



PRESS RELEASE

101 East Kansas St. • Liberty, MO 64068 • T: 816.439.4415 • F: 816.439.4419 • W: www.ci.liberty.mo.us

FOR IMMEDIATE RELEASE

DATE: May 7, 2015
CONTACT: LeAnn Lawlor, Community Services Manager, 816.439.4396

Celebrate Older Americans Month with free events and programs at the Liberty Silver Center

LIBERTY Mo. – May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community.

To honor and celebrate Older Americans in the Liberty community, a wide variety of free activities and events have been planned

May 8, 12:30-2 p.m. – Afternoon DJ Dance

Join radio DJ Chuck Heeler as he spins the best tunes from yesteryear. Dance to music from the 30s, 40s, 50s, all the way to the 90s. Come for dancing or simply to listen to great music and hang out with friends. You are encouraged to dress up in your favorite fancy outfit.

May 13, 10:45-11:45 a.m. – Get into the Act: Storytelling w/Kansas City Senior Theatre

Kansas City Senior Theatre (KCST) is a senior-led nonprofit group of professionals & volunteers. KCST is aligned with the National Center for Creative Aging and the vision that 'all individuals flourish across their lifespan through creative expression. They will present an interactive storytelling performance. Come enjoy this chance to participate in artistic engagement.

May 15, 1-2 p.m. – Losing a Spouse Workshop

This workshop, presented in part by Three Rivers will provide attendees with practical. The following topics will be discussed: a survivor's checklist, an overview of what to do immediately when death occurs and what can wait, information on grief counseling, and tips for coping and resiliency before and after the loss. This workshop is being provided by Sally King, a licensed clinical social worker in Missouri and Kansas.

May 20, 11 a.m.-Noon – Wellness Wednesday: The Power of Positive Thinking

According to the Mayo Clinic, positive thinking is a key part of effective stress management. Effective

stress management is associated with health benefits such as increased life span, lower rates of depression, resistance to the common cold, and better psychological and physical well-being. A representative from Three Rivers Hospice will provide you with tips for stress management. Mid Continent Public Library will have books available for check-out. Focus Healthcare Solutions will be available for blood pressure screenings. Mayor Brenton will be reading a proclamation in recognition of Older Americans Month.

All programs are free and open to the public regardless of age. If you wish to stay for lunch on any day, please make reservations by noon the day prior. A \$2 donation is requested for the meal for individuals aged 60 or better. Lunch for individuals under the age of 60 is \$7. Reservations can be made by calling, 816.439.4368.

This year marks the 50th Anniversary of the signing of the Older Americans Act. The Older Americans Act was the first federal level initiative aimed at providing comprehensive services for older adults.

The Silver Center offers a wide variety of activities from education programs, live performances, holiday parties, card playing, Bingo, health screenings and much more. The Silver Center is located inside the Liberty Community Center at 1600 S. Withers Rd. To learn more about the Center, staff encourages you to drop by and visit or go online to www.ci.liberty.mo.us/SeniorServices.

###