



February 2026 Smithville Senior Center



113 W. Main St., Smithville, MO 64089 816-343-2073 www.smithvillemo.org/seniorcenter

HOURS: Mon, Wed, Fri: 8 a.m. to 2 p.m. Tue, Thurs: 10 a.m. to 1 p.m.

The Senior Center serves Clay County residents aged 60 and over through a partnership with Clay County Senior Services (CCSS).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Groundhog Day 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Pork Tenderloin Sandwich Potato Salad Baked Beans Apple Crisp	3 NO Mindful Movement 11:00 Lunch Roast Beef Sandwich Baked Chips Fresh Veggies w/Dip Cookie	4 8-8:45 Strength & Balance 9-12 Games & Cards 10:30 Library Rep Visit 12:00 Lunch, 12:30 Bingo Domino's Pizza Spinach Salad Ice Cream Bars	5 NO Chair Yoga 11:00 NEW Super Bingo 12:00 Lunch "SOUPER" LUNCH: Vegetable Beef Soup ½ Turkey & Swiss on Wheat Cookie	6 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Meatloaf Mashed Potatoes & Gravy Green Beans Roll, Sliced Pears
9 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Lasagna Lettuce Salad Garlic Bread Dessert from Viva Sr. Lvg.	10 10-10:45 Mindful Movement 11:00 Lunch Ranch Chicken Wrap Pasta Salad Fresh Grapes	11 8-8:45 Strength & Balance 9-12 Games & Cards 11:30-12:30 Humana rep: "Check Your Provider" 12:00 Lunch, 12:30 Bingo 1-2 Bunko Fried Chicken Tenders Macaroni Salad, Broccoli Spice Cake	12 10-10:45 Chair Yoga 11:00 NEW Super Bingo 12:00 Lunch "SOUPER" LUNCH: Chicken Noodle Soup Caesar Salad, Breadstick Brownie	13 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Making Music Taco Salad w/Meat & Refried Beans Tortilla Chips & Fixings Ambrosia Dessert
16 CLOSED PRESIDENTS' DAY	17 10-10:45 Mindful Movement 11:00 Lunch Egg Salad Sandwich Baked Chips Clementine Granola Bar	18 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Music Bingo <i>with Three Rivers Hospice</i> Sloppy Joe, Baked Potato Steamed Peas & Carrots Fresh Cut Fruit	19 10-10:45 Chair Yoga 11:00 NEW Super Bingo 12:00 Lunch "SOUPER" LUNCH: Ham & Bean Soup Cornbread, Fresh Veggies Ice Cream Bar	20 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Breaded Fish Filet Coleslaw Potato Wedges Peach Cobbler
23 Birthday Party 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch (No Bingo) Fried Chicken Mashed Potatoes & Gravy California Veggies Dinner Roll Cake from Terrace Park	24 10-10:45 Mindful Movement 11:00 Lunch Turkey Club Wrap Potato Salad Apple Slices Cookie	25 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Sliced Baked Ham Macaroni & Cheese Stewed Tomatoes Applesauce, Cookie	26 10-10:45 Chair Yoga 11:00 NEW Super Bingo 12:00 Lunch "SOUPER" LUNCH: Broccoli Cheese Soup Chicken Salad Croissant Fresh Fruit	27 8-8:45 Strength & Balance 9-11 Health Screenings with NKC Health Nurses 9-12 Games & Cards 12:00 Lunch 12:30 Movie: Casablanca Roasted Turkey w/Gravy Stuffing, Cooked Carrots Oreo Whipped Dessert

JOIN US FOR LUNCH!
\$5 per meal, cash only
Reserve your meal:
Call 816-343-2073 by 1 pm the
prior business day. Reservations
made after 1 pm or on weekends
are not guaranteed.

INCLEMENT WEATHER POLICY:
 The Center follows the lead of Smithville School District when deciding to close due to adverse weather. Keep in mind the Senior Center may sometimes close even if the schools remain open. To get a recorded phone message as soon as closure decisions are announced, please provide us with your phone number. Check local news stations, email, and our website for updates.

- SPECIAL EVENTS THIS MONTH:**
- **NEW on Super Thursdays!** Following Chair Yoga class, join us for an hour of staff-led Bingo with surprise "super" prizes, then enjoy a different hot soup each week paired with a sandwich or salad.
 - **Get a quick "network check"** to confirm your medical providers' status with NKC Health (NK Hospital & Meritas). Rep visit sponsored by Humana. **Feb. 11**
 - **Bunko players wanted!** Join the fun of this easy game and see what Bunko is all about. Laughs guaranteed! **Feb. 11**
 - **Free screenings** with NKC Health nurses for blood pressure, total cholesterol, and blood glucose. 8-hr. fast recommended. **Feb. 27**