

THE PALMER CENTER POST

Independence Parks & Recreation

The Parks and Recreation Department's mission for The Palmer Center is to encourage the well-being of older adults in Independence, Missouri. November/December 2016



INSIDE

Special Events.....Pg. 1
Travel Program.....Pg. 2-3
Fitness & Physical Activity.....Pg. 4-5
Health & Education.....Pg. 5
Art, Music & Dance.....Pg. 6
Fun & Games.....Pg. 7
Daily Luncheon & Transportation.....Pg. 8
Support & Assistance.....Pg. 9
Veteran's History Project.....Pg. 9
Facility Information.....Pg. 10-11
Volunteer Information.....Pg. 11
Contact Information.....Pg. 12



SPECIAL EVENTS

VETERAN'S RECOGNITION

Monday, 11/7 ~ 11 a.m.

Join us for a special recognition of our Veterans. Co-sponsored with GC Hospice.



THANKSGIVING DINNER

Wednesday, 11/23 ~ 11:15 a.m.

Enjoy a special

Thanksgiving meal at the Palmer Center. Reservations may be made starting 11/17 after 12 p.m. 60 & Over: Suggested donation \$3—if this is your first time since July 1, arrive early to register. Under 60: Cost \$6.

SENIOR'S CHRISTMAS CELEBRATION

Friday, 12/2 ~ 11 a.m.—2 p.m.

- *Photo with Santa
- *Lunch
- * Door prizes
- *Entertainment by The Michael Lawrence Group



Tickets are \$5 and are on sale Nov. 1—23.

ANNOUNCEMENTS

Effective as of July 1, 2016

The new "Senior" age for participation at the Palmer Center is 60 years & over. Anyone between the ages of 50-59 that has been participating on a regular basis is grandfathered in and may continue participation.

There are new senior fitness membership fees and memberships will be honored at both the Palmer Center and the Sermon Center.

An information sheet with details is available upon request.

SUPPORT THE PALMER CENTER WITH A YEAR-END GIFT

2016 has been an amazing year for the Palmer Center thanks to you! Through your commitment and support, the Center can continue building whole person wellness programs in 2017. We can look forward to new participants who will join us, new programs we will create and new experiences we will all have. We ask that you consider a year-end gift to our Palmer Center Endowment Fund or Senior Services Enhancement Fund. Please call Vicki Hon (816) 325-7369 or the Truman Heartland Community Foundation (816)836-8189.

TRAVEL PROGRAM

BRITISH FAIRE

This trip is cancelled due to low enrollment.

OZARK MOUNTAIN CHRISTMAS

This trip is full. Date: Tues, 11/29/16—Wed. 11/30/16

STRAWBERRY HILL FOR CHRISTMAS

Celebrate a Serbo-Croatian Christmas with a visit to the historic Strawberry Hill Museum, Learn about it's colorful history and through exhibits, Serbo-Croatian immigrants in the area, and beautiful items from Eastern Europe. Tour nearby St. John's Catholic Church and experience the stunning stained glass windows and striking architecture. You will have some free time to browse the gift shop for one of a kind Christmas gifts. Next, visit the Strawberry Hill Bakery where you will learn how they make the famous Serbo-Croatian Povitica bread sample their many flavors!

Date: Tues., 12/6/16 ~ Time: 9 a.m.—4:00 p.m. ~

Deadline to pre-register: 11/4/16 ~ Price: \$70
(driver's gratuity included).



HOLIDAY LIGHTS TOUR

Hop on a toasty motor coach, enjoy holiday music and stories while viewing local light displays. Included will be Christmas in the park at Longview farms, the winter wonderland at crown center (with time to explore inside), the Country Club Plaza, beautiful homes along Ward Parkway, and a private business where they synchronize holiday melodies to an eclectic light display. Date: Thurs., 12/15/16 ~ Time: 4:45—9:30 p.m. ~ Deadline to pre-register: 11/14/16 ~ Price: \$33
(driver's gratuity included).

2017 TRAVEL PROGRAM PREVIEW

Friday, 1/20/17 @ 1 p.m.

Meet other travelers, enjoy warm treats & find out what trips will be offered in 2017!

We take a winter break and don't offer any trips during January/February except the ever popular New Theatre trip. You may register for the trip below starting: 11/14

The FABULOUS LIPITONES

What happens when a barbershop quartet loses a member to a heart-stopping B-flat? The 3 surviving members scramble to find a tenor before a big competition. When they hear golden tones being sung on the phone, the 3 Lipitones are sure they have their 4th...but when they meet him, he's not quite what they expected. An uproarious comedy, starring George Wendt. Lunch and driver's gratuity is included). Please let us know who you request to sit with and if you need plate assistance/ an assisted hearing device.

Date: Wednesday, 2/8/17 ~ Time: 10:30
a.m.—4:30 p.m. ~ Deadline to pre-register:
1/18/16 ~ Price: \$53



Happy
Thanksgiving



GENERAL TOUR INFORMATION

REGISTRATION You may register in person for tours at any Independence Parks & Recreation community center location or you can mail in your check with a note to identify your tour choice. The mailing address is P.O. Box 1019, Independence, MO. 64051, Attn: Palmer Center. We also take registrations in over the phone with a credit card payment. We accept Visa, Master card & Discover. All checks should be made out to City of Independence.

No registrations will be taken for tours until full payment is received. Remember, some tours fill up before the registration deadline, so don't wait until the last minute to sign up, or you may miss out. We will be happy to put your name on a waitlist.

TRANSPORTATION Luxury motor coach transportation will be provided for all tours, **departing from the parking lot on the SE corner of Maple and Pleasant Streets, near the Palmer Center, unless otherwise stated on your receipt.** If you require a wheelchair lift, please submit request in writing to Vicki Hon as advance notice is required, and is dependent upon availability of a w/c accessible motor coach. Please board the motor coach to check in at least 15 minutes prior to the scheduled departure time. Check description of trip for information about inclusion of driver's gratuity.

TOUR ESCORTS Independence Parks and Recreation tours include full guidance: by escorts employed by the City of Independence, or by qualified and experienced tour escorts contracted by the city. These persons cannot accept gratuity. Additional step on guides throughout the tour will be happy to accept your personal gratuity (\$1 is suggested).

TRIP TIPS You'll check in once you board the motor coach. During trips with multiple stops, please keep the same motor coach seat throughout the day. Bring bottled water and wear clothing items that are easy to shed if you become too warm. Cell phones and other listening devices are welcome, but please don't use them while the escort, driver, or tour guide is speaking, as this can be disruptive to those who are trying to enjoy the activity so please use these items away from the group setting.

PHYSICAL REQUIREMENTS Participants are expected to be reasonably oriented, capable of independent decision making, be able to enter and exit the motor coach and venues independently and capable of planning their own activities. If the participant is unable to function independently, he or she must be accompanied by a caregiver at all times while on the tour. We are not able to provide assistance pushing mobility equipment. The caregiver must pay the same registration fee as the participant.

SUBSTITUTIONS/CANCELLATIONS

We reserve the right to substitute any portion of a tour for something of equal or more value should it be necessary. We reserve the right to cancel a tour if an insufficient number of registrations have been received. You will be notified of such cancellation at least one week in advance and will receive a full refund or household credit.

REFUND POLICIES If you have registered for a tour and you have to cancel *for any reason*, it is in your best interest to find your own replacement. Please inform us of the change. If you can't find your own replacement, the following will apply if you cancel the tour: **Before the original registration deadline**—full refund minus a \$5 processing fee. **After the deadline**—no refund unless we receive another registration for the tour. If a replacement is found, you will receive a full refund minus a \$5 processing fee. We will do our best to replace your spot, by referring to the waitlist. Refunds will be sent within four weeks after the scheduled tour date.



Please indicate who you request to sit with for tours that include reserved seating.



The agenda is very active & may include more walking than usual with stairs, slopes, etc.

FITNESS & PHYSICAL ACTIVITY



We are happy to provide SilverSneakers—the nation’s largest older adult fitness program—available through select Medicare Advantage health plans. To determine if you are eligible for SilverSneakers, check your Health Plan by calling the number on the back of your insurance card, go to www.silversneakers.com; call SilverSneakers @ 1-888-423-4632; or stop by our front desk to verify your eligibility. By getting your SilverSneakers membership, you will be able to participate in SilverSneakers classes and join our fitness room at no charge, unless your particular plan has a small optional supplemental benefit fee (check with your plan).

Non-SilverSneakers members may take these classes for \$2 per class.

SilverSneakers Classic

Tuesdays/Thursdays, 10 a.m. ~ TMB

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Instructor: Kelly Cook/Dana Blum

SilverSneakers Circuit

Wednesdays, 12 p.m. ~ TMB

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises. Instructor: Kelly Cook

SilverSneakers Yoga

Mondays, 10 a.m. and Wednesdays, 1:15 p.m.~ TMB

Improve joint range of movement, strength and balance- and relax! Learn safe moves and breathing exercises to reduce stress and mental anxiety. Instructor: Kelly Cook/ Margaret French

SilverSneakers Holiday Lunch

Monday, 12/5 ~ 11:30 a.m.

Join other SS members for holiday fun & food
*at your own expense. Reserve your seat to
325-6200 by 12/1. Location: First Watch, 19321
E. Highway 40, Independence

100 MILE WALKING CLUB

Keep track of your walking progress in our 100 Mile Walking Club binder and win rewards for certain levels that are reached! You’ll be able to count miles walked in our gym, at the mall, in your neighborhood or even on a trail. Any mile walked will count! **25 miles = Pedometer 50 miles = Water bottle 75 miles = Insulated lunch cooler 100 miles = T-shirt**

TRX ESSENTIALS FLEXIBILITY

Mondays, 1—1:45 pm ~ \$3 ~ TMB

Improve your posture, increase range of motion and build greater stability from head to toe. Takes you through a series of active stretches that counteract the effects of your day-to-day life. Open muscles & connective tissue in the arms, legs, core, back, shoulders and neck. Designed for those who are fairly active and fit. Instructor: Michelle Pena.



WAKE UP WORKOUT

Monday/Wednesdays/Fridays, 9—10am ~ \$2

This low impact class will give you a great cardio workout! Instructor: Michelle Pena.

STRETCH & TONE

Tuesdays & Thursdays, 9—10am ~ \$1

Maintains and improves your current level of strength, using a variety of hand held equipment. Instructor: Michelle Pena.

GENTLE TAI CHI

Mondays ~ 6 pm Features gentle tai chi moves by video.

PEPPI

Mondays/Wednesdays/ Fridays , 10-10:45am

PEPPI helps you work on core strength in order to balance effectively & prevent falls. Current volunteer instructors: Lola Vanschoelandt, Steve Chasteen, Betty Hellig, Lela Ek

SITTIN’ FIT

Tuesdays/Thursdays ~ 10:30 a.m.

This half hour chair exercise class will do your body good, from head to toe. This is a video program.

MID-WEEK STRETCH

Every Wednesday ~ 11:15 a.m. (no class 11/23)

When you come for lunch (see reservation policy on page 8) be ready to do some simple stretching exercises right at your table!

PICKLEBALL

Beginner Play: Thursdays, 12-1pm

Open Play: Tuesdays & Thursdays, 1-5:30 p.m.

Advanced Play: Saturdays, 1—4:45pm

Favored for its’ focus on agility, shot placement and strategy as opposed to power. Skill level descriptions are posted in the gym. The schedule varies on Saturdays due to the rental program. Please call ahead to confirm. Coordinator: Richard Turner.

FITNESS & PHYSICAL ACTIVITY

WOMEN & WEIGHTS

Monday & Wednesdays, 10:30-11:30 a.m. ~
\$40 per session

Sessions: 11/9-12/7 1/9-2/1

Would you like to benefit from PERSONAL ATTENTION in a small group fitness training atmosphere? Need that extra push? Want some accountability? Then this is for you! Pre-register three days in advance of start of session, space is limited.

BRAINDANCE : STARTS 11/10

Thursdays ~ 12:15-1:15 p.m. ~ This first class is free! \$2 starting 11/17.

NEW

Did you know that one new case of dementia is detected every four seconds globally? Exercise changes the brain in ways that protect memory and thinking skills. Come and join us.... Move your body, challenge your balance system and stimulate the brain!
Instructor: Susan Reynolds-Berg

FITNESS MEMBERSHIPS

You'll love our fitness room! Ask how to join and we'll get you started. Included in your membership is a fitness orientation on how to use the equipment by a certified trainer. The membership may be used at the Palmer Center and the Sermon Center.

Annual Fee: Independence residents-\$40, non-residents-\$70

HEALTH & EDUCATION

HEALTH SCREENINGS

Blood Pressure Check: Wednesdays, 11/9 & 12/14 ~ 10:30-11:30 a.m. By Dr. John Chapman

Blood Pressure Check: Tuesday, 11/15 & 12/20 ~ 9:30-11:30 a.m. by VNA

Blood Sugar Check: Tuesday, 11/15 ~ 9:30-11:30 a.m. by VNA

AARP SMART DRIVER COURSE

Saturday, 11/5 ~ 1-5 p.m.

Tune up your driving skills and update your knowledge of the rules of the road, learn defensive driving techniques and discover ways to handle left turns, right-of-way, highway traffic and blind spots. Pre-registration is required, with payment due to instructor on first day of class. \$15/AARP member, \$20/non-member. Co-sponsored with AARP.



WHAT IS THE CDBG & WHAT DOES IT HAVE TO DO WITH ME?

Tuesday, 11/8 ~ 10:45 a.m.

Attend this very important time to provide your input on needs for the community and how you feel Community Development Block Grant funds should be used in Independence. Co-sponsored with the City of Independence Community Development Department.

NEW

HANDWASHING IS YOUR BEST DEFENSE

Thursday, 11/10 ~ 10:30 a.m.

Learn the best defense for staying healthy. Learn all about proper handwashing techniques, co-sponsored with the Independence Health Department.

NEW

CREATING A BUDGET WITH EXCEL

Monday, 11/14 ~ 10:00 a.m. Pre-register in the dining hall.

Learn how to create a household budget with Microsoft Excel. Co-sponsored with Mid-Continent Public Library

NEW

CLEAR CAPTIONS PHONE SYSTEM

Wednesday, 11/16 @ 11:00 a.m.

Learn about a unique free phone system for the hearing impaired.

WELLMOBILE VISIT

Friday, 11/18 ~ 9:30-11:15 a.m. Stay on top of your health! New health screenings are now offered— hearing, bone density, along with additional blood sugar and blood pressure checks.

HOW TO DEAL WITH COLD

WEATHER

Thursday, 12/8 ~ 10:30 a.m.

Cold weather is difficult for older adults to deal with. Learn what issues to be aware of and how to prevent problems so you can get through the winter! Co-sponsored by Independence Health Department.

NEW

INDEPENDENCE HISTORY & MULES

Friday, 12/16 @ 10:45 a.m.

Learn about the tales and history of Independence and it's mules. Provided by Ralph Goldsmith, historian & storyteller.

NEW

HEALTH, NUTRITION & FRAUD INFORMATION

Periodic handouts and discussion on pertinent health, nutrition & fraud topics are provided prior to the Nutrition Site program lunch. A wealth of information may also be found in our information & resource files in the Media Lab.

ART, MUSIC & DANCE

BARE BONES ART

Mondays, 12:30-2:30 pm

Bring your own project, create together, help each other! Participants will be able to display their work in our Art Showcase in the lower level lobby. Hosts: Refa Sawyers & Al Rudd.

TAGILIMA CRAFTS

Thursdays, 9 a.m.—2 pm

Join other ladies for crafts & socializing.

STITCH IN TIME

Fridays, 10:15-11:15 am (no class on 11/25)

If you are interested in crochet, knitting or needlework, this group is for you. Pursue a hobby with new friends! Instructor: Rose Walker.

WOODCARVING CLUB

Mondays ~ 9 am—Noon & Wednesdays, 12-4 at the Sermon Center, se corner of Truman & Noland roads

Join in on the comradery and friendship of others as you try out some wood carving. *Sermon Center membership required.

COLORING YOUR WAY

3rd Tuesdays, 11/15 & 12/20 @ 10:30 a.m..

Coloring is not just for kids...it's THE new way to relax and to refocus your mind. Participants will receive adult coloring sheets and coloring pencils for this creative program. It will be a time to relax, create and visit.

CITY THEATRE OF INDEPENDENCE PRESENTS

RAVENS CROFT November 3, 4, 5, 11, 12, 13, 2016

Support our community theatre!

This psychological drama is a thinking person's Gothic thriller, a dark comedy that is both funny and frightening. On a snowy night, Inspector Ruffing is called to a remote house to investigate the headlong plunge of Patrick Roarke down the main staircase. He becomes involved in the lives of five alluring and dangerous women. They lead him through a bewildering labyrinth of contradictory versions of Patrick's demise and that of the late Mrs. Ravenscroft. Visit www.citytheatreofindependence.org for show times, ticket prices, specials and dinner theatre information. To purchase tickets call the reservation line at 816-325-7367 or go on-line to www.ticketleap.com.



50+ AFTERNOON DANCES

Wednesdays, 1-3 pm \$4 (No dance 11/23, 12/21, 12/28)

Dance to live music by The Ed Smith Band. Bring store bought foods without potentially contaminating ingredients, a dish to put it in and we'll provide beverages.

INTERMEDIATE SENIOR TAP DANCE

Wednesdays, 11-11:45 am

**Sessions : 11/2-11/30
12/7-12/21**

Fee: \$15/ 3 week session, \$25/5 week session. Pre-registration required. Have you always loved watching a tap dancer? Listen, as your feet rhythmically strike the floor to the tunes in this basic tap dance class, and experience a whole new way to HAVE FUN! Please bring tap shoes for the class. Instructor: Jennifer Schmidt.

LEARN TO BELLY DANCE

Thursdays, 2—2:45 pm ~ \$1 ~ TMB

Belly dancing is both a relaxing and enlivening dance that helps tone the body through a low-impact workout. Come prepared for some learning, fun and fitness! Instructor: Halah Zeki

LINE DANCING

Mondays, Simple Beginner Instruction ~ 11:30 ~ \$1

Are you new to line dancing? This is for you!
Instructor: Karen Hedges

Open line dancing, 12:05-2 pm ~\$2

Instructor: Karen Hedges, Licensed Instructor.

Fridays, Instructed line dancing, 12:05-2 pm ~ \$2

Instructor: Fredah Johnston, Licensed Instructor.

2016 KANSAS CITY STORYTELLING CELEBRATION

Thursday, 11/3 @ 10:00 a.m.

Mike & Nancy Micham will be making a special visit to the Palmer Center during this year's event to teach you tips on how to tell great family stories to the younger generations in your family. You won't want to miss this fun event!

NEW

NEW

CENTERPIECE CRAFTS

Fridays, 11/4 & 12/9 @ 10 a.m.

Are you crafty? Enjoy crafting with others? Like making a contribution? This monthly group will design the dining hall table centerpieces to go along with all the seasons we enjoy in Missouri! Coordinator: Paulina Maliwat

COUGAR CHOIR VISIT

Friday, 12/16 @ 10 a.m.

Enjoy a Christmas caroling by Sycamore Hills Elementary Cougar Choir.

FUN & GAMES

PAM'S POTPOURRI

Fridays, 11/4 & 12/9 @ 10:45 a.m.

Who said we had to do the same things everyday? Let us help you incorporate PLAY into your life. From amusing games and creative crafts, to conducting music or dancing, discover new ways to PLAY while enriching your overall wellness at the same time! Co-sponsored with The Groves.

5-A-DAY BINGO

Tuesday, 11/8 @ 12:30 p.m.

Win fruits and vegetables during this nutrition education style bingo game. Co-sponsored with GC Hospice.

BINGO

Thursdays, 11/3 & 12/1 @ 10:30 a.m.

Come & join in. Co-sponsored with Hospice Partners.

WHITE ELEPHANT BINGO

Thursdays, 11/17 & 12/15 @ 12:15pm

Bring a wrapped, white elephant gift to use as a prize. Coordinated by Margie Barron and Mary Dickey

NOGGIN' JOGGIN'

Fridays, 11/4 @ 12:15 p.m.

Put it on your calendar! Noggin Joggin' is a specially-designed brain fitness class that explores your cognition in inventive new ways. The class includes warm-up material, a group exercise, a personal exercise, a "cool-down" phase of relaxation and an overall chance to laugh and share among peers while exploring your unique cognitive gifts. Co-sponsored with The Groves.

COVER TO COVER

3rd Thursday of each month @ 2 pm

11/17: "Skipping Christmas" by John Grisham

12/15: "Orphan Train" by Christina Baker Kline

This is a book club for 50+ adults which meets at the Truman Memorial Building. You can request a copy of the books from the North Branch of the Mid-Continent Library desk. Coordinated by: Peggy Blumberg.



PINOCHLE

Mondays @ 12:30pm

Join a small group for this fun trick-taking card game.

GAME TIME!

Daily @ 12:30 pm Includes Canasta: Hand in Foot, Pitch, Mexican Dominoes & Card Golf.

BILLIARD'S & DARTS

Make plans to meet with others to play pool or shoot darts in our game room—(outside scheduled game room activities).

NINTENDO WII FUN BOX CHECKOUT

Pronounced "Wee", the Wii has easy to use wireless controllers enable you to embody virtual athletes. The Wii Fun Box can be checked out at the front desk to use at the Palmer Center with a photo ID, as long as you are a registered participant.

SPELLING BEE GAME

Fridays, 11/18 @ 11 a.m.

Work on a team to spell the words—all level of spellers welcome!

NOSTALGIC CHRISTMAS TREE DECORATING

Tuesday, 11/29 @ 12:30 p.m.

You are invited to bring a favorite Christmas tree ornament to decorate our lobby tree this year! It can be something meaningful to you...or you can go out and buy one to put on our tree. Warm winter treats will be provided.

CHRISTMAS PARTY

Thursday, 12/22 @ 10:30 a.m.

Bring a store bought snack to share and a Christmas card to use in the mystery Christmas card game. Co-sponsored with Independence Manor.

NEW YEAR'S PARTY: RESOLUTIONS & MEMORIES

Friday, 12/30 @ 10:45 a.m.

We'll celebrate the end of the year and the beginning of the new year be eating & telling stories of the past. Bring your new year's resolution...and be in the contest to see who has the best! Bring a store bought snack to share.

DAILY LUNCHEON

In conjunction with Mid-America Regional Council, hot lunches are provided for adults 60 years and older and their spouses, and for those 18-59 with a verified disability, Monday through Friday at 11:30 a.m. Suggested donation is at least \$3. Every cent of your donation helps to provide low cost meals for the elderly. First time visitors who qualify will be required to fill out a client registration form. Those that do not fall in the above categories may still join us for lunch for a cost of \$6. The menu is available for pick up at The Palmer Center. The intent of this program is to meet the dietary guidelines to provide 1/3 of the recommended daily allowance of nutritional needs for seniors. Each quarter, participants have the opportunity to vote on their choice of menus and is overseen by a registered dietician. The menu is available on-line and at the center.

RESERVATION POLICY

We accept meal reservations up to 3 business days in advance to help reduce the number of incidents in which reservations are made, then the reservation isn't kept—resulting in a wasted meal for that day. Planning ahead for a shorter duration of time will help retain reservations. We ask that you call in to cancel your reservation if you are unable to attend, as it's possible we will still be able to send your prepared meal to a homebound client, especially if we know before 9 a.m. of the day you had your reservation. Thank you in advance for your cooperation with our policy in order to reduce the wasted meals, which costs thousands of dollars each year to the program. If you have any questions about this policy, please contact the front desk.

To make or cancel a meal reservation, call by noon the SERVING DAY prior—325-6200.

HOME DELIVERED MEALS

We will deliver meals to those who cannot get out of their homes or who have difficulty cooking for themselves. Certain qualifications have to be met and some paperwork must be completed prior to starting the service. This is available as long as funding allows. If interested, please call the front desk.

MONTHLY BIRTHDAY CELEBRATIONS

Let us sing Happy Birthday to you during the Monthly Birthday Celebration. We celebrate everyone's birthday that month once monthly, call to find out when the next celebration is. You'll also need to pre-register by noon the serving day prior.

TRANSPORTATION

SITE TRANSPORTATION

Transportation is available on a limited basis for those who no longer drive and want to eat lunch at the Palmer Center. This is provided by EMT. If you need other transportation options, please call us for a list of additional transportation services for older adults.

INDEACCESS

Older adult transportation and Complementary ADA paratransit is available for qualified individuals. It is curb-to-curb transportation which operates Monday-Saturday within the city limits of Independence. Please call First Transit to request an application—461-IBUS (4287).



Adult Abuse and Neglect Hotline

1-800-392-0210

Make a difference. **Make the call.**

**The Palmer
Center wishes
you a safe,
healthy & happy
holiday season!**

SUPPORT & ASSISTANCE

NEED A LITTLE HELP?

Sometimes life presents us with situations or circumstances that are difficult to deal with alone. Free counseling services are available at The Palmer Center. For an appointment, please call our counselor at 816-482-2788. Provided by Ashley Mitchell, Provisional Licensed Professional Counselor.

KC CONNECT

For questions about services for older adults in Independence and the KC Metro area, call 421-4980. This is offered by our area agency on aging, Mid-America Regional Council.

CareCONNECTION

Connecting Seniors and Caregivers with Information and Resources. Go to: careconnection.mymcpl.org.

INFORMATION & REFERRAL SERVICES

We have a Community Resource Guide located in the lobby if you would like to come and browse through it. It has information on area transportation, in-home service providers, housing options, Social Security, Medicare, food /clothing assistance and much more. In addition, our Media Center has file cabinets full of information on many topics. You are welcome to both resources to assist you in locating additional services you may need.

LOW VISION RESOURCES

If you experience problems with low vision, plan a visit to utilize or perhaps borrow some of our equipment: A Merlin—a full color auto focus video magnifier system / A variety of magnifiers, check writing guides, and 20/20 pens. Make an appointment to find out how we can help meet your needs. Co-sponsored with Missouri Rehab Services for the Blind. Information on the Wolfner Library and KU's Audio Reader program are available.

SKILLBUILDERS

Tuesdays, 9/6-11/22 ~ 9:45 a.m.—11:50 a.m.

Widows, widowers and caregivers—enjoy a Danish and coffee while learning from weekly topics presented by informative speakers: home security & personal safety, managing your money, making simple home repairs, taking care of your car, preparing your home for sale, fall lawn & garden care & more. Co-sponsored with the Heartland Widowed Persons Service, Kansas City Hospice and Crossroads Hospice, facilitator: Delma Oyler

MEDICARE PART D SIGN UP

Tuesday, 11/1 ~ 9 a.m.—Noon

Assistance will be provided to help you compare plans, check coverages and search for ways to lower your cost. Co-sponsored by CLAIM

VETERAN'S HISTORY PROJECT

The purpose of the Veterans History Project is to interview local veterans to preserve their memories and honor their actions. The city of Independence has established one specific room for the sole purpose of bringing those videotaped interviews to the public. In conjunction with the Veterans History Project at the Library of Congress in Washington, D.C., we will interview veterans and civilians about their wartime experiences, record the interviews, and make them available to the public in the Truman Memorial Building Veterans' Hall. A copy of the interview in DVD form will also be sent to the Folklife Center at the Library of Congress through the Jackson County Historical Society. The interviewee also receives his/her copy for distribution to family and friends. The Veteran's History Project was created by an act of Congress on October 27, 2000 in recognition of the country's veterans of World War I, World War II, and the Korean, Vietnam, and Persian Gulf wars. In Independence we are proud of our veterans and please to be able to contribute to this project. After all necessary transactions and paperwork have been completed, the city of Independence will: Share a copy of the tape with you, share a copy of the tape with the Jackson County Historical Society who then distributes the tape and Biographical Data Form to the Library of Congress' American Folklife Center for cataloging and entry onto its website and national database, enter your information, photos, and videotape into the kiosks in the Truman Memorial Building Veterans' Hall for today's and future generations to view. Thank you for your participation, and for recognizing the need to preserve memories and memorabilia that document your valuable experiences. If you have questions or desire further information, you may call Miriam Alexander at 325-7979. This project is NOT limited to Independence residents.

FACILITY INFORMATION

The Palmer Center, is a 60+ community center which opened in March, 2004. The Center has an outdoor patio, gymnasium, fitness room, meeting space, game and craft rooms, library, computer lab, dining hall, and staff offices.

SPACE AVAILABLE FOR RENT

Keep the Palmer Center in mind for your next special event— anniversary party, graduation party for a student in your family, or a birthday party! The gym, dining hall and meeting rooms are available to rent. There is plenty of space and plenty of tables & chairs. Call for rental rates!

CENTENNIAL BIRTHDAY PARTY PACKAGE



The City of Independence would like to provide a complimentary party room in honor of any Independence resident that would like to celebrate their 100th birthday! This request can be accommodated on Saturdays, between 1:30—4:30 p.m. **Call for more information!**

PARKING POLICY

Automobile Drivers:

* You may park on Pleasant St., in the First Presbyterian Church parking lot or the First United Methodist Church parking lot (north of the Truman Memorial Building). Please enter and exit that lot on Pleasant St. and NOT on Truman Rd. or Spring St. The lower (west) portion of the lot with white lines is where you should park. Cutting through to get to the lower lot decreases safety throughout the lot. Please don't park in the upper (east) portion of the lot with yellow lines. These spots are reserved for the church's use.

* Do NOT park in the drop off lane, there is a five minute limit for loading/unloading. Do NOT pull up onto the sidewalk, it's for pedestrians only, for safety reasons.

Motorcycle Drivers:

* Do NOT park on the sidewalk—it's for pedestrians only, for safety reasons.

Pedestrians:

*Please do your part and look both ways before crossing Pleasant street when entering/exiting the building.



ACCESSIBILITY STATEMENT

All of our programs at the Palmer Center are held in an accessible location. If a TTY phone is needed, you may dial the operator at 1-800-735-2966 and request to be connected to (816) 325-6202. If you require other accommodations due to disability or special need, please contact the Palmer Center at (816) 325-6200.

PALMER CENTER STANDARDS OF CONDUCT

Standards of Conduct have been implemented to ensure a safe, healthy and pleasant environment for all individuals and staff at The Palmer Center and at center sponsored events. Individuals participating in programs and receiving services are expected to adhere to the Standards of Conduct. When an individual is in violation, it should be brought to the attention of the Recreation Program & Facility Supervisor, who shall take any action deemed to be necessary or appropriate for the enforcement of these Standards. You may request a copy at the front desk.

MEDIA CENTER

In October, we combined our computer lab and library into one EXCITING space, since both rooms had similar functions in providing information and referral services, research, reading, and low vision tools. In the new Media Center you will find:

- Four brand new computers with Windows 10 OS. All users must be registered with the center. The internet is offered as a courtesy and some website categories that are deemed inappropriate are blocked. Prints made from the computer are \$.20 each. All users are expected to abide by the computer use policies posted in the library.
- A low vision monitor and high end magnifiers available for check out
- Books for research and reading pleasure. We are now accepting donations of hard back books.
- File cabinets full of free information for you to take home on topics ranging from Home Safety to Retirement Homes.

INCLEMENT WEATHER POLICY



The Palmer Center will be closed in the case of extreme inclement weather. **How will you know this? Watch KMBC-TV 9 (Comcast Channel 12)** On the banner rotating across the television screen look for any of the three announcements on closing: **The Palmer Center, MARC Senior Centers, Independence School District 30**

Call our Weather Cancellation Phone Line

325-7999, extension 4 (Please do not call our main phone number, the lines need to be kept open for other incoming calls).

****Day tours & rentals may or may not be canceled, at the discretion of the supervisor.*



The Palmer Center
Independence Parks & Recreation
P.O. Box 1019
Independence, Missouri 64051

Return Service Requested

*

*

CONTACT INFORMATION

The Palmer Center

PHONE NUMBER: 816-325-6200

Fax #: 325-6210

Website: www.indepmo.org

Like us on Facebook: Independence Parks and Recreation

Mailing Address: P.O. Box 1019, Independence, MO. 64051

Street Address: 218-A North Pleasant Street,
Independence, MO. 64050

Hours of Operation:

Monday—Thursday,

8 a.m.—7 pm

Friday, 8 am—5 pm

Saturday, 1 pm—5 pm

Sundays, CLOSED



OUR WEBSITE indepmo.org

Click on “Departments”

Click on “Parks and Recreation”

Click on “Palmer Center”

Click on the blue links:

Palmer Center Post Newsletter

Palmer Center Lunch Menu

Staff:

Vicki Hon, Recreation Program & Facility Supervisor

Miriam Alexander, Senior Adult Program Specialist

Lynda Kidwell, Administrative Specialist II

Helen Hamilton, Nutrition Site Aide

Vacant, Kitchen Aide

Jeff Barge, Center Attendant

Janna Huddleston, Center Attendant

Sharon Propst, Center Attendant

Barbara Beets, Center Attendant

If you no longer wish to receive this mailing or would like to be added to our “constant contact” email list, please call 325-6200. Thank you!

Closures: 11/11, 11/23 @ 3 p.m.- 11/26, 12/22 @ 3 p.m., 12/23-26, 12/31-1/2

