



March 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 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Meatloaf Mashed Potatoes & Gravy California Veggies, Roll Dessert from Three Rivers	3 10-10:45 Mindful Movement 11:00 Lunch Turkey Club Sandwich Baked Potato Chips Apple Slices Granola Bar	4 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Domino's Pizza Lettuce Salad Tapioca Pudding	5 10-10:45 Chair Yoga 11:00 Super Bingo 12:00 Lunch Chili & Toppings Baked Potato Fresh Veggies with Dip Assorted Brownies	6 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Grilled Chicken Sandwich Roasted Potato Wedges Three Bean Salad Baked Apple Dessert
9 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Pasta with Meat Sauce Garlic Bread Lettuce Salad Peach Slices Dessert from Viva Sr. Lvg.	10 10-10:45 Mindful Movement 11:00 Lunch Chicken Salad Croissant Pretzels Grapes Oatmeal Cookie	11 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1:00 Bunko Fried Chicken Tenders Macaroni & Cheese Green Beans Jello with Fruit	12 10-10:45 Chair Yoga 11:00 Super Bingo <i>sponsored by Humana</i> 12:00 Lunch Ham & Bean Soup Corn Bread Fresh Cut Fruit Sherbet Cup	13 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Making Music with <i>Rachelle</i> Breaded Fish Filet Hush Puppies, Coleslaw Steamed Broccoli Pistachio Whip Dessert
16 Birthday Party 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch (No Bingo) Fried Chicken Mashed Potatoes & Gravy Corn, Dinner Roll Cake from Terrace Park	17 St. Patrick's Day 10-10:45 Mindful Movement 11:00 Lunch Corned Beef & Swiss on Rye Baked Potato Chips Fresh Veggies & Dip	18 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Music Bingo w/ <i>Three Rivers Hospice</i> Salisbury Steak w/Gravy Baked Potato, Peas Pudding	19 10-10:45 Chair Yoga 11:00 Super Bingo 12:00 Lunch Chicken Noodle Soup Spinach Salad Assorted Muffins	20 First Day of Spring 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Movie: <i>Eleanor the Great</i> Chicken & Noodles Cooked Carrots Breadstick Fresh Mixed Fruit
23 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch (No Bingo) 1:00 Beginner Line Dancing BBQ Pulled Pork w/Bun Pasta Salad, Baked Beans Applesauce Assorted Cookies	24 10-10:45 Mindful Movement 11-11:30 Sound Bath led by Constance. (<i>Refreshments following. Register in advance.</i>) 12:00 Lunch Domino's Pizza Fresh Veggies, Dessert Tray	25 Spring Fling Party 8-8:45 Strength & Balance 9-11 Games & Cards 9-11 Contests & Activities 11-12 Prairie Dulcimer Club 12:00 Lunch Taco Salad w/Meat & Beans Tortilla Chips & Toppings Strawberry Shortcake	26 10-10:45 Chair Yoga 11:00 Super Bingo 12:00 Lunch Hamburger w/Bun French Fries Coleslaw Ice Cream Bar	27 8-8:45 Strength & Balance 9-12 Games & Cards 9:30 Pool Tournament (<i>Register in advance.</i>) 12:00 Lunch, 12:30 Bingo Meatloaf Mashed Potatoes & Gravy Spinach Salad, Dinner Roll Peach Cobbler
30 8-8:45 Strength & Balance 9-12 Games & Cards 9:30 Pool Tournament (<i>Continues on Wed. 4/01 as needed.</i>) 12:00 Lunch, 12:30 Bingo Baked Ham Sweet Potato Fries Green Beans, Dinner Roll Apple Crisp	31 10-10:45 Mindful Movement 11:00 Lunch Chicken Caesar Salad Whole Wheat Crackers Clementine Cookie	JOIN US FOR LUNCH! \$5 Per Meal. Cash Only. Takeout Meals Available. RESERVE YOUR MEAL: Call 816-343-2073 by 1 pm the <i>business day</i> before. Reservations made after 1 pm or on weekends are not guaranteed.	NEW THIS MONTH: 3/23: Line Dancing returns! Gain confidence and leave smiling -- no experience or partner needed. 3/24: Experience the unique relaxation of a Sound Bath! <i>Registration requested.</i> Light refreshments following. 3/25: 2 nd Annual Spring Fling Party featuring a special performance by the Prairie Dulcimer Club. <i>Space may be limited. Sign up to attend soon!</i> 3/27: Spring Pool Tournament kicks off! <i>Register in advance.</i> Table is open for practice during Center hours.	