

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. September/October 2016



SPECIAL EVENTS

**September is....
NATIONAL SENIOR
CENTER MONTH**

This year's theme is
"Find Balance at Your Center"
Friday, September 30 ~ 9:15 a.m.
See you on the patio for morning munchies, music & much fun!

Also, participate in a friendly competition to help *you* find balance using the Seven Dimensions of Wellness. Pick up your entry form at the front desk at the beginning of the month. *A prize will be awarded to the winner.

ANNOUNCEMENTS

THE LONGEST DAY
alzheimer's association®

**WE FOUGHT
ALZHEIMERS ON THE
LONGEST DAY**

On The Longest Day the Palmer Center NuStepper team raised awareness and funds for the Alzheimer's Association®. We had a great time while pursuing our passion! Our team goal was to raise \$1,600 and we raised \$1,896. Thank you to the following team members: Denise Allen, Marilyn Logan, Marilyn McMahon, Mary Riddle, DJ Tracy and Lola Vanschoelandt. A BIG shout out goes to Lola, who placed 13th out of 1,187 participants that represented a NuStep team. Thank you to all who contributed!

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**SENIOR'S
INFORMATION
FAIR**

Friday, October 14
9 a.m.—Noon

- *40+ vendors with information for seniors
- *Health screenings, Flu & Pneumonia shots (bring Medicare and/or insurance card)
- *Free refreshments & door prize give-a-ways



**HALLOWEEN
PARTY**

Thursday, October 27 ~
10:45 a.m.

Wear your costume and celebrate with food & games (bring a store-wrapped food item for the snack table).
Co-sponsored with Independence Manor.

Effective as of July 1st

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.



TRAVEL PROGRAM

LAWRENCE HIGHLIGHTS TOUR

This trip is cancelled due to low enrollment.

WARM SPRINGS RANCH

This trip is full. Date: Thurs., 9/22/16 ~ Time: 10 a.m.— 6 p.m.

GERMANY IN HERMANN

Known for its' wineries, Hermann, named after a German folk hero that was founded in the 1830s, awaits our group! Go for a beautiful autumn drive for: Lunch (entrée: orange glazed pork loin) at Hermann Hill Village, set atop the river bluffs while listening to a local German accordionist; a step on guide to better experience the historic heritage and culture; a wine tasting; tour of the German School Museum and a visit to the Wurst House to learn how bratwurst is made and try a sampling of brats and sausages. Date: Thurs., 10/13/16 ~ Time: 8 a.m.—7:30 p.m. 
~ Deadline to pre-register: 9/9 ~ Price: \$89 (driver's gratuity not included).

AUTUMN ADVENTURE

A favorite annual trip is here again, rolling along the countryside to visit Miller's Pecan Farm in DeWitt, to take in a warm welcome and complimentary treats. You'll learn how pecans are harvested, sample various pecans and stock up for your holiday baking needs. A delicious lunch is included (entrée: broasted chicken) before visiting Peter's Apple Market where you can take home a taste of fall! Date: Tues., 10/18/16 ~ Time: 9 a.m.—4 p.m. ~ Deadline to pre-register: 9/16 ~ Price: \$54 (driver's gratuity not included).

CRYSTAL BRIDGES & BENTONVILLE OVERNIGHT

Go on a fabulous overnight adventure to Bentonville, AR where the small town feel belies the corporate energy of the international headquarters of Wal-Mart. Our visit includes a tour of the Crystal Bridges Museum, where art, architecture and nature combine for an incredible visit to "Celebrate the American Spirit"; a manager's reception at the hotel with drinks & hors d'oeuvres; a local guided Bentonville tour to see all the famous locations associated with the Sam Walton family; a visit to the Museum of Native American History; and a visit to one of more than 72 historical buildings and home—the Peel Mansion for a tour of the home, gardens and lunch Date: Wed., 11/2/16—Thurs., 11/3/16 . If interested, please request more information on all inclusions & pricing . (driver's gratuity not included). 

OZARK MOUNTAIN CHRISTMAS

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

HAVE YOU MET MISS JONES? THE NEW THEATRE RESTAURANT

Academy Award winner Shirley Jones and Broadway & TV star Patrick Cassidy (mother & son) is here for a world premiere of song, stories and memories from Shirley's amazing career in Broadway and television. Included: lunch & gratuity, driver's gratuity. Please let us know if you need an assisted hearing device or plate assistance.

Date: Wed., 10/26/16 ~ Time: 10:30 a.m.—4:30 p.m.
~ Deadline to pre-register: 10/5/16 ~ Price: \$53
(driver's gratuity included).



BRITISH FAIRE

Spend a lovely day at a quaint, indoor festival...shop for a variety of British goods, foods & cheese, tea, Celtic jewelry, antiques, books and holiday goods. You're sure to enjoy entertainment provided by local dancers, musicians and more. Visit with members of local British clubs and enjoy the Afternoon Tea served by the Daughters of the British Empire (a sell-out every year). Date: Sat., 11/5/16 ~ Time: 9:15 a.m.—3:00 p.m. ~ Deadline to pre-register: 10/4/16 ~ Price: \$52
(driver's gratuity included).

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).

You may register for trips listed in the next column beginning Sept. 6.

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

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 will be honored at both the Palmer Center and the Sermon Center.

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

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 8/31)

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 (60+ adults)

Open Play: Tuesdays & Thursdays, 1-5:30 p.m. (60+ adults)

Open Play: Saturdays, 1—4:45pm (all ages)

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

FITNESS & PHYSICAL ACTIVITY



WOMEN & WEIGHTS

Monday & Wednesdays, 10:30-11:30 a.m.

Sessions: 9/12—10/5
10/10-11/2

\$40 per session

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.

HEALTH & EDUCATION

HEALTH SCREENINGS

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

Blood Pressure Check: **Tuesday, 9/20 & 10/18 ~ 9:30-11:30 a.m.** by VNA

Blood Sugar Check: **Tuesday, 9/20 ~ 9:30-11:30 a.m.** by VNA

THE FLU & YOU, HOW TO PROTECT YOURSELF

Thursday, 10/13 @ 10:45 a.m.

Receive an outlook on this year's flu virus and what you can do to protect yourself. Presented by the Independence Health Department.



WELLMOBILE VISIT

Fridays, 9/23 & 10/21 ~ 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.

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 resource files in the library.



INDEPENDENCE HISTORY WAGON RIDES

Thursday, 9/8 @ 10 a.m. ~ \$7

Take a wagon ride around the Square area while hearing of the history of this great town we live in. *Must be able to walk up three narrow steps in the wagon, non-ADA accessible. Provided by Ralph Goldsmith, historian & storyteller.

CLEAR CAPTIONS PHONE SYSTEM

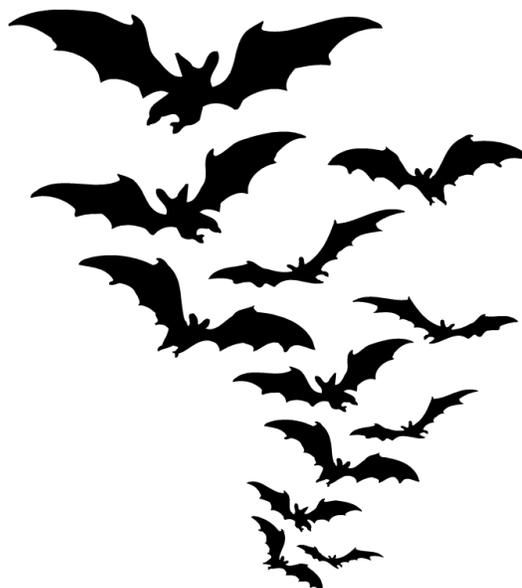
Friday, 9/23 @ 10:30 a.m.

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

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.



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

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.

THE WRITE PLACE POETRY SOCIETY

3rd Thursdays of each month, 9/15 & 10/20 ~ 3-4:30 pm

All poets are invited to read your own poetry or reflect upon the work of others. Coordinator: Jan Kroll.

COLORING YOUR WAY

3rd Tuesdays, 9/20 & 10/18 @ 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. Co-sponsored with Carmel Hills.

CITY THEATRE OF INDEPENDENCE PRESENTS.....

CRIMES OF THE HEART

September 8, 9, 10, 16, 17, 18, 2016

Support our community theatre!

The tragic comedy relates the story of the three Magrath sisters, Meg, Babe, and Lenny, who reunite at Old Granddaddy's home in Hazlehurst, Mississippi, after Babe shoots her abusive husband. The sisters were raised in a dysfunctional family with a penchant for ugly predicaments. Each has endured her share of hardship and misery. Past resentments bubble to the surface as the sisters are forced to deal with assorted relatives and past relationships while coping with Babe's latest incident. Each sister is forced to face the consequences of the "crimes of the heart" she has committed.

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.tickeleap.com.

50+ AFTERNOON DANCES

Wednesdays, 1-3 pm \$4

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 : 9/7-9/28

10/5-10/26

Fee: \$20/ 4 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 We will be starting over the first week of November—with dances for brand new dancers, who haven't line danced before. If you have been attending for a while, it's time to graduate to "Open line dancing"! 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.

CLOGGING

Thursdays, 9/15-10/20 @ 10 a.m. ~ \$30,

Pre-registration required.

Learn to Clog! Clogging is an American dance form that began in the Appalachian Mountains. As the Appalachians were settled in the mid 1700's by the Irish, Scottish, English and Dutch-Germans, the folk dances of each area met and began to combine in an impromptu foot-tapping style, the beginning of clog dancing as we know it today. Tap shoes or Ked type shoes with no tread may be worn until clogging shoes are purchased. A list of vendors will be provided at the time of registration. Instructors: Cassie & Kelda Glandon.



FUN & GAMES

PAM'S POTPOURRI

Fridays, 10/7 @ 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.

WHITE ELEPHANT BINGO

Thursdays, 9/15 & 10/20 @ 12:15pm

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

5-A-DAY BINGO

Tuesdays, 9/6 & 10/4 @ 12:15pm

Win fresh fruits & vegetables in this nutrition education bingo game. Co-sponsored with Carmel Hills.

BINGO

Thursdays, 9/1 & 10/6 @ 10:30 a.m.

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

NOGGIN' JOGGIN'

Fridays, 9/9 & 10/7 @ 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

9/15: "Year of Magical Thinking" by Joan Didion

10/20: "Olive Kitteridge" by Elizabeth Strout

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.

GAME OF THE MONTH

Thursday, 9/22 & 10/27 @ 10:30 a.m.

Learn a new game to have fun with, co-sponsored with Independence Manor.

SPELLING BEE

Fridays, 9/30 & 10/28 @ 11 a.m.

How about a good old fashion spelling bee! Sharpen your skills by practicing before competing against others.

CAMPFIRE GATHERING

Friday, 10/28 @ 1 p.m.

Join us for a campfire, skits, ghost stories and marshmallows. Held at George Owens Nature Park.

*You Must provide own transportation.



Art Show in July

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.**



Seven Stages, Seven Stories Production in August, an original play inspired by narratives of caregivers and persons living with Alzheimer's

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 library has a file cabinet full of information on many topics. You are welcome to both resources to assist you in locating additional services you may need.

LOW VISION RESOURCE CENTER

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

WHAT IS SKILLBUILDERS?

Friday, 9/16 @ 11 a.m.

This long standing program has successfully helped hundreds learn the skills to live independently *longer!* Get a short overview on how this program may benefit you as well. Presented by Steve Hamilton, President of Heartland Widowed Persons Services.



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 room is 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.

COMPUTER LAB POLICY

The computer lab is available for internet research, checking email accounts and for social media. All users must be registered with the center. The internet is offered as a courtesy to and some website categories that are deemed inappropriate are blocked. Prints are \$.20 per sheet. Users are expected to abide by the posted Computer Lab policies.

LIBRARY

Please make plans to visit the library anytime the facility is open. As part of our Information & Referral program, the lateral file cabinets contain many different topics of interest...from home health care information to brochures on local retirement communities. You are welcome to take any printed materials with you. **We are now accepting hard back books in excellent condition only.**

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.*

FACILITY INFORMATION

PROGRAM LOCATIONS

Outside of destinations in our travel program, nearly all programs are held at The Palmer Center, unless otherwise noted with TMB = Truman Memorial Building, 416 W. Maple, or George Owens Nature Park, 1601 S. Speck.

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ABOUT PROGRAM REGISTRATION

If no fee is listed and registration is required, just call in by the pre-registration date. If there is a fee and registration is required, you can register one of the following ways:

In Person—pay with cash, check, or a credit card

By Mail—pay with a check

By Phone—pay with credit card, we accept Visa, MasterCard or Discover

*Please pay special attention to the registration deadlines.

*Please inquire about the refund policy.

THE PALMER CENTER ENDOWMENT FUND

This fund has been established to provide financial support to enhance the operations and activities of the Palmer Center, which are not funded by the budget provided by the City of Independence. 5% of the annual returns from the principle balance of the fund will be made available to the Palmer Center or reinvested to build the fund. There are many ways you can direct your gift to the Palmer Center Endowment Fund to create guaranteed funding and long term support.

THE PALMER CENTER SENIOR SERVICES ENHANCEMENT FUND

If you would like to see your contribution used for an immediate purchase or cause, the Enhancement Fund would be the appropriate destination for your gift.

If you are interested in discussing one of these options, please contact: Vicki Hon, Recreation Supervisor—325-7369, The Truman Heartland Community Foundation—836-8189, or your financial advisor.

VOLUNTEER INFO

VITAL VOLUNTEER PROGRAM

Volunteers are always needed in various capacities at the Center. We have many dedicated volunteers who teach classes, assist in the kitchen, help with decorating for the holidays, tackle mailings, serve refreshments at events, and more. If you are interested in contributing your time to the Palmer Center, please request an application from the front desk.

PALMER CENTER ADVISORY COUNCIL

The Palmer Center Advisory Council consists of thirteen members who represent the many components of the Independence Parks & Recreation Senior Division. Members include: Alvin Hale, Chairman; Bonnie Borgman, Vice Chairman; Joyce Dull, Rosalind Koenig, Refa Sawyers, Myrna Montgomery, Al Rudd, Ed Steagall, Lola Vanschoelandt, Lorene Brokaw and Vesta Frizzell. Meetings are held on the last Thursday of each month at 9 a.m. The primary purposes of the Advisory Council are to: participate in the center and its programs; advise senior program staff in the planning of recreational, educational, cultural, social and transportation programming for senior program participants and to carry out the intent of the Older Americans Act of 1965; to request senior program staff to make a report of its activities from time to time to the Parks and Recreation Commission; to recommend policies in consultation with the senior program staff; to bring any participant's grievances in writing to the attention of senior program staff; to abide by the policies of the City of Independence and other funding agencies; to assist in the coordination of fund raising efforts and recommend expenditure of monies raised. The Minutes of each meeting are posted in a binder in the lower lobby. We continually accept applications throughout the year to fill vacancies, as needed. Please request an application at the front desk.

IN APPRECIATION TO

To our daily volunteers....*we can't do this without you!*

Olive Harris...*coffee creamer*

Peggy Cline...*beads for the craft room*



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

Return Service Requested

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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



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

Vacant, 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!

The Palmer Center will be closed on Sept. 2, 3 and 5 for the Labor Day weekend.

