

THE GOLDEN YEARS

The El Dorado Senior Center Monthly Newsletter



OHOO MARCH POTLUCK IS GOING TO BE A GOOD ONE!

Join us **Monday, March 2nd at 5:30 PM** for an evening full of delicious food, great company, and a little extra fun sprinkled in.

Our special guest speaker is Warren Martin, Executive Director of Kansas Strong. Warren is a nationally recognized leadership speaker, author of five books, and has worked in 28 countries inspiring others to reach their full potential. He's also served as Executive Director of the Kansas Oil Museum and the General Tommy Franks Leadership Institute and Museum. We're excited to welcome someone with such a passion for investing in people, and lucky for us, he calls El Dorado home!

Don't forget out door prizes and 50/50 Raffle (bring a dollar or five and try your luck!)

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



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

Main Course: Sloppy Joes

Guest: Warren Martin, Executive Director of KS Strong

Sponsor: AMR Clinical



Come hungry. Bring a friend. Stay for the fun and inspiration. March is showing up in style, and so should you!

**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**

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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.

Loresa Lewis
Wayne Kavanaugh
Dana Shaft
Bill Doan
Jim Knight
Gina Greenlee
Harvy Hofstetter
Karla Duran
Tomi Jensen
Mary Boone
Earl Bell
Algene Clutter
Pam Smith
Bruce McCune
Cathy Howland

Pat Coiner
Lenora Gillett
Ronald Myers
Rex Short
Adele Wilkins
Joyce Crumrine
Diana Griffith
Dinah Trickey
Janet Schuldt
Kathy Johnson
Susan Dennis
Wanda Knowles
Chauncey Biby
Jeanette Snyder
Sandy Greenwood

Ali Halabi
Marsha Kane
Sharon Fox
Mary Delmez
Mary Mays
Patrick Riggle
Larry Wilson
Tom Farley
Linda Rumsey
Harold Cooper
Bill Garrison
Doug Peden
Ann Templeton
Myrtle Peden

"I am ready to meet my Maker. Whether my Maker is prepared for the ordeal of meeting me is another matter." Winston Churchill

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!

Betty Bowers
Cathy Howland
Gary Yeubanks
Les Howland
Martha Tymony
Steven Calloway
Regina Kieffer
Frank Collins
Laura Collins
Sheryle Dunbar

Carol Patterson
Dana Brooks
Dave Brooks
Charles Mitchell
John Schafer
Bill Klein
Jim Knight
Mary Gonsalves
Forrest Knapp

Jimna Knapp
Kae VandeBerg
Merlyn Cox
Pam Kretz
Karen Wontorski
Vicki Young
Joe Parrish
Nancy Ketterman
Carmen Sperry
Grant Hefnerich

MONTHLY MARCH TIP

Celebrate March by starting a small indoor container herb garden or planting spring flowers to boost mood and agility. As the weather warms, enjoy low-impact outdoor activities like bird watching, walking in local parks, or try, fishing, a gentle, relaxing, and fun activity for all ages.

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

THE BUZZ

A MESSAGE FROM THE NEW SECRETARY

Greetings! My name is Pam Keen. I am your secretary for the board. I am filling this open position for 2026. This is how I served on the board previously when a board member could not complete her term. I am glad to fill in and do my part as a member.



I enjoy meeting new people and learning more about the Senior Center and all it offers.

It is so exciting to see the membership so involved in all of the programs and activities. Invite your friends and family to become members and join us!

Thank you, Pam

ST. PATRICK'S BREAKFAST – START YOUR DAY THE LUCKY WAY!

Top o' the morning to ya! Pull out your green and come hungry for our St. Patrick's Day Breakfast on **Tuesday, March 17th from 8:00–9:00 AM!**

For just **\$5**, we'll be serving up a warm and hearty breakfast casserole, fresh fruit, a delicious yogurt bar, juice, and plenty of hot coffee to get your Irish eyes smiling.

It's the perfect excuse to gather with friends, share a laugh, and maybe test your luck for the day. Who knows... you might even find a little pot of gold (or at least a second cup of coffee 😊).

We're also looking for a few cheerful leprechauns to help make the morning magical! If you'd like to volunteer, stop by the office and sign up. Many hands make light, work and a lot more fun.

Let's kick off St. Patrick's Day with good food, great company, and just the right amount of shenanigans!

SAY "HOLA!" TO MONTERREY DAY – MIDWEEK FIESTA TIME!

It's back and as delicious as ever! This month, Monterrey Day will be on **Wednesday, March 18th at 11:30 AM.** So clear your schedule and bring that appetite!

For just **\$8**, you'll enjoy a plate piled high with that cheesy, saucy, can't-stop-smiling goodness we all look forward to! It's become a tradition for a reason!

Please be sure to call in and make a reservation so we know how much food to prepare. You can sign up in the office, in the kitchen, or simply give us a call. Carry-out is available if you'd rather enjoy your fiesta at home!

DON'T MISS IT: SEMI-ANNUAL MEMBERSHIP MEETING NIGHT!

Circle the date and bring your appetite! Our Semi-Annual Membership Meeting is happening **Wednesday, March 25th at 5:30 PM**, and it's an important (and fun!) evening you won't want to skip.

This is your opportunity as a current member to vote on agenda items and help shape the future of the center. Your voice matters here, and this is one of the ways you get to use it!

We're serving up a comfort classic dinner of fried chicken, potato salad, baked beans, and a roll.

And wait, there's more! We're excited to welcome Becky Edson with Susan B. Allen. Becky will be sharing what our local hospital offers us plus some fun facts about the history of our hospital. A big thank you to ICI Insurance for sponsoring the evening and helping make it extra special.

THE BUZZ

SHOW YOUR SUPPORT — CITY COMMISSION PRESENTATION (TAKE TWO!)

Ope! Well... the City Commission didn't meet last month, so we're back on the agenda! Our semi-annual presentation has been moved to **Monday, March 16th at 5:30 PM**, and we would absolutely love to pack the room.

This is our chance to share all the incredible things happening at the center, the programs, the growth, the laughter, the friendships, and the impact we're making together. We're going to "brag a little," and rightfully so, because this place is special thanks to **YOU**.

The presentation will take place at El Dorado City Hall 220 E. 1st Ave., and having a strong show of support speaks volumes. Your presence matters. It shows pride. It shows unity. And it reminds our city leaders just how important this center is to the community. Let's fill those seats and celebrate everything we've built together!

Thank you for always showing up. It truly means the world.

HELP US HOP INTO EASTER WITH HEAD START!

It's time to give back to some of our favorite little friends, the amazing students at Head Start! We're collecting items to fill 25 Easter baskets, and we'd love your help making them extra special.

We're looking for donations like: baskets, Easter grass, plastic eggs, candy, stuffed animals, coloring books, cash donation ...and anything else you think would make Easter magical!

Please have all donation items turned in to the office by **March 23rd** so we can get everything ready in time.

Want to be part of the fun? Come help us stuff the baskets on **March 30th at 9:30 AM** in the craft room! It's always more fun when we do it together, and what better way to spread a little springtime joy?

Let's show these kiddos just how much their community cares!

SAVE THE DATE: SPRING FLING SENIOR RESOURCE FAIR!

Clear your calendars for **Thursday, April 30th, 2026, from 9:00 AM to 2:00 PM** — because the biggest senior-focused event in Butler County is back!

With 100+ booths spread across the Butler County Community Building and the El Dorado Civic Center, this is your one-stop-shop for resources, information, giveaways, and great conversations. Whether you're looking to learn something new, connect with helpful organizations, or just enjoy browsing, there's truly something for everyone.

We'll have our own booth at the fair (of course we will! 😊), and we're looking for a few friendly faces to help represent the center. If you'd like to volunteer at our table, please contact the office. We would absolutely love your help sharing all the wonderful things happening here.

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

THE 90'S CLUB IS BACK — AND WE ARE CELEBRATING YOU!

There is something incredibly special about a life well lived. The stories, the wisdom, the resilience, the laughter, the perspective, the kind of richness that only comes with time.

This year, we are thrilled to celebrate all of our members who are 89 and older as we officially bring back the beloved 90's Club! And what better day to gather than on the 90th day of the year? It just feels meant to be.

We will be hosting a special luncheon on **Tuesday, March 31st at 11:30 AM** to honor these remarkable individuals who have paved the way for so many of us. Invitations will be mailed out soon to all of our newest members of the club, so keep an eye on your mailbox!

This day is about more than a meal. It's about honoring strength, perseverance, faith, humor, and decades of life experience. It's about recognizing the shoulders we stand on.

We're also honored to welcome a special presenter from Susan B. Allen Memorial Hospital who will share insights on longevity, and who knows... maybe we'll even uncover a few "secrets" from these legends among us. 😊

If you're no longer driving, please have someone bring you, embrace that passenger prince or princess life! We want you there. We want to celebrate you properly.

To our 90's Club members: you are treasured here. You are admired. You are loved. And we cannot wait to honor you.

BIG UPGRADES, BIG WINS FOR EVERYONE!

Have you noticed some changes around here? We've made a few exciting upgrades, all focused on safety, accessibility, and making things easier for everyone.

Our new 100-inch TV on the north side has been a game-changer for exercise classes! There's more room to spread out, move comfortably, and best of all, everyone can see the instructor clearly. No more guessing the next move!

We've also installed security cameras to help protect our members, staff, and facility. It's an important step in keeping everyone safe and ensuring accountability.

And with our new keyless entry system, we can better manage building access without handing out physical keys. This keeps our space secure and helps renters stay within their scheduled times.

We're excited about these improvements and grateful to continue making the center safer, smoother, and better for all!

DUST OFF YOUR DANCING SHOES! LIVE MUSIC IS BACK!

Get ready to clear the floor, dances and live bands are back at the Center! Our second band of the year is making their first-ever appearance here to entertain us: The Cartunes, on **Friday, March 27th at 6:30 PM**. We can't wait to get everyone moving!

\$5 entry fee, whether you're dancing all night or just tapping your toes, it's guaranteed to be a boot-scootin', smile-making good time. Bring a friend, bring your dancing spirit, and join us for an evening of music, laughter, and great company. See you on the dance floor!



LUNCH 'N LEARN SERIES



FEED YOUR MIND & YOUR CURIOSITY!

All sessions start at **11:45 AM**, so come hungry for lunch and knowledge! Grab a plate, pull up a chair, and enjoy a fun, informative time with friends and experts.

- **Tuesday, March 11** – Hot Cocoa Bar with Andy & Todd (Traditions Vital Caring). Warm your heart and your taste buds! Andy and Todd are serving up a cozy hot cocoa bar and sharing tips on wellness and caring for yourself. Sip, snack, and soak in some self-care inspiration, perfect for a March day! 🍵🍫
- **Friday, March 6** – Caregiver Support with John Hanrahan (Faith Home & Health Hospice) Caring for a loved one can be challenging, and John will provide guidance, resources, and encouragement for caregivers. Learn ways to make caregiving a little easier, find support, and discover helpful tips you can put into action right away. ❤️
- **Friday, March 13** – Home Health & Rehab with Becky Edson (Susan B. Allen) Curious about what home health or outpatient rehab can do for you? Becky will explain services, answer questions, and help you understand how these resources can improve your health, mobility, and daily life. 🏠✨
- **Tuesday, March 17** – Practical Decluttering with Linda Swan. Decluttering doesn't have to be stressful! Linda's interactive session will explore common barriers, mindset shifts, and practical strategies to tackle clutter. Learn the difference between organizing and decluttering, embrace the space you have, and make decisions about what truly belongs in your home. 🧹🗑️
- **Tuesday, March 24** – Birdwatching & Wellness with Joseph Baca (Wild Birds Unlimited Wichita) Discover the joys of birdwatching a hobby that benefits both you and your feathered friends. Joseph will show how observing and feeding birds can bring calm, connection with nature, and a little fun into your day. 🐦❤️
- **Friday, March 27** – Hand Therapy with Manolito Munoz (SBA) Keep those hands and joints moving! Manolito will share exercises, tips, and tricks to improve strength, flexibility, and function perfect for daily activities or hobbies you love.
- Stick around at **1 PM on March 27**, for Love on a Leash! Meet adorable therapy dogs, get some tail wags, and enjoy furry cuddles that are guaranteed to brighten your afternoon. 🐾❤️

Our Lunch 'n Learns are more than just a meal, they're a chance to connect with friends, learn new things, and add a little fun to your week. Whether you come for the food, the knowledge, or the community, there's something here for everyone.

🌟 Tip: Bring a friend, bring your curiosity, and be ready to laugh, learn, and enjoy!

PLEASE remember to RSVP if you are wanting to eat lunch with us. You can stop in the kitchen, office or simply call 316-321-0142.

THE BUZZ



BOARD MEETING HIGHLIGHTS: TRANSPARENCY FOR OUR MEMBERS

February 2026 Board Meeting Highlights

Treasurer's Report: (Started with 2026 Budget)

- January's Beginning Balance: \$178,450.00
- January Income: \$23,512.25
- Expenses: \$9,716.87
- January Ending Balance: \$192,245.38

Director's Report:

- New Members: 26
- 2026 Renewals: 243
- Total Members: 280

Old Business:

- Bible Study Group - Update
- Fundraiser for Chairs - tabled.
- Review of Director Duties
- Private Groups - Groups will have to sign an agreement with the Center.

New Business:

- Updated MOU with the City of El Dorado - Revisions were made and the director will send over to the City Manager
- Member Mailer - two board members will prepare the mailer for those that need to still pay their renewals.
- Butler County Spring Fling - Event is Thursday, April 30th. Will have a booth at event. Sign-up sheet out for volunteers.
- Branson Trip Guide - It was decided to not have a current member of the ESC be the guide/chaperone for the trip.
- 2025 Excess Funds - Director reviewed amounts left over from 2025 budget. It was decided to ask the members at the Membership Meeting feedback on how those funds should be spent.
- Membership Meeting - Wednesday, March 25th at 5:30PM. Decided on agenda.

Committee Updates:

- Fundraising/Budget, Event, Decoration, Lunch - Director updated board with new members on each committee and showed the board basic guidelines and a policy for each committee to follow.

Upcoming Events:

- Potluck - Monday, March 2 @ 5:30 PM
- Membership Meeting - March 25th @ 5:30 PM
- St. Patty's Breakfast - March 17th 8 AM
- 90's Club Luncheon - March 31st 11:30 AM

Miscellaneous:

- New toilet installed in men's restroom on south side.
- Butler Community College here on 18th for community service work
- Director will be presenting at the MARCH 16th City Commission meeting
- Thankful for the members who continue to donate the protein for our lunch program!

Thank you for supporting the El Dorado Senior Center!

MARCH LUNCH MENU



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 Pork Roast Rice & Gravy	3 Meatloaf Baked Potatoes Veggies	4 Chicken Fried Steak Mashed Potatoes w/ White Gravy	5 Tater Tot Casserole Green Beans	6 Fried Chicken Bowl Mashed Potatoes Gravy Corn
9 Chicken Noodle Soup Grilled Cheese	10 Goulash Green Beans	11 Turkey Club Sandwich Potato Salad	12 Fried Chicken Baked Beans Cole Slaw	13 Baked White Fish Baked Potato Broccoli
16 Chicken Salad Sandwich Pasta Salad	17 St. Patty's Breakfast FUNDRAISER 8-9 A.M \$5  Corned Beef & Cabbage Fried Potatoes	18 MONTERREY FUNDRAISER \$8 	19 BLT Chips Cottage Cheese	20 Chicken Pot Pie Salad
23 Lasagna Garden Salad Garlic Bread	24 Pork Chop Scalloped Potato	25 Chicken Fajitas Black Bean & Corn Salad	26 BBQ Meatballs Oven Roasted Potatoes	27 Baked Ham Stuffing Creamed Corn
30 Baked Potato Bar	31 BBQ Chicken Cheesy Potatoes			

MARCH 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 style="text-align: right;">2</p> Coffee - 9 A Walking - 9 A Balance Class - 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 style="text-align: right;">3</p> Coffee - 9 A Gospel Sing-A-Long 9 A Bible Study - 10 A Lunch - 11:30 A Lunch 'N Lyrics - 11:45 Bingo - 12:30 Open Games - 2 P	<p style="text-align: right;">4</p> Coffee - 9 A Drawing Class - 9:00 A Aerobics - 10 A Seated Core - 10:30 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P	<p style="text-align: right;">5</p> Coffee - 9 A Tai-Chi - 9:30 A Chair Yoga - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P	<p style="text-align: right;">6</p> Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Balance Class - 10 A Seated Core - 10:30 A Lunch - 11:30 A Hand & Foot - 12:30 P Music Bingo - 2 P
<p style="text-align: right;">9</p> Coffee - 9 A Walking - 9 A Balance Class - 10 A Seated Core - 10:30 A Lunch - 11:30 A Mexican Train - 12:30 P	<p style="text-align: right;">10</p> Coffee - 9 A Gospel Sing-A-Long 9 A Bible Study - 10 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 style="text-align: right;">11</p> Coffee - 9 A Drawing Class - 9:00 A Aerobics - 10 A Seated Core - 10:30 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 style="text-align: right;">12</p> Coffee - 9 A Tai-Chi - 9:30 A Chair Yoga - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P	<p style="text-align: right;">13</p> Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Balance Class - 10 A Seated Core - 10:30 A Lunch - 11:30 A NEW GAMES - 12:30 P
<p style="text-align: right;">16</p> Coffee - 9 A Walking - 9 A Balance Class - 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 style="text-align: right;">17</p> St. Patty's Breakfast - 8 A Coffee - 9 A Gospel Sing-A-Long 9 A Foot Care 9:30 A Bible Study - 10 A Lunch - 11:30 A Lunch 'N Learn 11:45 A Bingo - 12:30 P Open Games - 2 P	<p style="text-align: right;">18</p> Coffee - 9 A Drawing Class - 9:00 A BOARD MTG - 9:30 A Aerobics - 10 A Seated Core - 10:30 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P	<p style="text-align: right;">19</p> Coffee - 9 A Tai-Chi - 9:30 A Chair Yoga - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P	<p style="text-align: right;">20</p> Coffee - 9 A Hermes - 9 A - 2 P Cornhole - 9:30 A Lunch - 11:30 A Hand & Foot - 12:30 P Music Bingo - 2 P
<p style="text-align: right;">23</p> Coffee - 9 A Walking - 9 A Balance Class - 10 A Seated Core - 10:30 A Lunch - 11:30 A Mexican Train - 12:30 P	<p style="text-align: right;">24</p> Coffee - 9 A Gospel Sing-A-Long 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 style="text-align: right;">25</p> Coffee - 9 A Drawing Class - 9:00 A Aerobics - 10 A Seated Core - 10:30 A Grief Support - 10:30 A Lunch - 11:30 A Prairie Port SNRS - 11:30 A Hand & Foot - 12:30 P Members Mtg - 5:30 P	<p style="text-align: right;">26</p> Coffee - 9 A Tai-Chi - 9:30 A Chair Yoga - 10 A Genealogy Class - 10 A Lunch - 11:30 A Mexican Train - 12:30 P Pitch - 12:30 P	<p style="text-align: right;">27</p> Coffee - 9 A Walking - 9 A Cornhole - 9:30 A Balance Class - 10 A Seated Core - 10:30 A Lunch - 11:30 A Lunch 'N Learn - 11:45 A NEW GAMES - 12:30 P Love on a Leash - 1 P Dance - 6:00 P
<p style="text-align: right;">30</p> Coffee - 9 A Walking - 9 A Balance Class - 10 A Seated Core - 10:30 A Lunch - 11:30 A Mexican Train - 12:30 P	<p style="text-align: right;">31</p> Coffee - 9 A Gospel Sing-A-Long 9 A Bible Study - 10 A Lunch - 11:30 A 90's Club - 11:45 A Bingo - 12:30 P Open Games - 2 P			

KNOWLEDGE NUGGETS



- On March 3, 1987, the first female submariner in the U.S. Navy, Robbin Guffey, began her active duty assignment, breaking barriers for women in the military.
- Silly Putty invented (1950): On March 6, 1950, Silly Putty was invented by James Wright, a General Electric engineer. The unique properties of the rubbery substance made it a popular toy that still endures today.
- Actor and comedian Alan Hale Jr. was born on March 8th, 1921. He is best known for playing the role of the Skipper on the popular television show "Gilligan's Island."
- The first Ford Mustang, a highly popular and iconic car, rolled off the assembly line on March 10, 1964. The Mustang became an instant hit and an enduring symbol of American motoring.
- March 17, 1845, the rubber band was invented by Englishman Stephen Perry. The invention revolutionized the way people bundled papers and other items together.
- March 20th is the International Day of Happiness, which recognizes the pursuit of happiness as a fundamental human goal. The United Nations established it in 2012 to inspire, mobilize, and advance the global happiness movement.
- On March 25, 421, Venice, Italy was founded. According to a legend, the city was established precisely at noon when the first Venetian church, the Church of St. James, was consecrated.
- In 1797, on March 28th, Nathaniel Briggs patented the washing machine in the United States, making laundry just a little easier for households across the country.
- March 31st, 1918: Daylight Saving Time first went into effect in the United States as an energy-saving measure during World War I. Nowadays, it's observed in many countries, although some opt out, to make better use of sunlight during longer days.

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 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:

MARCH 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.

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.

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:

MARCH 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.

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:

MARCH 20

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.**



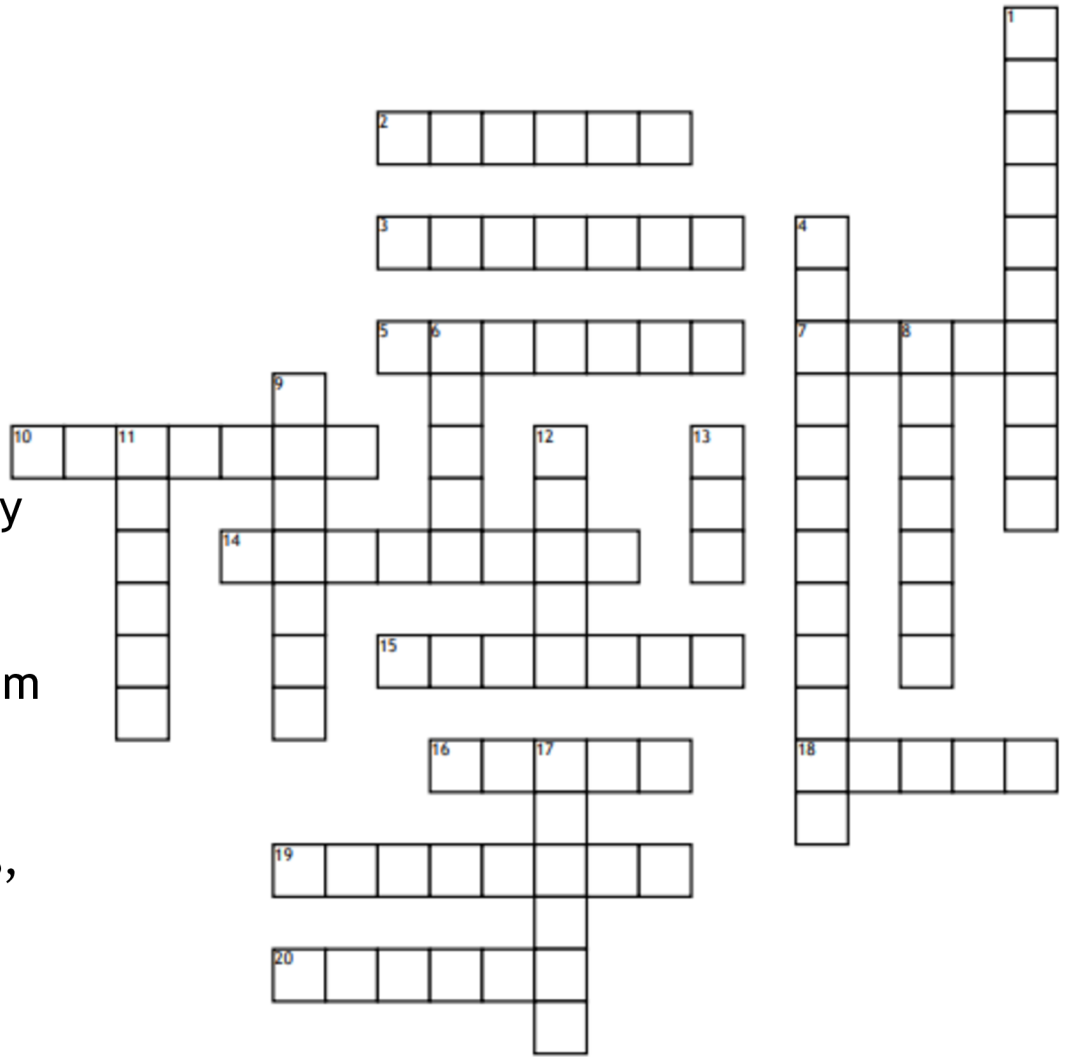
**HEALING STARTS WITH
A CONVERSATION.**



March Crossword

Across

- 2. a culture that begins with C
- 3. an instrument
- 5. a dark green gemstone
- 7. someone who lives in Ireland
- 10. St. Patrick's day is this kind of day
- 14. getting into trouble
- 15. a color spectrum makes this
- 16. when someone has luck
- 18. pennies, dimes, and nickles are all call this
- 19. another name for clover
- 20. floats are in these



Down

- 1. a little man who comes out on St. Patrick's day
- 4. the person the holiday in march is named after
- 6. 3rd month in the year
- 8. Irish people live in this country
- 9. when something or someone has special powers
- 11. a story told over time about someone or something
- 12. the color of a clover
- 13. a little dance
- 17. another name for shamrock



- AWAKENING
- BASKETBALL
- BLOSSOM
- DAFFODIL
- DAYLIGHT SAVING
- EASTER.
- EQUINOX
- FLOWER
- FRESH
- GREEN
- GROWTH
- HOLI
- KITE
- LEPRECHAUN
- LUCK
- MADNESS
- MARCH
- PARADE
- POT OF GOLD
- RAIN
- REBIRTH
- RENEWAL
- SHAMROCK
- SHOWERS
- SPRING
- ST. PATRICK'S DAY
- WINDY



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

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

LEADERSHIP LENS: A NOTE FROM THE DIRECTOR

If you've lived in Kansas for more than five minutes, you've probably heard the saying: "If you don't like the weather, just wait an hour." And isn't that the truth? One minute it's storming, the next the sun is shining. Thankfully, I have a lot of patience, because I'll always wait for that rainbow after the storm.

That feels a little like life at the center sometimes, too.

There's another famous line that says, "With great power comes great responsibility." While that quote became popular from Spider-Man, the meaning holds true everywhere, especially here. As Director, I sometimes have to make very tough decisions. I don't take that lightly. My responsibility is always to do what is best for the center as a whole. Not every decision is easy. Not every decision is immediately welcomed. But I always come back to the bigger picture, our mission, our purpose, and why we show up every single day.

We are here to build community. To create connection. To support one another.

Sometimes life takes us on a detour. Sometimes we learn lessons the hard way. But those "broken paths" help shape who we are. They teach us resilience. They grow our compassion. And they remind us why grace matters for ourselves and for each other.

March also brings brighter days and Daylight Saving Time. I don't know about you, but I am ready for longer evenings and warmer sunshine. I'm especially excited to see my kids spending more time outside, there's just something about spring that feels hopeful.

And of course... March means basketball! ROCK CHALK! It's always fun watching the athletes from the University of Kansas give their all during March Madness. What I admire most is their heart. They pour themselves into something bigger than themselves. And while the cheers are loudest when they're winning, those players deserve support win or lose. That's true here, too.

Whether we're winning or struggling, making great choices or learning from mistakes, we all need love and encouragement. We all need people in our corner. And it's just as important to ask for help as it is to give it. I know, asking can be hard. But there are people right here who want to show up for you. Who want to pour into others. That's what community does.

On another exciting note, we were nominated as one of the Best Non-Profits in El Dorado by the El Dorado Chamber of Commerce! What an incredible honor. We'll find out on March 5th if we receive the award, but honestly, being nominated already says so much about this place and the people in it. I am still loving every minute here. I'm loving the new faces, the new energy, and the new friendships forming every day. Keep it coming!

Thank you for being part of the center. Thank you for showing up. And as always, if you don't like the weather... just wait an hour. The sunshine is coming

Your Director ❤️
See you at the center!