



NODAWAY COUNTY SENIOR CENTER

2022

JANUARY / FEBRUARY

WELCOME!



Nodaway County Senior Center
1210 E. First Street Maryville, MO 64468



(660) 562-3999



<https://www.nodawayseniors.com>



www.facebook.com/nodawayseniorcenter



OUR MISSION

Providing quality services and programs to enable our older adults to maintain their independence.

EMERGENCY CLOSINGS:

- If you would like to receive a text message of emergency closing, contact Amie to set that up.
- You can watch KQTV Channel 2.
- You can listen to KNIM radio-97.1 FM, KAAN radio-95.5 FM, KXCV radio-90.5 FM or KMA radio - 99.1FM/960AM to hear the closings.
- You can look at the Nodaway County Senior Center Facebook page.
- You can call 660-562-3999 or call or text Amie at 660-853-8620.



NCSC Staff

Amie Firavich, Administrator
Cassie Partridge, Nutrition Supervisor
Cathy Farmer, Nutrition Assistant
Tabitha Ploof, Nutrition Assistant
Joe Meyer, Temp Custodian

NWMSU STUDENTS

Jules White, Office Assistant

NCSC Board Members

Carolyn Franks, President
Joe Baumli, Vice President
Linda Girard, Secretary
Connie McGinness, Treasurer
Ray Courter, Member
Teresa Hayes, Member
Jim Hazen, Member
Susan Hull, Member
Steve Mullins, Member

Thought For The Day:
A clean house is a sign of no internet connection - Lavelle Rickabaugh

Monthly Dessert Raffle

We ask for donations of a homemade dessert to be raffled.
If you would like to donate a dessert,
please contact 660-562-3999.

The drawing is on the third Friday of the month. Tickets are \$1.00 ea. you do not have to be present to win.

A White Christmas Cake was donated in December by Carol Payne. The winner of the drawing was Rita Aley. The cake brought in \$65 in donations!

THANK YOU!

With the support of the Gladys Rickard Charitable Trust we were able to purchase a second NuStep Recumbent Trainer.



The NuStep recumbent cross trainers make it easier for people who are aging or who have disabilities to exercise. The recumbent trainer allows you to be in a seated position, which makes exercise easier on the back, legs and arms.

Use the sign up sheet to reserve your time. All ages welcome. Free of charge.

10 POINT PITCH

Pitch Tournament is every
3rd Thursday of the month.

Draw for partners.

6:00pm \$2.00

December Stats

14 Players

1st: *Jon Yaple - 231*

2nd: *Mike Hanig - 227*

Low: *Janet Yaple - 100*



10 Point Pitch

1st Thursday of the month 12:30 pm.

Draw for partners. \$1.00

Pinochle Tournament

Friday 12:30 pm.

Draw for partners. \$1.00

Hand & Foot Card Game

Monday Night 6:00 pm.

\$1.00 Draw for partners.

Thursday Morning 8:00 am (ish)

\$1.00 Fill in at open table



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NODAWAY COUNTY SENIOR CENTER NEWSLETTER

 NODAWAY COUNTY SENIOR CENTER MENU & ACTIVITIES JANUARY 2022				
HOURS: M-F 7AM-4PM Serving Hours: 11:30AM - 12:30PM 60 and above = \$5.00 Under 60 = \$7.00 660-562-3999				
Monday	Tuesday	Wednesday	Thursday	Friday
3 CARDS-HAND & FOOT 6:00 PM CHEESEBURGER OR WHITE CHICKEN CHILI POTATO WEDGES GREEN BEANS APRICOTS	4 TAI CHI 5-6 PM CHICKEN STRIPS OR RIBLET MASHED POTATOES W/ GRAVY BROCCOLI W/ GARLIC BUTTER FRUITED JELLO	5 BINGO 12:30 PM CHEESEBURGER SOUP OR ROTINI LETTUCE SALAD GARLIC STICK ASSORTED DESSERTS	6 CARDS-HAND & FOOT 8:45 AM 10 PT PITCH NO PARTNER NEEDED \$1.00 12:30 PM FISH SANDWICH OR RED BEANS & RICE W/ SPICY SAUSAGE CORN CASSEROLE SPINACH COOKIE	7 PINOCHLE TOURNAMENT \$1.00 12:30 PM SMOTHERED PORK OR RUEBEN SANDWICH MASHED POTATOES W/ GRAVY CAULIFLOWER W/ CHEESE SAUCE LAYERED PUDDING
10 CARDS-HAND & FOOT 6:00 PM SWEET & SOUR CHICKEN OR BBQ PORK BITS JAPANESE VEGETABLES RICE EGG ROLL LIMA BEANS MANDARIN ORANGES	11 TAI CHI 5-6 PM CHICKEN STRIPS OR RIBLET MASHED POTATOES W/ GRAVY BROCCOLI W/ GARLIC BUTTER FRUITED JELLO	12 MUSIC WITH LINDA & LUZZ 11:00AM BISCUIT & GRAVY OR BREAKFAST CASSEROLE HASHBROWN PATTY ZUCCHINI APPLE DUMP CAKE	13 CARDS-HAND & FOOT 8:45 AM HAM & BEANS OR CHICKEN & NOODLES COLESLAW CARROTS ASSORTED DESSERTS	14 PINOCHLE TOURNAMENT \$1.00 12:30 PM SALISBURY STEAK OR CHICKEN ALFREDO MASHED POTATOES W/ GRAVY PICKLED BEETS BANANA

Monday	Tuesday	Wednesday	Thursday	Friday	
17 CARDS-HAND & FOOT 6:00 PM BBQ CHICKEN SANDWICH OR VEGETABLE BEEF SOUP TATOR TOTS BRUSSEL SPROUTS PEACHES	18 TAI CHI 5-6 PM HAM & CHEESE POTATOES OR CHICKEN SALAD SANDWICH 3 BEAN SALAD CORN SALAD APPLE CRISP	19 NSIC BOARD MEETING 10 AM BIRTHDAY CELEBRATION DAY BINGO 12:30PM SPONSORED BY OAK POINTE OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W/ GRAVY GREEN BEANS DINNER ROLL CAKE / ICE CREAM	20 CARDS-HAND & FOOT 8:45 AM 10 PT PITCH 6:30 PM TURKEY POT PIE OR PORK FRITTER LETTUCE SALAD GARLIC STICK CARAMEL ROLL	21 PINOCHLE TOURNAMENT \$1.00 12:30 PM MEATLOAF OR CHICKEN NOODLE SOUP BAKED POTATO PEAS BLUEBERRY MUFFIN	
24 CARDS-HAND & FOOT 6:00 PM MUSHROOM SWISS BURGER OR PULLED PORK POTATO WEDGES CAULIFLOWER PLUMS	25 TAI CHI 5-6 PM POTATO BAR OR CHILI BROCCOLI PINEAPPLE	26 CHICKEN FRIED STEAK OR LASAGNA MASHED POTATOES W/ GRAVY GREEN BEANS BANANA BARS	27 CARDS-HAND & FOOT 8:45 AM TACO SALAD OR CHICKEN WRAP REFRIED BEANS MEXI CORN ROSEY PEARS	28 PINOCHLE TOURNAMENT \$1.00 12:30 PM HAM BALLS OR BEEF CHEESE BURRITO SCALLOPED POTATOES WINTER BLEND FRUIT COBBLER	
31 CARDS-HAND & FOOT 6:00 PM CHICKEN & STUFFING OR GOULASH CUBED POTATOES CALIFORNIA MIX W/ CHEESE SAUCE CINNAMON APPLESAUCE	January Product of the Month: Paper Towels 			 NOVEMBER PRODUCT OF THE MONTH WINNER: Jane Schieber	

 NODAWAY COUNTY SENIOR CENTER MENU & ACTIVITIES FEBRUARY 2022				
HOURS: M-F 7AM-4PM Serving Hours: 11:30AM - 12:30PM 60 and above = \$5.00 Under 60 = \$7.00 660-562-3999				
Monday	Tuesday	Wednesday	Thursday	Friday
1 CARDS-HAND & FOOT 6:00 PM 10 PT PITCH DRAW FOR PARTNER \$1.00 1:00 PM RIBLETTE OR CHILI DOG TATER TOTS BUTTERED BEETS APPLESAUCE	2 TAI CHI 5-6 PM TURKEY & NOODLES OR BBQ PORK BITS MASHED POTATOES CAULIFLOWER W/ CHEESE DINNER ROLL BANANA CAKE	3 BISCUITS & GROUNDHOG GRAVY OR SAUSAGE EGG CHEESE BISCUIT HASHBROWN CASSEROLE SPINACH TROPICAL FRUIT	4 CARDS-HAND & FOOT 8:00 AM (ish) FILL IN AT OPEN TABLE 10 PT PITCH DRAW FOR PARTNER \$1.00 1:00 PM SEASONED PORK ROAST OR SALMON PATTY MASHED POTATOES W/ GRAVY GREEN BEANS DINNER ROLL FRUIT SALAD	5 PINOCHLE TOURNAMENT \$1.00 12:30 PM SWISS STEAK OR CHICKEN & STUFFING BAKED POTATO BRUSSEL SPROUTS ROSEY PEARS
7 CARDS-HAND & FOOT 6:00 PM 10 PT PITCH DRAW FOR PARTNER \$1.00 1:00 PM RIBLETTE OR CHILI DOG TATER TOTS BUTTERED BEETS APPLESAUCE	8 TAI CHI 5-6 PM POTATO BAR OR CHILI BROCCOLI W/ CHEESE ASSORTED DESSERTS	9 MUSIC WITH LINDA & LUZZ 11:00AM CHICKEN SPAGHETTI OR PIZZA LETTUCE SALAD GARLIC STICK BAKED APPLES	10 CARDS-HAND & FOOT 8:00 AM (ish) FILL IN AT OPEN TABLE BREADED FISH OR HAM-N-BEANS FRENCH FRIES WAX BEANS RICE PUDDING	11 PINOCHLE TOURNAMENT \$1.00 12:30 PM SWISS STEAK OR CHICKEN & STUFFING BAKED POTATO BRUSSEL SPROUTS ROSEY PEARS

Monday	Tuesday	Wednesday	Thursday	Friday	
14 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/ KRAUT OR BREADED CHICKEN SAND POTATO CLUBES WINTER MIX PEACHES	15 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE	16 NSIC BOARD MEETING 10 AM BIRTHDAY CELEBRATION DAY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W/ GRAVY GREEN BEANS DINNER ROLL CAKE / ICE CREAM	17 CARDS-HAND & FOOT 8:00 AM (ish) FILL IN AT OPEN TABLE 10 PT PITCH 6:30 PM DRAW FOR PARTNER TACO SALAD OR CHICKEN WRAP CORN REFRIED BEANS PINEAPPLE	18 PINOCHLE TOURNAMENT \$1.00 12:30 PM TATER TOT CASSEROLE OR BBQ CHICKEN SANDWICH CAPRI BLEND HOMINY STRAWBERRY SHORTCAKE	
21 CARDS-HAND & FOOT 6:00 PM CLOSED PRESIDENTS DAY	22 TAI CHI 5-6 PM BROCCOLI CHEESE SOUP OR CHICKEN NUGGETS CAULIFLOWER CARROTS PLUMS	23 POTATO & BACON SOUP & 1/2 TURKEY SANDWICH OR BEEF CHEESE BURRITO LETTUCE SALAD BLUEBERRY APPLESAUCE	24 CARDS-HAND & FOOT 8:00 AM (ish) FILL IN AT OPEN TABLE BISCUITS-N-GRAVY OR BREAKFAST CASSEROLE BREAKFAST POTATOES WAX BEANS ASSORTED DESSERTS	25 PINOCHLE TOURNAMENT \$1.00 12:30 PM TUNA CASSEROLE OR CHICKEN NOODLE SOUP SCALLOPED POTATOES HARVARD BEETS APPLE CRISP	
28 CARDS-HAND & FOOT 6:00 PM CHICKEN FRIED STEAK OR GRILLED CHICKEN MASHED POTATOES W/ GRAVY GREEN BEANS APRICOTS	February Product of the Month: Kleenex 			 DECEMBER PRODUCT OF THE MONTH WINNER: Mike Degase	

*****Please understand due to current food shortages from our suppliers our menu choices might change unexpectedly. We strive to give to you the best options available.*****



INCOME TAXES

The following are places that are helping with income taxes, free of charge or donation. Call to set up your appointment.

Missouri Extension
660-582-8101

Location: 403 N. Market (Administration Building)

or

1210 E. First Street, Nodaway County Senior Center

Community Services
(must qualify by low income)

660-582-3113

Location: 1212B South Main, Maryville

Andrew County RSVP

816-324-5634

Location: Andrew County Senior Center,
Savannah

TAI CHI

Tai chi is an ancient Chinese movement practice that offers a number of health benefits. For seniors in particular, it can have significant benefits. That's because it focuses on muscle control, stability, balance, and flexibility. The movements are also very gentle.

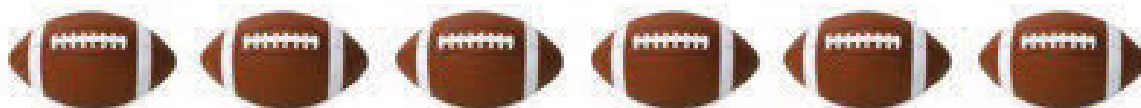
Tai Chi is offered at the center on Tuesday evenings from 5-6 pm.
Free of charge. All ages welcome.



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com





BIG GAME 2022 SQUARES FUNDRAISER

\$2.00 PER SQUARE

Payouts as follows:

1st Quarter – \$ 25.00

2nd Quarter – \$25.00

3rd Quarter – \$ 25.00

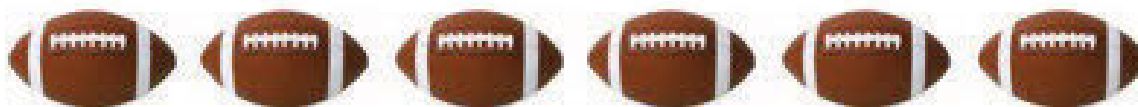
4th Quarter – \$25.00

PAYOUT TO NODAWAY COUNTY SENIOR CENTER: \$100.00

BIG GAME DAY: SUNDAY, FEBRUARY 13, 2022

PURCHASE SQUARES BEFORE FRIDAY, FEBRUARY 11, 2022.

Contact Nodaway County Senior Center 660-562-3999.



HEALTHY NEW YEAR'S RESOLUTIONS FOR OLDER ADULTS

• Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats

Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include sources of calcium and Vitamin D to help keep your bones strong, two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

• Give your brain a workout

The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local senior center.

• Be active

Physical activity can be safe and healthy for older adults - even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood.

• Guard against falls

Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

Source: <https://www.healthinaging.org/tools-and-tips/tip-sheet-top-10-healthy-new-years-resolutions-older-adults>



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 Estate Planning/Elder Law • Family Law/Divorce
 Criminal Defense • Traffic • Real Estate
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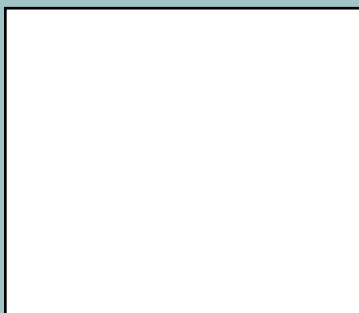
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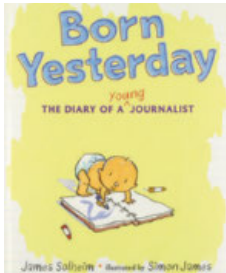
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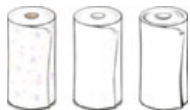
**Come jam with us
every 2nd Wednesday
for Music with Linda
and Buzz!**



Jane Schieber donated a homemade jewelry angel picture that she made. The drawing was held on December 23rd. The raffle brought in \$23.00. Karen Farrens was the lucky winner.



Jeanette Whited donated the book "Born Yesterday" written by her son James Solheim. The drawing was held on December 23rd. The raffle brought in \$18.00. Letha Mowry won the drawing.



PRODUCT OF THE MONTH

January: Paper Towels

February: Kleenex



Each month we ask for donations of a different product. This helps keep our costs down. Donate an item and get your name in the drawing for a prize.