



The Senior Scoop

Bob Gilmore & Lions Club Park Senior Centers Newsletter

October 2020

Our Mission

To provide high-quality facilities and services that offer wellness, life-long learning, and social opportunities to seniors age 55 and over.

SENIOR CENTER STAFF

Jeremy Bumgardner
Senior Centers Manager
jbumgardner@killeentexas.gov

Sheryl Hamilton
Program Assistant
shamilton@killeentexas.gov

Mary Weygand
Recreation Assistant

Danielle Digilormo
Office Assistant

Board Members

Patsy Bracey, *Chairwoman*
Mark Hyde, *Co-Chairman*

Bill Barker	Emilio Fenderson
Mary Taylor	Llewellyn Walker
Mellisa Brown	Albert Galbreth
Barbara Henke	Deborah Voigt
Carolyn Turner	

BOB GILMORE SENIOR CENTER

2201 E. Veterans Memorial Blvd.
Killeen, TX 76543-4328
Office: 254-501-8889
Closed until further notice.

LIONS CLUB PARK SENIOR CENTER

1700-B East Stan Schlueter Loop
Killeen, TX 76542-5485
Office: 254-501-6399

Keep Up with the City of Killeen

www.killeentexas.gov

And don't forget to like us on
Facebook!
@City of Killeen, Texas



Senior Center Events & Updates

Thank you to all who attended our September events; we always appreciate the participation, especially those who braved the rainy weather for our garden social!

Oct 8 at 11:30am-1pm @ Lions Club Park Senior Center – A Fantastic Voyage drive-thru lunch, in honor of Columbus Day.

October 15 at 11am-12:30pm is our Grocery drive-thru @ The Rosa Hereford Killeen Community Center.

Saturday, October 24 at 5pm-8pm- City of Killeen Fall Festival. Scavenger hunt through the Recreation Services facilities to receive a goody bag, a map of all Recreation Services facilities, and a "passport" that will be stamped at each facility.



October 29 at Dusk is a drive-in movie showing of *Butch Cassidy and the Sundance Kid*; located in the back parking lot of the Rosa Hereford Killeen Community Center. Parking begins at 5pm.

****Please RSVP by calling 254-501-6399****

Lions Club Senior Center will be closed Monday, October 12 in observance of Columbus Day.

What are some ways we can engage seniors while keeping them healthy? Give us a call at 254.501.6399 to share your ideas.

Senior Advisory Board Meeting

October 15 @ 3:30 pm In Person, no Zoom

Killeen Community Center Room 200

CDC guidelines and Social Distancing will be followed

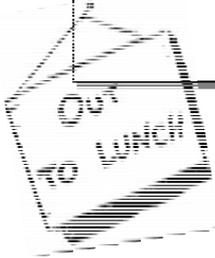
Donation Box- A Special Thank You to Our September Donors!

Marlene Gillman, Paul Racicot, Amy Smith, Amy Sergeant,
Tommi Fettig, & The Food Care Center!

Thank You

Lunch Notes

Kitchen Angel volunteers will be needed when we re-open to help with food service and cleanup. However, we currently do not have a projected date for re-opening at this time.



When we do resume operations, lunch will be served daily at 11:30 am. Free for seniors 60+ and legal spouses of those 60+. \$3 for those under 60. Completion of an 'AACT Client Intake and Service Request Form', meal waiver, is required before name can be added to the list.

Community

Important Resource Numbers

- * Adult Protective Services: 254-526-9011
- * American Association of Retired Persons (AARP): 254-526-2145
 - * Area Agency on Aging: 800-441-7169
- * Bell County Human Service (Help Center): 254-519-3360
 - * Department of Human Services: 254-519-7511
- * Housing and Urban Development (HUD): 254-634-2443
 - * Killeen Free Clinic: 254-519-3898
 - * Killeen Housing Authority: 254-634-5243
 - * Legal Hotline for Older Texans: 800-622-2520
 - * Meals On Wheels: 254-699-8888
- * Social Security Administration (National Number): 800-772-1213
 - * Social Security Administration (Temple): 254-298-1323

Travel

Has quarantine got you ready to get out and explore the world again? Call Debbie Bundy (361-523-1210) or Ninette Harris (254-371-8944) for information on travel opportunities available; beginning April 2021!

Drive-In Movie Night!

October 29, 2020

Join us for the Senior Center Drive-in Movie to watch
BUTCH CASSIDY AND THE SUNDANCE KID
[1969]

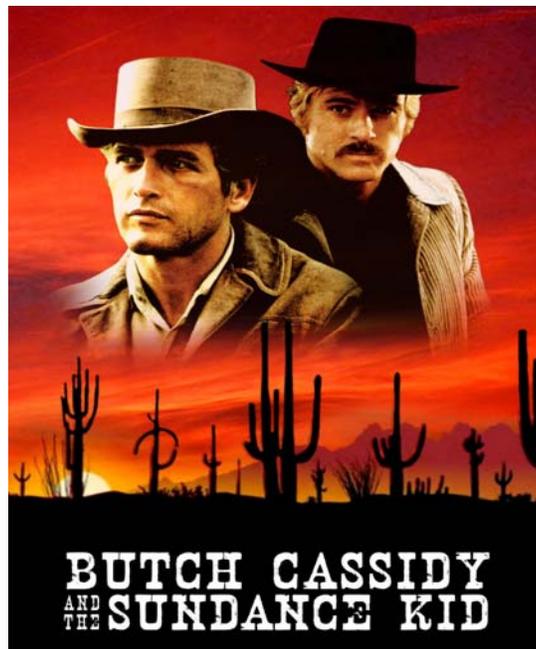
Movie starts at dusk behind the Rosa Hereford Killeen Community Center
2201 E. Veterans Memorial Blvd.

You are welcome to bring your own concessions, but we will be providing
FREE popcorn and FREE snacks! Please bring your own non-alcoholic drinks.

Don't Wait! You can bring lawn chairs or sit on the back of your truck!

**Space is limited to 35 cars. Reserve your spot by
October 26th** with the Senior Center Staff.

Call 254-501-6399 or e-mail: shamilton@killeentexas.gov



HEALTHY HEARTS

Senior Walkers

WALK THE TRACK

Beginning October 1

Monday-Friday 7:00am-9:00am

Killeen Senior Center Members may utilize the track inside the FRC by scanning your senior center card and signing in at the FRC Front Desk. This accommodation is for track usage only. Seniors can access all of the FRC amenities by purchasing an FRC membership for \$10/month!



Did you know...

Walking is one of the simplest ways to stay active! The American Heart Association recommends moving your body to keep your heart and joints healthy.

- Increase your walking time/distance a small amount each day to help build endurance and stamina
- Setting small goals can be more attainable for everyday maintenance. Small changes make BIG differences
- Walking lowers your risk of heart disease, stroke, type 2 diabetes, dementia, and high blood pressure
- Better bone health and balance, with less risk of injury from falls
- Better quality of life

Let's move our bodies today, tomorrow, and every day!

FIT FRIDAY IN THE PARK

Get your exercise in for the day by joining our Friday morning walking club! It is a walk at your own pace and distance club; feel free to bring friends and/or pets! We maintain social distancing and encourage personal face masks.

When: Friday Mornings @ 7:45-8:30am

Where: Lions Club Park walking trails.

Meet in front of the Senior Center Entrance.



Art Therapy: A Fun, Creative Outlet





OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
			1. National Wreath Day	2. Lions Club Park Walking Club 7:45-8:30am
5. National Taco Day	6. National Share Your Pumpkin Pie Recipes Day	7. International Beauty Day	8. A Fantastic Voyage @ Lions Club Park Senior Center	9. Lions Club Park Walking Club 7:45-8:30am
12. Columbus Day	13. National Make A Difference Day	14. National Dessert Day	15. Grocery Drive-Thru Killeen Community Center	16. Lions Club Park Walking Club 7:45-8:30am
19. Monday Night Football	20. Homemade Cookie Day	21. National Pumpkin Cheesecake Day	22. National Walk a Dog Day	23. Lions Club Park Walking Club 7:45-8:30am
26. Be An Angel Day	27. National Relaxation Day	28. Paint A Pumpkin Day	29. Senior Drive-In Movie Night	30. Halloween-Eve

MEDICARE ANNUAL ENROLLMENT

United Healthcare Medicare Annual Enrollment meetings advertised for Killeen Community Center on October 19, 2020 and for Lions Club Park Senior Center on October 23, 2020 from 10:00am to 12:00pm have been canceled.

United Healthcare Agent, Amy Sargent will hold a Medicare Annual Enrollment Walk-in Resource Center at Shilo Inn's Suites Ballroom to allow for social distancing.

- **Dates:** Mondays, October 5th, 19th & 26th, 2020
 - **Time:** 10:00am to 12:00pm
- **Location:** 3701 South W S Young Drive, Killeen
 - **Contact Number:** (909) 435-6240



City of Killeen



FALL FESTIVAL

Saturday, October 24 5pm-8pm Come and join in the fun at the Annual Fall Festival! There will be a scavenger hunt through all the Recreation Facilities. Don't miss out on the candy, games, photo opportunities, raffles, and more!

Location: Family Recreation Center, Lions Club Senior Center, Killeen Aquatic Center, Rosa Hereford Community Center, Killeen Animal Shelter, & Stonetree Golf Course

For more information visit the city website or contact us at 254-501-6399



The Rosewood Retirement Community's 1st Community **Parking Lot Bingo!!**

When: Oct 9th, 2020 @10:00am

Where: Rosewood Retirement Community's Parking Lot

5700 E. Central Texas Expy, Killeen, TX 76543

This will be a fun-filled, socially-distanced event for all to enjoy!



EARLY VOTING INFORMATION

Tuesday, Oct 13- Oct 30

Hours:

- Weekdays - 8am-5pm
- Saturdays -7am-7pm
- Sundays -Noon-5pm

Killeen Locations:

- *Bell County Annex, 304 Priest Drive*
- *Killeen Community Center, 2201 E. Veterans Memorial Blvd*



October 1-October 2

10am-5pm

- Clothes
- Shoes
- Housewares

Location: 311 E. Ave D

Killeen, TX 76541

New Hope Worship

Notes from the Staff

Get The Senior Scoop In Your Inbox!



The Senior Newsletter can be sent to your inbox upon request. If you would like to receive the Senior Newsletter, please contact the Lions Club Park Senior Center and provide us with your email address to add to your membership account. In doing so, we can share the newsletter and other information with you via email—paperless, contactless, but always in the loop.

THE OCTOBER NEWSLETTER WILL BE AVAILABLE FOR PICKUP AT LIONS CLUB PARK SENIOR CENTER BY CURBSIDE DELIVERY M-F 8AM-3PM.

At the Lions Club Park, call 254.501.6399 upon arrival and we will run a copy out to you. Members will remain in their vehicle and wear a mask while communicating with staff.

Welcome Jeremy Bumgardner!

On September 21st, we welcomed Jeremy Bumgardner as our new Killeen Senior Centers Manager. Jeremy was born and raised in West Virginia, and is a U.S. Army Reserves Veteran. Jeremy is married to his amazing wife Sherry and they are proud parents of 1 dog and 4 cats.

Jeremy's background includes experience in Member Services, Health & Fitness, Senior Programming and Special Events. Jeremy shared the following:

"I look forward to meeting everyone at our upcoming events and continuing our dedicated service to the citizens of Killeen, TX."

GOOD TO KNOW!

Local Events

- Barktoberfest Virtual Fun Run with your pet! Registration is open until Saturday, October 10. Pets receive a goody bag!
- The Killeen Farmers Market has an exciting assortment of handmade items, artwork, and fresh foods. Check them out every Tuesday from 3 - 6 pm in the Santa Fe Plaza Drive Parking Lot in Downtown Killeen.

Family Recreation Center
Membership

The Family Recreation Center (FRC) has adjusted their hours:

Monday-Friday	7:00am-9:00pm
Saturday	7:00am-12:00pm
Sunday	Closed

Senior (55+) Membership Fees

Annual	\$100	Monthly	\$10
Quarterly	\$27	Daily Pass	\$5

Fitness classes will be available for a small additional fee! Check out the FRC webpage to see the updated schedule.