



May 2025 Smithville Senior Center



113 W. Main St., Smithville, MO 64089 816-343-2073 www.smithvilleparksrec.com

HOURS: Mon, Wed, Fri: 8 a.m. to 2 p.m. Tue, Thurs: 10 a.m. to 1 p.m.

The Senior Center serves Clay County residents aged 60 and over through a partnership with Clay County Senior Services (CCSS).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
IT'S PARTY TIME! We're celebrating Older Americans Month with a SENIOR CELEBRATION on Thursday, May 29. Lots of fun activities, prizes, health screenings, a BBQ cookout, and more! Lunch served daily - \$5 cash only. Meals must be reserved by 1 p.m. the <i>business day</i> before you wish to eat. To reserve or cancel your meal, call 816-343-2073. Upon request, baked chicken or baked fish may be substituted for the entrée on M/W/F.			10:00 Walking Group (Heritage Park) 11:15 Lunch 11:45 Learn to Play Rummikub Turkey Club Wrap Potato Salad Fresh Fruit, Dessert	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Meatloaf w/Gravy Baked Potato Green Beans, Dinner Roll Oreo Whipped Dessert
5 Cinco De Mayo	6	7	8	9
8-8:45 Strength & Balance 9-12 Games & Cards 10:45 Blood Pressure Checks with ClearSky Rehab 12:00 Lunch, 12:30 Bingo 1-2 Line Dancing Taco Salad w/Meat & Beans Tortilla Chips, Sherbet	10-11 Mindful Movement 11:15 Lunch & Learn: Downsizing Part 1: A Tale of Two Mindsets KU Med Landon Center on Aging Chef Salad Fresh Fruit Granola Bar	8:15-9 Chair Yoga 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Domino's Pizza Fresh Veggie Tray Chocolate Pudding	10:00 Walking Group (Heritage Park) 11:15 Lunch 11:45 Learn to Play Cribbage Ham & Swiss Sandwich Assorted Chips Fresh Fruit, Dessert	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Making Music Fried Chicken Tenders Pasta Salad Steamed Broccoli Sliced Pears
12	13	14	15	16
8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Pasta with Meat Sauce Lettuce Salad, Breadstick Dessert from Oak Pointe	10-11 Mindful Movement 11:15 Lunch Turkey & Swiss Croissant Fresh Veggies w/Dip Fresh Fruit Dessert	8:15-9 Chair Yoga 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Bunko Sliced Turkey w/Gravy Stuffing, Steamed Peas Angel Food Cake	CLOSED FOR CITY OF SMITHVILLE TRAINING	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Beef & Veggie Stir Fry Steamed Rice Mandarin Oranges Assorted Cookies
19 Birthday Party	20	21	22	23
8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Line Dancing  Fried Chicken Mashed Potatoes & Gravy Green Beans, Dinner Roll Cake from Terrace Park	10-11 Mindful Movement 11:15 Lunch & Learn: Downsizing: Surprise! Moving Can Make the Process Easier by KU Med Landon Center on Aging Chicken & Bacon Wrap Pasta Salad Fresh Fruit, Cookie	8:15-9 Chair Yoga 9-12 Games & Cards 12:00 Lunch 12:30 Music Bingo w/Three Rivers Hospice Sliced Ham Macaroni & Cheese Spinach Salad Apple Crisp	10-11 Presentation: Emergency Preparedness 11:15 Lunch 11:45 Learn to Play Pitch Egg Salad Sandwich Assorted Chips Fresh Fruit Dessert	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 12:45 Movie: <i>The Carol Burnett Show</i> Episodes Grilled Chicken on Bun Sweet Potato Fries Cooked Mixed Vegetables Applesauce
26	27	28	29 Senior Celebration	30
 CLOSED FOR MEMORIAL DAY	10-11 Mindful Movement 11:15 Lunch 11:45 Learn to Crochet Roast Beef Sandwich Assorted Chips Fresh Fruit Dessert	8:15-9 Chair Yoga 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Breaded Fish Filet Cole Slaw Potato Chips Dessert - Right At Home	9-1 Car Fit Appointments 9-1 Health Screenings 10-11 Walking Group 10-11 Retro Trivia Contest 11-12 Bingo – prizes by Nodaway Valley Bank 12:00 Lunch, 12:30 Karaoke Cookout: Burgers/Hotdogs Potato Salad, Baked Beans Ice Cream Sundaes	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Salisbury Steak Mashed Potatoes & Gravy Corn, Biscuit Fruit Cup