

THANK YOU!

Grace Christian Center for donating to the center.
Christa Johnson for donating flower center pieces to the Senior Center.

Yoanna Garcia with Superior Healthplan for assisting and donating prizes for May & June's BINGO.

Robert Hall & Destiny World Outreach for volunteering to cook every Thursday at LCPSC.

Jamie Burgess with Phoenix Home Health Care for providing volunteer services to the seniors at KCC.

Trey Cunningham from Nursing & Rehabilitation for donating the cakes for LCPSC & the seniors at KCC.

Ms. Ray who donated items to the center.

And to all of those that were not announced but donated their time or resources to the center...

We appreciate you!

LCPSC ART CONTEST WINNERS

1st Place: New Day painting - Min. Ferrier
2nd Place: Sunshine on My Shoulder Picture - Min. Ferrier
3rd Place: Green Bird Picture—Kay Newton

SENIOR IMMUNIZATION PRESENTATION W/ MRS. COBB

Representing the Bell County Health District Outreach Center

Friday August 2, 2019
Meeting Room

DINING WITH FRIENDS

Wednesday, July 3 2019
5:00pm-7:00pm

Outback Steakhouse

2701 E. Central Texas Expy. Killeen, TX

Please see the volunteer at the restaurant to sign-in

GET FIT AT THE FAMILY RECREATION CENTER

1700 E. Stan Schlueter Lp.

Ages 55 +

\$50 Registration Fee

Annual (12 month) \$100

Quarterly (3 month) \$27

Monthly (1 month) \$10

HOURS OF OPERATION

Monday - Friday 5:00am - 10:00pm

Saturday 7:00am - 8:00pm

Sunday 12:00pm - 6:00pm

Membership includes access to indoor walking track, fitness classes, cardio equipment and weekly Pickle ball play. Showers, lockers and wallet lockers are available.

DANCE & KARAOKE PARTY W/ DJ JOSE RODRIGUEZ

LIVE on purpose, LAUGH out loud, and LOVE to Dance!

Tuesday, July 30th
Lions Club Park Senior Center, 1700 B E. Stan Schlueter Lp.
5:30pm-8:30pm
FREE FOR ONE TIME ONLY!



Sign up for a dish at the front desk. Members are encouraged to bring an adult guest TO dance and karaoke the night away.



The Senior Scoop

City of Killeen Senior Centers Newsletter

JULY 2019

Carla Medina, Senior Center Manager
www.killeentexas.gov

SENIOR BOARD OF DIRECTORS

Roy Murray, *President*
Margo Coster, *Vice President*
Arls Hilliard, *Treasurer*
Dorothy Kinsinger, *Secretary*

SENIOR ADVISORY BOARD

Thursday, July 18th, 2019
3:30pm-4:30pm
Killeen Community Center
2201 E. Veterans Memorial Blvd.

Bob Gilmore Senior Center
Temporarily relocated to
Community Center
Main Conference Room
2201 E. Veterans Memorial Blvd.
Killeen, TX 76543-4328
Office: 254-501-8889

Monday - Friday
8:00 am - 3:00 pm

Lions Club Park Senior Center
1700-B East Stan Schlueter Loop
Killeen, TX 76542-5485
Office: 254-501-6399

Monday - Friday
8:00 am - 4:00 pm

Tuesday
8:00 am - 9:00 pm



CLOSED
THURSDAY, JULY 4, 2019
Happy Independence Day!

Killeen Senior Centers Town Hall Meeting

Wednesday July 17, 2019
3:00pm—4:30pm

Lions Club Park Senior Center - Ballroom

We invite all seniors to attend this meeting to discuss senior issues. A comprehensive agenda will be posted at a later date, to be determined.

JOIN OR RENEW YOUR MEMBERSHIP

1. Stop by the front desk
2. Update your information.
3. Smile! Take your picture for your new membership card.

*Bob Gilmore Seniors—please continue to have your pictures taken at KCC—your card will be sent from LCPSC to KCC for your pickup.

*Don't forget to sign in. Your cooperation as we improve our processes are greatly appreciated!

Thank you for your continued support!

Bob Gilmore Weekly Programs

Temporarily relocated to the Killeen Community Center - next to Bob Gilmore

2201 E. Veterans Memorial Blvd., Killeen, TX 76543-4328

Monday - Friday 8:00 am - 3:00 pm

Office: 254-501-8889

Carla Medina, Senior Center Manager

cmedina@killeentexas.gov www.killeentexas.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ceramics 8:00am-11:00am	Dominoes/42 8:00am	Puzzles 8:00am-11:00am	Adult Coloring 8:00am-11:30am	Ceramics 8:00am-11:00am
Puzzles 8:00am-11:00am	Adult Coloring 8:00am-12:00pm	Adult Coloring 8:00am—1:00pm	Hand & Foot 9:00am	Adult Coloring 8:00am-11:30am
Adult Coloring 8:00am-11:30am	Hand & Foot 9:00am & 12:15pm	Hand & Foot 9:00am & 11:00am	Joker 10:00am	Hand & Foot 9:00am & 11:00am
Hand & Foot 9:00am & 11:00am & 1:00pm	42 Tournament 9:00am	Chicken Foot 10:00am	Dirty Marbles 11:00am	Dominoes 9:00am
Chicken Foot 10:00am	Chicken Foot 9:30am	Pickle ball 11:30am-1:30pm	Pickle ball 11:30am-1:30pm	Chicken Foot 10:00am
Scrapbooking w/ Cathie 12:15pm	Yoga 10:00am-11:00am	Joker 12:30pm	Canasta 12:00pm	Pickle ball 11:30am-1:30pm
Mexican Train 12:30pm	Bible Study w/ Charlie 10:30am	Dirty Marbles 1:00pm	Paper play w/ Mary 12:30pm	Multi-Cultural Crafts 12:30pm-3:00pm
Dominoes 12:30pm	Pickle ball 11:30am-1:30pm	Exercise ??? 2:30pm	Texas Hold 'em 12:30pm & 5:30pm	Puzzles 1:00pm
	Pinochle 12:30pm		Multi-Cultural Crafts 12:30pm-4:00pm	Phase 10 1:00pm
	Paper Play w/ Debbie 12:30pm		US Korean Culture Dance Group Practice (Group Members Only) 1:00pm-3:00pm	Exercise 2:30pm
	Mexican Train 1:00pm			Bingo 1st Friday 1:00pm
	Puzzles 2:00pm			Butterbean 4th Fri. 9:15am
				Jewelry w/ Terrie 4th Fri. 11:30am-3:00pm

Lions Club Park Senior Center Special Events & Programs

1700-B East Stan Schlueter Loop, Killeen, TX 76542-5485

Independence Day Event

Wednesday July 3, 2019
12:00pm—1:30pm

Music by the MECA Band.
Lunch & Learn Presentation on
Cooking Essential Oils w/ Ms. Chi

Senior Luau w/ Lorrie Smith

Friday July 12, 2019
9:00am - 11:00 am
Free hand massages available from
Ms. Chi!

Limited Slots available.
Let's have a LUAU!

FREE Men's Haircuts

Wednesdays, July 3rd & 24th
8:00am-12:00pm
Meeting Room

Kitchen Angels Meeting

Thursday July 18, 2019
8:30am - 9:30am

AARP DRIVER SAFETY

Wednesday, August 21, 2019
9:00am-1:30pm
Meeting Room

Drive Safe. Drive Smart.

Refresh your driving skills, know
the new rules of the road.
Learn research-based driving
strategies to help you stay safe
behind the wheel.

\$15/AARP Members
\$20/ non-AARP Members

BINGO FOR GROCERIES

Friday, July 26, 2019
1:00pm

Want to feel like a winner? Try your luck at Bingo for groceries and fun! **WACVA Chapter 94, Scott & White Health Care, Rosewood Retirement Community, and Superior Health Plan** are providing prizes.

BOOK CLUB

The Botany of Desire
by Michael Pollan

Tuesday, June 9, 2019
9:30 am-11:30am
Meet with us to discuss the latest book. More info Kathe Kitchens, 254-501-7872

Foster Grandparents Meeting

Tuesday, July 17, 2019
10:00am-12:00pm

Area Agency on Aging

Monday, July 15, 2019
12:00pm - 1:00pm
Ballroom

MEDICARE/MEDICAID 101

Wednesday, July 10, 2019
10:00am-11:00am
Meeting Room

Carrie Evans will be available to talk about Medicaid and Medicare.

United Healthcare Presentation on Medicare 101 w/ Amy Sargent

Thursday July 11, 2019
10:00am - 12:00pm

Essential Oils & Emotions w/ Tuwana

Wednesday, July 31 2019
1:00pm -2:00pm
Main Conference Room

TOURNAMENTS

Bridge	Every Tues 12:00 pm
8-Ball	Every Tues 11:30 am
9-Ball	Every Thurs 11:30 am
Spades	Every Fri 12:15 pm
International Dominos	Every Fri 12:00 pm
"42"	Every Wed

United Healthcare Presentation

Thursday July 10, 2019
10:00am - 12:00pm

LORRIE'S JUNE SCHEDULE

Aerobics Class

Tuesday - 2:00pm-3:00pm

Circuit & Strength Training

Wednesday - 2:00pm-3:00pm

Friday - 9:00 am

Sit & Be Fit

Friday - 10:00am

Zumba

Friday - 10:30am

Exercise Equipment Orientation Class

Fridays - 8:15am -8:45am

Please Note: This class is MANDATORY for members who want to use the exercise equipment or be in the exercise room.

BLOOD PRESSURE CHECKS

3rd Tuesday every month

June 16, 2019

10:30am-11:30am

Get your blood pressure & glucose checked from HEB.

Lions Club Park Senior Center Weekly Programs

1700-B East Stan Schlueter Loop, Killeen, TX 76542-5485
 Monday - Friday 8:00 am - 4:00 pm
 Tuesday 8:00 am - 9:00 pm
 Office: 254-501-6399

Carla Medina, Senior Center Manager
 cmedina@killeentexas.gov www.killeentexas.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RIPPED w/Theresa (Ballroom) 8:00am-9:00am	Spinner Dominoes & Chicken Foot (Card Rm) 8:30am-11:30am	"42" (CR 2) 9:00am-11:30am	Spinner Domino (Card Rm) 8:30am-11:30 am	Exercise Equipment Orientation 8:15am
Ceramics (CR 1) 8:00am-11:00am	TOPs Meeting (CR 2) 9:00am-10:00am	Computer Class w/Roy Intermediate Level (Library) 9:00am-11:00am	RIPPED w/ Theresa (Ballroom) 9:00am-10:00am	Circuit Training w/Lorrie (Ballroom) 9:00am-10:00am
Line Dancing w/ Lori (Ballroom) 9:00am-11:30am	International Dominoes (Card Rm) 10:00am-4:00pm	Bible Study (CR 1) 10:00am-11:00am	Miracle Prayers Group (CR 2) 10:00am-11:00am	Computer/Printer Orientation & Beginners (Library) 9:00am-11:00am
Computer Class (Library) 9:00am-11:00am	Line Dancing w/Paul (Ballroom) 10:00am-11:30am	International Domino (Card Rm) 10:00am-4:00 pm	International Domino (Card Rm) 10:00am-4:00pm	Quilting (CR 1) 9:30am-3:30pm
Art Class w/ Ken (CR 2) 9:00am-11:00am	Bridge (CR 2) 10:15am-4:00pm	Mexican Train (Card Rm) 12:00pm-3:30pm	Knitting & Crocheting (CR 2) 11:30am-2:30pm	Sit & Be Fit w/Lorrie (Ballroom) 10:00am
Trudy' Ladies Bible Study (CR 1) 10:00am-11:00am	8-Ball Pool Tournament (Billiard Rm) 11:45am	Hearts & Gin Rummy (Card Rm) 12:30pm-4:00pm	9-Ball Pool Tournament (Billiard Rm) 11:45am	Zumba (Ballroom) 10:30am
International Dominoes (Card Rm) 10:00am-4:00 pm	Cribbage (Meeting Rm) 12:30pm-4:00pm	Gospel Sing-a-long (Meeting Rm) 12:30pm-1:00 pm	Pottery w/ Marty (CR 1) 12:00pm-2:00 pm	Spades (CR 2) 11:00am-4:00 pm
Canasta (CR 2) 11:30am-4:00 pm	Bid Whist (Card Rm) 12:30pm-4:00pm	Texas Hold 'em (CR 2) 12:30 pm	Bid Whist (Card Rm) 12:30pm-4:00 pm	Bid Whist & Gin Rummy (Card Rm) 12:30pm-4:00pm
Mecca-Ol' Time Music (Meeting Rm) 12:00 pm	Aerobic Exercise w/Lorrie (Ballroom) 2:00pm-3:00pm	Pinochle (Card Rm) 12:30pm-4:00 pm	Line Dancing w/ Athalie (Ballroom) <i>Beginner</i> 12:30pm-1:45pm <i>Advanced Beginner</i> 1:45pm-3:00 pm	Line Dancing w/Paul (Ballroom) 12:30 pm
Card Making w/Debbie (CR 1) 12:30pm-3:30pm	Lily Hosanna Dance Group (CR-2) 4:00pm-6:00pm U.S. Korean Dance Group Practice (Meeting Room) 4:00pm-6:00pm	Paper Play w/Debbie (CR 1) 2nd & 3rd Wed. of month 12:30pm-3:30pm	Tai Chi w/ Brigitte (Family Rec Center) 1:00pm-2:00pm	International Dominoes (Card Rm) 12:00pm-4:00pm
Gin Rummy (Card Rm) 12:30pm-4:00pm	Canasta (Card Room) 4:00pm-9:00pm	Circuit Training w/ Lorrie (Ballroom) 2:00pm-3:00 pm	Yoga w/ Brigitte (Family Rec Center) 2:00pm-3:00 pm	Scrapbooking w/ Debbie (CR 1) 2nd & 3rd Fri. of month 12:30pm-3:30pm
	Texas Hold 'em (Card Rm) 5:30pm		U.S. Korean Dance Group Practice (Meeting Rm) 2:00pm-4:00pm	Bingo for Groceries 4th Fri. of the month (Ballroom) 1:00pm-3:00 pm
	Dance Party 4th Tues. of the month (Ballroom) 5:30pm-8:30pm		Poker (CR 2) 2:30pm-4:00pm	
	WACVA Meeting (1st & 2nd Tues) (Meeting Rm) 6:00pm			
	Las Estrellas Panamanian Group (CR 2) 7:00pm			

Bob Gilmore Special Events & Programs

Relocated to Community Center 2201 E. Veterans Memorial Blvd., Killeen, TX 76543-4328

SENIORS ON THE GO

Mark you calendar & grab your passport and travel to local states and abroad. For Pricing & info call 1-800-423-0247 or call Olga at 254-690-7320.

September 6 - 16, 2019
NIAGARA FALLS Visit the iconic site with friends.

October 27 - November 10, 2019
PANAMA CANAL More info coming soon.

DOTerra Presentation W/ Ms. Chi

Free hand massages available.

Tuesday, July 16, 2019
 12:00pm - 12:30pm

Main Conference Room

MEDICARE/MEDICAID 101

Wednesday, July 17th, 2019
 10:00am-11:00am

Carrie Evans will be available to talk about Medicaid and Medicare.

MEDICARE MADE CLEAR

Wednesday, July 24, 2019
 10:00am-11:00am
 Main Conference Room

Amy Sargent with United Healthcare will be present to help you navigate Medicare.

SENIOR LUAU PARTY W/LORRIE SMITH

Monday, July 15, 2019
 9:00am -11:00am

Let's have a LUAU!

SUPERIOR HEALTHPLAN

Monday, July 15, 2019
 9:00am - 11:00am

Yoanna Garcia will be here to discuss and answer questions about Superior Health Plan.

Don't forget:

Transportation to Lions Club Park Senior Center for special events was donated in-kind by Former Mayor Hancock and Arrow Trailways.

Next Scheduled Pickup:
 July 17th for the Senior Town Hall Meeting

More Details To Follow.

BLOOD PRESSURE CHECKS

Tuesday, July 17, 2019
 10:30am-11:30am

Get your blood pressure checked by Killeen Nursing and Rehab.

BINGO FOR GROCERIES

Room 300

Friday, July 5, 2019
 1:00pm

Want to feel like a winner? Try your luck at Bingo for groceries and fun!

Yoanna Garcia with Superior Health Plan will be available to answer any questions regarding their program.

CLEAR CAPTIONS W/ JAMES CARR

Tuesday, July 2, 2019
 11:30am - 12:30pm

BUTTERBEAN AUCTION

Friday, July 26, 2019
 9:15am -10:15am

Going once, going twice, sold! See what treasures you can get this month! Forty beans for each item you bring. From plants to clothes, nick knacks & more. We accept everything but money.

Lions Club Park Senior Center

Kitchen Angel volunteers needed to help cook and serve food.

To volunteer please visit and/or call the Killeen Senior Centers front office at 254-501-6399
www.killeentexas.gov

LUNCH MENU

Lunch is served daily at 11:30 am \$3/person

**** MENU IS SUBJECT TO CHANGE ****

We recommend registering for lunch on the sign-in sheet by noon on the day before.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pepper Steak	2 Pork Ribs, Rice & Beans	3 Baked Chicken Potato Salad & Baked Beans	4 CLOSED FOR INDEPENDENCE DAY	5 Baked Fish
8 Monthly Breakfast Pineapple Chicken	9 Lasagna	10 BBQ Chicken Pork Beans & Garlic Bread	11 Baked Pork Chops Veggies	12 Fried Fish
15 Yakisoba	16 Pork Chops Gandules w/Rice	17 Tater Tot Casserole Mixed Veggies	18 Spanish Rice & Chicken Veggies	19 Baked Fish
22 Spanish Steak	23 Spaghetti Veggies	24 Cover Dish Birthday Potluck	25 Brisket Veggies	26 Fried Fish
29 Teriyaki Chicken	30 Stew Meat Rice & Salad	31 Pork Chops Carrots & Peas		

Bob Gilmore

Kitchen Angel volunteers needed to help cook and serve food.

To volunteer please visit and/or call the Killeen Senior Centers front office at 254-501-6399
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**** MENU IS SUBJECT TO CHANGE ****

We recommend registering for lunch on the sign-in sheet by noon the day before.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork Chops Mixed Veggies Rice	2 Chicken Teriyaki Fried Rice	3 Chili and Hotdogs Hamburgers Apple Pie	4 CLOSED FOR INDEPENDENCE DAY	5 Taco Salad Casserole Spanish Rice
8 Fried Rice Chicken Mixed Veggies	9 <i>Burrito</i> <i>Spanish Rice</i>	10 Spaghetti Garlic Bread Salad	11 Meatloaf Mashed Potatoes Veggies	12 Stuffed Cabbage- Roll Casserole
15 Baked Chicken Veggies w/Egg Rice	16 Chicken Alfredo Bread Salad	17 Cover Dish Birthday Potluck	18 Ham Potato Salad Baked Beans	19 Lasagna Tomato, Cucumber, & Onion Salad
22 Meatballs Rice	23 Baked Fish Cabbage Rice	24 Ham & Turkey Subs Chips & Fruit	25 Sausage Potatoes Veggies	26 Teriyaki Chicken- Casserole
29 Fried Noodles Mixed Veggies	30 Beef Stew Rice Cornbread	31 Spaghetti Garlic Bread Salad Salad		