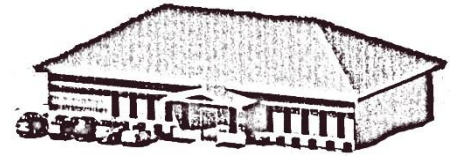


Osage Beach Senior Center

5709A Osage Beach Pkwy
Osage Beach, MO 65065
Osagebeachseniorcenter.org



March 2024

National Nutrition Month: Join us as we celebrate National Nutrition Month with several activities this March that will include presentations, handouts and discussion on healthy snacking, eating right on a budget, and using the nutrition facts label, just to mention a few topics. See the attached schedule for details!

Reminder: Daylight Savings Time Begins on Sunday, March 10, 2024 at 2:00 am.

Tornado Watch vs. Warning: As the winter months turn to spring the difference between a watch and a warning could mean your life. We will review the difference between a watch and a warning and also review the Center's Severe Weather and Evacuation Plan during the month of March.

Aging Best Representative Candi Bockenstedt, Family Caregivers – Community Options and Service Manager. Candi will be at the Senior Center on Thursday, March 21 from 11am-12:30pm to discuss the "Family Care Giver" program. The program is not decided on income but on social or economic need. We all know someone who is caring for a spouse, grandchildren, or parents, but do not consider themselves a "care giver." Candi will explain how the "Family Care Giver" program can provide support and assistance. We are looking forward to Candi's visit!

AARP Tax-Aide Program: This free service is available by appointment only. The number to call for an appointment is 573-227-8588. This year representatives will be meeting from Feb. 1st through April 11th at the Camdenton Senior Nutrition Center and Westside Senior Center in Laurie.

Silent Purse Auction and July Book Sale: We re collecting gently used purses now for the silent purse auction in April and collecting new or gently used books for the book sale in July. Please see the front desk hostess if you have purses or books to donate. Thank you!

Healthy Aging Highlights from National Institute on Aging at NIH: Everyone needs social connections to survive and thrive. Older adults who spend a lot of time alone may be vulnerable to loneliness and social isolation, which can have negative effects on their health and well-being. Engaging in meaningful, productive activities with others can help people stay healthy and be happier. To stay connected, try:

- 1) Finding a hobby you enjoy or taking a class to learn a new skill
- 2) Setting aside time each day to connect with family, friends, and neighbors
- 3) Participating in programs at a local service agency, community or senior center, or public library
- 4) Join a low-impact class or walking club

Lucky for us, we have our new Chair Exercise Class! Classes are held every Tuesday and Thursday from 10-10:30am. We are off to a great start with approximately 15 participants so far. Exercises are mostly from a sitting position with some standing. When the weather permits, we will take advantage of our flat parking lot and include a walk for those that would like to join us. Let's get our bodies moving and keep ourselves going! This class is great for making new friends, improving circulation, balance and strength! See you soon!

Computer Help: If you need computer help, Kathy can help you solve some of your technology problems, may it be your computer, phone or tablet. Kathy is available on Monday afternoons at 12:30pm. If you would like to meet with her, please give us a call to schedule a date and time.

Painting Group on Thursdays: Are you interested in learning how to paint with acrylics and/or oils? Come join the painting group on Thursdays starting at 10:00am. It's never too late to pick up a new hobby, meet new friends, and have fun while making some beautiful paintings. Pam will be here to help you get started!



Wood Carving: If you have not stopped by the wood carving table on Tuesday mornings, please take a minute the next time you are in. The work is simply amazing! If you would like to join the group stop by and talk to Rich, Steve, or Terry!

PUZZLES! The February puzzle challenge was completed way ahead of schedule. These puzzlers are good!!! Thanks to everyone that stopped by and gave us a hand with finishing the puzzle. We are looking forward to the March challenge! If you would like to join in on the monthly puzzle challenge, meet us at the puzzle table next to the fireplace.



Age-Related Macular Degeneration and Low Vision Support Group:

This support group meets on the 3rd Wednesday of the month at 12:30pm. Our guest speaker for March is TBD. Join us as we share ideas and see how we are coping with low vision issues.

Mobile Foot Clinic: Jennifer Riggs, RN, a Certified Foot Care Specialist, will be at the Center on the first Thursday of every month. She is taking appointments on Thursday, March 7th from 10am-3pm. Treatments include: nail trimming, corn & callus care, thin thickened nails, diabetic foot care & training, hard skin removal, foot massage (best part!) and referral assistance if needed. Please see the front desk hostess to make an appointment.



Blood Pressure Checks: Katie Pluth, RN, Camden County Health Department, will be at the Center on the second Friday of the month this month – Friday, March 8 from 10:30am-Noon. Please stop and see her if you would like your blood pressure checked and find out about other available services through the Camden County Health Department.

Veterans' Assistance Representative Kim Tatham will be at the Center this month on Wednesday March 27 from 10am-2pm. Please stop by to see Kim if you have benefit related questions.

March Special Menus and Events
***Meatless items available during Lent**

St. Patrick's Day Celebration: Please join us on Thursday, March 14 for a special St. Patrick's Day menu: Corned Beef, Roll, Cabbage, Potatoes/Carrots, Soup, and Mint Chocolate Pie! Be sure to wear green for a chance at a door prize!

Birthdays: Come join the fun at the March birthday celebration on Thursday, March, 21st at 11:00am. Birthday menu includes: Beef Lasagna, Garlic Breadstick, Tossed Salad, Tuscan Blend Vegetables, Soup, and of course, birthday ice cream cake from Camdenton Dairy Queen. The next time you stop in Dairy Queen, please thank the manager for their donation. A complimentary meal will be provided for the birthday person starting this month!

We are so excited to have a special guest at our birthday parties going forward, Boaz Comfort Dog will be stopping in for a visit. Please stop by to say hello, he is so friendly and lovable.

February Birthday Celebration Below:



So much fun celebrating birthdays together!

Brunch: Join us on Monday, March 25 for a special brunch menu that includes: Scrambled Eggs/Sausage, Biscuit/Gravy, Hashbrowns, Fruit Juice, and Dessert.

Easter Lunch: Please join us for an Easter lunch celebration on Thursday, March 28th for a special Easter menu: Ham, roll, Mashed Potatoes/Gravy, Glazed Baby Carrots, Soup, and Coconut Cream Pie! YUMMM

February Raffle: This month's winner of the raffle of the beautiful handmade Afghan blanket was Dawn Wolvek. Congratulations Dawn! We raised a total of \$42.00.

Osage Beach Senior Center Advisory Board Meeting: Our Advisory Board meets at the Senior Center on the second Monday of the Month. This month's meeting will be held on Monday, March 11 at 2:00 p.m. Everyone is welcome to attend!

NAPIS Forms: Every year starting on July 1st we update our registration forms. If you have not filled out a new **pink** form, please see the volunteer hostess at the front desk for assistance. This yearly update to your information is very important for funding purposes. 😊

Volunteers Needed!

We had a great response to our request for substitute homebound drivers and other volunteer positions. We would like to welcome 3 new drivers to our volunteer team: Sue Barnum, Dave Rogall and Caran Shen! So happy you are here!



The Senior Center serves approximately 30 homebound clients each week. This is a great service for those that are recovering from surgery, are homebound due to an illness/chronic condition, or are isolated from family. The routes are on Wednesday and Thursdays. Currently we have drivers for each route, but we can always use more substitute drivers to help out when a regular driver is not available. Being a substitute driver is great way to start serving today! Packaging of homebound meals is another volunteer position that is only a once-a-week commitment for a couple of hours, yet it is a critical position along with our drivers that keep our homebound program running. Please see Theresa if you

would like more information on volunteering for the Homebound program or if you know of anyone that could benefit from the program.

Grants/Donations:

Thank you to all our friends of the Senior Center! 🙏

This month we recognize ReMax Charitable Foundation for their continued support of the Senior Center. We are so grateful for their grant in the amount of \$1,000.00 for our homebound program!

We would also like to recognize the 1st Tuesday of the month Newcomer/Longtimers Canasta group who collected a \$91 donation and the fourth Thursday of the month Newcomer/Longtimers Bunco group that collected a \$40 donation this month. We are so grateful for your support!

We are extremely appreciative of these donations! Donations help us to continue providing meals, activities, and educational programs for our local seniors. We truly value everyone's support!

All donations to the Senior Center are greatly appreciated no matter the amount, but if you, or your group/organization are considering making a donation, we have developed three levels for you to consider:

GOLD PLATE AWARD: recognizing support toward 500 meals - \$1,000

SILVER PLATE AWARD: recognizing support toward 400 meals - \$400

BRONZE PLATE AWARD: recognizing support toward 200 meals - \$200

Your financial support means so much to our local senior community, but what will you get in return?

- The satisfaction of supporting a worthy cause
- One free lunch for you and a guest
- A dinner plate with your name or company name and your support level on the Senior Center Wall of Appreciation
- Framed Certificate of Appreciation for your home or office
- With your permission, an article with your photo submitted to local newspapers
- Receipt for your tax-deductible support
- The opportunity to renew your support annually

Finally, if you so desire, we will keep your support private.

Please contact Theresa Fuentes, Senior Center Administrator, or call 573-348-2909 to get answers to your questions or make a contribution. Thank you for your support!

Be sure to [like](#) us on Osage Beach Senior Center Facebook and [share](#) our events with your family and friends!.

February Events Pre-Super Bowl Party!



MARDI GRAS CELEBRATION!



**BIRTHDAY PARTY!
A VISIT FROM BOAZ COMFORT DOG**



VALENTINE'S DAY CELEBRATION WITH
BARBARA DUFFY'S BEAUTIFUL HARP MUSIC!

