



May 17, 2024



Welcome

Happy Spring and welcome back to "In Person Adventures in Learning." This begins the 8 week Friday sessions from 9:00am to 1:00pm. This promises to be a great spring with a host of fantastic topics and guest speakers.

Please remember that quarterly dues are \$25.00 and one time visit for a certain topic and/or guest speaker is \$10.00. They are due for payment at the beginning of every quarter or the morning of the presentation.

PLEASE NOTE THAT LUNCH IS NOW \$11.00. PLEASE PROVIDE EXACT CHANGE WHEN POSSIBLE

Today May 17

9:00 am Social Hour with coffee and treats

9:30 am Mind & Body Mechanics with Judy Delphia- Yoga Room

This class of gentle exercises will emphasize restorative techniques, principles of body mechanics and rhythmic movement.

9:30am - 11:00 am Adventures in Art – The Library

Join us to paint a new day, with new energy and joy!

10:00 am News and Views with Dick Ballentine -Join us for an interactive conversation about local, national and international news **Fellowship Room**

10:00 am "Let's Dance" Yoga Room

11:00am—12pm Adventures in Advocacy Series: Housing Policy 101 Fellowship Room

Please join Councilman Johnathan Duncan, Kansas City Missouri City Council and Kristy Baughman, ED, United Community Services of Johnson County, Kansas discussing how local government in the KC region plays a pivotal role in tackling shortage of affordable housing, implementing zoning policies, incentives for developers, and funding initiatives to ensure equitable access to housing. Learn how local policy makers work with community organizations and stakeholders, to create sustainable solutions that address the diverse needs of residents across the region.

11:00am-12:00pm Lets Explore" Brain Stroke and Hemorrhage Images Yoga Room Tom Modin is a Registered Nurse and Neuroscience Outreach

Coordinator at St. Lukes Hospital. He will be discussing images of acute stroke/hemorrhage, treatment options and outcomes.

Noon Forum— Stroke Recognition & Risk Factors Fellowship Room Tom Modin, BSN, RN Neuroscience Outreach Coordinator with St. Lukes will educate those present on stroke signs and symptom with treatment options available for acute stroke.

Knowing and
Understanding
STROKE

Tom Modin RN, BSN
RN Neuroscience Outreach Coordinator



LOVE STROKE



.Refreshment Host



THE FORUM
AT OVERLAND PARK



KCSC Advocacy Alert



Spring Adventures in Advocacy

May 10—Legislative Wrap Up—Rep Patty Lewis (MO), Rep Rui Xu (KS), Nate Madden (Health Forward Fdn)

May 17—Housing Issues (KCMO Councilman Jonathan Duncan, Becky Fast, Johnson County Commissioner)

May 24—All Advocacy Wrap Up Town Hall (Laura Loyacono, Janet Baker)

Summer Adventures in Advocacy

July 12—Property Tax 101 (MO Budget Project, Elected Official TBD)

July 19—Panel Discussion—Jackson County Legislature

July 26—Spotlight on Federal Issues (Invited congressional representatives)

August 3—Sr. Engagement in Aug 6 Primary (Voter registration & turnout, mail in voting, sample ballot discussion)

What topics and speakers would interest you for Fall Adventure in Advocacy?

Please Bring A Friend!



Lunch from Patrice's Culinary Collective

Today - Italian Sub, Olive & Tomato Cup, Marble Cake

05-24 - Roasted Chicken & Avocado in Tomato Wrap, Berry Fruit Cup, Lemon Brownie

Next Week's Schedule May 24

9:00 am Social Hour with coffee and treats

9:30am Mind and Body Mechanics with Judy Delphia- Yoga Room

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930am-11:00 am Adventures in Art – The Library

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10:00 am News and Views with Dick Ballentine - Fellowship Room

Join us for an interactive conversation about local, national and international news

10:00 am Let's Dance" Yoga Room

11:00 am—12:00 Adventures in Advocacy Series: Town Hall Issues of Importance to Older Adults Fellowship Room

In this town hall-style session, we gather to engage in open dialogue about pressing issues affecting seniors, leveraging the insights gained from previous discussions and advocacy workshops. Together, we aim to foster a collaborative environment where community members can voice their concerns, share experiences, and work towards actionable solutions to enhance the well-being of older adults in our community.

11:00am –12:00pm "Lets Explore" Beginning Origami with Sachie Yoga Room

Origami is the Japanese art of paper folding. Everyone will have a chance to make an easy origami. Sachie Stroder will lead the class. **Class size is limited to 10 individuals.**

Please call or email to register, first come first serve. 816-293-9612 or

Adaire@kcshepherdscenter.org

Noon Forum— Jazz, Listen and Learn with Houston Smith Fellowship Room "To Whom Much is Given, much is required!" This quote is one of many that multi-instrumentalist, Houston Smith tries to live by daily. Smith, a young entrepreneur and musician often finds that living by this quote affords him many musical blessings and opportunities otherwise unforeseen. Houston displayed a unique passion for the drums and other percussion instruments at an early age. At the age of 10 he discovered an unknown passion for a new instrument, and switched his musical focus to the alto saxophone.



Refreshment Host

