While The Palmer Center remains closed as a pre-caution due to COVID-19, be sure to check out the information inside for details about virtual programs, classes being offered at The Roger T. Sermon Center and Truman Memorial Building, frozen meal deliveries, and more.

The current plan is for The Palmer Center to re-open when the City reaches Phase 3 of it’s re-opening plan, however the situation remains fluid and plans may be modified. A summary of the current Parks/Recreation/Tourism re-opening plan can be found at: [https://www.ci.independence.mo.us/ParksAndRec](https://www.ci.independence.mo.us/ParksAndRec).

**SENIOR’S CHRISTMAS CELEBRATION**

**Friday, December 4, 2020**

10:00 a.m. - 1:00 p.m.

FREE for Seniors 60+

Pre-Registration Required

Independence Uptown Market

211 W Truman Rd., Independence, MO 64050

This year’s Christmas Celebration will be a drive by event. Pick up your Cornish Game Hen (with cooking instructions) and side items to prepare at your convenience, receive a treat bag from Santa, and check to see if you won one of the door prize drawings.

Space is limited. Registration for a timeslot is required by calling The Palmer Center at 816-325-6200. We will begin taking reservations on Monday, November 9th at 9 AM. The registration deadline is November 23rd or when all spots are filled. Phones at The Palmer Center will not be answered while the event is going on.
FITNESS & PHYSICAL ACTIVITY

Fitness Room, SilverSneakers, and Renew Active passes may be used for working out at The Sermon Center.

The below classes are being held at The Sermon Center:

**WAKE UP WORKOUT**
Wednesdays & Fridays, 10:45 a.m.-11:30 a.m.  $2
This low impact class will give you a great cardio workout!
Instructor: Michelle Pena

**STRETCH & TONE**
Tuesdays & Thursdays, 10:45 a.m.-11:30 a.m.  $1
Maintain & improve your current level of strength using a variety of hand held equipment. Instructor: Michelle Pena

For a list of other classes, visit the Sermon Center website at: http://www.ci.independence.mo.us/parksandrec/sermon

Measures including temperature checks, social distancing requirements, face coverings, and other modifications are in place. As procedures may change, please contact each facility for specific measures currently in place.

Roger T. Sermon Center: 816-325-7370
Truman Memorial Building: 816-325-7843

Please note that new class fees will go into effect beginning January 1, 2021—Stretch & Tone $2, Wake-Up Workout $3, SilverSneakers Yoga and Zumba Gold (non-SilverSneakers Members) $3

The below classes are being held at the Truman Memorial Building:

**WAKE UP WORKOUT**
Mondays 9:00-9:45 a.m.  $2
This low impact class will give you a great cardio workout!
Instructor: Michelle Pena

**SILVERSNEAKERS YOGA**
Mondays, 10:00 a.m. & Wednesdays, 1:45 p.m.
$2 for non-SilverSneakers Members
Improve joint range of movement, strength and balance - and relax! Learn safe moves and breathing exercises to reduce stress and mental anxiety. Instructor: Michelle Pena and Susan Reynolds-Berg

**ZUMBA GOLD**
Tuesdays, 1:30 p.m. $2 for non-SilverSneakers Members
This combo dance/exercise class fuses hypnotic Latin and international rhythms and easy to follow moves to create a DYNAMIC workout! Instructor: Susan Reynolds-Berg

If you are at high risk of COVID-19 or are a caregiver for a high risk individual, please evaluate your participation in these events carefully. While steps are being taken to limit exposure through masks and social distancing, there is still a potential for exposure to COVID-19 and other airborne illnesses.

VIRTUAL HEALTH & EDUCATION PROGRAMS

**VIRTUAL AGING MASTERY PROGRAM**
Thursdays, 1/14/2021 - 3/25/2021
from 1:00 - 2:30 p.m.  FREE for Adults 60 & over
Registration required by 1/4/2021. Space is limited!
Created by the National Council on Aging, the Aging Mastery Program (AMP) offers a comprehensive and fun approach to living that celebrates the gift of longevity.

*Core Curriculum:*
- Navigating Longer Lives: The Basics of Aging Mastery
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Medication Management
- Falls Prevention
- Community Engagement

AMP and Tai Chi for Arthritis are funded in part by an award to the Missouri Association on Area Agencies on Aging through a grant from the Prevention and Public Health Fund by the US Dept. of Health and Human Services, Administration for Community Living.

**VIRTUAL TAI CHI FOR ARTHRITIS**
Wednesdays & Fridays, 1/6/2021 - 2/26/2021
from 9:00 a.m. - 10:00 a.m.  FREE for Adults 60 & over
Registration required by 12/21/2020. Space is limited!
Tai Chi for Arthritis for Fall Prevention is an evidenced based program designed by Dr. Paul Lam, in conjunction with a team of medical experts and Tai Chi masters. Using the Sun style of Tai Chi, the program is easy to learn, safe, and effective. Instructor: Dorri Li and Michelle Pena

**VIRTUAL EXERCISING DURING THE WINTER**
Wednesday, 1/13/2021 from 10:00 a.m. - 11:00 a.m.
Registration required by 1/6/2021
Learn about exercises you can do during the winter months to help prevent falls and other issues that can arise with exercising in the cold.
Join the virtual programs using a computer, tablet, or smart phone. A Zoom link for each program will be e-mailed to those who register.
In conjunction with Mid-America Regional Council, lunches are available for adults 60 years and older and their spouses, and for those 18-59 with a verified disability. When the center is open, hot lunches are served Monday through Friday at 11:30 a.m. While temporarily closed as a precaution due to the COVID-19 pandemic, frozen meals are being delivered to seniors who are choosing to isolate at home.

To inquire about frozen meal delivery while the Palmer Center is temporarily closed:

If you live in Independence and have eaten at the Palmer Center during the past 2 years, call The Palmer Center at 816-325-6200.

If you live outside of Independence or have not eaten at The Palmer Center recently, call Mid-America Regional Council at 816-421-4980 or United Way at 211.

The suggested donation is $3 per meal.

Donations for meals may be mailed to:
Mid-America Regional Council
Attn: Bob Hogan
600 Broadway, Suite 200
Kansas City, MO 64105-1659

OTHER FOOD RESOURCES
Information about USDA boxed food events and other food resources can be found at indep.us/covidhelp.

MID-AMERICA REGIONAL COUNCIL
For information about Mid-America Regional Council (MARC) Aging and Adult Services, call 816-421-4980. MARC is the local Area Agency on Aging.

UNITED WAY 211
United Way 211 is a free referral line that connects people with the community resources and assistance programs they need. The 211 phone line is answered 7 days a week, 24 hours a day. For assistance, visit 211kc.org or dial 211.

DISASTER DISTRESS HELPLINE
Anxious about COVID-19? The Missouri Department of Mental Health has a Disaster Distress Helpline, 1-800-985-5990 or text "TalkWithUs" to 66746.

This is a free, confidential, and multilingual crisis support service. Callers and texters are connected to trained and caring professionals from crisis counseling centers in the network. The Helpline staff provide confidential counseling, referrals, and other needed support services.

WELLNESS CHECK PHONE CALLS
While the Palmer Center is temporarily closed, staff members are making regular phone calls to seniors in the community to check in and stay in touch. If you would like to be added to the phone call list and receive calls, contact the Palmer Center at 816-325-6200.

COVID-19 INFORMATION AND RESOURCES
The latest information about COVID-19 along with information about supports and resources can be found at the website: indep.us/coronavirus.
CONTACT INFORMATION

THE PALMER CENTER

PHONE NUMBER: 816-325-6200

Fax #: 325-6210
Website: www.indepmo.org
Facebook: Independence Parks/Recreation/Tourism

Mailing Address: P.O. Box 1019
Independence, MO 64051
Street Address: 218-A North Pleasant Street, Independence, MO 64050

OUR WEBSITE
indepmo.org
Click on “Departments”
Click on “Parks and Recreation”
Click on “Palmer Center”

Staff:
Cheryl DeHaan, Recreation Program & Facility Supervisor
Lynda Kidwell, Administrative Specialist II
Rick Davis, Nutrition Site Aide
Jim Willoughby, Custodian

Center Attendants
Janna Huddleston, Anthony Jacobs, Sharon Propst,
Jamie Vaughn, Judy Zeikle

If you have changed your address, or you no longer wish to receive this mailing, please call 325-6200.
Thank you!