

# 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.

March/April 2023



## Thank You Volunteers!



April is National Volunteer Month. We want to say a huge THANK YOU to all of our wonderful volunteers! In 2022 volunteers recorded 7,331 hours at The Palmer Center. We could not operate without you!

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## Palmer Center Hours

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

## 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

## Sac & Fox Casino

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

*Call to find out the status of this trip* *Price: \$35*

## BBQ, Baseball & Blues

Begin with a delicious lunch at Arthur Bryant's BBQ. Following lunch, visit The Negro Leagues Baseball Museum and then The American Jazz Museum.

*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

Tour Stone Hill Winery and enjoy lunch in their restaurant. Next, tour the Hermann Farm and then end the day with a tour and tasting at the Wurst Haus. This trip requires some walking on uneven surfaces.

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

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

**Registration will open for the below trips on  
Wednesday, March 8**

## Steamboat Arabia Museum & KC Fountain Tour

View the largest single-collection of pre-Civil War artifacts in the world during a tour of the Steamboat Arabia Museum. After visiting the Museum, enjoy an included box lunch and free time to explore the City Market. In the afternoon, the motorcoach will take us past more than 20 of the most famous fountains in Kansas City.

*Date: Wednesday, 5/10/2023* *Time: 9:15 a.m. - 4:00 p.m.*

*Deadline to pre-register: 4/5/2023* *Price: \$68*

## New Theatre - Million Dollar Quartet

This thrilling musical takes you inside Sun Recording Studios for an unforgettable Rock 'n' Roll session inspired by the famed recording session that brought together 4 music icons.

*Date: Wednesday, 5/24/2023* *Time: 10:15 a.m. - 4:30 p.m.*

*Deadline to pre-register: 4/21/2023* *Price: \$59*

## Precious Moments Chapel and Carthage Square

Enjoy a guided tour of the Precious Moments Chapel with time to browse in the Visitor's Center and Gift Shop. After visiting the Chapel, enjoy an included lunch at Taste of Italy and then spend some free time exploring Carthage Square.

*Date: Thursday, 6/8/2023* *Time: 9:15 a.m. - 4:00 p.m.*

*Deadline to pre-register: 5/5/2023* *Price: \$78*

## Warm Springs Ranch

Tour Warm Springs Ranch in Boonville, MO, home to more than 70 Clydesdales ranging from foals to stallions. The tour also includes lunch at Maggie's Bar & Grill.

*Date: Thursday, 6/22/2023* *Time: 7:45 a.m. - 4:15 p.m.*

*Deadline to pre-register: 5/12/2023* *Price: \$82*

## New Theatre - Condo-Monium

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

*This trip is full. Call to be added to the waitlist* *Price: \$59*

## General Tour Information

**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** - 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 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.

# TRAVEL PROGRAM - CONTINUED



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.

## 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](http://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](http://myrenewactive.com) or stop by our front desk.

### 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. Leaders: Steve Chasteen & Connie Mayta

### Tai Chi For Arthritis

**Tuesdays & Thursdays, 4/4 - 5/25 from 10:00 a.m. -**

**11:00 a.m. Registration Required. Call 816-325-6200 to register by 3/21. Free for Adults 60+**

Tai Chi for Arthritis for Fall Prevention is an 8 week evidenced based program that is easy to learn, safe, and effective. Instructor: Michelle Pena

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.

### 60+ Pickleball Play

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

**Open Play:** Tuesdays & Thursdays 1:00 - 3:30 p.m. and Fridays 1:15-4:45 p.m.

**Advanced Play:** Tuesdays & Thursdays 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

Blood Pressure Check:

**Monday, 3/6 & 4/3 from 10:00-11:15 a.m.** by

Cleveland University

**Tuesdays, 3/21 & 4/18 from 9:30-11:15 a.m.** by VNA

**Thursday, 4/6 from 9:30-11:30 a.m.** by Research School of Nursing

Blood Sugar Check: **Tuesday, 3/21 from 9:30-11:15 a.m.** by VNA



### Health Education with Research School of Nursing **Thursday, 4/6 at 9:30 a.m.**

Students from Research School of Nursing will be here with information on a variety of helpful topics.

### Omeegas, Oh My!

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

Learn about these healthy fats and the role they play in keeping you healthy. Co-sponsored by Natural Grocer



### Tech Talk and Pop-Up Library

**Mondays 3/6 & 4/3 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.

### 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 Monday mornings.

### Veteran's Café

**Thursdays, 3/9 & 4/13 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.

### Tax Prep Assistance

**Tuesday & Wednesday, 3/21, & 3/22 By Appointment**

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. Space is limited. Call 816-325-6200 or stop by the Palmer Center front desk for more information.

### Eggs - Beyond Breakfast

**Friday, 4/7 at 10:45 a.m.**

Eggs can be delicious and nutritious at breakfast, lunch, and dinner! Get some new ideas for preparing eggs. Co-Sponsored by Natural Grocer.



## ART, MUSIC & DANCE

### Line Dancing

**Mondays & Fridays, 11:00 a.m. - 1:00 p.m. \$3**

Instructor: Mary Allgrunn

### 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

### Music By The Palmer Players

**1st, 3rd & 5th Wednesdays, 12:30 - 2:30 p.m.**

Get up and dance, or sit and listen to the music played by the Palmer Players. Coordinator: Richard Skinner

### 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

### 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

### Discovering the Art in You

**Fridays, 3/10 & 4/14 at 10:30 a.m.**

We will explore a variety techniques while creating some awesome artwork. Instructor: Sharon Propst

### Cover to Cover

**Thursdays, 3/16 & 4/20, 2:00 p.m. at TMB**

Cover to Cover is a book club for adults 60+. Books used by the book club are available from the Mid-Continent Public Library North Independence Branch.

Coordinator: Brenda Spencer

**3/16 *The Weekend* by Charlotte Wood**

**4/20 *My Grandmother Asked Me to Tell You She's Sorry* by Fredrik Backman**

### American Rhythm Dance Troupe

**Thursday, 3/30 at 12:30 p.m.**

This show features dances through the decades, country, and patriotic dances performed by dancer ages 3-19.



## ART, MUSIC & DANCE—CONTINUED

### Project Linus Quilters

**Fridays, 3/10 & 4/14 from 12:30 - 4 p.m.**

Bring your sewing machine and basic supplies and come sew Project Linus quilts. Kits with a fast & fun pattern and fabric already cut are provided. Great for both beginner and experienced quilters. There is no cost for the quilt kits, backing or batting. The completed quilts are donated to children in need. Coordinator: Jodie Land.



### Spring Craft

**Tuesday, 3/28 at 10:30 a.m.**

Celebrate the beginning of spring with some flower crafts.

### Bird Feeders

**Tuesday, 4/4 at 10:30 a.m.**

Join a staff member from George Owens Nature Center to make a springtime birdfeeder. All supplies will be provided.



## FUN & GAMES

### Home Necessity BINGO

**Thursday, 3/2 at 10:30 a.m.**

Have fun playing for paper goods and home products. Co-sponsored by Ignite Medical Resort

### Bird Bingo

**Tuesday, 3/7 at 10:45 a.m.**

Learn about springtime birds by playing Bird Bingo. Co-sponsored by George Owens Nature Center.



### White Elephant BINGO

**Thursdays, 3/16 & 4/20 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, 3/23 & 4/27 at 10:30 a.m.**

Come join the fun playing Bingo for fruit and vegetable prizes. Co-Sponsored by Paths Law Firm

### Pinochle

**Tuesdays 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.

### Pie for Pi day

**Tuesday, 3/14 at 12:15 p.m.**

March 14th is national pi day. Come celebrate with pie after lunch.



### Ice Cream Social

**Fridays, 3/17 & 4/21 at 12:15 p.m.**

Socialize with your friends while enjoying an ice cream treat. Co-sponsored by Archwell Health

### St. Patrick's Day Party

**Friday, 3/17 at 10:30 a.m.**

Celebrate St. Patrick's Day with your friends and a traditional corn beef and cabbage lunch. Remember to make a lunch reservation by noon the day before.



### Baseball Opening Day Rally

**Thursday, 3/30 at 10:30 a.m.**

Get ready for baseball season and cheer on the home team during the Royal's Opening Day Rally.



### Easter Egg Hunt

**Friday, 4/7 at 12:30 p.m.**

Easter Egg Hunts are not just for children. Stay after lunch and search for the special eggs.



## 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.

### 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.

**Volunteers - Mark Your Calendar for Tuesday, April 11 for a Volunteer Appreciation Recognition. Watch your Mail for an invitation. Thank You Volunteers for All You Do!**

## 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](http://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](http://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, Lynda Loomis, 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 information at the front desk!**