

THE GOLDEN YEARS

The El Dorado Senior Center Monthly Newsletter



POTLUCK IS BACK, AND FEBRUARY IS A GRAND SLAM!

Dust off your mitts and bring your appetite, Potluck is back, and February's potluck is shaping up to be a real grand slam! We're thrilled to welcome Sheldon and Dave, along with a very special guest... Winston, the mascot from the El Dorado Walnuts!

This month's lineup is stacked with all-star fun, including a chance to win season tickets and other baseball tickets, talk about a home run! And of course, it wouldn't be a potluck without our door raffle and always-popular 50/50 raffle, so be sure to grab your tickets and take a swing at winning big.

Join us for a winning combination of great food, fun presentation, laughter, and friendship. Whether you're a lifelong baseball fan or just here for the fellowship (and dessert), this is one event you won't want to strike out on. Come for the fun, stay for the friends, and leave full and smiling. Play ball, we'll 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



Date: Monday, February 2nd
Time: 5:30 PM

Main Course: BBQ Meatballs
Guest & Sponsor: El Dorado Walnuts Baseball Team

**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: PEG NOLAN
SECRETARY: PAM KEEN
MEMBER AT LARGE: JOHN WATSON
MEMBER AT LARGE: TERRY JORDAN
MEMBER AT LARGE: SUSAN JOHNSON
MEMBER AT LARGE: MARK SOMERVILLE
MEMBER AT LARGE: BARBARA HIGGINS

DIRECTOR - KRISTINA TRAINA
KITCHEN - ERIN MILE

**FOLLOW US ON OUR
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.

Connie Allmond
 Carol Bilson
 Martha Bishop
 Estela Bonilla
 Lance Booker
 Richard Clark
 W Denney Clements
 Glenna Dahna-Rogers
 Carolyn Dwire
 Jerry Evenson
 Lueata Evenson
 Brenda Farley
 LeShara Fisher
 Luci Florey
 Michael Fritschen
 Susan Gibreal
 Don Gilliland

Susan Gilliland
 Kay Griffith
 Marilyn Hamilton
 Susan Hanzlicek
 Viona Harris
 Barbara Higgins
 Amy Highmoor
 Valla Hind
 Karla Hobday
 Ronda Holt
 Alan Jaax
 Pam Keen
 Nancy King
 Kerri Larkin
 Beverly Love
 Mary Luck

Carla McCune
 Beulah McDowell
 Nancy McEachern
 Judith McIntosh
 Becky Minard
 Peggy Myers
 Timothy Myers
 Vicki Peacock
 Nancy Peterie
 Don Phillips
 Paulette Porter
 Alice Proctor
 Karen Schowalter
 Bert Smith
 Paul Whiteside
 Cindy Yordy

“My health is good; it’s my age that’s bad!” - Roy Acuff, US country music singer and song writer.

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!

Connie Worley
 Carolyn Andrews
 Ed Andrews
 Elfrieda Rader
 Brent Nearhood
 Cleta Rush

Starlene Nearhood
 Daisy Vance
 Karla Whitfield
 Marianne Cameron
 Nicole Haworth

Shirley Patton
 Terre Winstead
 Vicki McKain
 Carol Olcott
 Glenna Dahna-Rogers
 David Worley

MONTHLY FEBRUARY TIP

It's an ideal time for seniors to prioritize cardiovascular health by adopting a heart-smart diet low in sodium and trans fats, staying active with gentle indoor exercises, and managing stress. It is essential to stay warm to prevent joint pain, hydrate, and get 7-8 hours of sleep for heart health.

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

THE BUZZ



A MESSAGE FROM THE NEW VICE PRESIDENT

Hi! My name is Ronni Folden. I am the new Vice President of the board and I want say, "Thank you", to all those that voted in this past election.



On January 8th, we had our board orientation and I learned a lot about what it takes to run the center on a daily basis.

2026 is going to be an exciting year! We have so many things in the works so make sure you are ready to have fun!

We invite everybody to come have lunch with us, its the best food and deal in town!

I want to say that our members are the heart of the ESC and we value everyone!

If you have questions or concerns, I am always here to help!

Your friend, Ronni

GET INVOLVED: WE'RE BUILDING OUR COMMITTEES!

Ever wanted a say in the fun stuff? Now's your chance! We're forming several Senior Center Committees, and we're looking for 5-7 members for each one. Don't worry, this isn't a full-time job, no long meetings, and no stress involved.

Here's what each committee does:

- Fundraising & Budget Committee
Helps brainstorm fundraising ideas, supports budget planning, and help ensure funds are used wisely so we can continue offering great programs and meals.
- Event Committee
Plans special events, activities, and celebrations that bring our members together for fun and fellowship.
- Decoration Committee
Adds the sparkle! Helps decorate for holidays, special events, and seasonal themes to keep our center warm, welcoming, and cheerful.
- Lunch Committee
Works with staff to provide feedback, suggest menu ideas, and help keep our daily lunches enjoyable and successful.

The time commitment is minimal, the appreciation is huge, and the impact is meaningful. If you have ideas, opinions, or simply enjoy helping out, we'd love to have you involved.

Interested? Please contact the office to sign up or learn more. Because this center is better when everyone is involved!

CLIP IT, DROP IT, SHARE THE SAVINGS!

Got coupons you won't use? Don't toss them, share them! We've started a Coupon Exchange Basket at the Center, and it's already a great way for members to help one another save a few extra dollars.

Simply bring in coupons you can't use and place them in the basket. Take a peek while you're there, you might find just the coupon you've been looking for! Every little bit helps, and those small savings can really add up.

Let's help each other out, one coupon at a time. Sharing is saving!

NEW KITCHEN HELPER, COME MEET HER!

We recently hired Erin Mile, as our part-time kitchen helper. Erin is friendly and ready to help serve you all. Please, come in and introduce yourself and stay for a meal!

THE BUZZ

OUR COMMITMENT TO A SAFE & RESPECTFUL COMMUNITY

The El Dorado Senior Center is a community-based organization dedicated to supporting a healthy, independent, and active lifestyle for adults age 50 and better. Above all else, our center is meant to be a place of safety, respect, kindness, and belonging for everyone who walks through our doors.

To protect that environment, we ask all members, participants, volunteers, guests, and staff to treat one another with courtesy and dignity at all times. Abusive language or behavior, bullying, harassment, intimidation, threats, unsafe actions, possession of weapons or dangerous materials, fraudulent activity, or failure to follow center policies will not be tolerated. Any behavior that interferes with the enjoyment or safety of others may result in consequences, up to and including removal from the center and revocation of membership.

This Code of Conduct is posted throughout the building as a reminder of the values we share. If you have questions, concerns, or witness behavior that does not align with these expectations, please bring it directly to the Director. Your voice matters, and your safety is important to us. Thank you for helping make the El Dorado Senior Center a welcoming place for all.

PACK YOUR BAGS, WE'RE HEADED TO BRANSON!

It's official... we're going on a trip! Get ready for Branson 2026, coming **September 28 – October 2**, and yes, it's going to be a good one.



This 5 days / 4 nights adventure includes transportation from the Center to every destination, so all you have to do is show up and enjoy the ride. Along the way, you'll enjoy 8 meals, a visit to Branson Landing, 3 daytime shows, 3 nighttime shows, and plenty of laughter in between.

And let's be honest, the best part? Making memories with the coolest group of people around. Friends, fun, music, and maybe a little shopping... what more could you ask for?

Trip Cost: \$679

Payment plans are available: please check with the office to get set up.

Full payment is due by July 10, so don't wait too long to claim your spot!

Spots will fill fast, so swing by the office, grab the details, and start dreaming of Branson. This is one trip you won't want to miss!

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 have started, so call **316-321-0142** or stop by the center to get sign-up!



Taxes will be completed on **THURSDAY** this year!

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.

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



THE BUZZ

DUST OFF YOUR DANCING SHOES! LIVE MUSIC IS BACK!

It's time to clear the floor because dances and live bands are back at the Senior Center! We're kicking things off with a crowd favorite, Rusty Rierson, and we couldn't think of a better way to get everyone moving.

We've also got a new rhythm going, live music and dances will now be held on the **FOURTH FRIDAY** of each month, so mark those calendars!

FRIDAY, FEBRUARY 27, 6:30 PM, \$5 ENTRY FEE

Whether you're dancing all night or just tapping your toes and enjoying the music, it's sure to be a boot-scootin', smile-making good time. Bring a friend, bring your dancing spirit, and come enjoy an evening of music, laughter, and great company. We'll see you on the dance floor!



SHOW YOUR SUPPORT — CITY COMMISSION PRESENTATION

The Senior Center Director will be making their semi-annual presentation to the City Commission on **Monday, February 16 at 5:30 PM**, and we would love to see a full commission room!

This is a wonderful opportunity to share and celebrate all the amazing programs, activities, growth, and community connections happening at our center. We are proud of what we've built together and excited to "brag a little" about the incredible members who make this place so special.

Please mark your calendars and consider joining us. Your presence shows support, speaks volumes, and truly means everything to us. Thank you for being such an important part of our Senior Center family.

GAME ON! A NEW ACTIVITY IS HERE!

Good news for our card players and game lovers! We're launching a new game time for those who just want to sit down and play Pinochle, Chess, Backgammon, and more.



Every 2nd & 4th Friday | 12:30 PM



This is a special time and place just for games, no pressure, no lessons required, just friendly competition and lots of laughs. If there isn't a game out, we'll provide one, so all you need to bring is yourself!

It's time to shuffle the cards, make your move, and find out... who is the master gamer of the Center?

SOMETHING NEW IS GROWING AT THE SENIOR CENTER!

We're excited to partner with the K-State Research and Extension – Butler County, who will be bringing in plant seeds for members to take home and grow!



These seeds are perfect for small pots, easy to maintain, and designed for success, even for those of us who may not have the greenest thumbs (no judgment... I'm right there with you 😊).

Be on the lookout for our NEW Seed Library, where you can pick up seeds, try your hand at growing something new, and enjoy the simple joy of watching it grow.

ENCORE COMING!

We're excited to share that the El Dorado High School Encore Music Group will be making a special appearance at the Senior Center to help us celebrate Valentine's Day! Join us on **Friday, February 13 at 11:45 AM** for a heart-warming musical performance sure to bring smiles, memories, and a little extra love to your day. It's a wonderful opportunity to enjoy talented local students and celebrate the season of friendship and kindness together.

LUNCH 'N LEARN SERIES

COMFORT, CARE & MYTH-BUSTING

We had to reschedule due to the cold temperatures last Friday, but we're excited to welcome Lesly and Kim from Compassus back to the Center for two informative and reassuring Lunch 'N Learn presentations.



- Tuesday, February 3 at 11:45 AM
Comfort and Care: Learn what comfort-focused care truly means and how it supports individuals and families with compassion and dignity.
- Thursday, February 27 at 11:45 AM
Myth-Busting 101: Common myths about hospice will be addressed, facts will be shared, and questions are encouraged.

Both sessions are pressure-free, welcoming, and designed to provide helpful, honest information. This is a great opportunity to ask questions, gain clarity, and feel more confident and empowered with your knowledge.

YES, THE LIBRARY DOES THAT!

Join us on **Tuesday, February 17 at 11:45 AM** for a special presentation with Debbie Hill from the Bradford Memorial Library. Debbie is excited to share all the wonderful resources and services your public library has to offer!



She'll be talking about programs and materials designed with our members in mind, including large print books, delivery services, talking books and CDs, audiobooks you can enjoy on your phone, tablet, or computer, and movies on DVD.

Whether you're an avid reader, a movie lover, or just curious about what's available, this presentation is a great way to learn how the library can bring more enjoyment and convenience into your life.

GOOD DEEDS THAT PAY OFF!

Join us on **Friday, February 20th at 11:45 AM** for a special presentation with Keri Tucker from the Butler County Department on Aging, who will be here to talk about the RSVP (Retired & Senior Volunteer Program) through AmeriCorps.

RSVP is a wonderful opportunity for adults in the senior demographic to volunteer in the community and receive compensation for their time. Best of all, you're not limited to volunteering at the Senior Center, participants can serve with a variety of local non-profits and organizations throughout the community.

If you enjoy giving back, staying active, and making a difference (with a little extra incentive), this is a great program to learn about. Come hear the details, ask questions, and see if RSVP might be a good fit for you!

A MUSICAL TRIP DOWN MEMORY LANE

On **Tuesday, February 24th at 11:45 AM** we are planning a truly special guest when the local Daughters of the American Revolution (DAR) visit the Center for a musical performance you won't want to miss.

They'll be performing beloved World War II favorites and classic Doris Day songs, sure to bring back wonderful memories, toe-tapping tunes, and plenty of smiles.

This will be a heart-warming blend of music, history, and celebration, and a lovely way to spend time together enjoying songs we know and love.

THE BUZZ

BOARD MEETING HIGHLIGHTS: TRANSPARENCY FOR OUR MEMBERS

January 2026 Board Meeting Highlights

Treasurer's Report:

- December Beginning Balance: \$114,252.47
- November Income: \$6,409.63
- Expenses: \$12,085.59
- November Ending Balance: \$108,576.51

Director's Report:

- New Members: 11
- 2026 Renewals: 202
- Total Members: 213

Old Business:

- Committees: Fundraising, Events, and Decorating committee updates:
 - Activities & Events 2026 presented by the Director.

New Business:

- Update from the new Sunday School Group
- Election of Board Officers: Assistant Secretary - Susan Johnson, Assistant Treasurer - Mark Somerville, Decorations, Fundraising, Events and Lunch Committee appointments.
- Tabitha Sharp, City of El Dorado representative, MOU will renew June 2026. Have correction/edits ready to give to City by March.
- Private Groups: Director created a "Private Group Use Agreement". Board will review and bring corrections to February meeting
- New Chairs: Director will start requesting bids for new chairs for the south side.
- Review of Director Duties: Director reviewed current duties and checklist. Board members will review and bring back corrections/edits to February meeting.

Upcoming Events:

- Potluck - Monday, February 2 @ 5:30 PM
- Kansas Day w/ Kathy Morrow and Teresa Bachman - January 29th 11:30A
- Dance/Live Music - Friday, February 27th @ 6:30 PM

Miscellaneous:

- New toilet installed in men's restroom on north side.
- Good To Be Clean to clean the fabric chairs.
- Renewed the Kitchen Food License
- Director will be presenting at the February 16th City Commission meeting
- Submitted 4th Quarter and End of Year report to the Department on Aging
- Working with Village Travel for bus trip end of September, beginning of October.
- Thankful for the members who continue to donate the protein for our lunch program!

Thank you for supporting the El Dorado Senior Center!

FEBRUARY 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
2 Chicken Broccoli Cream Soup	3 Ham & Potato Casserole	4 Vegetable Beef Soup	5 Smothered Chicken Fried Steak w/ Brown Gravy	6 Pork Tacos Mexican Rice
9 Philly Cheese Steak Sloppy Joes	10 Bacon Cheeseburger Soup	11 Turkey & Dressing Casserole	12 Hamburgers French Fries	13 Ziti Italian Casserole Garden Salad
16 Calico Bean Soup Cornbread	17 Teriyaki Chicken Casserole	18 Sausage & Egg Bake	19 Mexican Green Chili Stew	20 Swiss Steak Mashed Potatoes
23 Taco Salad	24 Chicken Alfredo Ceasar Salad	25 Amish Hamburger Steak Bake	26 Frito Chili Pie	27 Spaghetti

All you need is love. But a little chocolate now and then doesn't hurt.
Charles M. Schulz



REMINDER! POTLUCK FEBRUARY 2ND



FEBRUARY 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>2</p> <p>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 Potluck - 5:30 P</p>	<p>3</p> <p>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</p>	<p>4</p> <p>Coffee - 9 A Drawing Class - 9:15 A Back to Balance - 10 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P</p>	<p>5</p> <p>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</p>	<p>6</p> <p>Coffee - 9 A Hermes Footcare - 9 A Cornhole - 9:30 A Lunch - 11:30 A Hand & Foot - 12:30 P Music Bingo - 2 P</p>
<p>9</p> <p>Coffee - 9 A Walking - 9 A Aerobics - 10 A Seated Core - 10:30 A Lunch - 11:30 A Mexican Train - 12:30 P</p>	<p>10</p> <p>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 Lyrics - 11:45 Bingo w/Ben - 12:30 P Open Games - 2 P</p>	<p>11</p> <p>Coffee - 9 A Drawing Class - 9:15 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 Write Time - 1 P</p>	<p>12</p> <p>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</p>	<p>13</p> <p>Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Aerobics - 10 A Seated Core - 10:30 A Lunch - 11:30 A NEW GAMES - 12:30 P</p>
<p>16</p> <p>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 City Comm. - 5:30 P ALZ/Dementia - 5:30 P</p>	<p>17</p> <p>Coffee - 9 A Gospel Sing-A-Long 9 A Foot Care 9:30 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</p>	<p>18</p> <p>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 Write Time - 1 P</p>	<p>19</p> <p>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</p>	<p>20</p> <p>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 Music Bingo - 2 P</p>
<p>23</p> <p>Coffee - 9 A Walking - 9 A Aerobics - 10 A Seated Core - 10:30 A Lunch - 11:30 A Mexican Train - 12:30 P</p>	<p>24</p> <p>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</p>	<p>25</p> <p>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</p>	<p>26</p> <p>Coffee - 9 A Tai-Chi - 9:30 A Seated Core - 10 A Genealogy Class - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P</p>	<p>27</p> <p>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 NEW GAMES - 12:30 P Dance - 6:30 P</p>



Any age is the right age to be active!



KNOWLEDGE NUGGETS



- February 2nd is Groundhog Day in the United States and Canada. This tradition involves a groundhog predicting the weather by its reaction to sunlight. If the groundhog sees its shadow, there will be six more weeks of winter.
- February 4 is National Homemade Soup Day in the United States, honoring the tradition of creating warm and comforting soups, particularly during the cold winter months.
- On February 7, 1935, Monopoly was introduced by Parker Brothers. The classic board game was invented by Charles Darrow and has become a worldwide favorite, selling millions of copies and being translated into more than 30 languages.
- February 10th, 2008, the United States passed a \$168 billion stimulus package to combat the financial crisis at the time.
- Ferris Wheel Day is celebrated on February 14th to remember George Washington Gale Ferris Jr.'s birthday. He was the inventor of the famous amusement park ride, the Ferris Wheel, first introduced at the 1893 Chicago World's Fair.
- February 20, 1902, marked the birth of renowned American photographer Ansel Adams. He became famous for his black-and-white images depicting the natural beauty of the American West.
- On February 24th, 1982, a record 120 million viewers tuned in to watch M*A*S*H's final episode. The highly popular television series followed a team of doctors and support staff during the Korean War.
- On February 28th, 1932, the last Ford Model A was produced. This iconic vehicle played a significant role in ushering in the era of mass-produced affordable automobiles.

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. LIEAP is taking applications for energy assistance starting January 20th through March 31st, 2026.

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:

FEBRUARY 17

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.

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:

FEBRUARY 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.

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:

FEBRUARY 6

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**

**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

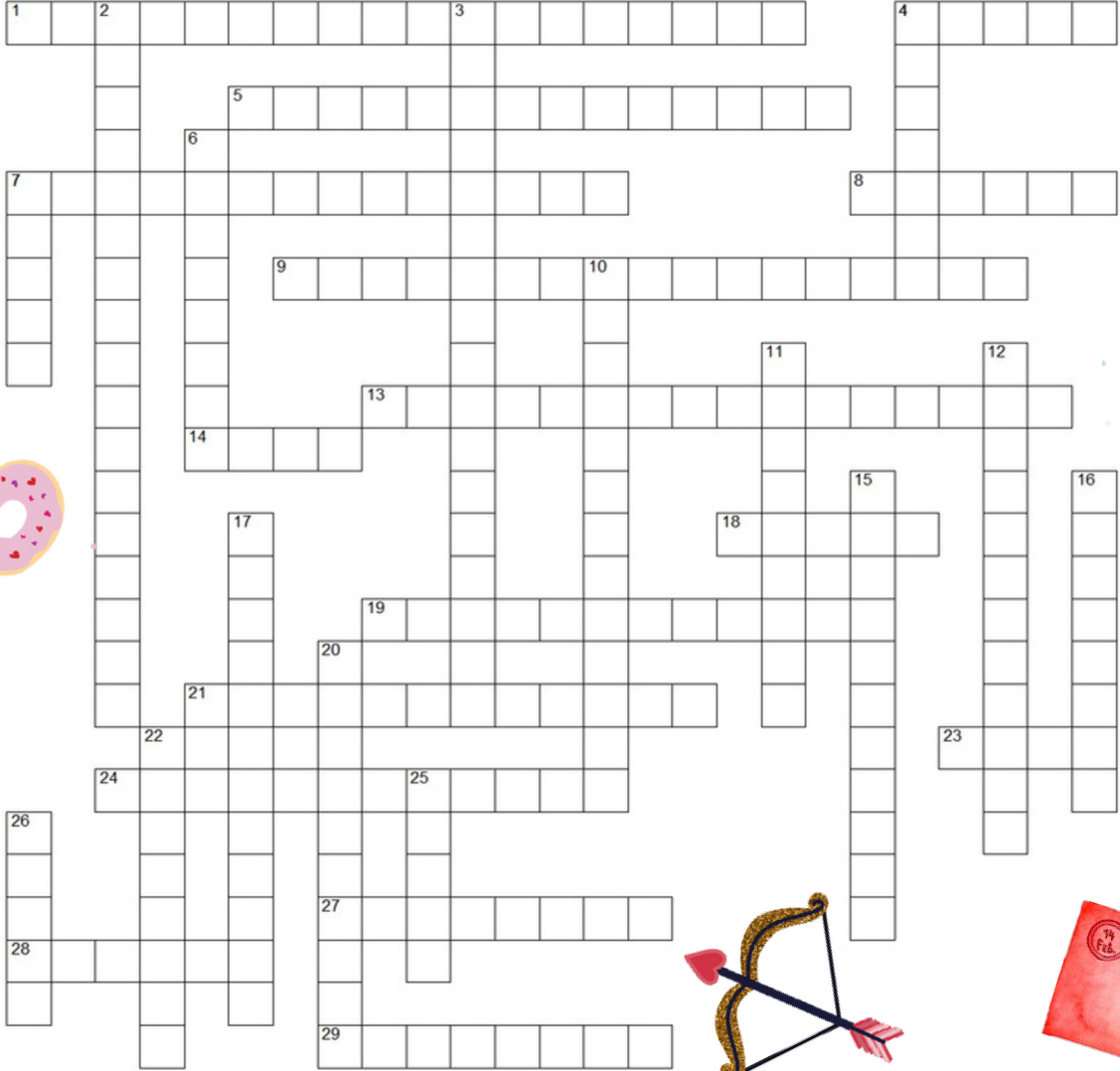
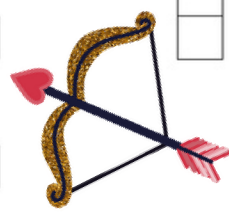
**ALL
GROUPS
MEET AT
210 EAST
2ND AVE.**



**HEALING STARTS WITH
A CONVERSATION.**




FEBRUARY



Across

Down

- | | | | |
|--|---|--|---|
| <p>1. February 17th, celebrating the adoption of the first electric streetcar</p> <p>4. Birthstone alternative for February</p> <p>5. Shakespearean play with a famous balcony scene</p> <p>7. Famous U.S. president born on February 7, 1812</p> <p>8. Traditional flower associated with February</p> <p>9. Traditional February activity with red and pink cards</p> <p>13. Famous U.S. president born on February 22nd</p> <p>14. Traditional February bird associated with love and courtship</p> <p>18. Cupid's weapon</p> | <p>19. February celestial event known for its red hue</p> <p>21. February 2nd tradition predicting early spring or more winter</p> <p>23. Roman god associated with February</p> <p>24. February 24th, recognizing the importance of educators</p> <p>27. Birthstone of February</p> <p>28. Annual awards ceremony honoring outstanding film achievements</p> <p>29. Zodiac sign for most of February</p> | <p>2. February 26th, recognizing the role of fairies in literature and folklore</p> <p>3. February event celebrating the history and achievements of African Americans</p> <p>4. Love symbolized by a red heart</p> <p>6. February weather condition characterized by heavy snowfall</p> <p>7. Traditional February dish often made with beans</p> <p>10. Romantic holiday</p> <p>11. Traditional February dessert with a cherry filling</p> <p>12. Traditional February beverage associated with warmth</p> | <p>15. February 14th tradition involving the exchange of romantic messages</p> <p>16. Birth flower associated with February</p> <p>17. February phenomenon involving the alignment of the sun, Earth, and an object in space</p> <p>20. Roman festival in February dedicated to the god of purification</p> <p>22. Second month of the year</p> <p>25. February weather phenomenon with frozen rain</p> <p>26. Winter constellation visible in February</p> |
|--|---|--|---|



- AQUARIUS
- CANDLELIGHT
- CARNATION
- CHOCOLATE
- COZY
- CUPID
- FEBRUARY
- FIREPLACE
- FRIENDSHIP
- GROUNDHOG DAY
- HEART
- HUG
- KISS
- LEAP YEAR
- LOVE
- MARDI GRAS
- PINK
- PISCES
- PRESIDENTS DAY
- RED
- ROMANCE
- ROSES
- SKIING
- SNOW
- SWEETHEART
- VALENTINE
- WINTER

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

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

LEADERSHIP LENS: A NOTE FROM THE DIRECTOR

Wow... what a month it has been here at the El Dorado Senior Center! Every day I walk through these doors, I'm reminded of why this place matters so much and why I truly love what I do. There is a special kind of joy in seeing our center so full of life, laughter, and connection.



One of the highlights of early January was welcoming our Board Members for orientation. It was an incredibly productive and meaningful time together. We were fortunate to have the Director of the Department on Aging join us to explain how funding works, what support we receive through the county mill levy, and to provide a clear overview of our bus transportation program. This orientation was a fantastic opportunity to walk through the ins and outs of the Center, our mission, our goals, and how everything comes together to serve our members each day.

Most importantly, it gave us space to talk about new programs, fresh ideas, and the future of the center. I challenged each board member to be more involved, to take ownership, and to help champion the exciting ideas we're building together. Their enthusiasm and commitment left me feeling energized and incredibly optimistic about what's ahead.

And then there's the everyday magic happening inside these walls. Nothing makes me happier than walking into a packed lunch room, hearing conversations fill the space, and watching friends linger long after the meal is over. It's not just about the food (though it is pretty great!), it's about the friendships, the laughter, and that feeling of belonging. If we need to pull out a few extra chairs, I consider that a very good problem to have.

We've also seen wonderful growth and momentum with new activities, programs, and partnerships. It's been especially exciting to welcome new faces into the center and see longtime members trying something new. From game days and live music to trips, presentations, and hands-on activities, there truly is something for everyone, and the energy is contagious.

This momentum doesn't happen by accident. It happens because of you. Our members, volunteers, staff, and board all play a role in making the Senior Center a place that feels welcoming, safe, and full of opportunity. The small things, a kind word, a helping hand, an idea shared, are what make the biggest difference.

As I look ahead, I am genuinely excited to begin planning all the amazing activities we have in store for 2026. With the involvement, creativity, and heart I see every day, I know it's going to be a fantastic year. We are growing together, learning together, and building something truly special.

Thank you for showing up, for being involved, and for helping make the El Dorado Senior Center such a vibrant community. I can't wait to see what we accomplish together next.

With gratitude, excitement, and maybe one extra dessert at lunch,

Your Director ❤️
See you at the center!