker - Virgil Dean "We the People of KS", Tuesday, January 20th @ 11:30A

Miscellaneous:

- Code of Conduct review. Important that every members treats each other with respect.
- Reminder on how the Cold Weather Policy works. If USD 490 cancels or if the roads/temperatures are unsafe, the center will be CLOSED.
- Water Leak: December 8th the main water line had a leak. City fixed it.
- Thankful for the members who continue to donate the protein for our lunch program!

Thank you to our outgoing board members!

Thank you for supporting the El Dorado Senior Center!

JANUARY 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.

CARRY-OUT AVAILABLE!

ALL MEALS SERVED WITH DESSERT.

Monday	Tuesday	Wednesday	Thursday	Friday
			CLOSED 1 	CLOSED 2 
5 Tomato Basil Soup & Grilled Ham & Cheese Sandwich	6 Fajita Chicken & Rice	7 Salmon Patties Hash Brown Casserole Creamed Peas	8 Hamburgers & Sweet Potato Fries	9 BBQ Chicken & Garlic Roasted Potatoes
12 Chicken Noodle Soup Biscuits	13 Meatloaf	14 Fish Sticks Mac & Cheese	15 Chili Dogs & Tater Tots	16 Open faced Chicken Sandwich
CLOSED 19 	20 Green Enchilada Casserole Hominy Bake	21 Pancakes and Sausage Patties	22 Ham and Potato Soup Grilled Cheese	23 Chicken Fried Steak Mashed Potatoes w/ Cream Gravy Buttered Corn
26 Chicken & Noodles over Mashed Potatoes	27 Taco Salad	28 Creamy Garlic Chicken Pasta	29 KANSAS DAY Turkey w/ Rice Pilaf Green Bean Almondine Homemade Bread	30 Pulled Pork Dirty Mashed Potatoes Green Beans


REMINDER! NO POTLUCK IN JANUARY!

JANUARY 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!



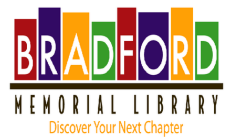
Monday	Tuesday	Wednesday	Thursday	Friday
			CLOSED 1 HAPPY <i>New Year</i>	CLOSED 2 2026
5 Coffee - 9 A Walking - 9 A Aerobics - 10 A Seated Core - 10:30 A Lunch - 11:30 A Mexican Train - 12:30 P Open Games - 2 P	6 Coffee - 9 A Gospel Sing-A-Long 9 A Bible Study - 10 A Chair Yoga - 11:15 A Lunch - 11:30 A Lunch 'N Lyrics - 11:45 Bingo - 12:30 Open Games - 2 P	7 Coffee - 9 A Drawing Class - 9:15 A Holiday Brunch - 9:30 A Back to Balance - 10 A Cancer Support - 10:30 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P Open Games - 2 P	8 Coffee - 9 A Tai-Chi - 9:30 A Seated Core - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P	9 Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Aerobics - 10 A Seated Core - 10:30 A Lunch - 11:30 A Hand & Foot - 12:30 P
12 Coffee - 9 A Walking - 9 A Craft Club - 9:30 A Aerobics - 10 A Seated Core - 10:30 A Lunch - 11:30 A Mexican Train - 12:30 P Open Games - 2 P	13 Coffee - 9 A Gospel Sing-A-Long 9 A Bible Study - 10 A Chair Yoga - 11:15 A Lunch - 11:30 A BP Checks - 11:30 A Lunch 'N Learn 11:45 A Bingo w/Ben - 12:30 P Open Games - 2 P	14 Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Lunch - 11:30 A Cancer Support - 10:30 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P Write Time - 1 P Open Games - 2 P	15 Coffee - 9 A Tai-Chi - 9:30 A Seated Core - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P Genealogy Class - 1 P Open Games - 2 P	16 Coffee - 9 A Hermes Footcare - 9 A Cornhole - 9:30 A Lunch - 11:30 A Hand & Foot - 12:30 P Music Bingo - 2 P
CLOSED 19 	20 Coffee - 9 A Gospel Sing-A-Long 9 A Bible Study - 10 A Foot Care 9:30 A - 1 P Chair Yoga 11:15 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Bingo - 12:30 P Open Games - 2 P	21 Coffee - 9 A Drawing Class - 9:15 A BOARD MTG - 9:30 A Back to Balance - 10 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P Open Games - 2 P	22 Coffee - 9 A Tai-Chi - 9:30 A Seated Core - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P	23 Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Aerobics - 10 A Seated Core - 10:30 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Hand & Foot - 12:30 P
26 Coffee - 9 A Walking - 9 A Aerobics - 10 A Seated Core - 10:30 A Lunch - 11:30 A Mexican Train - 12:30 P Open Games - 2 P	27 Coffee - 9 A Gospel Sing-A-Long 9 A Bible Study - 10 A Chair Yoga - 11:15 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A Bingo - 12:30 P Open Games - 2 P	28 Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Grief Support - 10:30 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P Open Games - 2 P	29 Coffee - 9 A Tai-Chi - 9:30 A Seated Core - 10 A Lunch - 11:30 A KS Day Program 11:45 A Mexican Train - 12:30 P Pitch - 12:30 P Open Games - 2 P	30 Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Aerobics - 10 A Seated Core - 10:30 A Lunch - 11:30 A Hand & Foot - 12:30 P

KNOWLEDGE NUGGETS



- January 3 is marked as the Festival of Sleep Day, encouraging people to catch up on rest and relaxation after the busy holiday season.
- Jacob Grimm, one half of the famous Brothers Grimm, was born on January 4, 1785. The Grimm brothers are known for their collection of folktales, which include stories like Cinderella and Snow White.
- On January 8th, 1835, the United States government paid off its entire national debt for the first and only time in its history. President Andrew Jackson had managed to bring the debt down from \$58 million to zero.
- January 9th is National Law Enforcement Appreciation Day in the United States, an occasion to recognize and show gratitude for the brave men and women who work tirelessly to protect and serve their communities.
- On January 13, 1968, Johnny Cash performed a live concert for the inmates of Folsom Prison in California. This historic event led to the recording of the iconic album "At Folsom Prison" and marked a turning point in Cash's career.
- On January 18, 1778, English explorer Captain James Cook discovered the Hawaiian Islands, which he named the Sandwich Islands after the Earl of Sandwich, who was then the acting First Lord of the Admiralty.
- In 1901, Queen Victoria of the United Kingdom passed away on January 22nd. Her reign, which lasted 63 years, is the second longest in British history.
- On January 26th, 1905, the world's largest diamond, the Cullinan Diamond, was discovered in South Africa. The 3,106-carat gem was later cut into several smaller pieces, with the largest two now part of the British Crown Jewels.

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



ADVANTAGE MEDICARE OPEN ENROLLMENT

Advantage Medicare open enrollment is from January 1st to March 31st if someone already in an advantage plan wants to change to a different advantage plan or back to original Medicare. Thrive is officially closed the whole week of Christmas and January 1st.

THRIVE SERVICES

Thrive is here to help you navigate online resources and complete forms for benefits such as Social Security, Medicare, the Healthcare Marketplace, insurance, Medicaid, food assistance, disability, LIEAP, and more. Their services are free and designed to help you find the resources that best fit your situation.

Please contact Andrea Campbell - 785-230-8809 or by email: andrea@thriveallencounty.org or Heather Patterson - 316-737-8170 or by email: heather@thriveallencounty.org to schedule an appointment. THRIVE KS, also has an office in the center for your needs!

FREE CLOTHING AND MORE!

In need of clothing or household items?

Family Worship Center offers free resources to those in need, no proof of income required.

Hours:

- Tuesdays: 9:00 AM - 2:00 PM
- 2nd Saturday of each month: 9:00 AM - 2:00 PM

Donations are accepted during open hours only. 701 S. Atchison.

KNOW OF OTHER RESOURCES AVAILABLE? LET THE OFFICE KNOW!

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:

JANUARY 20

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.

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 1-800-922-5330. Your call will be confidential, and support is available.

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.

DATE:

JANUARY 16

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:

JANUARY 14

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.

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

OUR
GROUPS:

STRONGER
TOGETHER

ALL
GROUPS
MEET AT
210 EAST
2ND AVE.

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

HEALING STARTS WITH
A CONVERSATION.



JANUARY

Crossword



ACROSS

- 1 January 15th, Civil Rights leader's birthday
- 7 Traditional Scottish celebration on January 25th
- 8 Winter constellation known as the Hunter
- 9 Martin Luther King Jr.'s famous speech: "I Have a _____"
- 11 Zodiac sign for most of January
- 12 Animal that predicts the weather on February 2nd
- 13 January is National _____ Month
- 15 January 28th, International _____ Data Privacy Day
- 16 Famous American folk festival in January
- 19 January 21st, National _____ Hugging Day
- 24 January 1st, the start of a new year
- 25 January's birth flower
- 26 National Soup _____ Month
- 27 New Year's _____ (traditional song)
- 28 January's average temperature is often below _____

DOWN

- 2 Traditional January drink to stay warm
- 3 January's gemstone color
- 4 Birthstone for January
- 5 January's weather phenomenon with freezing rain
- 6 Winter precipitation
- 7 Winter sport with skis and shooting
- 10 January is often associated with _____ resolutions
- 12 January is the first month of the _____ calendar
- 14 January 20th, U.S. Presidential _____ Day
- 17 January 6th celebration, also known as Three Kings' Day
- 18 January is often associated with new _____ and fresh stars
- 20 Popular January resolution
- 21 Winter Olympic Games are usually held in _____ years
- 22 Winter month with the shortest days
- 23 Winter headwear to keep warm



- BITTER
- BLIZZARD
- CALENDAR
- CELEBRATION
- FIREPLACE
- FREEZING
- FROST
- FROSTY
- HIBERNATION
- HOLIDAY
- HOT CHOCOLATE
- ICICLE
- INDOOR
- JANUARY
- MITTENS
- MLK DAY
- NEW YEAR
- PARKA
- POLAR
- RESOLUTION
- SCARF
- SKIING
- SLEDDING
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

LEADERSHIP LENS: A NOTE FROM THE DIRECTOR



Well friends... let's talk about what an incredible season this has been for our Senior Center.

First and foremost, thank you to every single person who took the time to vote, whether you came into the center or voted online. This year we had double the number of voters compared to past years, and that is no small thing. It tells me that you care, that your voices matter, and that this center truly belongs to you. There were even a few very close races, which made things exciting and showed just how engaged our members really are. I am genuinely excited to welcome and put our new board members to work as we continue strengthening this center as a safe, welcoming place of community for everyone.

And speaking of community, let's talk about our volunteers. I cannot say this enough: this center depends on you. From helping with meals, events, activities, setup, cleanup, and everything in between, you are the heartbeat of this place. Thank you for showing up, stepping in, and saying "yes" when help is needed. And if you're reading this and thinking, "I might have some time to help..." please come find me (seriously, hunt me down 😊). I promise you, I will keep you busy, and I promise it will be meaningful work. We are always looking for more helping hands and friendly faces.

Now... let's talk about our members, because WOW. When I first stepped into this role, I never imagined we would reach 400 members, let alone soar past 530. That number is a true testament to you, to this community, and to the growing energy of our center. I am so proud of that. But here's my loving challenge to you: I don't just want to see your name on our membership list, I want to see YOU in the building.

Yes, I'm talking directly to you. You know who you are. The sneakers are calling. Come on down! We have activities, events, classes, laughter, friendships, and opportunities happening every week. And if there's something you're looking for and don't see yet? Tell us. If we don't have it, we'll build it together.

Our new board orientation will take place the second week of January, and let me just say, 2026 is going to be BIG. I have ideas. The board has ideas. And I know you have ideas. If there's a group you'd like to start, a program you'd like to see, or something you've always wished the center offered, please speak up. That's how great things begin.

With patience, grace, teamwork, and maybe a few extra chairs, I truly believe we could reach 600 members in 2026. Where will everyone sit? I'm not entirely sure... but we'll adjust, we'll adapt, and we'll make it work. (Fire code says 198, but lucky for us, we've got two sides to this building!)

Here's to new faces, new friendships, new programs, and a year full of growth and joy. Happy New Year! We have big things ahead, and I cannot wait to see what we accomplish together.

Your Director ❤️
See you at the center!