

THE PALMER CENTER POST

Independence Parks / Recreation / Tourism

The Parks /Recreation/Tourism Department's mission for The Palmer Center is to encourage the well-being of older adults in Independence, Missouri. The Palmer Center is a 60+ community center.

January/February
2023



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Travel Program Preview

Thursday, January 19, 2023 at 1:00 p.m.



Join us for an afternoon of meeting fellow travelers, learning about upcoming trips, refreshments, and door prizes! Bring your calendar along so you can start "saving the dates" for upcoming tours.

Pickleball Tournaments



Saturday, 2/4 60+ Women's, Men's, and Mixed
Doubles Beginning at 8 AM

Saturday, 2/11 18+ Women's, Men's, and Mixed
Doubles Beginning at 8 AM

\$25/person registration fee for each tournament. Register by 1/15/23
Space is Limited! Call 816-325-6200 for more information.

Palmer Center Hours

Monday & Friday 8 a.m. - 5 p.m.
Tuesday - Thursday 8 a.m. - 6 p.m.
Saturday, Sunday Closed

Note change
in hours on
Mondays
and Fridays

The Palmer Center will be closed:

- Monday, January 2 for New Year's
- Monday, January 16 for Martin Luther King Jr. Day

Inclement Weather Policy

The Palmer Center typically closes 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:

816-325-7999, extension 4

Check The City's Social Media Pages: Cancellations and closings are shared on Twitter and Facebook.

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



INDEPENDENCE
★PARKS ★RECREATION ★TOURISM★

TRAVEL PROGRAM

We will begin taking reservations for the following trips on Thursday, January 19

General Tour Information

New Theatre - Condo-Monium

When a ruthless real estate company wants to evict all the tenants of an aging apartment building to turn it into pricy condos, bad luck, coincidence, mistaken identity, and misunderstandings cause increasingly crazy situations in this hilarious comedy starring Barry Williams.

Date: Wednesday, 3/15/2023 Time: 10:15 a.m. - 4:30 p.m.

Deadline to pre-register: 2/13/2023 Price: \$59

Sac & Fox Casino

Located in Powhattan, Kansas, Sac & Fox Casino has over 500 slot machines to choose from, plus Bingo play in the afternoon. Each person will receive \$15 players cash.

Date: Wed, 3/29/2023 Time: 8 a.m. - 6 p.m.

Deadline to pre-register: 2/28/2023 Price: \$35

BBQ, Baseball & Blues

Begin with a delicious lunch at Arthur Bryant's BBQ with turkey, beef, and sides served family style. Following lunch, visit The Negro Leagues Baseball Museum, the world's only museum dedicated to preserving the rich history of African-American baseball. The final stop will be The American Jazz Museum in the historic 18th and Vine District of Kansas City.

Date: Wed, 4/12/2023 Time: 11:00 a.m. - 4:30 p.m.

Deadline to pre-register: 3/10/2023 Price: \$78

Hermann, Missouri

Tucked away in the Missouri River Valley, Hermann is a picturesque village where 19th-century buildings hug the sidewalk, as they do in Germany. The first stop will be Stone Hill Winery for a tour followed by lunch in their restaurant with your choice of German Pork Schnitzel or a Club Sandwich, potato salad, iced tea or coffee, and dessert. Next, tour the Hermann Farm, which is dedicated to preserving and presenting the unique agricultural, social, and economic history of the German immigrants who settled in the lower Missouri River Valley in the 1800's. End the day with a tour and tasting at the Wurst Haus, home of award winning sausage and brautwurst. A cooler will be on the bus for your purchases. This trip requires some walking on uneven surfaces.

Date: Wed, 4/20/2023 Time: 7:15 a.m. - 7:45 p.m.

Deadline to pre-register: 3/17/2023 Price: \$119



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



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

Registration You may register for tours in person at The Palmer Center or you can mail in your check made out to "City of Independence" to P.O Box 1019, Independence, MO 64051, Attn: Palmer Center. We also take registrations by phone paid by Visa, MasterCard or Discover. Payment is required at the time of registration. Some tours fill up before the registration deadline. We will be happy to put your name on a waitlist if a trip is full.

Tour Escorts Tours include guidance by escorts employed by the City of Independence, or by experienced tour escorts contracted by the city. These persons cannot accept gratuity. Additional step on guides throughout the tour will be happy to accept gratuity. (\$1 is suggested).

Transportation Motor coach transportation is provided departing from the parking lot on the SE corner of Maple and Pleasant Street. If you need a wheelchair lift, please submit a written request in advance. Accommodation is dependent on availability of a wheelchair accessible coach. Driver's gratuity is included in the tour price.

Trip Tips You'll check in once you board the motor coach. Please board the motor coach at least 15 minutes prior to the scheduled departure time. Cell phones and other devices are welcome, but please don't use them while the escort or driver are speaking, or during the performance. Please use these items outside the theatre.

Substitutions/Cancellations We reserve the right to substitute any portion of a tour for something of equal or more value if necessary. We reserve the right to cancel a tour if an insufficient number of registrations have been received. You will be notified of cancellations at least one week in advance and will receive a refund.

Refund Policies If you have registered for a tour and you have to cancel *for any reason*, the following will apply:

Before the original registration deadline - full refund minus \$5 processing fee. **After the deadline** - no refund unless another registration is received for the tour. If a replacement is found, you will receive a full refund minus a \$5 processing fee.

Physical Requirements Participants are expected to be reasonably oriented, capable of independent decision making, and able to enter and exit the motor coach and venue independently. If unable to function independently, the participant must be accompanied by a caregiver. Caregivers must pay the same registration fee as the participant.

FITNESS & PHYSICAL ACTIVITY

Fitness Memberships

You'll love our fitness room! Included in your membership is a fitness orientation by our certified trainer on how to use the fitness equipment. Memberships may also be used at the Sermon Center.



Annual Fee: Independence Residents - \$40 Non-Residents - \$70 or SilverSneakers or Renew Active Membership



We are happy to provide SilverSneakers, available through select Medicare Advantage health plans. To determine if you are eligible, call 1-888-423-4632, go to www.silversneakers.com, or stop by our front desk. SilverSneakers members are able to take SilverSneakers classes and join our fitness room at no charge, unless your plan has a small optional supplemental benefit fee (check with your plan).

Non-SilverSneakers members may take these classes for \$3 per class if space allows.

SilverSneakers Yoga

Mondays, 10 a.m. & Wednesdays, 1:45 p.m. at TMB

Improve joint range of movement, strength and balance - and relax! Learn safe moves and breathing exercises to reduce stress and mental anxiety. Instructor: Michele Pena

Zumba Gold

Tuesdays, 1:30 p.m. at TMB

This combo dance/exercise class fuses hypnotic Latin and international rhythms and easy to follow moves to create a DYNAMIC workout! Instructor: Jennifer Vance-Schmidt

SilverSneakers Classic

Thursdays, 11:00 a.m. at 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. A chair is available if needed. Instructor: Jennifer Vance-Schmidt



Renew Active™ is a fitness program available on select health plans, and is designed to help UnitedHealthcare Medicare Advantage members meet their fitness-related goals. Renew Active members are able to join our fitness room at no charge, unless your plan has a small optional supplemental benefit fee (check with your plan). Learn more at myrenewactive.com or stop by our front desk.

100 Mile Walking Club **Free**

Keep track of your walking progress in our 100 Mile Walking Club binder and win rewards for certain levels that are reached! Stop by Palmer Center to pick up a gym walking schedule. **25 miles = pedometer 50 miles = water bottle 75 miles = lunch cooler 100 miles = t-shirt**

Wake Up Workout

Mondays/Wednesdays/Fridays

9 a.m. - 9:45 a.m. \$3

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

Stretch & Tone

Tuesdays & Thursdays

9:00 a.m. - 9:45 a.m. \$2

Maintain & improve your level of strength using a variety of hand held equipment. Instructor: Michelle Pena

PEPPI

Mondays/Wednesdays/Fridays

10:00 a.m. - 10:45 a.m. Free

PEPPI helps work on core strength to improve balance & prevent falls. Volunteer instructors: Steve Chasteen & Connie Mayta



Virtual Tai Chi For Arthritis

Mondays & Thursdays, 1/23 - 3/16 from 2:00 p.m. - 3:00 p.m. Registration Required. Call 816-325-6200 to register by 1/13. Free for Adults 60 & over

Tai Chi for Arthritis for Fall Prevention is an evidenced based program designed by Dr. Paul Lam, along with a team of medical experts and Tai Chi masters. This 8 week virtual program on Zoom is easy to learn, safe, and effective. Instructor: Dorri Li

Tai Chi for Arthritis is funded in part by an award to the Mid-America Regional Council through Patient Protection and Public Health Fund grant no. 90CSSG0043-01-00 by the US Department of Health and Human Services, Administration for Community Living.

Pickleball Play

Beginner Play: Tuesdays & Thursdays from 11:30 - 1:00 p.m.

Open Play: Tuesdays & Thursdays from 1:00 - 3:30 p.m.

Starting 1/20/2023 Fridays from 1:15 - 4:45 p.m.

Advanced Play: Tuesdays & Thursdays from 3:30 - 5:30 p.m.

Skill level descriptions are posted in the gym. Skill levels are self-rated.

\$3 per person Drop-In Fee or Annual Pickleball Pass (\$10/resident, \$25/non-resident), or SilverSneakers or Renew Active Membership.



Adult Pickleball Play

Open Play for Ages 18 & Over on Wednesdays from 6 p.m. - 9 p.m. \$4 drop in fee or 10 visit pass for \$35

Please note that Pickleball, SilverSneakers, and Renew Active passes do not include 18+ evening Pickleball.

HEALTH & EDUCATION

Health Screenings

Monday, 1/9 & 2/6 from 10:00-11:15 a.m. by Cleveland University

Tuesdays, 1/17 & 2/21 from 9:30-11:15 a.m. by VNA
Blood Sugar Check: **Tuesday, 1/17 from 9:30-11:15 a.m.** by VNA

Motivation, Movement, and More

Mondays, 10:00 a.m. - 11:25 a.m.

Join Cleveland University for special activities and exercises during Motivation and Movement on Mondays mornings.



Building Healthy and Delicious Meals

Friday 1/6 at 10:45 a.m.

Learn helpful tips for building healthy and delicious meals. Co-sponsored by Natural Grocer



Goal Setting for the New Year

Tuesday, 1/10 at 10:45 a.m.

Do you make New Year's Resolutions every year only to let them go a few days or weeks later? Find out tips for setting attainable goals and reaching them.

Veteran's Café

Thursdays, 1/12 & 2/9 at 10:30 a.m.

Join other Veterans and family members for coffee, pastries, conversation, and learning about veteran benefits. Co-Sponsored by Good Shepherd Hospice.

Native Animals of Missouri

Wednesday, 1/18 at 10:30 a.m.

A naturalist from George Owens Nature Park will share interesting facts and information about animals that are native to Missouri.



Got Chocolate?

Friday 2/3 at 10:45 a.m.

Indulge in chocolate samples while discovering interesting information about this delectable, often irresistible sweet. Co-sponsored by Natural Grocer.



Tech Talk and Pop-Up Library

Monday 2/6 at 12:15 p.m.

A representative from Mid-Continent Public Library will provide information about a different technology topic each month, as well as provide individual technology assistance and a pop-up library where you can conduct library business and check out materials.



Tax Prep Assistance

Tuesdays & Wednesdays, 2/7, 2/8, 3/21, & 3/22

Adults 60 and older - Get your federal and state tax return prepared for free. Volunteers are trained by the University of Missouri Extension and certified by the IRS. Schedule an appointment and bring your photo ID, Social Security card or ITIN, and necessary tax documents. More instructions will be provided when you make your appointment. Scheduling will begin on January 18. Space is limited. Call 816-325-6200 or stop by the Palmer Center front desk for more information.

Heart Health Presentation

Thursday, 2/16 at 10:30 a.m.

In honor of heart health month, Dr. Gray from Dedicated Senior Medical Center will talk about heart health followed by time for questions and answers.



Backyard Birding

Friday 2/17 at 10:30 a.m.

Do you wonder about the birds that you see in your yard? Learn about birds that are seen frequently in our area and how to identify them. Co-sponsored by George Owens Nature Park.



Health, Nutrition & Fraud Information

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

ART, MUSIC & DANCE

Coloring Your Way

2nd & 4th Wednesdays at 10:00 a.m.

De-stress and have fun while coloring intricate pictures. All supplies are provided. Coordinator: Rudy Garcia

Stitch in Time

Fridays, 10:15 - 11:15 a.m.

If you like crocheting, knitting or needlework, this group is for you. Coordinator: Rose Walker

Bare Bones Art

Mondays, 12:30 - 2:30 p.m.

Bring your own project, create together, and help each other! Participants will be able to display their work in our case on the lower level. Coordinator: Al Rudd



ART, MUSIC & DANCE—CONTINUED

Line Dancing

Mondays & Fridays, 11:00 a.m. - 1:00 p.m. \$3
Beginners line dancing. Instructor: Mary Allgrunn

Cover to Cover

Thursdays, 1/19 & 2/16, 2:00 p.m. at TMB
Cover to Cover is a book club for adults 60+. Books are available from the Mid-Continent Public Library North Independence Branch. Coordinator: Brenda Spencer
1/19 *The Vanishing Half* by Brit Bennett
2/16 *The Best Cook in the World* by Rick Bragg

Discovering the Art in You

Fridays, 1/13 & 2/10 at 10:30 a.m.
We will explore a variety techniques while creating some awesome artwork. Instructor: Sharon Propst

Music By The Palmer Players

1st, 3rd & 5th Wednesdays, 12:30 - 2:30 p.m.
Get up and dance, or sit back and listen to the music played by the Palmer Players. Coordinator: Richard Skinner

Note the
new start
time!

Open Music Jam

2nd & 4th Wednesdays, 12:30 - 2:30 p.m.
Bring your instrument and join the jam session. You can also sign up to sing a song, sit back and enjoy the music, or get up and dance. Coordinator: Richard Skinner

American Rhythm Dance Troupe

Thursday, 2/9 at 12:30 p.m.
This show features dances through the decades, country, and patriotic dances performed by dancer ages 3-19.



FUN & GAMES

Home Necessity BINGO

Thursdays, 1/5 & 2/2 at 10:30 a.m.
Have fun playing for paper goods and home products. Co-sponsored by Ignite Medical Resort

White Elephant BINGO

Thursdays, 1/12 & 2/16 at 12:30 p.m.
Bring a wrapped, white elephant gift to use as a prize. Coordinated by Jeanne Carey and Randy Warman

5 A Day BINGO

Thursday, 1/26 & 2/23 at 10:30 a.m.
Come join the fun playing Bingo for fruit and vegetable prizes. Co-Sponsored by Paths Law Firm

Pinochle

Mondays and Thursdays at 12:30 p.m.
Join a small group for this fun card game.

Open Intermediate Bridge

Tuesdays, 12:00 - 4:00 p.m. at TMB
Annual membership \$10/resident, \$25/non-resident.

Ice Cream Social

Fridays, 1/20 & 2/17 at 12:15 p.m.
Socialize with your friends while enjoying an ice cream treat. Co-sponsored by Archwell Health

Snowballs and More

Tuesday, 1/24 at 10:45 a.m.
Have some winter fun with an indoor marshmallow "snowball" fight, winter games, and refreshments.



TRIVIA

Tuesday, 1/31 at 10:45 a.m.
Have fun and challenge your mind with Jeopardy style trivia.



Super Bowl Snacks and Trivia

Friday, 2/10 at 12:15 a.m.
Test your football knowledge while eating game day snacks.



Valentine's Day Party

Tuesday, 2/14 at 10:30 a.m.
Join your friends for some Valentine's treats and fun.



VOLUNTEER INFORMATION

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, prepare mailings, serve refreshments at events, serve on committees, and more. If you are interested in volunteering at the Palmer Center, please request an application from the front desk.

Thank You Volunteers for All You Do!

Advisory Council

The Palmer Center Advisory Council consists of up to thirteen members who represent the many components of the Independence Parks/Recreation/Tourism Senior Division. Meetings are held on the last Thursday of each month at 9 a.m. The minutes for each meeting are posted in a binder at the front desk. We are currently accepting applications to fill some vacancies on the Advisory Council. Please request an application at the front desk if you are interested in serving.

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 donation helps to provide low cost meals for seniors. First time visitors who are eligible will need to fill out a registration form. Those that do not fall in the above categories may still join us for lunch for a cost of \$6. The intent of this program is to meet the dietary guidelines to provide 1/3 of the daily reference intake of nutritional needs for seniors. The menu is available on-line and at the center.

Reservation Policy

We accept meal reservations beginning on Monday the week before. If you are unable to attend after having made a reservation, we ask that you call in as soon as possible to cancel your reservation, as we may be able to adjust the number of meals ordered if we know by 8 a.m. of the day you had your reservation. Thank you in advance for your cooperation with our policy in order to reduce wasted meals, which costs thousands of dollars each year to the program. If you have any questions about the reservation policy, please contact the front desk. **To make or cancel a meal reservation, call by noon the SERVING DAY prior—816-325-6200.**

Home Delivered Meals

Meals can be delivered 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 Mid-America Regional Council office at 816-421-4980.

Donations for meals may be mailed to:

Mid-America Regional Council
Attn: Bob Hogan
600 Broadway, Suite 200
Kansas City, MO 64105-1659

The nutrition program is also made available through funding of the U.S. Department of Housing and Urban Development from the City of Independence, MO CDBG Public Service Program.

SUPPORT & ASSISTANCE

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.

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 more. In addition, the Media Center has file cabinets full of information on many topics.

Low Vision Resources

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

Wellness Check Phone Calls

Staff members or volunteers make 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.



Adult Abuse and Neglect Hotline
1-800-392-0210
Make a difference. **Make the call.**

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.

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 look both ways before crossing Pleasant street when entering/exiting the building.

Program Locations

Nearly all programs are held at The Palmer Center, unless otherwise noted with TMB = Truman Memorial Building , 416 W. Maple, SC = Sermon Center 201 N. Dodgion Ave., or George Owens Nature Park, 1601 S. Speck.

The Palmer Center: 816-325-6200

Roger T. Sermon Center: 816-325-7370

Truman Memorial Building: 816-325-7843

George Owens Nature Park: 816-325-7115

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.

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.

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.

Transportation

Site Transportation

Transportation may be available on a limited basis for residents of Independence who no longer drive and want to eat lunch at the Palmer Center. This is supported by Mid-America Regional Council and is available to a limited number of participants as long as funding allows. If you need other transportation options, please call us for a list of additional transportation services for older adults.

RideKC Freedom

Older adult transportation and 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 RideKC to request an application—816-461-IBUS (4287).

THE PALMER CENTER
Independence Parks / Recreation / Tourism
P.O. Box 1019
Independence, MO 64051

PRSR MKTG
U.S. POSTAGE PAID
INDEPENDENCE MO
PERMIT NO. 94

Return Service Requested

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CONTACT INFORMATION

THE PALMER CENTER

PHONE NUMBER: 816-325-6200

Website: indep.us/palmercenter
Facebook: [facebook.com/
IndependenceParksandRecreation](https://www.facebook.com/IndependenceParksandRecreation)

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

VISIT OUR WEBSITE indep.us/PalmerCenter

Staff:

Cheryl DeHaan, Recreation Services Supervisor II
Lynda Kidwell, Administrative Specialist II
Rick Davis, Nutrition Site Aide
Jim Willoughby, Custodian

Senior Services Attendants/Center Attendants

Patsy Kelly, Dawn Miller, Sharon Propst, Nancy
White, Judy Zeikle

*If you have changed your address, or you no
longer wish to receive this mailing, please call
816-325-6200. Thank you!*

We have Wi-Fi! Ask for the password at the front desk!