

# 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.

September/October  
2022



### SENIOR INFORMATION FAIR

Friday, October 14, 2022 - 9 A.M. to Noon

#### The Palmer Center

218A N. Pleasant St., Independence, MO 64050



- Helpful Information
- Health Screenings
- Door Prize Giveaways
- Free Refreshments



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### Living a Healthy Life with Chronic Conditions

**Tuesdays, October 18, 2022 - November 22, 2022**  
**From 9:30 A.M. - 11:30 A.M. at The Palmer Center**

Living with a chronic condition such as diabetes, arthritis, heart disease, pain, or anxiety can be a daily challenge, but it doesn't have to be. Learn how to better manage symptoms by learning important self-management skills and techniques such as action planning, healthy eating, and communicating with your healthcare team. This 6-week class is FREE for adults 60+ thanks to grant funding through Missouri Association of Area Agencies on Aging.

**Register by October 4 by calling The Palmer Center at 816-325-6200**

#### Palmer Center Hours

Monday through Thursday 8 a.m. - 6 p.m.

Friday 8 a.m. - 4 p.m.

Saturday, Sunday Closed

The Palmer Center will be closed:

Friday, September 2 - Monday, September 5 for Labor Day and Santa-Cali-Gon

## TRAVEL PROGRAM

### **NEW THEATRE - HANK WILLIAMS: LOST HIGHWAY**

Date: Wednesday, 9/28/2022 Time: 10:15 a.m. - 4:30 p.m.

Call to see if space is still available Price: \$59

### **NEW THEATRE - COME BLOW YOUR HORN**

Starring Hal Linden and Sally Struthers, this Neil Simon comedy is about family and some of the crazy, hilarious and wonderful things that happen when parents and their adult children get together. Please note that the seats for this performance are in rows 8 through 10. Price: \$59

Date: Wednesday, 11/30/2022 Time: 10:15 a.m. - 4:30 p.m.

Registration opens 9/21/2022 Register by 10/26/2022

**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.

**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 full 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.

### **HOLIDAY LIGHTS TOUR**

Come join the festivities and view the holiday lights as we drive through the famous Plaza Lights. Next, head down to Crown Center where we will stop for some free time to shop or purchase a snack. After Crown Center we will head to Overland Park, Kansas to see lights timed to music. Our final destination will be the Christmas in the Park display at Longview Lake. Price: \$29

Date: Wednesday, 12/14/2022 Time: 5:30 p.m. - 10:00 p.m.

Registration opens 9/21/2022 Register by 11/30/2022

## FITNESS & PHYSICAL ACTIVITY



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, 10:00 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

# FITNESS & PHYSICAL ACTIVITY



Active body, Active mind. 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.

## 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**

## WAKE UP WORKOUT

**Mondays/Wednesdays/Fridays (No class on 10/14)  
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

## PICKLEBALL PLAY

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

**Open Play:** Tuesdays & Thursdays from 1:00 - 3:30 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 Silver-Sneakers or Renew Active Membership.**

## GYM WALKING

Free

**Mondays 8 a.m. - noon, 3 - 6 p.m.**

**Tuesdays 8 a.m. - 10 a.m., 11 - 11:30 a.m.**

**Wednesdays 8 a.m. - noon, 3 - 6 p.m.**

**Thursdays 8 a.m. - 10:00 a.m., 11 - 11:30 a.m.**

**Fridays 8 a.m. - noon, 2 - 4 p.m.**

## 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!

**25 miles = pedometer**

**50 miles = water bottle**

**75 miles = lunch cooler**

**100 miles = t-shirt**

## PEPPI

**Mondays/Wednesdays/Fridays (No class on 10/14)**

**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

## LAUGHTER YOGA

**Wednesdays, 9/7 & 10/5**

**11:00 - 11:20 a.m. Free**

This unique exercise routine combines unconditional laughter with yogic breathing. Certified Instructor: Pam Burnham from Sugar Creek Parks & Recreation.

## TAI CHI FOR ARTHRITIS

**Tuesdays & Thursdays, 9/20/22 - 11/10/22 from 10:00 a.m.-11:00 a.m. Registration Required by 9/13/22 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 program uses the Sun style of Tai Chi and is easy to learn, safe, and effective. Instructor: Michelle Pena

Tai Chi for Arthritis and Living a Healthy Life with Chronic Conditions are 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.



# HEALTH & EDUCATION

## HEALTH SCREENINGS

Blood Pressure Checks: **Monday 9/12 & 10/3 from 10:00-11:15 a.m.** by Cleveland University

**Tuesdays, 9/20 & 10/18 from 9:30-11:15 a.m.** by VNA

Blood Sugar Check: **Tuesday, 9/20 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 Monday mornings.

## TECH TALK

**Mondays 9/19 & 10/3 at 12:15 p.m.**

A different technology topic is covered each month.

## POP UP LIBRARY

**Monday 10/3 at 12:30 p.m.**

A representative from Mid-Continent Public Library will provide individual technology assistance and a pop up library where you can conduct library business and check out materials.

## VETERAN'S CAFE

**Thursdays, 9/8 & 10/13 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.

## ARE YOU READY?

**Every Other Tuesday at 12:15 p.m.**

This free series provides valuable information about Emergency Preparedness. Instructor: Dawn Miller

9/13 - National Preparedness: A Lasting Legacy

9/27 - Situational Awareness

10/11 - Pet Preparedness

10/25 - Emergency Financial First Aid

**NEW**

## PROTECT YOUR SKIN FROM THE INSIDE OUT

**Friday, 9/16 at 10:45 a.m.**

Learn ways that nutrition affects skin health. Co-sponsored by Natural Grocer.

## DENTAL HEALTH

**Friday, 9/30 at 10:45 a.m.**

A dentist will share tips and information for dental health.

## AMAZING APPLES

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

Apples are in season! Discover their many health benefits, and some new recipes! Co-sponsored by Natural Grocer

## WELLNESS GROUP WITH OTA STUDENTS

**Thursdays, 9/22/22 - 10/13/22 from 9:30 - 10:30 a.m.**

Join students from Cleveland University for these four sessions with a different health and wellness topic each week. Register by calling 816-325-6200 or sign up at the lunch reservation table.

# ART, MUSIC & DANCE

## LINE DANCING

**Mondays & Fridays, 12:00 - 2:00 p.m. \$3**

**(No class 10/14)** Instructor: Mary Allgrunn

## COLORING YOUR WAY

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

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

## COVER TO COVER

**Thursdays, 9/15 & 10/20, 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. Coordinated by: Brenda Spencer

**9/15 News of the World by Paulette Jiles**

**10/20 Ripple, A Long Strange Search for a Killer by Jim Cosgrove**

## STITCH IN TIME

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

If you are 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, help each other! Participants will be able to display their work in our case on the lower level. Host: Al Rudd

## 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

## 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

## DISCOVERING THE ART IN YOU

**Fridays, 9/9 & 10/14 at 10:30 a.m.**

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

Take part in a conversation on living and aging well in Independence! Share your thoughts on the types of services most needed for our city's older adults, and services to help those providing care for loved ones, neighbors, or others. You are invited to attend one of two "listening" sessions facilitated by Mid-America Regional Council (MARC) staff, to share your insights on programs and services MARC's Area Agency on Aging provides. Contact Adrienne Fight at 816-325-7398 or [afight@indepmo.org](mailto:afight@indepmo.org) for information or to register.

## FUN & GAMES

### HOME NECESSITY BINGO

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

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

### WHITE ELEPHANT BINGO

**Thursdays, 9/15 & 10/20 at 12:30 p.m.**

Bring a wrapped, white elephant gift to use as a prize. Coordinated by Jeanne Carey and Randy Warman

### FALL PREVENTION BINGO

**Thursday, 9/8 at 12:30 p.m.**

Learn important fall prevention tips while playing a fun Bingo game.



### 5 A DAY BINGO

**Thursday, 10/27 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 Club membership \$10/resident, \$25/non-resident.

### HAND AND FOOT

**Tuesdays, 9/13 - 9/27 at 12:30 p.m.**

New and experienced players are invited to come play this fun card game.



### SENIOR CENTER MONTH KICK OFF

**Thursday, 9/1 at 12:30 p.m.**

September is National Senior Center Month! Come celebrate with ice cream, a scavenger hunt, and prizes!



### KC ZOO—CONSERVATION CONNECTIONS

**Tuesday, 9/6 at 12:15 p.m.**

You won't want to miss the Kansas City Zoo Zoomobile! Representatives from the Zoo will be bringing animal ambassadors and presenting a program on conservation.



### CHIEFS' SEASON OPENER RALLY

**Friday, 9/9 at 12:15 p.m.**

Wear your red and cheer for the Kansas City Chiefs in preparation for their upcoming season opener.



### ICE CREAM SOCIAL

**Fridays, 9/16 & 10/21 at 12:15 p.m.**

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



### CAMPFIRE AT GEORGE OWENS NATURE PARK

**Tuesday, 10/11 at 1:30 p.m.**

Meet on the patio at George Owens Nature Center for a campfire with stories and S'mores. Call 816-325-6200 to register.

### HALLOWEEN PARTY

**Monday, 10/31 at 10:30 a.m.**

Come in costume (family friendly) and celebrate Halloween with a costume contest, refreshments, and photo booth.



## 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, our 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

Fax #: 816-325-6210

Website: [indep.us/palmercenter](http://indep.us/palmercenter)

Facebook: [facebook.com/](https://www.facebook.com/IndependenceParksandRecreation)

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 Program & Facility  
Supervisor

Lynda Kidwell, Administrative Specialist II

Rick Davis, Nutrition Site Aide

Jim Willoughby, Custodian

#### Center Attendants

Janna Huddleston, Patsy Kelly, Dawn Miller,  
Sharon Propst, 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!**