

# May 2026 Smithville Senior Center

113 W. Main St., Smithville, MO 64089 [www.smithvillemo.org/seniorcenter](http://www.smithvillemo.org/seniorcenter)

**NEW Phone Number: 816-608-1323 Lunch: \$5 cash – Reserve by 1 pm the prior business day.**

**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
<b>DID YOU KNOW? MAY IS OLDER AMERICANS MONTH</b>				<b>1</b>
This year's theme, <b>Champion Your Health</b> , highlights prevention, wellness, and taking an active role in healthy aging. The Senior Center is a great place to champion your health! Join us for our special OAM events — and consider trying a fitness class, enjoying a nutritious lunch, or socializing over coffee, cards, or bingo.				8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo  Fried Chicken Tenders Sweet Potato Fries California Veggies Dinner Roll Banana Pudding
<ul style="list-style-type: none"> <li>• <b>Wednesday 5/13 – Learn about the 5 Pillars of Falls Prevention sponsored by the Senior Falls Prevention Coalition. Lots of helpful information along with giveaways, snacks &amp; door prizes!</b></li> <li>• <b>Tuesday 5/19 – Smithville Kiwanis Club will sponsor Champion Bingo and treat us to a hotdog cookout. Sign up soon to secure your spot – space may be limited.</b></li> <li>• <b>Friday 5/22 – Walk-in health screenings provided by NKC Health nurses. FREE blood pressure check &amp; body composition scale. Add blood sugar &amp; cholesterol testing: \$15.</b></li> </ul>				
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8 Mother's Day: Sunday</b>
8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 1:00 Line Dancing  Salisbury Steak Twice Baked Potato Peas & Carrots Peach Cobbler	10-10:45 Mindful Movement 11:00 Lunch  <b>BOXED LUNCH:</b> Roast Beef & Cheddar Sandwich Potato Chips Fresh Apple	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo  Domino's Pizza Lettuce Salad Garlic Breadstick Fresh Mixed Fruit Tray	10-10:45 Chair Yoga 11:00 Super Bingo <i>sponsored by Molly Beale Photography</i> 12:00 Lunch  Vegetable Soup Whole Wheat Crackers Ham & Cheese Croissant Ambrosia Dessert	<b>Bring a photo of the special moms in your life for our Mothers Memory Lane Display!</b> 8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Making Music Taco Salad w/Meat & Beans Tortilla Chips & Toppings Ice Cream Sundaes
<b>11 Birthday Party</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch  Fried Chicken Mashed Potatoes & Gravy Corn, Dinner Roll Cake from Terrace Park	10-10:45 Mindful Movement 11:00 Lunch  <b>BOXED LUNCH:</b> Chef Salad Fresh Clementine Whole Wheat Crackers Chocolate Chip Cookie	8-8:45 Strength & Balance 9-11 Games & Cards 11:00 Falls Presentation 12:00 Lunch, 1-2 Bunko  Meatloaf Scalloped Potatoes Green Beans, Dinner Roll Apple Crisp	10-10:45 Chair Yoga 11:00 Super Bingo <i>sponsored by Southern Bank</i> 12:00 Lunch  Baked Potato Soup House Salad Assorted Muffins	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch <b>COOKOUT:</b> Burgers, Brats, Hotdogs Macaroni Salad Assorted Chips Watermelon, Lemon Bars
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 1:00 Line Dancing  Pork Tenderloin with Bun Sweet Potato Fries Coleslaw Fresh Mixed Fruit Tray	10-10:45 Mindful Movement 11:00 Champions Bingo 12:00 Lunch  <b>Hotdog Cookout Sponsored by Smithville Kiwanis Club</b>	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Music Bingo 3 Rivers Chicken Parmesan with Spaghetti Lettuce Salad, Garlic Toast Chocolate Pudding	10-10:45 Chair Yoga 11:00 Super Bingo 12:00 Lunch  Chili Cornbread Fresh Veggie Tray w/Dip Assorted Brownies	8-8:45 Strength & Balance 8:45-11 Health Screenings 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo  Roasted Turkey Mashed Potatoes & Gravy Cooked Carrots, Roll Sherbet Cup
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>CLOSED MEMORIAL DAY</b>	10-10:45 Mindful Movement 11:00 Lunch  <b>BOXED LUNCH:</b> Ranch Chicken Wrap Pasta Salad Fresh Veggies with Dip	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo  Chicken & Noodles Mixed Vegetables Spinach Salad Whipped Oreo Dessert	<b>CLOSED FOR CITY USAGE</b>	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo  Sloppy Joes Roasted Potato Wedges Steamed Broccoli Spice Cake