



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	
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<div>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!</div> <div>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.</div>						<div>10:00 Walking Group (Heritage Park)</div> <div>11:15 Lunch</div> <div>11:45 Learn to Play Rummikub</div> <div>Turkey Club Wrap</div> <div>Potato Salad</div> <div>Fresh Fruit, Dessert</div>		<div>8-8:45 Strength & Balance</div> <div>9-12 Games & Cards</div> <div>12:00 Lunch, 12:30 Bingo</div> <div>Meatloaf w/Gravy</div> <div>Baked Potato</div> <div>Green Beans, Dinner Roll</div> <div>Oreo Whipped Dessert</div>	
5 Cinco De Mayo		6		7		8		9	
<div>8-8:45 Strength & Balance</div> <div>9-12 Games & Cards</div> <div>10:45 Blood Pressure Checks with ClearSky Rehab</div> <div>12:00 Lunch, 12:30 Bingo</div> <div>1-2 Line Dancing</div> <div>Taco Salad w/Meat & Beans</div> <div>Tortilla Chips, Sherbet</div>		<div>10-11 Mindful Movement</div> <div>11:15 Lunch & Learn: Downsizing Part 1: A Tale of Two Mindsets KU Med</div> <div>Landon Center on Aging</div> <div>Chef Salad</div> <div>Fresh Fruit</div> <div>Granola Bar</div>		<div>8:15-9 Chair Yoga</div> <div>9-12 Games & Cards</div> <div>12:00 Lunch, 12:30 Bingo</div> <div>Domino's Pizza</div> <div>Fresh Veggie Tray</div> <div>Chocolate Pudding</div>		<div>10:00 Walking Group (Heritage Park)</div> <div>11:15 Lunch</div> <div>11:45 Learn to Play Cribbage</div> <div>Ham & Swiss Sandwich</div> <div>Assorted Chips</div> <div>Fresh Fruit, Dessert</div>		<div>8-8:45 Strength & Balance</div> <div>9-12 Games & Cards</div> <div>12:00 Lunch</div> <div>12:30 Making Music</div> <div>Fried Chicken Tenders</div> <div>Pasta Salad</div> <div>Steamed Broccoli</div> <div>Sliced Pears</div>	
12		13		14		15		16	
<div>8-8:45 Strength & Balance</div> <div>9-12 Games & Cards</div> <div>12:00 Lunch, 12:30 Bingo</div> <div>Pasta with Meat Sauce</div> <div>Lettuce Salad, Breadstick</div> <div>Dessert from Oak Pointe</div>		<div>10-11 Mindful Movement</div> <div>11:15 Lunch</div> <div>Turkey & Swiss Croissant</div> <div>Fresh Veggies w/Dip</div> <div>Fresh Fruit</div> <div>Dessert</div>		<div>8:15-9 Chair Yoga</div> <div>9-12 Games & Cards</div> <div>12:00 Lunch, 12:30 Bingo</div> <div>1-2 Bunko</div> <div>Sliced Turkey w/Gravy</div> <div>Stuffing, Steamed Peas</div> <div>Angel Food Cake</div>		<div>CLOSED FOR CITY OF SMITHVILLE TRAINING</div>		<div>8-8:45 Strength & Balance</div> <div>9-12 Games & Cards</div> <div>12:00 Lunch, 12:30 Bingo</div> <div>Beef & Veggie Stir Fry</div> <div>Steamed Rice</div> <div>Mandarin Oranges</div> <div>Assorted Cookies</div>	
19 Birthday Party		20		21		22		23	
<div>8-8:45 Strength & Balance</div> <div>9-12 Games & Cards</div> <div>12:00 Lunch, 12:30 Bingo</div> <div>1-2 Line Dancing</div> <div>Fried Chicken</div> <div>Mashed Potatoes & Gravy</div> <div>Green Beans, Dinner Roll</div> <div>Cake from Terrace Park</div>		<div>10-11 Mindful Movement</div> <div>11:15 Lunch & Learn: Downsizing: Surprise! Moving Can Make the Process Easier by KU Med</div> <div>Landon Center on Aging</div> <div>Chicken & Bacon Wrap</div> <div>Pasta Salad</div> <div>Fresh Fruit, Cookie</div>		<div>8:15-9 Chair Yoga</div> <div>9-12 Games & Cards</div> <div>12:00 Lunch</div> <div>12:30 Music Bingo w/Three Rivers Hospice</div> <div>Sliced Ham</div> <div>Macaroni & Cheese</div> <div>Spinach Salad</div> <div>Apple Crisp</div>		<div>10-11 Presentation: Emergency Preparedness</div> <div>11:15 Lunch</div> <div>11:45 Learn to Play Pitch</div> <div>Egg Salad Sandwich</div> <div>Assorted Chips</div> <div>Fresh Fruit</div> <div>Dessert</div>		<div>8-8:45 Strength & Balance</div> <div>9-12 Games & Cards</div> <div>12:00 Lunch, 12:30 Bingo</div> <div>12:45 Movie: The Carol Burnett Show Episodes</div> <div>Grilled Chicken on Bun</div> <div>Sweet Potato Fries</div> <div>Cooked Mixed Vegetables</div> <div>Applesauce</div>	
26		27		28		29 Senior Celebration		30	
<div></div> <div>CLOSED FOR MEMORIAL DAY</div>		<div>10-11 Mindful Movement</div> <div>11:15 Lunch</div> <div>11:45 Learn to Crochet</div> <div>Roast Beef Sandwich</div> <div>Assorted Chips</div> <div>Fresh Fruit</div> <div>Dessert</div>		<div>8:15-9 Chair Yoga</div> <div>9-12 Games & Cards</div> <div>12:00 Lunch, 12:30 Bingo</div> <div>Breaded Fish Filet</div> <div>Cole Slaw</div> <div>Potato Chips</div> <div>Dessert - Right At Home</div>		<div>9-1 Car Fit Appointments</div> <div>9-1 Health Screenings</div> <div>10-11 Walking Group</div> <div>10-11 Retro Trivia Contest</div> <div>11-12 Bingo – prizes by Nodaway Valley Bank</div> <div>12:00 Lunch, 12:30 Karaoke</div> <div>Cookout: Burgers/Hotdogs</div> <div>Potato Salad, Baked Beans</div> <div>Ice Cream Sundaes</div>		<div>8-8:45 Strength & Balance</div> <div>9-12 Games & Cards</div> <div>12:00 Lunch, 12:30 Bingo</div> <div>Salisbury Steak</div> <div>Mashed Potatoes & Gravy</div> <div>Corn, Biscuit</div> <div>Fruit Cup</div>	