



July 2025 Smithville Senior Center



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

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
	1	2	3	4
<p>Join us for lunch! \$5 cash only. Meals must be reserved at least 24 hours in advance. Call 816-343-2073 by 1 p.m. the prior <i>business day</i> to reserve or cancel. Notify Staff if you wish to substitute baked chicken or fish for the entrée on M, W, or F.</p>	<p>10-11 Mindful Movement 11:15 Lunch 'N' Learn: Travel Tips for Older Adults</p> <p>Chef Salad Whole Wheat Crackers Fresh Fruit</p>	<p>8:15-9 Chair Yoga 9-12 Games & Cards 12:00 Lunch 12:30 Bingo</p> <p>Pizza Lettuce Salad Assorted Cookies</p>	<p>9:00 Walking Group 11:00 Tai Chi 12:00 Lunch</p> <p>Turkey Club Wrap Potato Salad Fresh Fruit, Dessert</p>	<p>CLOSED</p> <p>  </p> <p>HAPPY INDEPENDENCE DAY!</p>
7	8	9	10	11
<p>8-8:45 Strength & Balance 9-12 Games & Cards 10:45 Blood Pressure Checks with <i>ClearSky Rehab</i> 12:00 Lunch, 12:30 Bingo 1-2 Line Dancing</p> <p>Meatloaf Mashed Potatoes & Gravy Cooked Carrots, Roll Dessert from Three Rivers</p>	<p>10-11 Mindful Movement 11:15 Lunch 'N' Learn: Nelson Atkins Art Talk: Take Me Out to the Ballgame</p> <p>Roast Beef Sandwich Assorted Chips Fresh Fruit, Dessert</p>	<p>8:15-9 Chair Yoga 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Bunko</p> <p>Fried Chicken Tenders Macaroni & Cheese Green Beans Watermelon</p>	<p>9:00 Walking Group 11:00 Tai Chi 12:00 Lunch</p> <p>Chicken Caesar Salad Fresh Fruit Granola Bar</p>	<p>8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Making Music</p> <p>Taco Salad: Seasoned Beef Refried Beans Lettuce, Salsa, Cheese Chips or Flour Tortillas Peach Crisp</p>
14	15	16	17	18
<p>8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo</p> <p>Lasagna Lettuce Salad Garlic Bread Dessert from Oak Pointe</p>	<p>10-11 Mindful Movement 11:15 Lunch 12-1 Grief & Transitions Group w/<i>Ann Kinney, MS, QMHP</i></p> <p>Spinach Salad w/Chicken Granola Bar</p>	<p>8:15-9 Chair Yoga 9-12 Games & Cards 12:00 Lunch 12:30 Music Bingo w/<i>Three Rivers Hospice</i></p> <p>Roast Turkey w/Gravy Stuffing, Mixed Veggies Applesauce</p>	<p>9:00 Walking Group 11:00 Tai Chi 12:00 Lunch</p> <p>Ranch Chicken Wrap Fresh Veggies & Dip Dessert</p>	<p>8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo</p> <p>Grilled Chicken with Bun Sweet Potato Fries Steamed Peas Fudgesicle</p>
21 Birthday Party	22	23	24	25
<p>8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo</p> <p>Fried Chicken  Mashed Potatoes & Gravy Calif. Veggies, Dinner Roll Cake from Terrace Park</p>	<p>10-11 Mindful Movement 11:15 Lunch 11:45-1 Cooking Matters (RSVP)</p> <p>Turkey & Swiss Croissant Assorted Chips Fresh Fruit, Dessert</p>	<p>8:15-9 Chair Yoga 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo</p> <p>Sloppy Joes Potato Wedges Coleslaw Fruit Cocktail</p>	<p>9:00 Walking Group 11:00 Tai Chi 12:00 Lunch</p> <p>Chicken Salad Sandwich Assorted Chips Fresh Fruit, Dessert</p>	<p>8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 12:30 Movie: Audience Suggestion</p> <p>Beef & Veggie Stir Fry Steamed Rice Fresh Clementine Chocolate Pudding</p>
28	29	30	31	
<p>8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Line Dancing</p> <p>Chicken Alfredo Pasta Broccoli, Breadstick Dessert from Nevaeh</p>	<p>10-11 Mindful Movement 11:15 Lunch 11:45 Learn to Crochet 11:45-1 Cooking Matters</p> <p>Chicken & Bacon Wrap Macaroni Salad Fresh Fruit, Dessert</p>	<p>8:15-9 Chair Yoga 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo</p> <p>COOKOUT: Hamburgers, Hotdogs, Brats Pasta Salad, Potato Chips Watermelon, Ice Cream</p>	<p>9:00 Walking Group 11:00 Tai Chi 12:00 Lunch</p> <p>Chef Salad Whole Wheat Crackers Fresh Banana</p>	<p>DID YOU KNOW?</p> <p>Betsy Ross and Paul Revere were both born on New Year's Day.</p>