HAYSVILLE SENIOR CENTER

"Live Your Life & Forget Your Age!"

Volume 16 Issue 01 **January 2022**

Annual Chili Cook Off, Craft Fair And Bake Sale!

We are SO happy to announce on Saturday, February 19th, 2022 we will be hosting our 3rd Annual Chili Cook off and Craft Fair! After not holding this event last year due to the pandemic, we need your help to make this event bigger and better than our 2020 fundraiser which was our most successful one to date.

Here's The Details!

Chili Cook Off– No entry fee. Must bring two crock pots or one large pot of chili. Participant with the most tokens will receive a $50.00 prize.

Craft Fair- $10.00 AND one donated booth item.

Your donated booth item with be turned into a handful of raffle baskets that people will bid on.

New This Year!

We will always be incorporating our **Annual Bake Sale** (typically held during the summer) into this event. We would appreciate your support of donating one or two baked goods (clearly labeled with name and if nuts are contained). These items will be available for donations at this event.

If you are interested in participating with any of these events, stop by to see staff or call 529-5903 with any questions! Thank you in advance for your continued support of our center!

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Senior Center & Haysville Hustle Closed Monday, January 17th.

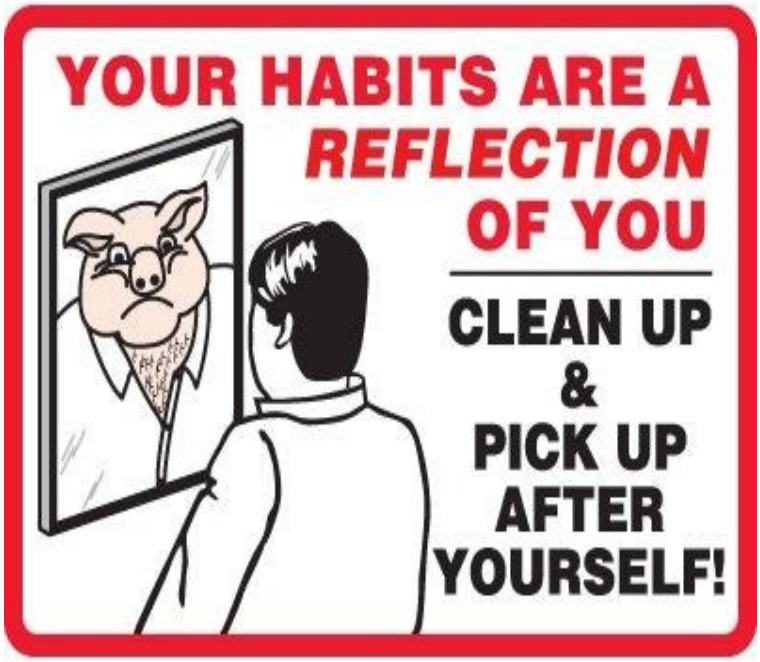
No Meals on Wheels/Friendship Meals Served.

We are seeing an increase in our members NOT cleaning up after themselves.

Both the front restrooms and game room restroom are frequently being left messy. No one wants to go into the restroom to find a dirty restroom stall. PLEASE be respectful of others and clean the toilet if you have made a mess. This is a safety hygiene issue as well. If you absolutely can't then notify staff immediately.

After Bingo, candy wrappers and cups are left on tables.

Lunch room tables are left messy after lunch is served.

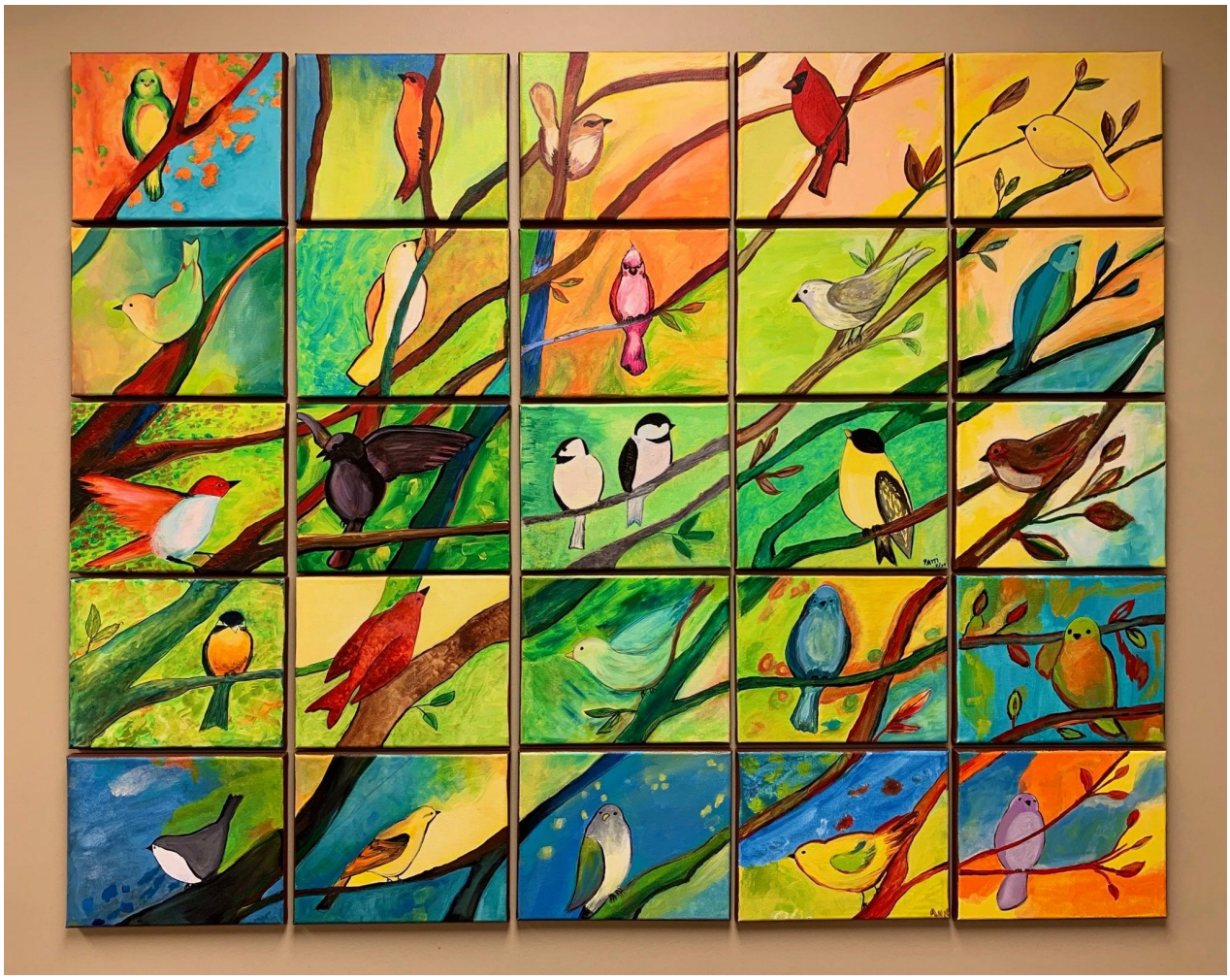


We HOPE to have the WSU WellREP students back at the end of January or beginning of February. Keep your eyes out as we will announce what days/times they will be here!

It's Time To Pay Your Annual $5.00 Dues!

ALL NEW AND RENEWING MEMBERS MUST COMPLETE A NEW MEMBERSHIP FORM. THANK YOU!

Group Bird Painting!



Saturday, March 12th

One Class: 10:00 a.m.

$10.00 Per Person– Full Amount Must Be Paid At Time Of Reservation

Members May Bring (1) Guest

(Due To Limited Spots—We Will Open To More Guest If Needed)

Paintings With Be Hung As One Large Picture In Senior Center Lunch Room

All Supplies Included. Class Taught By “Paintings By Anne”

Limited Spots— First Come, First Served

Paint Pouring Alert!

Saturday, January 22nd

1st Paint Class 10:30 a.m.– 12:00 p.m.

2nd Paint Class 12:30 p.m.– 2:00 p.m.

Each Class Is $10.00
Full Fee Has To Be Paid To Reserve Your Spot
Reservations Are First Come, First Serve

Same Day No-Shows Will Forfeit Their $10.00 Deposit To The Instructor

Record Painting Party

The Hustle News

Upcoming events

Breakfast with Friends is going to Braum's!

Monday, January 10th at 8:50 am

Rides originating from the Senior Center for this event will not be charged. If you need picked up at your home, the cost is $2 token per one-way trip. Give us a call 316-529-5903 or stop by the dispatch desk to schedule

Free Trips to the Library is back!

Join us on ***January 13th and 27th at 1pm*** for a trip to the Haysville Community Library. Enjoy a stroll in the Haysville Historic Park if its not too cold. Cost is FREE to and from the Library only. Hurry, seats are limited.

The Haysville Hustle is looking for another driver!

The Ideal candidate would love helping the public and have a good driving record. This position is part-time and perfect for retirees. If you know some-one or would like to apply yourself, stop by the Senior Center for an application.

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These Are January Birthdays From 2021 Memberships As Our Newsletter Comes Out Prior To The First Of The Year.

Michael D.– January 1st
Debbie C.– January 1st
Bob O.– January 1st
Bonnie R.– January 1st
Kathie B.– January 2nd
James K.– January 3rd
Shirley C.– January 7th
Eugene S.– January 7th
Sharon E.– January 11th
Dana H.– January 13th
Joena B.– January 16th
Hilda B.– January 21st
Clem D.– January 22nd
James R.– January 28th
Herb S.– January 30th
Phil H.– January 30th

New Year's Health Check

Hoping to achieve better wellness in the new year? Move into 2022 by looking forward to strengthening your physical and mental health. This is where an annual exam can be vital for detection and prevention of medical problems.

First, review and identity your primary goals, such as weight loss, increased exercise, less stress and a more positive attitude. Some practical steps might include:

Moving forward and sitting less. Eating fruit and vegetables daily. Avoid sweet beverages.

Taking more time for self-care. Trying meditation. Avoiding eating out so much.

Limiting screen time. Enjoying the outdoors.

Other changes critical to health include limiting alcohol and quitting smoking.

A regular checkup can assess your overall health– the frequency may depend on your age, typically starting at age 40. In a thorough physical exam, your health provider will review your family history and current health risk factors; check your heart and respiration rate, blood pressure and other vital signs; and ensure your vaccinations are current.

The exam might call for cancer screening, depending on your age and risk factors.

Make the most of this valuable health care benefit. Come to your checkup with a list of concerns and questions, and the reassurance of spending time with a trusted health professional that is focused on your health and how to maintain it.

Top Health– The Health Promotion and Wellness Newsletter 1.2022