

50+ SPECIAL EVENTS

National Senior Center Month September "Making a Connection"

Ages: 50+

Senior centers are the place to make a connection through art, movement, technology and interactions between generations and friends. Special events will take place through the month of September, including guest speakers, entertainment, refreshments and more. Call 816-325-6200 for more information.

Senior's Information Fair

Ages: 50+

Come learn about many local agencies and companies that provide valuable services to senior adults. Gather information on health, recreation opportunities, in-home care, housing options, financial groups, employment and volunteer opportunities and more! Participants will have a chance to win prizes and enjoy free refreshments.

Date	Day	Time	Fee
Oct 13	Tue	9 a.m. - noon	Free

Location: Palmer Center

Veteran's Day Recognition

Ages: 50+

All veterans are invited to this special recognition so that you may be honored for your services to our country. If you would like to stay for lunch afterwards, make a reservation by noon, Nov 9.

Date	Day	Time	Fee
Nov 10	Tue	11 a.m.	Free

Location: Palmer Center

Pickleball Tournament

Ages: 50+

Pickleball is a little bit of tennis, a little bit of badminton and a lot of fun! Compete as a team or as an individual. For more information, or to register, call 816-325-6200.

Date	Day	Time	Fee
Feb 27	Sat	8 a.m.	\$5

Location: Palmer Center

Thanksgiving Candlelight Meal

Ages: 50+

Give thanks as we celebrate this holiday over a special luncheon. Suggested donation \$2 for those 60 years +, \$4 for those younger. Reservation by noon Nov 24 is required.

Date	Day	Time	Fee
Nov 25	Wed	11:30 a.m.	Free

Location: Palmer Center



Holiday Celebration

Ages: 50+

Celebrate this special time of year and enjoy a traditional holiday lunch, have your picture taken with Santa, enter a drawing to win door prizes, and take in a holiday music show afterwards. Tickets are limited and will be on sale Nov 2 - Dec 4.

Date	Day	Time	Fee
Dec 10	Thu	11 a.m. - 2 p.m.	\$5

Location: Palmer Center

New Year's Party

Ages: 50+

Ring in 2010 during this festive gathering. If you would like to stay for lunch afterwards, make a reservation by noon Dec 30.

Date	Day	Time	Fee
Dec 31	Thu	11 a.m.	Free

Location: Palmer Center

Cupid's Corner

Ages: 50+

You and your special someone are invited to this Valentine's Day special for couples only.

Date	Day	Time	Fee
Feb 12	Fri	11 a.m.	Donation

Suggested donation \$2 for ages 60 years +, \$4 for those younger. Reservation by noon Feb 11 is required.

50+ PROGRAMS

Computer Programs

The Computer Lab at the Palmer Center has eight computers with internet access for use during open computer lab time. Other classes are taught by a qualified volunteer instructor. Details are available at the Palmer Center office.



Fitness Programs

The Palmer Center has a fitness room for 50+ adults to pursue their individual fitness goals. Included are Nu-Steps, treadmills, an elliptical trainer, a recumbent bike, and six Nautilus Nitro weight training machines. Each membership includes a fitness assessment and orientation on use of the equipment. Many classes are offered to challenge all levels of fitness, Stretch & Tone, Sittin' Fit, Wake Up Workout, PEPPI, Gentle Tai Chi, Walk to the Beat, Pavement Pounders, and Pickleball. A schedule is available at the Palmer Center office. Annual membership: \$50 Independence residents: \$65 for non-residents.

Music and Dance Programs

A variety of dance and music programs are offered at the Palmer Center to get your toes tapping line dancing, senior tap dancing, country music jams, afternoon ballroom dancing, L Magic organ lessons, and more! Call 816-325-6200 for a current schedule.

Creative & Education Programs

Autobiography and craft classes give you an opportunity to pursue your creative side or learn how to pursue genealogy. Take a 55 Alive driver's education class, discuss current events during Tuesday Newsday, and more. Call 816-325-6200 for a current schedule.

Fun & Games

A variety of games are played at the Palmer Center throughout the week. Included are: Bunco, Pinochle, Bridge, Mexican Dominoes, Billards, Card Golf, White Elephant Bingo, Bingo Bash, 5-A-Day Bingo, Pitch and Wii. Call 816-325-6200 for a current schedule.

Health Programs & Screenings

Many services are offered to help with the aging process. The Nurse's Closet, the Low Vision Resource Center, blood pressure checks, blood sugar screenings, diabetic foot checks, health awareness presentations, eye care series presentations and other health education classes are provided. Call 816-325-6200 for more information.

Support Groups

Weekly sessions are provided to help with support on processing topics related to fibromyalgia, arthritis, grief, care-giving, and more. Call 816-325-6200.

Dial-A-Ride

A specialized transportation service for ADA-eligible individuals and adults 60 years and older. To use this program, you must be a resident of Independence, be at least 60 years of age, or be able to show proof of disability that prevents you from using the local bus service. Transportation can be used for local trips, only within the city limits of Independence. Qualified participants receive 24 coupons per quarter. Each one-way ride requires one coupon and a \$2 payment. This program is offered in partnership with the City of Independence, Kansas City Area Transit Authority, and Checker Transportation Group. To request an application, call 816-325-7999.

Information & Referral Service

For Senior Adult Services including: nutrition, health issues, safety concerns, educational programs, and professional referrals, call the Palmer Center at 816-325-6200.

Tour Program

Discover friendly traveling companions, fun destinations and professional services with our popular trip program. Generally three five-day trips are offered each month, for a reasonable fee. Tours are advertised in a newsletter. To be added to our mailing list, call The Palmer Center at 816-325-6200.