

ACTIVE ADULT ACTIVITY GUIDE

CALENDAR OF UPCOMING EVENTS & CLASSES

LIBERTY SILVER CENTER

Karaoke with Dick Hendrix

Come sing your heart out or just hang out with friends and listen. DJ Dick Hendrix has a huge selection of songs to choose from including Country, Gospel, Rock and R&B both old and new. If you have a CD with your favorite songs, bring it with you!

Dates: Second Tuesday of every month

Time: 10 a.m.

Cost: Free

Adult Coloring for Stress Relief and Fun!

Take a break from the fast pace of life and join in on the newest trend, adult coloring! Believe it or not, coloring helps stimulate your brain! Bring your own coloring book, or we don't mind sharing ours. We provide colored pencils, markers and refreshments.

Dates: Mondays

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

Cost: Free

Wellness Wednesdays

Focus Healthcare Solutions offers free blood pressure screenings on the third Wednesday of each month in partnership with our monthly wellness forums.

Dates: January - Brain Games, "Exercise for the Brain"

February - Heart Health

March 18 - Downsizing "Clear it Out!" with Jennifer Taylor

Time: Presentations begin at 11 a.m.

Cost: Free

Registration Deadline: Noon the day prior if you plan to stay for lunch

Line Dancing & Fundamentals

New to Line dancing? Want to learn the basics? Each class will cover some of the fundamentals of dance, basic dance steps and terminology plus instruction of line dance choreography/dancing to a wide variety of music. Line dancing is low impact exercise that helps the mind and body at the same time, in a social environment. LET'S DANCE!

Date: Mondays starting January 6

Time: 12 - 1:30 p.m.

Cost: Free



Techy Teens and Savvy seniors

Do you need a little (or a lot) of help with your hand-held electronics? The Techy Teens at Liberty North High School will work in small groups with Savvy Seniors teaching new skills related to your electronic devices. Bring along your mobile phone, tablet, or laptop computers and come loaded with questions.

Date: January 16, February 20, March 26, April 16

Time: Check in at LNHS with your ID at 12:45 p.m., Class will begin at 1 p.m.

Cost: Free if transportation is not required; \$5 for transportation from the Liberty Community Center

Registration Deadline: The Wednesday prior

REGISTRATION IS EASY!

Let us know you're coming so we know how many to expect and can plan out event supplies and lunch accordingly. Contact Brigitte at bthomas@libertymo.gov or at 816.439.4368.

CALENDAR OF UPCOMING EVENTS & CLASSES

LIBERTY SILVER CENTER

Happy Birthday!!

Let's Celebrate Life! Each month the Silver Center hosts a birthday party to celebrate everyone with a birthday during that calendar month.

Dates: January 31 - MOKAN Reunion Band
February 28 - Cool Breeze
March 27 - The Barbees

Time: Music begins at 10:30 a.m., lunch is served at 11:30 a.m.

Cost: Free to the birthday honorees, \$2 per person

Registration Deadline: Noon the Friday prior

Cupid's Bingo

If you love bingo and chocolate, the Liberty Silver Center is the place to be on Valentine's Day! We'll have a variety of Valentine's themed prizes and hot chocolate with all the fixings.

Dates: Friday, February 14

Time: 10:30 - 11:30 a.m. or until all the prizes are gone

Cost: Free

Soup & Salad Potluck Party

Spring is in the air, come and join us for a Soup & Salad potluck. You bring your favorite salad or dessert to share and we will provide the soups. From homemade chicken noodle, chili, potato or maybe clam chowder sounds delicious right?

Date: Thursday, March 6

Time: Music begins at 10:30 a.m., lunch is served at 11:30 a.m.

Cost: Free with a side dish, \$5 per person without

Registration Deadline: Noon on March 2

A Bit of the Ole' Irish

St. Patrick's Day has past but the Liberty Silver Center still has a bit of the ole' Irish spirit. Come enjoy the dancers from the O' Riada Manning Irish Dance Academy.

Date: Thursday, March 19

Time: 10:45 a.m. Don't be late, you won't want to miss this!

Cost: Free

EVIDENCE BASED PROGRAMMING

If you've been attending Silver Center events and programs for very long, you may have heard us use the phrase "Evidence Based Programs" quite often. We really want you to know what this means and how it can benefit you.

Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease among older adults.

They are based on research and provide documented health benefits, so you can be confident that the tips offered in the program really work. Older adults who participate in EBPs can lower their risk of chronic diseases and falls—or improve long-term effects of chronic diseases or falls.

For more information about EBP go to <https://www.ncoa.org/healthy-aging>

Chronic Pain Self-Management Workshop

Learn how to manage chronic conditions and how to communicate effectively with your health care providers through goal setting, stress, anxiety and depression management, physical activity, healthy eating and appropriate use of medication. This workshop is designed for both adults living with chronic conditions including arthritis, diabetes, heart disease and lung disease, and for care takers.

Dates: Thursdays, March 12 - April 16

Time: 6 p.m.

Cost: Free

Registration: Contact Victoria Jackson at 816.439.4376

Fit & Strong

Do you have pain or stiffness in your lower body? Fit & Strong is an exercise/behavioral change program for older adults with lower extremity osteoarthritis. This program includes 60-minutes of exercise and 30 minutes of group discussion/health education.

Dates: Mondays, Wednesdays and Fridays, March 12 - April 24

Time: 1 p.m.

Cost: Free for LCC and Silver Sneakers Members, \$48 for non-members

DAY TRIPS

New Theatre Restaurant Church Basement Ladies

The original is back and this time, it stars Cindy Williams! Church Basement Ladies is a celebration of the church basement kitchens everywhere and the wonderful, unsung women who work there. The script is spot on, the music is toe-tapping, the humor is delicious and the cast includes some of the funniest people we have ever assembled on the New Theatre Restaurant stage.

Date: March 25

Time: 10:15 a.m. - 4:15 p.m.

Cost: \$48 for members, \$52 for non-members

Registration opens Friday, January 24 at 8 a.m.



GRIEF SUPPORT GROUPS

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.

Dates: Second and Fourth Thursday of the month

Time: 12:30 - 3 p.m.

Cost: Free

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.

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, 8:15 a.m. - 2 p.m. with a break for lunch. 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.
- **Hand and Foot (a form of Canasta):** Tuesdays and Thursdays, 8:15 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 out on the table. Dominoes, Skip-Bo, Rummikub and Uno, just to name a few. Games start when there are enough people to play, usually around 9 a.m.
- **Weekly Community Puzzle:** Help us complete the puzzle, one piece at a time. A new puzzle is available each week for all to participate.



OTHER CLUBS & ACTIVITIES

NEW - Book Club

This group gets together once a month to discuss books that they are currently reading or books you have already read. You might want to share a beautiful poem or compare authors. Do you prefer the feel of a hardback novel or is an e-reader more convenient? Let's discuss it! Light refreshments provided

Days: Last Wednesday of the month

Time: 10 - 11:30 a.m.

Silver Stitchers

Enjoy fellowship and fun as you craft. Join this lively group who knit, crochet, and do needlework each week. You can bring a project you are currently working on, learn a craft technique, or spend your time completing a craft for a local charity. The group welcomes new members and drop in participation. Call 816.439.4368 for more details.

Days: Tuesdays, Wednesdays and Fridays

Time: 9 - 11:30 a.m.

Interdenominational Bible Study

Has it been a while since you have studied common Bible stories? Have you wondered how they apply to your life today? Join Jody Crawford as she shares Bible lessons and helps you to apply them to your everyday life. Call 816.439.4368 if you plan to attend.

Days: First and third Tuesday of the month

Time: 1 - 2 p.m.

Drop-In Computer Lab

Days: Monday - Friday

Time: 9 a.m. - 2 p.m.

GROUP EXERCISE CLASSES

Public Classes - Free to Everyone

AHOY (Add Health to Our Years)

This fitness class is excellent for the individual who hasn't exercised in a while, but would like to improve strength, flexibility and balance. Chairs are available for those a little unsteady on their feet. No registration is required.

Days: Mondays, Wednesdays and Fridays

Time: 9:45 a.m.

Member Classes - Free to Community Center and Silver Sneakers Members

Silver Sneakers® Classic 1

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.

Aqua Arthritis

Class format consists of upper/mid/lower body exercises geared to stretch and strengthen all major muscle groups. A variety of exercises will be presented to emphasize joint wellness, range of motion, increased flexibility and preventing muscle loss.

Days: Mondays, Wednesdays and Fridays

Time: 11 a.m.

For a full list of group exercise classes and class descriptions visit www.libertymissouri.gov/2510

Contact Us!



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