

THE PALMER CENTER POST

INDEPENDENCE PARKS & RECREATION

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. Most programs take place at The Palmer Center, *A Place for Healthy Aging*—or at other various locations.

We are located west of the Independence Square.



SEPTEMBER/OCTOBER 2010 EDITION

Becoming involved at the Center or with one of our programs will give you a chance to meet new friends, explore new interests and develop your creativity, stay active and healthy, discover fun destinations with others and become aware of services you may need. We are operated by the City of Independence and are members of the National Council on Aging, National Recreation and Parks Association and Missouri Parks and Recreation Association. Come visit us soon!

TRAVEL PROGRAM

12th ANNUAL MULTI-CULTURAL FESTIVAL

Check out numerous health and wellness booths with lots of free giveaways, entertainment, and a wonderful lunch...all for older adults! This year's theme is a Hawaiian Luau, so dress for the event, held at the Jack Reardon Center in Kansas City, KS. Note: We'll be taking a school bus. Date: Thursday, Sept. 16 ~ Time: 8:15 a.m.—2 p.m. ~ Deadline to pre-register: 8/26 ~ Price: \$25

BLUE GRASS RIDGE WIND FARM

Tour Missouri's first wind farm and learn how these 27 Suzlon S-88 wind turbines provide power to 20,000 average-sized homes. We'll make a stop at the visitor's center before meeting our guide at the base of a wind tower to see the largest and most powerful turbine in action. Lunch will be provided at Aberdeen Steakhouse. After our morning in King City, We'll stop at the new Remington Nature Center in St. Joseph, where you will be greeted by a vast collection of taxidermy animals and a special presentation on Native Americans of NW Missouri. Outside, view the Missouri River and sacred Loess Hills Bluffs toward the east—all while taking in some fresh air! Date: Tuesday, Sept. 21 ~ Time: 8:45 a.m.—5:15 p.m. ~ Deadline to pre-register: 8/31 ~ Price: \$48

AUTUMN ADVENTURE

Visit Miller's Pecan Farm to learn how pecans are harvested, sample various pecans, and stock up for your upcoming holiday baking; enjoy an included lunch at Main Street Restaurant; stop by Peter's Market for apple bargains; and visit Terra Beau Winery for some history of this converted 1856 church with sampling. This annual trip is a favorite! Date: Thursday, Oct. 10 ~ Time: 8:15 a.m.—4:30 p.m. ~ Deadline to pre-register: 9/16 ~ Price:

\$47

TRAVEL PROGRAM

MSP TOUR

What is MSP? It's the 1836-2004 Missouri State Penitentiary! Hear the steel gate clank behind us as we enter the upper yard, hear the history and interesting stories of the inmates, explore the cells, see the gas chamber and visit the shop to purchase souvenirs made by the inmates. Lunch is included at Prison Brews, followed by a tour of the Supreme Court Building. Cap off the day with a must stop at Central Dairy for an ice cream cone (included). This tour is not suitable for wheelchairs or walkers. Short stops will be made to/from our destination for restroom breaks/snacks. Date: Thursday, Oct. 14 ~ Time: 7:30 a.m.—6:30 p.m. ~ Deadline to pre-register: 9/23 ~ Price: \$69

THE SUNSHINE BOYS—NEW THEATRE

For over 40 years the comedy team of Lewis & Clark topped the bill at the biggest theaters on the Vaudeville circuit. Now they aren't even speaking. When CBS requests them for a "History of Comedy" retrospective, a grudging reunion brings the two back together, along with a flood of memories, miseries and laugh after laugh after laugh. If you need plate assistance or would like to request an assisted hearing device (not guaranteed, as availability is limited), please inform us at the time of registration. Date: Wednesday, Oct. 20, center rows 9 & 10 ~ Time: 10:45 a.m.—4:30 p.m. ~ Deadline to pre-register: 9/29 ~ Price: \$43

GHOST & GANGSTER TOUR

Feel the chills and shake of spirits as we drive by historic KC landmarks with legendary paranormal activity and infamous organized crime mayhem. You'll hear tales of local murder, mixed with a non-lethal dose of humor and history. Lunch will be provided at the historic Golden Ox restaurant. Date: Tuesday, Oct. 26 ~ Time: 10:30 a.m.—4 p.m. ~ Deadline to pre-register: 10/5 ~ Price: \$62

Registration for these newly advertised tours will be taken beginning Thursday, Sept. 2. Always check your receipt to make sure your registration information is correct.

RED ROCK GUEST RANCH

Join us for some good ol' fashioned fun and western entertainment at this ranch, located in Northeast Kansas. We'll enjoy: a narrated hayrack ride (weather permitting), an all-you-can-eat chuck wagon lunch and some great music.

This will be a country experience you won't forget!

Date: Thursday, 11/4 ~ Time: 8 a.m.—5 p.m. ~

Deadline to pre-register: 10/15 ~ Price: \$52



NEW THEATRE RESTAURANT—SYLVIA

A modern romantic comedy about a marriage and a dog. Greg finds an abandoned dog, Sylvia, and brings her home. Kate quickly finds that she has been relegated to the back seat as Sylvia becomes the new love of Greg's life. Man's best friend is not always the wife's best friend...and so the battle begins. Lunch is included! If you need plate assistance or would like to request an assisted hearing device (not guaranteed, as availability is limited), please inform us at the time of registration. Dates: Wednesdays, 11/17 (seats in left rows 4-7) & 1/5 (seats in center, rows 10-11) ~ Time: 10:45 a.m.—4:30 p.m. ~ Deadline to pre-register: 10/27 & 12/15 ~ Price: \$43

GIFTS, GREED AND EVERGREENS

What makes Christmas time so special? We offer three very different answers to that question as expectations, plans, traditions, and in-laws collide in an explosion of tinsel, eggnog and credit cards. Your heart will be warmed and your funny bone tickled as outrageous characters search for the true meaning of Christmas in the midst of all the holiday hoopla. This production will be at the Maples Repertory Theatre, in Macon, MO, with an included lunch beforehand. Hope you can join us for this holiday excursion! Date: Wednesday, 12/1 ~ Time: 9:15-7:15 p.m. ~ Deadline to pre-register: 11/10 ~ Price: \$59



KC HOLIDAY LIGHT TOUR

Join us for this festive annual driving tour of some of the area's best holiday light displays. We'll visit Chicago Street, Christmas in the Park, Crown Center and the Country Club Plaza. There will be free time to explore Crown Center.

Date: Monday, 12/6 ~ Time: 5:30-10 p.m. ~ Deadline to pre-register: 11/15 ~ Price: \$20

QUALITY HILL PLAYHOUSE— CHRISTMAS IN SONG

Fit this great day into your holiday season—we'll have an included lunch together at The Café at Briarcliff, then take in "Christmas in Song", a musical cabaret revue in celebration of the season. Date: Wednesday, 12/15 ~ Time: 10:30 a.m.—3:45 p.m. ~ Deadline to pre-register 11/24 ~

Price: \$59

GENERAL TOUR INFORMATION



REGISTRATION You may register in person for trips at any Independence Parks and Recreation community center location or you can mail in your check with a note to identify your choice of trip, The mailing address is P.O. Box 1019, Independence, MO. 64051, Attn: Palmer Center. We also take registrations in person or 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 trips 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.



TRANSPORTATION Luxury motor coach transportation will be provided for all tours, **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 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.

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 pre-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 motorcoach. 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.** It's disruptive to those who are trying to enjoy the activity so please use these items away from the group setting.



Please indicate who you wish to sit with.



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

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. 1st 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 would not be able 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 on a very limited basis. If interested, please call Peggy.

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 fried 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 nutrition site. If interested, please call Peggy.

OTHER TRANSPORTATION

If the transportation options above do not meet your needs, please call us for a list of other options.

SPECIAL EVENTS

NATIONAL SENIOR CENTER MONTH

"Your Place to Connect"

Participate in weekly special events!

KICK OFF PARTY Wednesday, 9/1 @ 12:15 p.m.
Enjoy cake & entertainment

GRANDPARENTS DAY BREAKFAST
Saturday, 9/11 @ 9 a.m. Bring the grandchildren for a really fun breakfast outing. \$5/adults, \$3/children. Pre-registration by 9/8 required.

BINGO & DESSERT BAR Friday, 9/17 @ 1 p.m.
Just show up, play and indulge!

50+ TALENT SHOW Tuesday, 9/28 @ 1 p.m. 1st, 2nd and 3rd place winners will be recognized. Pre-registration required by 9/25.

SENIOR INFORMATION FAIR	Tuesday, October 12, 9 am.—Noon
Come gather valuable information on services and products for seniors. Flu shots will be available by the health department, enjoy free refreshments, and get a chance to win a door prize!	

HALLOWEEN COSTUME CONTEST

Friday, October 29 @ 11 a.m.
Prizes will be awarded to the best dressed!

Two orange pumpkins with green stems and carved faces, one on the left and one on the right.

SUPPORT & ASSISTANCE

CARING COMMUNITIES RESOURCE CENTER

**1st & 3rd Tuesdays of each month
Sept. 7 & 21, October 5 & 19, November 2 & 16
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 caregiving role. Licensed social workers will be available to help you in our lower level library. No appointment is necessary.

GRIEF RECOVERY OUTREACH PROGRAM

Sessions: Tuesdays, Sept. 7-Oct.26, 1-2:30 p.m.

Get together with others that are actively grieving over the loss of a loved one. Please join us before Sept. 28, unable to accept new participants between 9/28-10/26.

Co-sponsored with Crossroads Hospice

GENERAL LOSS GROUP

Thursdays, Sept. 9 & Oct. 14, 1-2:30 p.m.

This is for those of you who have experienced loss, whether it be: end of a career, loss of security, loss of health, or loss of a loved one. Co-sponsored with Crossroads Hospice.

SKILLBUILDERS

Tuesdays, Sept. 14—Nov. 23, 9:45 a.m.

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.

LOW VISION RESOURCE AREA

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.

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.

HELP AT HOME ...

COMMUNITY RESOURCES TO HELP YOU

2nd Monday of each month @ 10:30 a.m.

Join us for monthly discussions for a glimpse of the services available to help you stay in your home longer.

Free refreshments will be served.

September 13—50 + Pharmacy Services

October 11—TBA

Co-sponsored with McCormick & Fracassa, Elder Law and Special Needs Attorneys, Kansas City Hospice & Palliative Care, and Interim Health Care.

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.

EDUCATION

LEGACY PLANNING FOR ALL SEASONS OF LIFE WORKSHOPS

2nd Friday of each month @ 10 a.m. Legal topics can be complicated— join us to learn and ask!

September 10: Setting up a Health Care Directive
Co-sponsored with the Law Office of Aaron L. Love, PC

Plan to come to these informative programs and gain knowledge on a variety of situations you may encounter.

AARP DRIVER SAFETY PROGRAM

Saturday, Oct. 9, 1-5 p.m. Pre-registration required.

Cars have changed. So have traffic rules, driving conditions, and the roads we drive on every day. Brush up on your driving skills to stay safe! Check with your insurance company to see if you qualify for an additional discount. Cost of the class is \$12 for AARP members (\$14 for non-members), payable to the class instructor.

FUN & GAMES

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. Free

5-A-DAY BINGO

Tuesdays, Sept. 7 & Oct. 5 @ 12:15 p.m. free
Fresh fruits & Vegetables donated by Hy-Vee,
Coordinated by Helen Howell & Mary Dickey

WHITE ELEPHANT BINGO

Thursdays, Sept. 30 & Oct. 28 @ 12:15 p.m. Bring a wrapped, white elephant gift to use as a prize.
Coordinated by LuVerne Anderson.

BUNCO

Wednesdays, Sept. 1 & Oct. 6 @ 12:30 p.m.
Mondays, Sept. 20 & Oct. 18 @ 10 a.m. free
A wild dice game where it's OK to talk and visit during the game. Coordinated by Jane Hoefgen

PINOCHLE

Mondays @ 12:30 p.m. free

PITCH

Fridays @ 12:30 p.m., free

SENIOR BOWLING

Tuesdays, 11a.m.—2 p.m. ~ \$5 (includes shoes)
Bowl with others at Diamond Bowl, 218 N. Osage St. for fun, physical activity, free coffee, and food discounts!

THE WRITE PLACE POETRY SOCIETY

2nd Wednesday of each month, 7—8:30 p.m. at the Truman Memorial Building, 416 W. Maple
All poets are invited to read your own poetry and reflect upon the work of others. Coordinator: Jan Kroll

PRESENTATIONS

EARTHQUAKE PREPAREDNESS

Thursday, September 9 @ 10:45 a.m. , free
Presented by the American Red Cross

TO SLEEP, PERHAPS TO DREAM

Tuesday, September 14 @ 10:45 a.m. , free
Presented by the American Red Cross

MUSIC & DANCE

OPEN LINE DANCING

Mondays & Fridays, \$1

Beginners Workshop 12:05—12:25 p.m.

Open Line Dancing 12:30-1:30 p.m.

Coordinated by: Ray Flowers and June Jones

SENIOR TAP DANCE

Beginning Tap: Mondays, 11-11:45 a.m.

**Session: August 30-Sept. 27 (no class 9/6)
October 4-25**

Intermediate Tap: Wednesdays, 11-11:45 a.m.

Session : Sept. 1—22

Sept. 29—Oct. 6

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

Have you always loved watching a tap dancer? Well—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, Sept. 7—Nov. 9, 10 week session

Choose your class depending on your skill level. Classes run from 10:30 a.m.—3:30 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. free

Bring your instrument or just relax & listen! Band sets up

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.

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. , free

This popular class features gentle tai chi moves by video.

Coordinated by: Donna Westhoff

PEPPI

Mondays/Wednesdays/ Fridays , 10:15-11a.m., free

PEPPI helps you work on core strength in order to balance effectively & prevent falls. Instructor: Marty McWhorter

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: Amy Lee North

SITTIN' FIT

Tuesdays & Thursdays @ 10:30 a.m. , free

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



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.

Instructor:
Rotating

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

PICKLEBALL

Tuesdays (through September only) and Thursdays, 1-5:30 p.m. & Saturdays, 1—5 p.m., beginner lessons are offered on the 1st and 3rd Thursdays @ Noon, so come try it out -Free for all! Favored by beginners for its' focus on agility, shot placement and strategy as opposed to power. Just show up and play.

The schedule varies on Saturdays due to the rental program.

Please call ahead to confirm. Coordinator: Richard Turner



**CENTERPOINT
MEDICAL CENTER**

*Independence, Missouri
Your HCA Midwest Hospital*

HEALTH EDUCATION & YOU IN 2010!

Tuesday, September 7 @ 10:45 a.m. Free

Falls Prevention

Tuesday, October 5 @ 10:45 a.m. Free

Breast Cancer & You

Presented by Centerpoint Medical Center

HEALTH SCREENINGS

Diabetic Foot Screenings, Blood Sugar & Blood Pressure Checks by St. Mary's Hospital	(1st Wed. of each month) , 9/1, 10/6, 11/3 10—11:15 am
Blood Pressure Checks by Dr. John Chapman	(2nd Wed. of each month), 9/8, 10/13, 11/10 10:30—11:30 am
Blood Sugar & Pressure Checks by Visiting Nurses Association	(3rd Tues. of each month) 9/21, 10/19* <i>Blood pressure only</i> , 11/16 9:30—11:30 am

FREE DENTAL SCREENING

Tuesday, August 23, 9—11 a.m.

A local dentist will be here to check dentures, bite pattern, and more. A free goody bag will be provided to each participant.

WALK TO THE BEAT

Fridays, 2—3 p.m. free

A special hour is set aside to walk to specialized music for a properly paced walking workout.

PAVEMENT POUNDERS

Tuesdays & Fridays, 9:15 a.m.

Meet in the lobby for some great outdoor walking exercise around the Square and surrounding neighborhood.

ABOUT PRE-REGISTRATION

If no fee is listed and pre-registration is required, just call in advance at least three days prior. If there is a fee and pre-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

CONTACT INFORMATION

THE PALMER CENTER,
A Place for Healthy Aging

* **PHONE NUMBER: 325-6200** *

Fax #: 325-6210

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
Jennifer Edington, Center Attendant
Cathy Cash, 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 cancelled. The Palmer Center building will remain open. Rentals and Tour cancellations are NOT automatically cancelled and will be determined on an individual basis.

The Palmer Center is closed on September 3 at 3 p.m., September 4 and September 6, due to the Labor Day weekend.

THE PALMER CENTER~A Place for Healthy Aging
Independence Parks & Recreation
P.O. Box 1019
Independence, Missouri 64051

Return Service Requested

ABOUT THE PALMER CENTER

The Palmer Center, *A Place for Healthy Aging*, 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.

VOLUNTEERS NEEDED

Volunteers are always needed in various capacities at the Center. We have many wonderful volunteers that 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.

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; Bonnie Borgman, Vice Chairman; Retha Rorie; Secretary, Al Rudd, David Rock, Joyce Dull, Hugh Buenemann,, Rosalind Koenig, Bob Fry, Alvin Hale and Teresa Carson. 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 on the center's bulletin boards. We continually accept applications throughout the year to fill vacancies, as needed. Please request an application at the front desk.

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!

OUR WEBSITE 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

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). 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.

IN APPRECIATION TO

Jackson County Shrine Club...for the donation of vidalia onions

Vaile Mansion...for the donation of cakes

David & Delores Gallagher...for the office supplies

TO ALL OF OUR VOLUNTEERS...*for your time and energy to the Palmer Center.*

DONATIONS

At this time we cannot accept any donations except for nice items to use as bingo prizes. However, thank you for thinking of us!