



ACTIVE ADULT ACTIVITY GUIDE

THE NEW NORMAL (FOR NOW) LIBERTY SILVER CENTER

At this time, we don't know when things will return to "normal" at the Liberty Silver Center. What we do know is that COVID-19 changed the way that we look at things, and sometimes change can be scary.

The goal of the Liberty Silver Center has been and always will be to provide a place for community. We will do our very best to reconnect our Silver Center community as soon as we can, in the safest way possible within the Clay County Public Health Center and Centers for Disease Control guidelines. It will be slow, and it will look different, but we are excited for the day we can see you again!

While the full Silver Center remains closed, the following FREE programs will be offered this quarter:

NEW Phone Bingo

Stay connected with your Silver Center friends and with Phone Bingo! It's easy to play by calling in to the toll-free phone number. Contact Brigitte at 816.439.4368 for your bingo card and instructions.

Days: Fridays starting on October 23
Time: 10 - 11 a.m.

Living Life - Grief Support Group

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

NOTE: We want to make sure that you find the support group that best fits your needs. If you have questions on what support group would be the best for you please call the Grief Support Specialists at North Care Team Kansas City Hospice & Palliative Care, Susan Wurtenberger or Jacque Amweg at 816.691.5119.

Dates: Second and Fourth Thursdays of the month
Time: 10:30 a.m. - 12:30 p.m.

REGISTRATION IS EASY!

We will be practicing social distancing, so space will be limited. We ask that everyone register in advance for every program they plan to attend. To reserve your spot, please call the Silver Center at 816.439.4368.

When you visit the Liberty Community Center you will be asked to wear a mask and sign a waiver (one time on your first visit back to the facility).

NEW Webinars with Show Me Hope

The Silver Center is working with Show Me Hope, Missouri's Crisis Counseling Program to offer webinars that will teach coping and stress management tools for anyone feeling anxiety and uncertainty caused by the pandemic.

Mindfulness and Music: How to Sleep Better and Cope with Pandemic Stress

Music and mindfulness are two powerful tools for improving our health at any time, but especially now while we're dealing with pandemic stress. Learn simple ways to use music and mindfulness practices to help you relax and get better sleep.

Days: Wednesday, October 28
Time: 11 a.m. - noon
Zoom Meeting ID: 918 191 8300

Together Apart: How to Cope with Social Distancing and Staying Connected in Creative Ways

The holidays will be different this year. The threat of COVID-19 means physical distancing and not being able to visit in person with many of our friends and loved ones. What can we do to cope with this difficult season? How can we connect in creative ways, and maybe even find new traditions? Come to this presentation to learn and discuss.

Days: Wednesday, November 18
Time: 11 a.m. - noon
Zoom Meeting ID: 918 191 8300

IN-PERSON GROUP EXERCISE CLASSES

Limited group exercise classes, including a few Silver Sneakers classes, are happening in person at the Liberty Community Center! Attending classes is still FREE with your Liberty Community Center or Silver Sneakers membership, but we have opened class registration to help control class sizes and allow for social distancing.

Registration for classes is available 48 hours prior to the start of each class. View the full group exercise class schedule and register for a class online here: www.libertymissouri.gov/2510/Group-Exercise-Schedule

Water Resistance

This is a high cardio aqua class. Individuals will experience numerous class exercises that focus on heavy cardiovascular conditioning, calorie burn and core development. The majority of this class is conducted in the shallow end of the pool with intervals expanding to the deep end.

Days: Mondays, Wednesdays and Fridays
Time: 5:30 a.m.



Silver Sneakers Yoga

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Days: Mondays, Wednesdays and Fridays
Time: 9:45 a.m.

Silver Sneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

Days: Tuesdays and Thursdays
Time: 10:15 a.m.



VIRTUAL GROUP EXERCISE CLASSES

Liberty Parks & Rec Health & Wellness staff have created a group on Facebook to provide virtual group exercise classes to our members who are not quite ready to join us in person yet. This group offers livestreamed workouts and other wellness information exclusively for LCC members.

This is a great way to work out with your favorite instructors from the safety of your home. These workouts and wellness posts will be sorted by “units” so that you can easily find the type of classes that you are looking for and will be available after the livestream to watch in the future.

This is a closed Facebook group only available to:

- Liberty Community Center members
- SilverSneakers members
- Active & Fit members
- Prime members

If you are interested in joining this Facebook group, please fill out the registration form available online » www.libertymissouri.gov/1783/Group-Exercise-Classes

If you have questions or need more information please reach out to the Health & Wellness team at 816.439.4378.

MARK YOUR CALENDAR FOR THE 2020 LIBERTY COMMUNITY CHRISTMAS TREE PROGRAM!

The Liberty Community Christmas Tree (LCCT) program provides food and gifts to families in the Liberty area who need assistance during the holiday season.

LCCT wouldn't be possible without donations from our community and hundreds of volunteers pitching in. Here's how you can help:

Donate Food. The LCCT food drive will be Nov. 30 - Dec. 4. Each school and the Liberty Community Center will have a drop-off location.

Donate Money. 100% of the money raised by LCCT stays here in the Liberty community and goes directly toward buying gifts for children and food for families. Donate online at www.libertymissouri.gov/LCCTDonate Or mail a check payable to Liberty Community Christmas Tree to the Community Center at 1600 S Withers Road, Liberty MO 64068

Need assistance this year?

Eligibility - Families and households residing within the Liberty Public School (LPS) district boundaries are eligible for assistance. Addresses will be confirmed.

Senior / adult-only households will receive boxes of food including 2-3 boxes of canned goods plus perishable food items which may include turkey, milk, butter, eggs and/or potatoes.

Applications for 2020 assistance from the Liberty Community Christmas Tree program will be accepted Oct. 5–Nov. 6. Please do not miss the deadline. Late applications will not be accepted.

- **Apply Online.** Visit www.libertymissouri.gov/LCCT to submit an online application. This is our preferred application method. It's quick and easy to fill out!
- **Apply by Phone.** Call 816.439.4424, Monday through Friday between 8:30 a.m. and 4:30 p.m. Due to large call volumes, you may need to leave a voicemail. Please speak slowly and clearly and leave your name, a phone number where you can be reached and the best time of day to call.

START A MEMORY JOURNAL

Winter weather will be here soon and you may be looking for activities that you can do inside. 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, for example, 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

EVIDENCE BASED PROGRAMS - DIABETES SELF-MANAGEMENT

The American Diabetes Association identifies this program 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. 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 each session.

Days: Tuesdays, November 3 - December 15 (7 week program including an "Intro to Virtual Workshops" Class)

Time: 9:30 a.m. - noon

Virtual Platform: Zoom

Interested in participating in this program? Contact Victoria Jackson to register - 816.439.4376.

MORE EVIDENCE BASED CLASSES

Evidence based education (EBE) is the principle that education practices should be based on the best available scientific evidence, rather than tradition, personal judgment or other influences. The Liberty Parks & Rec Health and Wellness team offer a variety of EBE programs to help participants lead a healthier life.

Walk With Ease is 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 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.

Chronic Disease Self-Management is designed for adults living with a chronic condition such as arthritis, diabetes, heart disease, 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.

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

These classes are scheduled on an as needed basis when there are enough interested participants. To sign up for the waiting list for any of the above evidence based classes, contact Victoria Jackson at 816.439.4376.

Contact Us!



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