



November 2025 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
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.		SPECIAL EVENTS THIS MONTH: Fry without fear! “Using Your Air Fryer” classes on Thursdays at 12:30 pm. Learn how to make healthier, tasty snacks and meals perfect for 1 to 2 people. All supplies will be provided. Registration is not required. Fri., Nov. 21: Free Health Screenings with NKC Health. Get your blood pressure, total cholesterol, and blood sugar numbers checked. Fasting for 8 hours recommended. No appointment necessary.		
3	4	5	6	7
8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Line Dancing Taco Salad w/Meat & Refried Beans Tortilla Chips & Fixings Dessert from Three Rivers	10-11 Mindful Movement 11:15 Lunch BOXED LUNCH: Chicken Caesar Salad Fresh Fruit Granola Bar	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Meatloaf Mashed Potatoes & Gravy Calif. Blend Veggies, Roll Cherry Cobbler	11:00 Tai Chi Video Practice 12:00 Lunch 12:30 Using Your Air Fryer: Perfectly Cooked Veggies BOXED LUNCH: Turkey Club Wrap Fresh Veggies w/Dip Dessert	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Movie: Forrest Gump Chicken Tenders Macaroni Salad Mixed Vegetables Assorted Cookies
10	11	12	13	14
8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Breaded Fish Filet Hush Puppies, Coleslaw Dessert from Oak Pointe	CLOSED 	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo 1-2 Bunko Pizza Lettuce Salad Assorted Brownies	11:00 Tai Chi Video Practice 12:00 Lunch 12:30 Using Your Air Fryer: Crispy Proteins BOXED LUNCH: Ham & Swiss Sandwich Assorted Chips Fresh Fruit, Dessert	8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 12:30 Making Music Beef Goulash Cooked Broccoli Corn Bread Pudding Cups
17 Birthday Party	18	19	20	21
8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch 1-2 Line Dancing Fried Chicken Mashed Potatoes & Gravy Corn Dinner Roll Cake from Terrace Park	10-11 Mindful Movement 11:15 Lunch 12-1 Grief/Transitions Grp BOXED LUNCH: Chef Salad Whole Wheat Crackers Fresh Fruit	8-8:45 Strength & Balance 9-10 Games & Cards 12:00 Lunch 12:30 Music Bingo w/Three Rivers Hospice Chicken Pot Pie Spinach Salad Peach Cobbler	11:00 Tai Chi Video Practice 12:00 Lunch 12:30 Using Your Air Fryer: One-Pot Meals BOXED LUNCH: Ranch Chicken Wrap Pasta Salad Fresh Fruit, Dessert	8-8:45 Strength & Balance 9:30-11:30 Health Screenings w/ NKC Health 9-12 Games & Cards 12:00 Lunch Sliced Turkey Mashed Potatoes & Gravy Green Beans Cranberry Sauce, Roll Pumpkin Pie
24	25	26	27	28
8-8:45 Strength & Balance 9-12 Games & Cards 12:00 Lunch, 12:30 Bingo Baked Ham Mashed Sweet Potatoes Steamed Peas Ambrosia Dessert	10-11 Mindful Movement 11:15 Lunch BOXED LUNCH: Roast Beef Sandwich Assorted Chips Fresh Veggies Dessert	CLOSED <i>Do you have any suggestions for improvements or new programs? Let us know. We welcome your ideas and comments.</i>	CLOSED 	CLOSED <i>Did You Know? According to the Guinness Book of World Records, “Tyson the Turkey” holds the record for the heaviest turkey, at 86 pounds!</i>