Welcome to our February Newsletter

Try and bring something different into your life,

We welcome you to join us and see what is happening at the Center.

We offer a variety of activities for all interests and abilities.

We are an active community senior center where you can spend time socializing informally or participate in structured activities

Please stop by and say

Hello!

2019 TAX RESOURCES

• Kansas Department of Revenue taxpayer assistance program - Call 1-785-368-8222 M-F from 8am to 4:30 pm

• AARP-Tax Aid—1-888-227-7669 M-F

• VITA (Volunteer Income Tax Assistance) 1-800-906-9887 M-F from 8:00 to 4:30pm

• Bonner Springs Public Library - Free Tax Preparation from AARP beginning February until April from 9:00 am to 2:00pm - Walk in only - no appointments. Last day is April 14.

Call Gloria at the Senior Center with any questions.
SENIOR CENTER NEWS

TIPS TO SAVE ENERGY

- THERMOSTAT: Program it 8 degrees lower (or more) at night for maximum efficiency. You can decrease your energy costs by as much as 1% for each degree you drop your setting at night.
- ELECTRIC BLANKETS: They use very little electricity and allow you to comfortably lower your thermostat at night.
- SHADES AND CURTAINS: Keep them closed at night and open them during the day to let in warmth from the sun.
- VENTS: Make sure they aren’t blocked by furniture or draperies. Close vents and doors in unused rooms.
- FIREPLACE: Close the damper when it’s not in use.
- ELECTRIC SPACE HEATERS: Use them sparingly.

NEWSLETTER MAILING INFORMATION UPDATE

Our newsletter and calendar is available on the City of Bonner Springs website:
www.bonnersprings.org.

We will continue to mail the calendar and newsletter out to those that would like to receive it. Please contact the Senior Center if you or someone else would like to be added to the mailing list.

Our contact information is found on the front of the newsletter.

DO YOU HAVE SOME FREE TIME AND WOULD LIKE TO VOLUNTEER OR GET PAID TO DRIVE THE SENIORS AT THE SENIOR CENTER TO THEIR TRIPS?

FOR MORE INFORMATION, PLEASE CALL GLORIA AT 913-441-0169

SENIOR CENTER

THE CENTER IS OPENED
8:00AM TO 5:00PM.
MONDAY THRU FRIDAY
EXCEPT HOLIDAYS

YOU CAN PLAY POOL, WORK PUZZLES, JOIN US FOR GAMES, BINGO OR JUST VISIT WITH FRIENDS.

THE SENIOR CENTER IS FOR AGES 55 YEARS AND OLDER.

Cookies for Feed His Lambs is on the 1st Thursday of every month.

Please deliver to the Senior Center

SHOPPING AND LUNCH

On Friday, February 7, we are leaving the Senior Center at 10:00 to spend some of those gift cards you received for Christmas. We will lunch at the restaurant of your choice.

Bring your walking shoes, and money so that you may join us for a fund day of shopping.

-2-
GOOD LUCK
KANSAS CITY CHIEFS!!

Kansas Low Income Energy Assistance Program

(LIEAP)

LIEAP is a federally funded program that helps eligible households pay for home energy costs.

The application period is from January 21, 2020 through March 31, 2020

In order to qualify applicants must meet certain requirements

Make an application by dialing 1-800-432-0043

GOOD LUCK
KANSAS CITY CHIEFS!!

ADVISORY BOARD COMMITTEE SENIOR CENTER VOLUNTEERS

We have two members, Nancy McGowan and Vicki Smith whose terms expire March 31.

Winona (Winnie) Vernon has volunteered to serve on our Advisory Board, but we need one more member who lives in Bonner Springs.

The Board meets on the Second Monday of each month. The meetings begin at 11:00 and last one hour.

As a volunteer member your input as to how we can better serve our seniors at the Senior Center is very helpful.

If you would like to serve on our Advisory Board, please contact Gloria at the Senior Center.

Join us for Wii games, Pool, Puzzles, Bridge, Pitch, Five Crowns and Bingo!! Available Daily, Weekly, Monthly!!
Mark Your Calendars

- Next New Dinner Theater - “Church Basement Ladies” Wednesday April 1, 2020, cost $38.00
- Senior Center will be closed Monday, February 17 for President’s Day
- Tie Blankets - Thursday, February 13, 10:00 am in the Sunflower Room at the Senior Center.
- Union Station - Genghis Kahn on Thursday, February 20, leaving at 10:30
- SUPER BOWL SUNDAY, FEBRUARY 2, 2020 !!!

FEBRUARY BIRTHDAYS

Elizabeth M. 2/11
Bernard McG 2/14
Brenda B. 2/17
Teresa Mc 2/20
Valerie H. 2/25

Come join us on Tuesday February 18 at 11:30 in the Sunflower Room at the Senior Center

Your Birthday - Do not Bring a Dish

Not Your Birthday - Bring a Dish

Dessert will be provided

No Legal Services this month.

EDUCATION AND WELLNESS PROGRAM FOR OLDER ADULTS

BONNER SPRINGS SENIOR CENTER
MONDAY | WEDNESDAY | FRIDAY | 10:00AM

Enhance Fitness is a FREE, evidence-based group exercise program geared toward arthritis relief.
Older Adults (60+) at all levels of fitness will become active, energized and empowered to sustain independent lives.
The program is dedicated to improving the quality of life for seniors in Wyandotte County.

*Funding for Enhance Fitness is provided by Title III-D Disease Prevention & Health Promotions and in part by the Wyandotte/Leavenworth Area Agency on Aging*

Bonner Springs Senior Center
200 East 3rd Street
Bonner Springs, KS 66012
913.441.0169

This class is proven to:

- Improve physical function
- Decrease depression
- Protect against falls and fall injury
- Provide a social benefit
- Promote a physically active lifestyle
- Reduce medical care utilization costs
- Decrease unplanned hospitalizations

Please join us!
MONTHLY LUNCH

Date: February 14, 2020
Time: 11:30 AM
Place: Senior Center
       Sunflower Room
Menu
   Chicken Parmesan
   Rice
   Salad
   Bread
   Dessert
   Coffee or Tea
Cost: $6.00
Deadline for Sign Up:
       February 11, 2020

IDEAS FOR RAISING MONEY
FOR SCHOLARSHIP FUND

The Senior Center would like to get your
feedback on having the Spaghetti Dinner
this year.

Would you like to host a Spaghetti Dinner
this year?

We will have to raise money for our
scholarship fund for the Bonner Springs High
School Seniors.

Some of the suggestions we have been
presented with is:

- Paid Bingo with a lunch
- Senior Center Garage Sale
- Fund raiser at Tiblow Days

Any other ideas?

Please see Gloria at the Senior Center

TIE BLANKETS

PLEASE JOIN US AND HELP
MEASURE AND TIE BLANKETS
AT THE SENIOR CENTER ON
THURSDAY,
FEBRUARY 13 AT 10:00.

THEY WILL BE DISTRIBUTED
TO VETERANS

WE THANK YOU FOR YOUR
HELP!

BINGO

MEIKEN GREEENAMYRE WITH
THE PIPER WILL HOST OUR
BINGO AT THE SENIOR CENTER ON
TUESDAY, FEBRUARY 11 AT 10:00 IN
THE SENIOR CENTER
SUNFLOWER ROOM

PLEASE COME AND JOIN US FOR FUN, VISIT
WITH FRIENDS AND WIN SOME PRIZES!

WE WILL HAVE VALENTINE TREATS!
Cold Weather Rule begins
Nov 1, 2019 and runs thru
March 31st 2020

According to KCC, during this time, a utility company can't disconnect you when the temperature is forecasted to drop below 35 degrees or be in the mid to low 30s over the next 24 hours, except in certain circumstances.

If your services have been disconnected, call your utility company. Here are the options listed for Kansas:

- If you can't pay your entire bill, call your utility company to make pay arrangements:
  
  Agree to pay 1/12 of the overdue amount of your bill, plus 1/12 of your current bill, all disconnection and connection fees, and agree to pay the remainder in equal payments over the next 11 months.

- Negotiate a payment plan to pay the overdue amount off quicker than 12 months.

- Remember, you must also pay your full bills for new service you use while paying off the overdue amount.

- Should you have questions about the Cold Weather Rule, call 1-800-662-0027

Discover how legends are made in this world-class exhibition that explores the culture, conquests and heritage of the world’s greatest conqueror . . . the man Time Magazine and The Washington Post named "The Most Important Person of the Last Millennium."

Journey back 800 years to experience the treasures and stories of Genghis Khan's 13th-century Mongol Empire. Presented in Kansas City for the first time, this world tour exhibition invites your entire family into an adventure across the vast grasslands of Central Asia among the relics of Genghis Khan's reign.

Experience life in 13th-century Mongolia. Entering the tents, battlegrounds, and marketplaces of a vanished world. Explore Genghis Khan's life and those of his sons and grandsons during the formation, peak, and decline of the Mongol Empire.

View rare treasures from 13th-century Mongolia; 200 spectacular objects dramatically displayed to illustrate this legendary story. Gold jewelry and ornaments, silk robes, musical instruments, pottery, and sophisticated weaponry are nestled among numerous other fascinating relics throughout the exhibit.

For Groups of 10 or more the cost is $11.25 per ticket. Less than 10 price is $17.95. Please let me know how many are interested in attending this tour. We will eat lunch after the tour.