

# THE PALMER CENTER POST

INDEPENDENCE PARKS & RECREATION

JANUARY/FEBRUARY 2012 EDITION

## Mission Statement

The Parks and Recreation Department's mission for The Palmer Center is to encourage the well being of older adults in Independence, Missouri.

A Unit of the National Council on Aging



We invite you to get involved with Independence Parks & Recreation to seek opportunities for 50+ adults. Our goal is to provide you with diverse, current, and quality enrichment activities for lifelong activity, learning, and enjoyment. We are operated by the City of Independence Parks and Recreation Department and are members of the National Council on Aging, National Recreation and Parks Association and Missouri Parks and Recreation Association.

## NATIONAL SENIOR CENTER ACCREDITATION UPDATE

We received official notification from the National Institute of Senior Centers that The Palmer Center is now a nationally certified senior center! So why did we strive to become accredited? First, it gives recognition, in a very public way, to the fact that the senior population in Independence brings a wealth of experience, skills and talents that add to the overall quality of life in the city and that The Palmer Center is a place that provides excellent opportunities to showcase that fact. Accreditation supports and acknowledges that the senior services and programs are of high quality and are being professionally administered. It drills down into the day to day workings of the Center to evaluate current practices and provides a written strategic plan to improve future operations. And finally, with funding opportunities being so competitive, the accreditation's mark of excellence provides additional leverage when applying for grants and other funding assistance. To view your invitation to help us celebrate in a BIG way, take a look at page 4.

## TRAVEL PROGRAM

### PUMP BOYS & DINETTES, NEW THEATRE RESTAURANT

On Highway 57, somewhere between Frog Level and Smyrna, Stands a gas station and a diner. The pump boys have been known to do some auto repairs, but only when aided by large quantities of time and beer while the dinettes celebrate their home cooking alongside the boys with charm and enthusiasm. This amazing show will bring you their musical tribute to "life by the roadside". Lunch is included. Please let us know at the time you register if you need an assisted hearing device or plate assistance. Dates: Wed., 2/8 (seats in left, center & right rows 1-4) and 3/7 (seats in left, center & right rows 1-4) ~ Time: 10:45 a.m.—4:30 p.m. ~ Deadlines to pre-register ~ 1/18 & 2/15 ~ Price: \$49



### KAUFFMAN PERFORMING ARTS CENTER TOUR

A new center for music, opera, theater, and dance, opened in downtown Kansas City last September. What began as a sketch on a napkin has become an architectural icon and home for the performing arts in Kansas City. This venue will host us for a tour in April, but only schedule 1 - 1.5 months in advance. Time will be available for lunch on your own at the nearby Power and Light District. *Please call after March 1 for date, time and price.*



# TRAVEL PROGRAM

You may pre-register for the following tours beginning Monday, January 9.

## WAR BETWEEN THE STATES TOUR

Learn about the stories of a nation's struggle during wartime from historian and author Deb Goodrich Bisel. Kansas and Missouri were on the western frontier of the "war between the states" that shaped our future. Spend an afternoon back in time as we travel through Independence, Liberty and Lexington. Lunch is included during this interesting day that awaits all lovers of history.

Date: Tuesday, 3/13 ~ Time: 9 a.m.—4 p.m. ~ Deadline to pre-register: 2/21 ~ Price: \$59

## HISTORIC GARMENT DISTRICT

Fashionistas and history buffs will enjoy this private tour by former designer Ann Brownfield. Learn about the many buildings where the manufacturing of garments took place in the early 1920s, about the designing of clothing, and visit the museum which tells the story of the beginning of the garment district. Time will be provided at the historic City Market for lunch and shopping (on your own). The City Market has been around since 1857 and is home to a unique collection of gift shops and authentic restaurants.



Date: Thursday, 3/22 ~ Time: 9:30 a.m.—2:30 p.m. ~ Deadline to pre-register: 3/1 ~ Price: \$28

## CLINE'S OPRY

Come along for some live music, country comedy and fun entertainment! Located in the small, charming community of Weston—they will welcome us with a hearty meal before the show begins. We'll go into town a little early, for you to browse the many unique shops before dinner.

Date: Sunday, 3/25 ~ Time: 1:15 p.m.—8 p.m. ~ Deadline to pre-register: 3/2 ~ Price: \$53

## THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE, NEW THEATRE RESTAURANT

Richard Karn stars in this hilarious musical comedy about six young school kids overseen by grown-ups who barely managed to escape childhood themselves. They find out that winning isn't everything and that losing doesn't necessarily make you a loser. Lunch is included. To request an assisted hearing device and/or plate assistance, please let us know at registration.

Dates: Wednesdays, 4/11 (seats in center rows 5-8) and 5/2 (seats in center rows 6-7) ~ Time: 10:45 a.m.—4:30 p.m. ~ Deadline to pre-register: 3/11 & 4/2 ~ Price: \$51



## BELVOIR & GHOSTS OF LIBERTY

During visits to the college, cemetery and business district in this home of the "Shadowman", the Ghosts of Liberty tell stories of battle and of nature. Learn about the ghostly construction worker, the haunted courthouse and the doctor and what he did after surgery...next is some interesting time at the Belvoir Winery—which is in the Odd Fellows Home District, lots of history and a little wine tasting to enjoy. We'll complete the day with an included late lunch.

Date: Thursday, 4/19 ~ Time: 8:30 a.m.—2:15 p.m. ~ Deadline to pre-register: 3/19 ~ Price: \$52



## CORNHUSKER STATE EXCURSION

Enjoy a full day in Nebraska! We'll go to "The City of The Seven Hills", Brownville, take a windshield tour and visit the Carson House, a former banker's home virtually unchanged with original furnishings since the 1880's, have a light lunch at Lyceum Café and relax on a riverboat ride aboard the "Spirit of Brownville". We'll then drive a little further to Nebraska City—tour the Arbor Lodge, a 52 room mansion, take a perimeter tour of the Arbor Day Farm, a first class orchard and finish the day off with dinner in the Timber Dining Room at Lied

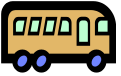


Lodge. Date: Tuesday, 4/24 ~ Time: 8 a.m.—9:30 p.m. ~ Deadline to pre-register: 3/27 ~ Price: \$105

# GENERAL TOUR INFORMATION



**REGISTRATION** You may register in person for tours at any Independence Parks and Recreation community center location or you can mail in your check with a note to identify your tour choice. The mailing address is P.O. Box 1019, Independence, MO. 64051, Attn: Palmer Center. We also take registrations in over the phone with a credit card payment. We accept Visa, Master card & Discover. All checks should be made out to City of Independence. **No registrations will be taken for day tours until full payment is received.** Remember, some tours fill up before the registration deadline, so don't wait until the last minute to sign up, or you may miss out. We will be happy to put your name on a waitlist.



**TRANSPORTATION** Luxury motor coach transportation will be provided for all large tours and smaller coaches will be used for groups of 20 or less if available, **departing from the parking lot on the SE corner of Maple and Pleasant Streets, near the Palmer Center, unless otherwise stated on your receipt.** You may bring along walkers, canes, and collapsible wheelchairs. If you require a wheelchair lift, advance notice is required, and depends on availability of a w/c accessible motor coach. You will need to board the motor coach to check in at least 15 minutes prior to the scheduled departure time. The driver's gratuity is included in the price of the tour, unless otherwise stated.

**TOUR ESCORTS** Independence Parks and Recreation tours include full guidance: by escorts employed by the City of Independence, or by qualified and experienced tour escorts contracted by the city. These persons cannot accept gratuity. Additional step on guides throughout the tour will be happy to accept your personal gratuity (\$1 is suggested).

**SUBSTITUTIONS/CANCELLATIONS** We reserve the right to substitute any portion of a tour for something of equal or more value should it be necessary. We reserve the right to cancel a tour if an insufficient number of registrations have been received. You will be notified of such cancellation at least one week in advance and will receive a full refund or household credit

**REFUND POLICIES** If you have registered for a tour and you have to cancel *for any reason*, it is in your best interest to find your own replacement. Please inform us of the change. If you can't find your own replacement, the following will apply if you cancel the tour: Before the original registration deadline—full refund minus a \$5 processing fee. After the deadline—no refund unless we receive another registration for the tour. If a replacement is found, you will receive a full refund minus a \$5 processing fee. We will do our best to replace your spot, by referring to the waitlist. Refunds will be sent within 3 weeks after the scheduled tour date.

**TRIP TIPS** You will be checked in and your nametag will be given to you once you board the motor coach. Do not check into the lobby. During trips with multiple stops, please keep the same motor coach seat throughout the day. Bring bottled water and wear clothing items that are easy to shed if you become too warm. Cell phones and other listening devices are welcome, but please don't use them while the escort, driver, or tour guide is speaking, as this can be disruptive to those who are trying to enjoy the activity so please use these items away from the group setting.



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



Please indicate who you wish to sit with.

## 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.

\*Please inquire about the refund policy.

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.



# SPECIAL EVENTS



*The City of Independence  
Parks and Recreation Department  
cordially invites you to*

**The Palmer Center Accreditation Celebration**  
**2 – 4 p.m., Thursday, January 19, 2012**  
*Formal presentation at 3 p.m.*

*at the*  
**The Palmer Center**  
***A Place for Healthy Aging***  
***...Nationally Accredited...***  
**218A N. Pleasant St.**  
**Independence, MO 64050**

*Enjoy facility tours, special music and refreshments. For additional information, call (816)325-6200.*

## **VALENTINE'S DAY CELEBRATION**

**Tuesday, Feb. 14**  
**10:30 a.m.**

**Celebrate the day with friends and lunch! See lunch reservation policy on page 7.**



**Cupid's  
Corner**

**Tuesday, Feb. 14 ~ 11:15 a.m.**  
**Couples are invited to this romantic luncheon. Reservations are required and space is limited.**

# HEALTH & FITNESS

## FITNESS MEMBERSHIPS

You'll love our fitness room! Included in your membership is a fitness assessment & orientation on how to use the equipment by a qualified instructor. Paperwork (including a physician's approval) needs to be filled out prior to joining.

Annual Fee: Independence residents-\$50, non-residents-\$65

## GENTLE TAI CHI

**Mondays @ 6 p.m.**

This popular class features gentle tai chi moves by video.

Coordinated by: Donna Westhoff

## PEPPI

**Mondays/Wednesdays/ Fridays , 10-10:45 a.m.**

PEPPI helps you work on core strength in order to balance effectively & prevent falls. Instructors: Judy Theoni,

Florence Aulgur & Mary Hoss

## WAKE UP WORKOUT

**Monday/Wednesdays/Fridays, 9—10 a.m. ~ \$2**

This low impact class will give you a great cardio workout!

Instructor: Michelle Pena

## STRETCH & TONE

**Tuesdays & Thursdays, 9—10 a.m. ~ \$1**

Maintains and improves your current level of strength, using a variety of hand held equipment—no muscles are left behind.

Instructor: Michelle Pena

## SITTIN' FIT

**Tuesdays & Thursdays @ 10:30 a.m.**

This half hour, chair exercise class will do your body good, from head to toe. Instructor: Donna Westhoff



Instructor:

Baylee

DeLaurier

## **ZUMBA GOLD**

**This is the type of exercise you'll want to do everyday and feel good about doing it!**

**Zumba fuses hypnotic latin and international rhythms and easy to follow moves to create a dynamic workout for you.**

**Wednesdays, 10—10:45 a.m. at the Truman Memorial Building \$2 per class**



**CENTERPOINT  
MEDICAL CENTER**

*Independence, Missouri  
Your HCA Midwest Hospital*

## HEALTH EDUCATION & YOU IN 2011!

**Tuesday, Jan. 3 @ 10:45 a.m.**

Topic: TBD

**Tuesday, Feb. 7 @ 10:45 a.m.**

Topic: TBD

Presented by Centerpoint Medical Center

## HEALTH SCREENINGS

Diabetic Foot Screenings, Blood Sugar & Blood Pressure Checks by St. Mary's Medical Center	→	(1st Wed. of each month), 1/4 & 2/1 10—11:15 am
Blood Pressure Checks by Dr. John Chapman	→	(2nd Wed. of each month), 2/8 & 3/14 10:30—11:30 am
Blood Sugar & Pressure Checks by VNA	→	(3rd Tues. of each month) 1/17—Blood Pressure & Blood Sugar 2/21—Blood Pressure only

## BRAIN STRAIN I (Word games/puzzles/memory tasks)

**Fridays, 1/13 & 2/10 @ 10 a.m.**

## BRAIN STRAIN II (Writing/memory tasks)

**Fridays, 1/27 & 2/24**

Get your mental muscles healthy and fit by strengthening them through several different mental exercises each month.

Coordinated by: Al Hale

## SLIMPOSSIBILITIES

**Mondays @ 11 a.m.**

Watching your weight? Enjoy sharing healthy recipes? Need some extra moral support and motivation? Looking for creative tips to slim down? We would love to have you join us! Coordinated by Judy Theoni

## PICKLEBALL

**Lessons: 1st & 3rd Thursday, 12-1 p.m. by appointment**

**Beginner Play: Thursdays, 12 p.m.**

**Advanced Play: Tuesdays and Thursdays, 1-5:30 p.m.**

**& Saturdays, 1—5 p.m.**

Favored for its' focus on agility, shot placement and strategy as opposed to power. There is no charge, so just show up and play. The schedule varies on Saturdays due to the rental program. Please call ahead to confirm. Coordinator: Richard Turner

## PICKLEBALL TOURNAMENT

**Saturday, February 25 ~ 8 a.m. ~ \$10 per player ~ pre-register by Feb. 11 (must have a partner)**

Join us for a day of fun and competition. There will be men's doubles, women's doubles, and mixed doubles divisions. All players will receive a tournament t-shirt with entry.

## FUN & GAMES

## DANCE & MUSIC

### BILLIARD'S

Make plans to meet with others to play pool in our game room—(outside scheduled game room activities).

### NINTENDO WII FUN BOX CHECKOUT

Pronounced “Wee”, the Wii has easy to use wireless controllers enable you to embody virtual athletes. The Wii Fun Box can be checked out at the front desk to use at the Palmer Center with a photo ID, as long as you are a registered participant (outside scheduled game room activities).

### MEXICAN DOMINOES/CARD GOLF

**Daily @ 12:30 p.m.**

### 5-A-DAY BINGO

**Tuesdays, 1/3 & 2/7 @ 12:15 p.m.**

Fresh fruits & Vegetables donated by Hy-Vee,  
Coordinated by Helen Howell & Mary Dickey

### WHITE ELEPHANT BINGO

**Thursdays, 1/26 & 2/23 @ 12:15 p.m.** Bring a wrapped, white elephant gift to use as a prize.

Coordinated by Mary Dickey & Margaret Burt

### PINOCHLE

**Mondays @ 12:30 p.m.**

### CANASATA: HAND IN FOOT

**Wednesdays @ 12:15 p.m.**

Coordinated by: Thelma Wingo



### THE WRITE PLACE POETRY SOCIETY

**2nd Wednesday of each month, 7—8:30 p.m. at the Sermon Center, se corner of Truman & Noland roads**

All poets are invited to read your own poetry or reflect upon the work of others. Coordinator: Jan Kroll

### WOODCARVING CLUB

**Mondays ~ 9 a.m.—Noon & Wednesdays, 12-4 at the Sermon Center, se corner of Truman & Noland roads**

Join in on the camaraderie and friendship of others as you try out some wood carving.

### MELODIC IMPRESSIONS

**Wednesdays, 11:30 a.m. -12:15 p.m.**

Let us put you into a great mood with some lovely piano music during our lunch program by David E.J. Smith, Piano Soloist.

### OPEN LINE DANCING

**Mondays, Beginner lessons, 12:05-2 p.m. ~\$1**

Instructors: Cindy Seamon and Jo Redmon

**Fridays, Open line dancing, 12:05-2 p.m. ~ \$1**

Instructors: June Jones & Mary Ann Miller, music coordinated by Ray Flowers.

### INTERMEDIATE SENIOR TAP DANCE

**Wednesdays, 11-11:45 a.m.**

**Sessions : 1/4 and 2/1**

**Fee: \$20 / 4 week session or \$25/ 5 week session, pre-registration is three days prior to start of session.**

Have you always loved watching a tap dancer? Listen, as your feet rhythmically strike the floor to the tunes in this basic tap dance class, and experience a whole new way to HAVE FUN! Please bring tap shoes for the class. Instructor: Jennifer Schmidt

### 50+ AFTERNOON DANCES

**Wednesdays, 1-3:15 p.m. \$3**

Dance to live music by The Ed Smith Band. Bring store bought foods without potentially contaminating ingredients and we'll provide beverages.

### LOWERY'S MUSIC MAGIC

**Tuesdays, 10 week session—please call for dates**

Choose your class depending on your skill level. Classes run from 11 a.m.—3 p.m.. and fees range from \$19.95—\$39.95.

Continue gaining skills and having fun playing the organ!

Instructor: Ryan Gulbranson

### COUNTRY MUSIC JAMS

**Mondays, 12:15-3:15 p.m.**

Bring your instrument or just relax & listen! Band sets up & tunes instruments prior to performance in the dining hall.

Coordinated by: Richard Lalla & Dick Skinner.

## IN APPRECIATION TO

To so many of you.....*thank you for the greeting cards and yummy treats for office staff.*

Barbara Martin, Thelma Wingo, Mary Maxwell...*for White Elephant bingo prizes*

George Owens Nature Park...*for 100 pumpkins*

To so many of you...*for bringing treats for the Halloween Costume Contest*

Catholic Charities of Kansas City-St. Joseph...*for the great exercise DVDs*

Madge Martin and Harriet Tindle...*for the Christmas party door prizes*

Youth LEAD group, Paulina Maliwat, Richard and Eugenia Turner & Fred Jeffers...*for decorating the facility for the holidays*

## 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 \$2. Every cent of your donation helps to provide low cost meals for the elderly. First time visitors who qualify will be required to fill out a client registration form. Those that do not fall in the above categories may still join us for lunch for a cost of \$4. The menu is available for pick up at The Palmer Center. We are unable to publish the menu because we are unable to obtain it from the MARC program in a timely manner consistent with this publication schedule. However, it is printed on a separate sheet which is available prior to each new month. We will be happy to mail it to you upon request.

### RESERVATION POLICY

We accept meal reservations up to 3 business days in advance to help reduce the number of incidents in which reservations are made, then the reservation isn't kept—resulting in a wasted meal for that day. Planning ahead for a shorter duration of time will help retain reservations. We ask that you call in to cancel your reservation if you are unable to attend, as it's possible we will still be able to send your prepared meal to a homebound client, especially if we know before 9 a.m. of the day you had your reservation. Thank you in advance for your cooperation with our policy in order to reduce the wasted meals, which costs thousands of dollars each year to the program. If you have any questions about this policy, please contact Peggy.

**To make a meal reservation, call by noon the SERVING DAY prior—325-6200**

### HOME DELIVERED MEALS

We will deliver meals 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 Peggy.

### BONES FOR BUSTER

Home Delivered meal participants are eligible to sign up for this program, which provides free dog and cat food for their pet. Co-sponsored with Independence Animal Control.

### MONTHLY BIRTHDAY CELEBRATIONS



Let us sing Happy Birthday to you during the Monthly Birthday Celebration. We celebrate everyone's birthday that month on the last Thursday of each month—with a chicken dinner & all the fixin's! Call to pre-register by noon the serving day prior.

## TRANSPORTATION

### DIAL-A-RIDE TRANSPORTATION

The City contracts with Checker Transportation Group to provide door to door transportation Mon-Sat. for adults 60 years and older, and disabled individuals to any location within the city limits of Independence. Call for an application which, once we receive it back from you, will entitle you to a set of 24 coupons per quarter. A one way trip costs \$2 & a coupon. Service is limited to space availability. Call 325-7399 to leave a message and we will respond to your call.

### TRANSPORTATION TO THE PALMER CENTER

Cab transportation is available on a limited basis for those who no longer drive and want to eat lunch at the center. If interested, please call Peggy.

### OTHER TRANSPORTATION

If you need other transportation options, please call us for a list of additional transportation providers.

## EDUCATION

### HOW TO TALK TO YOUR DOCTOR

Thursdays, Jan. 12 & 19 ~ 10:30 a.m.

Learn how to be your best advocate by knowing what questions to ask your doctor. Presented by: The John Locke Society, a group of retired physicians



### BUILDING YOUR LIFE STORY

Wednesdays, Feb. 1—Mar. 7 ~ 10 a.m.—Noon

Learn how to trace your family history. Co-sponsored with the Midwest Genealogy Library

## JOIN IN!

### JAVA JOE COFFEE BAR

Fridays, Jan. 13, 27, Feb. 3 & 17 ~ 9-10 a.m

Stop by for a cup of gourmet coffee, meet some new people!

### S'MORES—N— MORE

Wednesdays, Jan. 25 & Feb. 29 ~ 1 p.m.

This indoor take on cooking s'mores over an open fire will be fun, festive and yummy. You will need to provide your own transportation to George Owens Nature Park, 1201 Speck Rd.



*We've been  
great  
volunteers  
Santa!*

# SUPPORT & ASSISTANCE

## CARING COMMUNITIES RESOURCE CENTER

**1st & 3rd Tuesdays of each month  
1/3, 1/17, 2/7, 2/21 ~ 9a.m.—3 p.m.**

Feel free to drop by to discuss any issues or questions you might have about staying independent at home or the care giving role. A case manager will be available to help you in our lower level library. No appointment is necessary. Co-sponsored with Catholic Charities of KC-St. Joseph.

## GRIEF RECOVERY OUTREACH PROGRAM

**Tuesdays, Jan. 10—31, 1-2:30 p.m.**

Get together with others that are actively grieving over the loss of a loved one. Co-sponsored with Crossroads Hospice.

## SKILLBUILDERS

**Tuesdays, Mar. 6—May 22, 9:45 a.m.—Noon**

Widows, widowers and caregivers—enjoy a Danish and coffee while learning from weekly topics presented by informative speakers: home security & personal safety, managing your money, making simple home repairs, taking care of your car, preparing your home for sale, and more. A celebration party will take place on the last day of this session. Co-sponsored with The Cancer Institute, Crossroads Hospice, and Kansas City Hospice.

## CELL PHONE SOLUTIONS

**Tuesday, 1/3 or 2/7, 10 a.m.**

Cell phones are great, how did we live without them? While very handy, they can be complicated.....so bring your phone (and your instruction book if you have it) and let us help you figure it out! Hosted by: Katie Litras, CCRC

***Brain  
Strain!***



***Just painted  
this!***

## INFORMATION & REFERRAL SERVICES

We have a new 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 much more. In addition, our library has a file cabinet full of information on many topics. You are welcome to both resources to assist you in locating additional services you may need.

## THE NURSE'S CLOSET

We have walkers and canes that have been donated by thoughtful participants at the Palmer Center which are available to lend to those that may need one on a temporary basis. Once no longer needed, they need to be returned for others to use.

## KC CONNECT

For questions about services for older adults in Independence and the KC Metro area, call 421-4980. This is offered by our area agency on aging, Mid-America Regional Council.

## LOW VISION RESOURCE CENTER

If you experience problems with low vision, plan a visit to utilize or perhaps borrow some of our equipment: A Merlin—a full color auto focus video magnifier system / A variety of magnifiers, check writing guides, and 20/20 pens. Make an appointment to find out how we can help meet your needs. Co-sponsored with Missouri Rehab Services for the Blind.

## AARP TAX ASSISTANCE

**Tuesday, Wednesday & Thursday, Feb. 1—April 17**  
AARP trained volunteers will be on hand to help you with your income tax preparations. To qualify, you must have an income less than \$60,000. An appointment is required and you may make one by calling 325-6200 starting Jan. 3.

## ABOUT THE PALMER CENTER

The Palmer Center, is a 50+ 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. Rental space is also available for the community.

### 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, tackle mailings, serve refreshments at events, and more. If you are interested in contributing your time to the Palmer Center, please request an application from the front desk.

Our volunteers contributed an amazing  
1,286 hours in November. Thank you!!

### PALMER CENTER ADVISORY COUNCIL

The Palmer Center Advisory Council consists of thirteen members who represent the many components of the Independence Parks & Recreation Senior Division. Members include: Richard Turner, Chairman; Joyce Dull, Vice Chairman; Rosalind Koenig, Secretary; Alvin Hale, Refa Sawyers, Norma Osborn, Al Rudd, Ed Steagall, Bonnie Borgman, Barbara Lakebrink and Richard Norris. Meetings are held on the last Thursday of each month at 9 a.m. The primary purposes of the Advisory Council are to: participate in the center and its programs; advise senior program staff in the planning of recreational, educational, cultural, social and transportation programming for senior program participants and to carry out the intent of the Older Americans Act of 1965; to request senior program staff to make a report of its activities from time to time to the Parks and Recreation Commission; to recommend policies in consultation with the senior program staff; to bring any participant's grievances in writing to the attention of senior program staff; to abide by the policies of the City of Independence and other funding agencies; to assist in the coordination of fund raising efforts and recommend expenditure of monies raised. The Minutes of each meeting are posted in a binder in the lower lobby. We continually accept applications throughout the year to fill vacancies, as needed. Please request an application at the front desk.

**OUR WEBSITE** [www.indepmo.org](http://www.indepmo.org)

Click on "Departments"

Click on "Parks and Recreation"

Click on "Palmer Center"

Click on the blue links:

**Palmer Center Post Newsletter**

**Palmer Center Lunch Menu**

## ABOUT THE PALMER CENTER

### SPECIAL REQUEST

Please do not drive your vehicle up onto the sidewalk leading into the front doors of the Palmer Center. This is hazardous for those rightfully using the sidewalk to walk into the building. There is a drop off lane for your convenience-thank you!

### PALMER SENIOR CENTER ENDOWMENT FUND

This fund has been established to provide financial support to enhance the operations and activities of the Palmer Center, which are not funded by the budget provided by the City of Independence. 5% of the annual returns from the principle balance of the fund will be made available to the Palmer Center or reinvested to build the fund. There are many ways you can direct your gift to the Palmer Center Endowment Fund to create guaranteed future funding and long term support.

### THE PALMER CENTER SENIOR SERVICES ENHANCEMENT FUND

If you would like to see your contribution used for an immediate purchase or cause, the Enhancement Fund would be the appropriate destination for your gift.

*If you are interested in discussing one of these options, please contact: Vicki Hon, Recreation Supervisor—325-7369  
The Truman Heartland Community Foundation—  
836-8189, or your financial advisor*

### COMPUTER LAB POLICY

If you have not taken advantage of the computer lab at the Palmer Center, it's available for any registered participant of the Palmer Center (must be 50 years or older). We have a Windows XP operating system. Once registered, you will receive a user ID # and password to be able to utilize the internet. Stop by the front desk to get registered and pick up a current schedule of open hours. The Internet is offered as a courtesy to 50+ participants, however some website categories that are deemed inappropriate are blocked.

### 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.

# CONTACT INFORMATION

**THE PALMER CENTER,**  
*A Place for Healthy Aging*

\*\*\*\*\*  
\* **PHONE NUMBER: 325-6200** \*  
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Fax #: 325-6210

Website: [www.indepmo.org](http://www.indepmo.org)

Find us on Facebook: Independence Parks and Recreation

Dial-A-Ride: To make an inquiry or to request an application: 325-7399

Mailing Address: P.O. Box 1019, Independence, MO. 64051

Street Address: 218-A North Pleasant Street,  
Independence, MO. 64050

Hours of Operation:  
Monday—Thursday, 8 a.m.—7 p.m.  
Friday, 8 a.m.—5 p.m.  
Saturday, 1 p.m.—5 p.m.

## Staff:

Vicki Hon, Recreation Program & Facility Supervisor  
Peggy Sowders, Senior Adult Program Specialist  
Jackie Cue, Administrative Specialist II  
Winnie Townsend, Nutrition Site Aide  
Cathy Cash, Center Attendant  
Amber Elliott, Center Attendant  
Jeff Barge, Center Attendant

*If you no longer wish to receive this mailing, please call 325-6200 so we can remove your name from our list. Thank you!*

## INCLEMENT WEATHER CLOSINGS

Call 325-7999, ext. 4 for an automated announcement and watch for postings on Channel 9. If you see MARC Senior Centers and/or if the Independence School District is closed, then the daily luncheon program and all scheduled activities will be canceled. The Palmer Center building will remain open. Rentals and Tour cancellations are NOT automatically canceled and will be determined on an individual basis.

**The Palmer Center will close on January 2, January 16 and February 20.**

**THE PALMER CENTER**  
**Independence Parks & Recreation**  
**P.O. Box 1019**  
**Independence, Missouri 64051**

**Return Service Requested**