

Care Connection News

September 2025 Issue

Vision: The people we serve will live with maximum independence, respect and dignity.

Mission: Care Connection provides opportunities to create positive aging experiences.



Benefits Enrollment Center (BEC)

Care Connection can provide information about several money-saving programs offered by the state and federal governments to help older adults pay for food, medicine, health insurance, phone service, and energy. We can link you to all the resources that may be available to help you make ends meet. We provide a brief screening and then help you fill out the applications every step of the way. Call [1-800-748-7826](tel:1-800-748-7826) to find out more about the Benefits Enrollment Center.

Care Connection
for Aging Services

September

9/8/25

Warsaw Bingo

Join us at the Warsaw Senior Center for Bingo from 5 p.m. - 7 p.m.



9/9/25

Butler Dirty Bingo

Join us at the Butler Senior Center for Dirty Bingo at 6:30 p.m.



9/12/25

Holden Fish Fry

Join us at the Holden Fair for a Fish Fry from 5 p.m. - 7 p.m.

106 W. Young Warrensburg, MO 64093

3 Ingredient Peanut Butter Cookies

Ingredients

- 1 cup peanut butter
- 1 cup white sugar
- 1 large egg



Directions

1. Gather all ingredients. Preheat oven to 350 degrees F.
2. Mix peanut butter, sugar, and egg together in a bowl using an electric mixer until smooth and creamy.
3. Roll mixture into 1-inch balls and place 1 inch apart on an ungreased baking sheet.
4. Flatten each with a fork, making a criss-cross pattern. Bake in the preheated oven until edges are firm, about 10 minutes. Cool on the baking sheet briefly before removing to a wire rack to cool completely. Enjoy!

Recipe found at <https://www.allrecipes.com/recipe/244614/3-ingredient-peanut-butter-cookies/>

Healthy Lifestyles

MOVE MORE, HAVE FUN,
Feel Better!

Join us
from the
comfort
of home!

Enhanced® Fitness: MWF at 10 a.m.

Chair One Fitness: Thurs. at 10 a.m. & Weds. at 1 p.m.

Chair Yoga: Thursdays at 1 p.m. & Fridays at 9 a.m.

Tai Chi: Tuesdays & Thursdays
at 9 a.m.

Call 1-800-748-7826, ext.
239 or register online at
goaging.org/events

Care Connection
for Aging Services



September

9/14/25

Lexington Fish Fry

Join us at the Margaret Gray Center for a Fish Fry Dinner from 11 a.m. - 1 p.m.



9/14/25

Wheatland Mexican Buffet

Join us at the McCarty Senior Center for a Mexican Buffet from 11:30 a.m. - 1 p.m.



9/16/25

Sedalia Arby's Fundraiser

Stop by for some food at Arby's in Sedalia any time on the 16th and part of the proceeds will benefit the Sedalia Senior Center.

Long-Term Care Ombudsman

Care Connection provides the Regional Long-Term Care Ombudsman Program, an elder care advocate for residents' rights in nearly 90 long-term care homes.

Our volunteer ombudsmen are trained to work with nursing home residents. If you need help in comparing nursing homes, would like to speak with an ombudsman, or want to learn more about elder abuse, call Care Connection at [1-800-748-7826](tel:1-800-748-7826) or email us at information@goaging.org.



Difficult Decision Made to Close Windsor Senior Center

The Windsor Senior Center will close its physical location effective October 17, 2025, but vital services for older adults in Windsor will continue without interruption. Care Connection for Aging Services remains committed to providing essential programs, including home-delivered meals and other senior support services.

"This closure is not an end to our programs or presence," McCune emphasized. "Our Clinton Senior Center remains open and committed to serving all older adults in Henry County."

Residents in need of services can reach out to the Clinton Senior Center at 970 E. Sedalia Ave. in Clinton by calling 660-885-3482. For more information, call Care Connection for Aging Services at 1-800-748-7826 or visit goaging.org.

September



9/20/25

Higginsville Breakfast

Join us at the Higginsville Senior Center for a Country Fair Breakfast from 7 a.m. - 10 a.m.

9/20/25

Warrensburg Chili & Potatoes

Join us at the Warrensburg Senior Center for Chili & Potatoes from 5 p.m. - 7 p.m.



9/20/25

Clinton Garage Sale

Come down to Clinton and shop at the garage sales booths.

Mental Health Matters



Care Connection
for Aging Services

Suicide Prevention Awareness

September is Suicide Prevention Awareness Month. Below are some resources if you or someone you know is struggling.



Missouri Suicide Crisis Lifeline
Call/Text 988

National Alliance on Mental Illness Helpline
Call 800-950-6264 or
text "NAMI" to 62640

September



9/24/25

Wheatland Loaded Potato & Bingo

Join us at the McCarty Senior Center for Bingo and Loaded Baked Potatoes from 5 p.m. - 7 p.m.

9/26/25

Osceola Dance Party

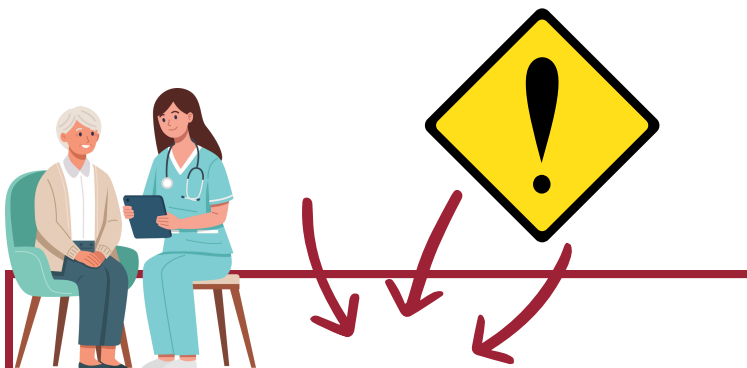
Join us at the Rivers Crossing Life Center for a Dance Party from 6 p.m. - 8:30 p.m.



9/27/25

Clinton On Top of Spaghetti Dinner

Join us at the Clinton Senior Center for a spaghetti dinner from 4 p.m. - 7 p.m.



Falls Prevention Awareness Month

September is Falls Prevention Awareness Month. It is important to communicate with your doctor if you have concerns about falling. For more information, check out the National Council on Aging website page about Falls Prevention at <https://www.ncoa.org/older-adults/health/prevention/falls-prevention/>.