



# ACTIVE ADULT ACTIVITY GUIDE

## CALENDAR OF UPCOMING EVENTS & CLASSES LIBERTY SILVER CENTER HAS REOPENED!!

Unless otherwise noted, all of the following programs and events will be held in person at the Silver Center.

### Adult Coloring for Stress Relief and Fun

Take a break from the fast pace of life. Join in on the newest trend...adult coloring! Visit with new 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 we don't mind sharing ours. We provide colored pencils, markers and refreshments. Join anytime.

**Days:** Monday - Friday

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

### Bingo

It's time to play BINGO! Join us at the Silver Center twice a week for some fun - you just might be the lucky winner. No pre-registration necessary. Cards are \$0.75. Prizes awarded to the winners.

**Days:** Mondays and Fridays

**Time:** 9 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.

**Days:** Second and Fourth Thursdays of the month

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

### Book Club

Start your own book club in partnership with the Liberty Silver Center and Mid-Continent Public Library. Pick a day/time, invite your friends and the Silver Center will host your group!

### Intro to Senior Housing

Kelly Yuille, Partner Relations Coordinator with Tutura Senior Living & Health Care will explain the differences between all the options for senior housing and care. Learn about acute rehab at a hospital, skilled nursing care, assisted living, long term care, independent living, home health and private duty care. Plus - Who picks up the bill? Medicaid, Medicare or YOU (out-of-pocket)!

**Date:** Wednesday, July 7

**Time:** 11 a.m.

### Wellness Wednesday Series

The Liberty Silver Center is excited to have Becky Franklin from Tri-County Mental Health Service, and Rachele Morgan Soundscaping Source as our presenters for our Wellness Wednesdays Series. These ladies work with the Show Me Hope Program. Free blood pressure checks provided by focus Health Group Solutions

**Days:** Third Wednesday of the Month

**July 21** - Celebrate Resiliency: Spending Time in Life Review

**August 18** - Mandalas and Adult Coloring for Meditation and Relaxation

**September 15** - Hope Springs New: Look Forward to What is Ahead

**Time:** 11 a.m.

## REGISTRATION FOR SILVER CENTER PROGRAMS IS EASY!

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

# CALENDAR OF UPCOMING EVENTS & CLASSES CONTINUED

## Come Laugh with Us! A Dementia-Friendly Experience

Deborah Shouse and Ron Zoglin designed free 30-40 minute interactive sessions for people who are living with dementia. All are welcome to participate, including care partners, family members, and friends. It's great fun and a good energy and mood booster. Laughter shuts down the release of stress hormones; it also triggers the production of feel-good neurochemicals which have calming, anti-anxiety benefits.

Sponsored by Dementia Action Alliance, a national non-profit dedicated to advocating and encouraging people who are living with dementia. Our wonderful Kansas City Public Library, Plaza Branch, and our Heart of America Chapter of the Alzheimer's Association, are also supporters of this program. Questions, call Brigitte 816.439.4368.

**Days:** Every other Tuesday starting July 13

**Time:** 1 p.m.

**Register to attend:** Email Deborah and Ron at [myinfo@pobox.com](mailto:myinfo@pobox.com)

## Seniors Who Paint

Everyone can be an artist! There is no right or wrong to art. Art is from the heart. Painting allows us to see the world through different and more creative eyes. Seniors from all over the world find the process of creating their own art stimulating. Whether you have always endeavored in the arts or are recognizing your talent for the first time, painting brings happiness, a sense of accomplishment. This event is free and all art supplies will be provided.

**Date:** Wednesday, August 18

**Time:** 1 - 2:30 p.m.

## Hope Rocks!

Come for this informal time of art-making as we paint rocks with hopeful messages. You can keep your hope rocks, give them away as a gift, or leave them in a public space for others to find. Supplies are provided, as well as refreshments and conversation. Sponsored by Missouri Show Me Hope and Tri-County Mental Health. This event is free and all art supplies will be provided.

**Date:** Wednesday, September 8

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

## Mrs. Music Please

Musical Connections - Join music therapist Rachelle Morgan in a time of musical exploration. We might sing, move to music, play instruments, or just talk about songs, as we explore the ways we are connected with each other through music. This is a four-week series, but you can join at any time. No musical talent required! Sponsored by Tri-County Mental Health and Clay County Senior Services.

**Days:** Wednesdays, Sept 22, Oct. 6, Oct. 20 and Nov. 3

**Time:** 10 - 11 a.m.

## ENJOY GAMES OR LUNCH ON THE PATIO AT THE LIBERTY SILVER CENTER



# EVIDENCE BASED WORKSHOPS

**Liberty Parks & Rec has expanded its offering of FREE virtual Evidence-based programs!** 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.

These programs are funded in part by an award to the Missouri Association on Area Agencies on Aging through a grant from Prevention and Public Health Fund given by the US Department of Health and Human Services, Administration for Community Living.

**To register for a class contact Heather Borchardt at 816.439.4378.**

## Healthy Eating Every Day

Whether you’re looking for ways to improve the quality of what you eat, trying to balance calories to reach a healthy weight, need a total diet makeover or just a tweak here and there, Healthy Eating Every Day has the answers for you!

This program will empower you to change your eating habits for a lifetime with fun and simple, whole-diet approaches that do not eliminate food groups or require you to cut out meals. Learn to identify and cope with triggers that lead to poor eating, identify methods to eat well when dining out, create shopping lists for healthy foods within your budget, read and understand food labels and eat a balanced diet that includes foods you enjoy. Healthy Eating Every Day helps you get on track and stay there.

**Registration Opens:** July 6

**Session Dates:** Thursdays, August 19 - November 18

**Time:** 6 - 7 p.m.

**Location:** Liberty Community Center Blue Room

**Cost:** FREE

**Facilitator:** Tonya Schmidt

**Program Includes:** 14 weeks of 1 hour workshops

**The following 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 these evidence based workshops, contact Heather Borchardt at 816.439.4378.**

**Diabetes Self-Management Program (DSMP)** 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** 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.

**Circle of Friends** is group based, goal-oriented and encourages group members to share. The aim is that members will build strong relationships with one another and continue to meet independently once the formal group has concluded.

**Active Living Every Day - Interactive Book Club** is designed to help you get on track and stay there by helping 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. Each week you’ll work through assigned material at your convenience and attend weekly conference calls with the rest of the Book Club group to share encouragement, experiences, thoughts and much more!

**Aging Mastery Program** 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.

## 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, 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](mailto:bthomas@libertymo.gov)

## JOIN THE PHONE PAL PROGRAM

The Liberty Silver Center needs your help to combat loneliness and social isolation with seniors in our community! Liberty Silver Center has launched the Phone Pal Program and is looking for both volunteers and seniors who would benefit from this great program.

You don't have to be a member of the Liberty Community Center to have a Phone Pal. The only requirements are ages 60+ and have a phone!

If you're interested in volunteering or receiving calls from a Phone Pal, Contact Brigitte at the Silver Center 816.439.4368 or email [bthomas@libertymo.gov](mailto:bthomas@libertymo.gov).



### Contact Us!

Liberty Community Center  
1600 S. Withers Road  
Liberty, MO 64068

Angel Rose  
Liberty Access  
816.439.4397

Liberty Meals on Wheels  
816.439.4398

Brigitte Thomas  
Liberty Silver Center  
816.439.4368

Hailey Kellerstrass  
816.439.4396