



# ACTIVE ADULT ACTIVITY GUIDE

## CALENDAR OF UPCOMING EVENTS

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

### Annual Craft Fair

The Liberty Silver Center is hosting a craft fair with a wide variety of handmade crafts and baked goods. Stock up on beautiful, unique handmade gifts just in time for the holiday season. Crafts range from jewelry, purses, blankets and dolls, to woodcarvings and much, much more! Come early so you don't miss out on the great treasures.

**Days:** Tuesday, November 2

**Time:** 8 a.m. - 1 p.m.

**Calling All Crafters:** If you would like a table at the craft fair, contact Brigitte at 816.439.4368 or email [bthomas@libertymo.gov](mailto:bthomas@libertymo.gov) for more details. Tables are \$10

### Spooktacular Bingo

Come enjoy a game of bingo sponsored by the Liberty Silver Center and Focus Health Group Solutions.

**Days:** Friday, October 8

**Time:** 10 a.m. until all the prizes are gone!

### Halloween Birthday Pizza Party

Dressing up doesn't have to be just for kids. Come in costume for our annual Halloween Pizza Party! We will set the mood with spooky decorations and eerie music. DJ Carrie with Carrioke Productions will have you up doing the Monster Mash! AND she will bring a photo booth! RSVP to Brigitte by October 25.

**Days:** Friday, October 29

**Time:** 10:30 a.m. entertainment; 11:30 a.m. lunch

**Cost:** \$3

### Turkey Bingo

Come enjoy a game of bingo sponsored by the Liberty Silver Center and Focus Health Group Solutions.

**Days:** Friday, November 12

**Time:** 10 a.m. until all the prizes are gone!

### Wellness Wednesday Series

Free blood pressure checks provided by focus Health Group Solutions.

#### October 6 at 9 a.m. - Level of Care Fair

From downsizing your home to deciding where and how you want to spend your golden years. Join us for a vendor fair showcasing all the services available to you as you age. From in-home care services, senior independent or assisted living, income based senior apartments, memory care or nursing homes. Come learn about all your options!

#### October 13 at 9 a.m. - Health Care Directive and Notary

Join Kelly Yuille, Partner Relations Coordinator with Tuter Senior Living, and Sara Albright, Community Education Liaison with Shepherd Elder Law, in a mini workshop reviewing the Caring Conversations Guide published by the Center for Practical Bioethics in Kansas City. This guide explains and opens discussion for making your healthcare wishes known. Complimentary notary services will be available by Shepherd Elder Law.

#### October 6, October 20 and November 3 at 10 a.m. - Mrs. Music Please

Join music therapist Rachele 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.

**November 17 - TBA**

**December 15 - TBA**

## 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 October 5

**Time:** 1 p.m.

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

## 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.

## 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

Whether you like to read fiction, nonfiction, self-help, mystery, a juicy historical romance or one of Reese's, Jenna Bush Hager's, or of course Oprah's favorites... 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! Call Brigitte at 816.439.4368 or email [bthomas@lbertymo.gov](mailto:bthomas@lbertymo.gov) to get started.



**OCTOBER 4-8**

Active Aging Week promotes the vision of all individuals, fully engaging in life within seven dimensions of wellness: emotional, environmental, intellectual/cognitive, physical, professional/vocational, social and spiritual."

Join us for a week of fun activities and giveaways as we celebrate the positive process of aging! All events will be held at 11 a.m. in the Silver Center.

### Monday: Active Aging Kickoff

Kick off the week with us as we present key information on this year's theme, "Good Nutrition and Hydration Support Immune Health".

### Tuesday: Balance Class

Celebrate physical wellness by participating in a balance class! We will practice a series of seated and standing exercises to help improve balance.

### Wednesday: Nature Walk

Appreciate your surroundings and join us in a nature walk.

### Thursday: Health and Wellness Trivia

Keep your mind engaged as you age! Come play Health and Wellness Trivia with us for a chance to win a fun prize!

### Friday: Guided Meditation

Relax your mind and body with a guided meditation, celebrating our spiritual wellness.

# INTERGENERATIONAL CONNECTIONS WITH THE HERITAGE MIDDLE SCHOOL CHOIR

Intergenerational programming is a fun way to form relationships between seniors and school-age kids. Seniors get to learn more about technology and inventions of today, and engage and build relationships outside of their peer group, which helps stimulate brain wave activity and improve memory. The students improve communication skills and social interactions within and outside of their peer group. It also helps with critical thinking and problem solving capabilities. Overall, intergenerational interaction is a great way to build enjoyable relationships for healthier individuals of all ages and for a stronger community.

Brigitte and Jennifer, Director of the choirs at Heritage Middle School, are working together to create programming that will facilitate these intergenerational connections - making and hopefully keeping connections between the students and seniors going throughout the year, as pen pals, through social events and with choir performances. Seniors will be able to see the progress the students make over the course of the year and even give the students feedback on what they are doing well and what they can do to improve. If you would like to participate in the intergenerational programming, contact Brigitte at 816.439.4368 or bthomas@libertymo.gov

**Choir Performance Dates:** Tuesdays October 12, December 16, March 8, 2022 and May 10, 2022

**Time:** 10 a.m.

**Location:** Liberty Performing Arts Theater

## LIBERTY MEALS ON WHEELS NEEDS VOLUNTEER DRIVERS!

Liberty Meals on Wheels delivers more than just a meal to its recipients. At the core of our service is a nutritious meal, friendly visit and safety check for seniors living within the city limits of Liberty.

**Liberty Meals on Wheels focuses on caring for individuals whose diminished mobility makes it hard to shop for food, prepare meals or socialize with others.** Meals are delivered Monday-Friday between 11 a.m. – 12 p.m. by our amazing group of permanent and substitute volunteer drivers who donate their lunch break to help the recipients in need.

### Join the Meals on Wheels Volunteer Team!

Serving your community by being a Meals on Wheels volunteer is one of the most flexible and enjoyable ways to give back to people who need a helping hand. Permanent volunteer drivers typically drive the same route weekly and enjoy getting to know their recipients on a personal level.

Substitute drivers are typically called on once or twice per month to fill in when a permanent driver is unavailable. Volunteers are required to complete a volunteer application and pass a background check prior to volunteering for Liberty Meals on Wheels.

More information about becoming a Meals on Wheels recipient or volunteer is available online at [www.libertymissouri.gov/MealsonWheels](http://www.libertymissouri.gov/MealsonWheels) or call our office at 816.439.4398.



# 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.

**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.

## CARDS AND 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.

**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.

**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 and a partner. Call 816.439.4368 24 hours in advance.

**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, Pinochle, Rummikub and/or Uno, just to name a few. Games start when there are enough people to play, usually around 9 a.m.

# 2021 LIBERTY COMMUNITY CHRISTMAS TREE

The Liberty Community Christmas Tree program helps families in the Liberty area who need assistance with food and gifts during the holiday season. More information about the program is available online at [www.libertymissouri.gov/LCCT](http://www.libertymissouri.gov/LCCT)

## WAYS YOU CAN HELP

**DONATE FOOD.** The LCCT will host its annual food drive in late November. Updates will be posted in the "Liberty Community Christmas Tree" public group on Facebook.

**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. Please make checks payable to Liberty Community Christmas Tree.

**Mail donation to:**

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

**DONATE TIME.** There are several ways you can donate your time.

**Adopt a family.** We estimate more than 300 families will be available for adoption this year. Volunteers shop for gifts for the children — using a gift voucher provided by LCCT — and deliver presents and food to the family on Dec. 11. Pick up family information and instructions:

- Nov. 23 and 24, 9 a.m. - 4 p.m. at the Liberty Community Center
- Nov. 30 and Dec. 2, 6 p.m. at Heritage Hall
- Dec. 1, 6 p.m. at Shoal Creek Elementary School

**Sort food.** TONS of food is collected during the food drive. Help sort food to be delivered to LCCT recipients Dec. 7 and 8. Sign ups will be posted on Oct. 4. Visit [www.libertymissouri.gov/LCCT](http://www.libertymissouri.gov/LCCT) to sign up; space is limited.

**Deliver food.** Drop off a box of food to older adults in our community. Dec. 11 at 8 a.m.

## NEED ASSISTANCE THIS YEAR?

**ELIGIBILITY:** Families and households residing within the Liberty Public School (LPS) district boundaries are eligible for assistance. School-age children must be enrolled in a Liberty school. Applications from families who home-school and live within the LPS district will also be accepted. Enrollment and/or address will be confirmed.

**Applications for 2021 assistance from the Liberty Community Christmas Tree program will be accepted Oct. 4–Nov. 5. Please do not miss the deadline. Late applications will not be accepted.**

**APPLY ONLINE:** Submit an application at [www.libertymissouri.gov/LCCT](http://www.libertymissouri.gov/LCCT). Please keep a copy of your completed 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

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)

## DAY TRIPS ARE BACK!!

### New Theatre Restaurant

ALWAYS...PATSY CLINE is based on a true story about Patsy's friendship and correspondence with Louise, a fan from Houston. This musical play comes complete with down home country humor, true emotion and many of Patsy's unforgettable hits such as Crazy, I Fall to Pieces, Sweet Dreams, Walking After Midnight and more!

**Date:** Wednesday, January 12, 2022

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

**Cost:** \$50 for members, \$54 for non-members

Registration opens Friday, November 12, 2021 at 8 a.m.



## 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