

# OLDER AMERICANS MONTH



The Saline County Commission on Aging and its facility — the Salina Senior Center — are once again celebrating Older Americans Month! This year's national theme is *Age Out Loud*. Below are a variety of activities we have planned for Saline County Seniors age 50 and older. This schedule is subject to change, so please check back for the most up-to-date list.

## AGE OUT LOUD: MAY 2017

### May 1

#### *Artwork by Ron Johnson, throughout the month, Dining Room*

Our own Ron Johnson will be providing us with a look at some of his art at the north end of the Dining Room.

#### *Exercise Class/Yoga Stretching Class Drawing Sign Up Begins, first floor Reception Desk*

Sign up begins for the drawing for a free month of Salina Senior Center Fitness Class and a free month of Salina Senior Center Yoga Stretching Class. We will draw two winners for each on May 25, 2017. Limit one entry per person.

### May 3

#### *Operation Medicine Cabinet, 11 a.m.-1 p.m., Dining Room*

A deputy from the Saline County Sheriff's Office will be in the Salina Senior Center to collect unused and unneeded prescription medications.

### May 5

#### *Cinco de Mayo Lunch, 11:15 a.m.-1:15 p.m., Dining Room*

We will be serving Chicken Enchilada or Beef Fajita, Mexican Rice, Corn Salsa w/ chips, Tres Leche Cake, and Shell, all for only \$4.75 per person. (The full salad bar will still be available for those who prefer salad.)

### May 6

#### *Home Medical Equipment Drive, 10 a.m.-1 p.m., South Lawn*

The COA is once again collecting clean, gently used bath benches, grab bars, adjustable walkers, adjustable steel or aluminum canes, bedside commodes, fully functioning wheelchairs, and other home assistive devices that people no longer need. We loan these items out to seniors who cannot afford to purchase their own.

### May 10

#### *Color Exploration, 9-11 a.m., Dining Room*

Coloring books for adults are all the rage these days. Join us and create your personalized masterpiece!

### May 12

#### *Mother's Day Lunch, 11:15 a.m.-1:15 p.m., Dining Room*

We will be serving Chicken Cordon Bleu, Baked Potato, Asparagus, Cherry Bread, and Dinner Roll, all for only \$4.75 per person. (The full salad bar will still be available for those who prefer salad.)

## May 15

### *Family Feud with Nikki Welch, 1 p.m., Dining Room*

Nikki Welch, with Smoky Hill Health and Rehabilitation, will host this special OAM edition of Family Feud. Get your team of five together and join in on the fun! (Team members need not be related, but must be age 50 or older.)

## May 18

### *Senior Pool Tournament, 8 a.m., second floor Lightfoot Billiard Parlor*

Please sign up (no fee) in the Lightfoot Billiard Parlor no later than 4 p.m. on May 16, 2017. Those who enter must be at least 50 years of age. Tournament winner will receive a prize.

## May 19

### *Senior Dance, 1-3 p.m., third floor Fitness Room*

Crystal Creek will provide the music. Refreshments will be served. This will be Crystal Creek's only performance in the Salina Senior Center in May.

## May 22

### *Senior Talent Show, 1 p.m., Dining Room*

This event is open to Saline County residents age 50 and older. There is no fee to enter, but interested persons must complete and turn in an entry form by 4 p.m. May 17, 2017. Entry forms can be picked up at our first floor Reception Desk or downloaded from our website: [www.salinecoa.org](http://www.salinecoa.org). If we don't have at least eight to 10 entries by the deadline, the show will be canceled. A panel of judges will determine the winners. First place will receive \$50, second place \$25, and third place \$10. Each contestant will have no more than 10 minutes to demonstrate his/her entertaining talent. This is a G-rated event, so no off-color, vulgar, or obscene entries. Anyone who tries to sneak in those will be automatically disqualified. The Executive Director will have the final say on whether an entry is off-color, vulgar, or obscene.

## May 26

### *Memorial Day Lunch, 11:15 a.m.-1:15 p.m.*

We will be serving BBQ Ribs or Shrimp Kabobs, Macaroni & Cheese, Pasta Salad, Flag Cake, and Bread, all for only \$4.75 per person. (The full salad bar will still be available for those who prefer salad.)

## May 31

### *Stroke Assessment Clinic, 11 a.m.-1 p.m., second floor*

Representatives from Salina Regional Health Center's Rehab Unit will be on hand to conduct the assessments at no charge to the participants. Assessments will be done on a first-come, first-served basis.

