October 2026
Volume 1 Issue 10

Senior Center News

Published Monthly by:
Dodge City Senior Center, Inc.

Location:
2408 Central Ave.
Dodge City, KS 67801

Phone:
620-338-8863

Hours:
8:00-5:00 M-F
(When the schools are closed because of bad weather, the Senior Center is also closed)

After hours scheduling and weekend scheduling are available upon request to the Executive Director.

Executive Director:
Roxanne Hornberger

Rick Roenfeldt, Chair
Shelly Dowling , Vice Chair
Brenda Giessel, Secretary
Martha Gilbert, Treasurer
Board Members:
Rosa Chihuahua
Matt Gerrard
Ashly Hatfield
John Kisner
Terry Malone

FRIENDSHIP MEALS ARE SERVED MONDAY THROUGH FRIDAY AT THE DODGE CITY SENIOR CENTER. THE MONTHLY MENU IS ON THE ADDRESS PAGE OF THIS NEWSLETTER. RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE. Call Misty at 225-0417 by 1:00 p.m. no later than the day before you plan to eat. If you plan to eat on Monday, please call on Friday

Roxanne's Remarks

The Dodge City Senior Center (DCSC) hosted the following groups during September

- Bridge Club
- Duplicate Bridge
- Extension Groups
- Kansas Legal Services
- AWI
- Meals on Wheels
- Community Concert
- Women's Bible Study
- Retired Teachers
- AMBUC's
- Senior Companions
- Quilt Club
- Daughter's of Isabella

If you are a member of a group looking for a place to meet, give us a call at 338-8863. We'll work with you to find a time to meet.

Newsletter and Menu

Please go to our website which is now up and functioning, thanks to Tom Barnes, http://www.dodgecityseniorcenter.org/for the menu, calendar and other information about the Senior Center.

A copy of the current newsletter is available at the front desk.

October 1
Prairie Home Health Care

Crafts 1:30
With Marcy Taylor
This is open to the public. If you wish to make additonal items, if time allow, it is requested you pay $5.00 for each additional item.

October 8
Manor of the Plains
(blood pressure)

October 13
Reflections (blood sugar)

October 12
BUNCO 1:30
This is a game of chance. It's played with dice. It takes NO skill or 'how to'. Just plain old fun. This will takes place on the second Monday of each month.

October 15
Beltone
(clean hearing aid)

DANCE
October 16

6:30.There is a $6 fee. You may bring finger foods if you like. Please help clean up after the dance. These are staffed by volunteers.

BINGO 1:30
October 19

You need to bring one non perishable item for each card you use. (two card limit)

Wednesday Movies
NetFlix – you may choose from many movies with this program. The TV is also available at any time if you would like to just sit and watch a movie.

Individual Ipad instruction for anyone needing IPad, I phones etc. is available. Please call the office and I will get you scheduled.

PLAN D
November 9 & 12
Kurt Lampe has agreed to help with Plan D at the Center. It will begin in November as that will allow Pharmacies to have their cost and preferred insurance companies they will work with. Additional days will be added if necessary. Please call the office to make an appointment.

IF YOU DO FIND (AND SOMEONE WILL**) A MISTAKE IN THE NEWSLETTER, PLEASE CONTACT THE OFFICE AND VISIT WITH THE SECRETARY.**

REFER TO THE ENCLOSED OCTOBER CALENDAR FOR ALL ONGOING ACTIVITIES AT THE DODGE CITY SENIOR CENTER

Dodge City Senior Center Ongoing Activities

IN ORDER TO VOTE FOR A BOARD MEMBER, YOU MUST ATTEND AT LEAST THREE TIMES IN A SIX MONTH PERIOD.

- **Exercise Program** – **Monday, Wednesday and Friday, 9:30** - **10:30 a.m. Penny Lopp is in charge of this program.**
- **Line Dance** – **Tuesday, 1:30 p.m.**
  You do not need to be coordinated to have fun!
  Line dancing provides the opportunity for fellowship and opportunities to perform in the community.
- **Pool and Snooker** –**Monday – Friday**
- **Movies – NetFlix – available all the time. Wednesday 1:00 pm is a scheduled movie time with popcorn**
- **Cards** are available at all times; however, if you want to play at a time not regularly scheduled below, you need to bring your own partner.
- **PINOCHLE – Monday & Friday 1:00**
- **BUNCO – Second Monday of the month – 1:30**
- **BINGO September 15 1:30 Third Monday – 1:30**
- **Mexican Train - Thursdays at 1:00**

Dodge City Senior Center October Activities

- Prairie Home October 3
- Reflections - October 6
- Crafts – October 7, 14, 21 & 28
- Manor of the Plains – October 8
- BUNCO – October 12
- Beltone –October 15
- Bingo – October 19
- Health Watch Home Health – October 22
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Services/Equipment Available at Dodge City Senior Center

- Kansas Legal Services. This is a free service. You must call the Senior Center to make an appointment.
- Notary (please call and schedule)
- Library
- Paper Shredder
- Wig Program for Cancer patients
- Pool and Snooker Tables
- Nautilus 4000
- Board Games (Dominos, Trivial Pursuit, Skip Bo, Uno)
- Exercise Room (Treadmill, Stationary Bicycles, Gazelle, Elliptical)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12:00 Prairie Home Health Mexican Train 7:00 Duplicate	**2** 9:30 Exercise 1:00 Pool 1:30 Pinochle	**3**
4	**5** 9:30 Exercise 1:00 Pool 1:00 Pinochle 7:00 Duplicate	**6** 1:00 Pool 1:30 Line Dance	**7** 9:30 Exercise 1:00 Pool 1:00 Bridge Club 1:30Crafts	**8** 12:00 Manor of the Plains Mexican train 7:00 Duplicate	**9** 9:30 Exercise 1:00 Pool 1:00 Pinochle	**10**
11	**12** 9:30 Exercise 1:00 Pool 1:00 Pinochle 1:30 BUNCO 7:00 Duplicate	**13** 1:00 Pool 1:30 Line Dance	**14** 9:30 Exercise 1:00 Pool 1:30Crafts Bridge Club	**15** 1:00 Pool **12:00 Beltone** 1:00 Mexican Train 7:00 Duplicate	**16** 9:30 Exercise 1:00 Pool 1:00 Pinochle **Dance**	**17**
18	**19** 9:30 Exercise 1:00 Pool 1:00 Pinochle 1:30 BINGO 7:00 Duplicate	**20** 1:00 Pool 1:30 Line Dance	**21** 9:30 Exercise 1:00 Pool 1:30 Crafts Bridge Club	**22** 1:00 Pool 1:00 Mexican Train 7:00 Duplicate	**23** 9:30 Exercise 1:00 Pool 1:00 Pinochle	**24**
25	**26** 9:30 Exercise 1:00 Pool 1:00 Pinochle 7:00 Duplicate	**27** 1:00 Pool Blood Drive	**28** ElderCare Meeting 1:00 Pool 1:30 Crafts Bridge Club	**29** 1:00 Pool 1:00 Mexican Train 7:00 Duplicate	**30** 9:30 Exercise 1:00 Pool 1:00 Pinochle	**31**

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Nuggets Potato Wedges Veg Blend-corn pepper Dinner Roll No bake Cookie	2 Pork Chops Yams w/marshmallows Green beans Dinner Roll & butter Jello w/ fruit
5 Tator Tot Casserole Peas Dinner Roll Mixed Fruit	6 Shredded Pork Butt w/ potatoes, celery, carrots & onion- Cinnamon Apple Slices Dinner Roll	7 Frito Chili Pie Veg Blend-Caul/Broc Cinnamon Roll Mixed fruit	8 Cooks Choice	9 Oven Fried Chicken Mashed Potato w/ Gravy Mixed Vegetables Mixed Fruit Dinner Roll
12 Chicken Spaghetti Veg Blend- Breadstick Vanilla Pudding	13 Smothered Steak Mashed Potatoes & Gravy Green beans Dinner Roll & Butter Ambrosia	14 Fish Sandwich Mac and Cheese Warm Beets Diced peaches (	15 Shepards Peas & Carrots Dinner Roll & Butter Cake	16 Chili cheese dog French fries Cinnamon roll
19 Ham w/ scalloped potato Green Beans casserole Dinner Roll & Butter Citrus Banana Cup	20 Chicken and Dumplings w/ Carrots & Peas Peas Diced Potatoes Oatmeal Cookie	21 Hamburger w/ lettuce & tomato Chips Baked beans Cake and frosting cookie	22 Cooks Choice	23 Meatloaf w/Mashed Potatoes &brown gravy Stewed Tomatoes Dinner Roll Deluxe Fruit Salad
26 Pork Riblet Sandwich Scalloped Potato Veg Blend-Wheat Berry, White Bean, Spinach Cake w/ frosting	27 Ham and Beans Soup Roasted yams and brussels sprout Cornbread Pudding	28 Breakfast Bowl-egg, sausage, diced potato, cheese Fruit cocktail Blueberry Muffin	29 Chicken Nuggets Potato Wedges Veg Blend-corn pepper Dinner Roll No bake Cookie	30 Breaded Pork Chops Yams w/marshmallows Green beans Dinner Roll & butter Jello w/ fruit

Sam Gross MS. RD. LD

www.Printable2017Calendars.com • www.FreePrintable.net