

# ACTIVE ADULT ACTIVITY GUIDE

## CALENDAR OF UPCOMING EVENTS & CLASSES LIBERTY SILVER CENTER

### AGING MASTERY PROGRAM® (AMP)

Aging Mastery is a comprehensive and fun approach to living that celebrates the gift of longevity. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results. Our goal is to change societal expectations about the roles and responsibilities of older adults and to create fun and easy to follow pathways for getting more out of life.

**Day:** Mondays, Jan. 23 - April 18

**Time:** 12:30 p.m.

**Registration:** Registration is required. Please call Katie Villanuava at 816.439.4376 to sign up.

### HAPPY BIRTHDAY!

Let's celebrate life! The Liberty Silver Center hosts a birthday lunch for everyone celebrating a birthday during that calendar month. This special event includes a fried chicken lunch, musical entertainment and of course, balloons!

**Days:** Jan. 27 - Melissa & Company

Feb. 24 - DJ Carrie

March 31 - Melissa & Company

**Fee:** Free to the birthday honorees; \$2 per person

**Time:** The band plays 10:30 - 11:30 a.m.; lunch is served at 11:30 a.m.

**Registration:** The registration deadline is noon the Friday prior. When you register, let us know if you are a birthday honoree.

### GROUNDHOG DAY HOT CHOCOLATE BAR

Join us for our Groundhog Day hot chocolate bar! Will the groundhog see its shadow? Come find out while drinking some of Brigitte's special hot chocolate!

**Day:** Thursday, Feb. 2

**Time:** Any time after 9 a.m.

### FEBRUARY IS HEART HEALTH MONTH

Hypertension, or high blood pressure, is a leading risk factor for heart disease and stroke.

Help raise awareness and show support for heart disease by wearing red on **Friday, Feb. 3.**

Then on **Wednesday, Feb. 8,** the Health & Wellness team will be conducting free blood pressure checks on those wanting a check up.

**Day:** Wednesday, Feb. 8

**Time:** 9:30 - 11:30 a.m.

### "SOUPER BOWL" SOUP AND SALAD LUNCH

Join us to (hopefully) prepare to see the Chiefs in the Super Bowl with a soup and salad lunch. Even if they aren't, come and enjoy a hot bowl of homemade potato soup and a fresh salad.

**Day:** Friday, Feb. 10

**Time:** 11:30 a.m.

**Fee:** \$2 for everyone

*Note: Please bring a dessert to share!*

### VALENTINE'S DAY MUSIC BINGO

Will you be our Valentine? Come spend Valentine's Day playing music Bingo. This is a fun spin on traditional Bingo where you listen for love songs rather than numbers being called. We might even have some Hugs and Kisses for you!

**Day:** Tuesday, Feb. 14

**Time:** 10 a.m. or until prizes are gone



# CALENDAR OF UPCOMING EVENTS & CLASSES CONTINUED

## FREE TAX PREP

Adults 60 or older - get your federal and state tax return prepared for free. Bring your photo ID, Social Security card or ITIN and any necessary tax documents. Sign up at the Liberty Silver Center. Scheduling starts Jan. 3.

**Days:** Wednesdays, Feb. 15 and April 5

**Time:** 9 a.m. - 6 p.m.

*This opportunity was made possible by Lindsay Tarasovic, LMSW Field Specialist- Urban West Region Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE).*



## MARCH IS NATIONAL NUTRITION MONTH

Throughout the month of March, the Health & Wellness team will share the vital role nutrition plays in aging with a three part workshop over lunch. In this series you will learn how to identify components of a well-balanced diet, how nutrition can affect optimal aging, the relationship between healthy eating and maintaining overall health, and how you can make health and nutrition decisions geared toward optimal aging. This program is presented by Katie Villanuava, the Liberty Community Center's Health & Wellness Coordinator.

**Days:** Wednesdays, March 8, 15 and 22

**Time:** 11a.m.

**Fee:** \$2 per person

*Note: This is a Lunch and Learn, so if you would like lunch any of the days, please call Brigitte Thomas at 816.439.4368 to reserve your lunch at least a day prior to presentation.*



## BIG BUNNY TRAIL HUNT

Join Liberty Parks & Rec for the Big Bunny Trail Hunt at Northwyck Park! Activity sheets will be available online, at the Liberty Community Center or at the trail. Use these to find the 12 bunny cutouts that will be hidden throughout the trail. Once you've completed your self-guided hunt, turn in your activity sheet at the community center and receive a prize. There will also be props to take a selfie. Hop to it!

**Days:** March 31 - April 9

## AMERICAN RHYTHM DANCE TROUPE

They're back! We've asked the American Rhythm Dance Troupe (ARDT) to perform for us once again. The ARDT will dance us through the decades and have you tapping your toes along with them!

**Day:** Thursday, March 9

**Time:** 12 - 1 p.m.



## ADULT COLORING FOR STRESS RELIEF AND FUN

Take a break from the fast pace of life. Visit with friends and rediscover the joy and simplicity of coloring for relaxation. Believe it or not, coloring helps stimulate your brain! Bring your own coloring book or use some of ours. We provide colored pencils, markers and refreshments. Join anytime.

**Days:** Monday - Friday

**Time:** 8:30 - 11 a.m.



# CALENDAR OF UPCOMING EVENTS & CLASSES CONTINUED

## BEGINNERS LINE DANCING

If you are new to line dancing or just want to brush up on your moves, this is the class for you! This will be a slower paced class with a thorough review of steps and dances. No registration required--drop in and join the fun!

**Days:** Wednesdays

**Time:** 12 - 1 p.m.

**Instructor:** Donna Ivanko



## LIVING LIFE - GRIEF SUPPORT GROUP

This group provides a supportive atmosphere where participants can share experiences and learn techniques they have used to help navigate life after the loss of a loved one. New members are welcome to join at any time.

**Days:** Second and fourth Thursday

**Time:** 12:45 - 2 p.m.

*Note: We want to make sure you get the support that best fits your needs. If you are newly bereaved and need immediate help, please call Susan Wuterberger, MS LCSW, LCSW Pathfinder Counseling at 816.704.7040 or email [Susan@Pathfinder.Care](mailto:Susan@Pathfinder.Care)*

## DAY TRIPS - NEW THEATRE RESTAURANT

### COME BLOW YOUR HORN

Come Blow Your Horn is about family and all the crazy, hilarious and wonderful things that happen when parents and their adult children get together. It's 1961, the era of The Twist and swinging bachelor pads. Alan Baker, a 30-ish single guy with time, money and women to spare, welcomes his innocent and naive baby brother Buddy into his den of iniquity while their horrified parents can only watch and overeat. Starring Hal Linden from Barney Miller and Sally Struthers from All in the Family.

**Day:** Wednesday, Jan. 4

**Fee:** \$50 for members; \$54 for non-members

**Registration:** Register over the phone by calling 816.439.4360 or in person at the Liberty Community Center.

*For questions call Hailey Kellerstrass 816.439.4396.*



# RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)

Are you 55 and older and interested in serving your community? Serve as an AmeriCorps Seniors volunteer in our Retired & Senior Volunteer Program (RSVP). Skills and experience of older adults in Clay County will help support Meals on Wheels, Evidence-Based Wellness Programs, Environmental Stewardship projects and more. By volunteering, you help to strengthen the community.



To learn more about how you can impact the community reach out to Hailey Kellerstrass at 816.439.4396.

## CARDS & GAMES

Games that run through the lunch hour will break for lunch.

### BINGO

Mondays and Fridays, 9 - 11:15 a.m. No preregistration necessary. Suggested donation of \$0.75 per card. Prizes awarded to winners.

### BRIDGE

Tuesdays and Thursdays, 8 a.m. - 2 p.m. Knowledge of the game is required. If you are coming to play for the first time, we can help you find a partner.

**Call 816.439.4368, 24 hours in advance to register.**

### HAND AND FOOT (a form of Canasta)

Tuesdays and Thursdays, 9 a.m. - 2 p.m. New members are welcome; no prior knowledge of the game is required.

### DROP-IN WII GAMES

The Wii game console is available Monday - Friday, 9:30 - 11 a.m. Don't know how to play Wii? No problem, all you need to do is point, click and roll.

### OPEN GAME TABLE

Every day we have a rotating game on the table. Dominoes, Skip-Bo, Pinochle, Rummikub or Uno, just to name a few. Games start when there are enough people to play, usually around 9 a.m.



# EVIDENCE BASED WORKSHOPS

Evidence-based programs (EBP) are programs that have been rigorously tested in controlled settings, proven effective and translated into practical models. Experts in the field – not just the people who developed and evaluated the program – have examined each program’s methods. The Liberty Parks & Rec Health and Wellness team offers a variety of EBP programs to help participants lead a healthier life.

All of the following programs will be offered via Zoom. Some programs do require access to a webcam and microphone (on your laptop or smartphone) to participate.

Are you interested in participating in one of these programs? Fill out the online form and a staff member will reach out to you within 48hrs of your form submission.

## STEPS TO HEALTHIER LIVING WITH CHRONIC CONDITIONS

This is designed for adults living with a chronic condition such as arthritis, diabetes, heart disease and lung disease, as well as adults who care for someone with a chronic condition. This workshop focuses on helping adults manage their chronic conditions through goal setting; stress, anxiety and depression management, physical activity, healthy eating, appropriate use of medication and more. Workshops are 2.5 hours long and held once per week over a seven week period of time with plenty of socializing breaks built into the workshops.

## ACTIVE LIVING EVERY DAY

This is like no exercise class you’ve ever been to. It’s designed to help you get on track and stay there. In fact, you won’t formally exercise at all in your weekly Active Living classes. Instead, you’ll focus on finding ways to be active every day: at work, at home, on vacation, etc. Active Living Every Day works to help you implement proven strategies that will help you overcome barriers, set realistic goals, build confidence and cultivate the motivation that you need to become and stay physically active.

## AGING MASTERY PROGRAM® (AMP)

A comprehensive and fun approach to living that celebrates the gift of longevity. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity.

## DIABETES SELF-MANAGEMENT PROGRAM (DSMP)

The Diabetes Self-Management Program is identified by the American Diabetes Association as meeting the Diabetes Support Initiative criteria for support programming. Each session of the workshop is very interactive allowing participants to build confidence in their ability to manage their health and maintain active and fulfilling lives through mutual support and success.

## WALK WITH EASE

An evidence-based fitness program shown to relieve pain and improve your health, providing techniques to build up and maintain a successful walking program. Program consists of both an education piece and a walking element.

## CHRONIC PAIN SELF-MANAGEMENT PROGRAM (CPSMP)

Focuses on helping adults manage their chronic pain through goal setting; techniques that help manage frustration, fatigue, isolation, and poor sleep, physical activity, healthy eating and appropriate use of medication, as well as, effectively communicating with health care providers, family and friends.

**These classes are scheduled on an as needed basis when there are enough interested participants.**



**Once dates are set, the classes fill fast! To register for a class or join the waiting list for any of the above evidence based workshops, contact Heather Borchardt at 816.439.4378 or apply online» [www.libertymissouri.gov/Evidence-Based-Programs](http://www.libertymissouri.gov/Evidence-Based-Programs)**

## START A MEMORY JOURNAL

Memories make us feel alive, capable and valuable. They help us feel comfortable with our surroundings, connect the past with the present and provide a framework for the future. Clay County Senior Services has provided FREE LifeBio Memory Journals for the Liberty Silver Center. This book has more than 200 questions to get you started, like: recall your favorite birthday, remember a memorable or funny experience you had on a date, how did you meet your husband or wife, etc.

If this is something you are interested in, call Brigitte 816.439.4368 or email [bthomas@libertymo.gov](mailto:bthomas@libertymo.gov).

### Contact Us!

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