

# MAY 2024



## McCarty Center Elder Reader

Monthly newsletter of the McCarty Senior Center  
19482 Highway 54  
Wheatland, MO 65779  
417-282-6100



### May 29th is Fit and Fun National Senior Health and Fitness Day.

We will have several activities before and after lunch promoting this years theme "Make Fitness Your Friend for Life". Allow yourself to be open minded to having fun and learning ways to get/stay fit.

### IT TAKES MONEY TO RUN A CENTER

I recall the words uttered from the mouth of my father when I was a child, "Money Don't Grow on Trees", and "These Bills Don't Pay Themselves". How nice it would be if they did.

Our revenue as of the latest statement from February was \$32, 857 and our expenses were \$36,657, leaving us with a loss for the month of February of \$3,801.

Most people may not realize that we have lost money monthly since reopening from covid. We serve on average 1026 congregate meals monthly. Although the actual cost of the meals we serve is \$9.00, we currently have a suggested contribution of \$5.00 per meal. Even with a lower suggested contribution, we see a trend to our average monthly contribution falling short of the suggested amount.

There is a misconception that we are 100% funded with government dollars. The funding we receive

from government funds covers 33% of our overall cost for running the center. This leaves the remaining cost for running this center to fundraising, community support with donations and our 60+ community members contributing to meals.

As shared in the numbers above, when our expenses are greater than our revenue we must pay our bills out of our savings. If we cannot balance the budget before the money in our savings is gone, drastic changes may have to be made. Some centers have reduced their center serving days to 4 days a week. We do not want this to happen here at The McCarty Center and we are not suggesting this will happen. We do need to keep community support heightened.

There are several ways for you to be a part of the solution. Becoming a monthly donor is easy, you can drop off at the center, mail to; 19482 Highway 54, Wheatland Missouri 65779, or log onto the website at <https://goaging.org/donate> and signing up for automatic monthly or one-time donations. If you should choose to donate online, please be sure to select McCarty Senior Center (Wheatland). If you do not select our center, we cannot guarantee that the donation will make its way back to our center.

Another way to help is to put another quarter, fifty cents or dollar in the contribution box when you visit. Small amounts add up at the end of the year.



Our May 11 fundraiser is our annual **Spring Fest** from 9:00 to 1:00 featuring craft booths, a silent auction, live music 9am-1pm, as well as breakfast from 7-10 am and lunch 10-1:30.

It is always a fun time. Be sure to put it on your calendar so you can come and support our local artisans, your Senior Center, and the 60+ homebound of our community.

May 11 is also **National Stamp Out Hunger Day**. Everyone who brings **five or more** cans of unexpired non-perishable food to the Spring Fest will be given an extra Door Prize drawing ticket.

In June we will have another of our popular Sunday dinners from 11:00 to 1:00. We will be serving our BBQ dinner with all the fixins. The price for this dinner is by donation so come, bring your family and friends and enjoy Sunday dinner out.

**A sneak peek:** The Remnants of Rock are making a repeat performance on Saturday, August 10. Be there or be square!

### Inside this issue:

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### IT PAYS TO GET A GREEN MEAL TICKET!!

Congratulations to **Bob Rose** and **Jerree Gowetor** who are the latest lucky winners in our meal ticket drawing! You too can be a winner! For a \$25 contribution, you get a ticket, which has several benefits:

1. It is good for five meals.
2. You don't have to dig out money every time you come in. Just get your card punched.
3. When your card has five punches, it is put in for a monthly drawing. The prize???? One free ticket!

Meal tickets also make wonderful gifts for friends and family. Tickets are available from the hostess at the front desk.

HAPPY



MAY 12

# McCarty Senior Center

# May 2024 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Indicates Heart Healthy Item</p> <p>Underlined items meet 2020 nutrition guidelines senior nutrition</p>	<p>Skim Milk, Unsweetened Fruit, Chef Salad, Baked Chicken Breast, or Baked Fish available daily as heart healthy alternatives by request.</p>	<p><b>Pot Roast</b> Chicken Salad Wrap ♥<b>Baked Potatoes</b> ♥<b>Baby Carrots</b> Salad Wheat Roll Blushed Pears <b>OR</b> Cheesecake</p>	<p><b>Fried Chicken</b> Goulash ♥<b>Normandy Vegetables</b> ♥<b>Mashed Potatoes/Gravy</b> Salad White Roll Apples <b>OR</b> Chocolate Cake</p>	<p><b>Fried Fish</b> Sloppy Joe ♥<b>Spinach</b> ♥<b>Corn</b> Cole Slaw Wheat Roll/Bun Oranges <b>OR</b> Cook's Feature</p>
<p>May 6 <b>iscuits and Sausage Gravy</b> Spicy Chicken Wrap ♥<b>Hash Browns</b> ♥<b>Tomatoes</b> Salad Biscuit/Tortilla ars <b>OR</b> Chocolate Cookie</p>	<p>May 7 <b>Stuffed Pepper Casserole</b> Chicken Marsala ♥<b>Carrots</b> ♥<b>Green Beans</b> Salad Rye Roll Peaches <b>OR</b> Cherry Crisp</p>	<p>May 8 <b>Salisbury Steak</b> Liver and Onions ♥<b>Mashed Potatoes/Gravy</b> ♥<b>California Vegetables</b> Salad White Roll Mixed Fruit <b>OR</b> Poppyseed Cake</p>	<p>May 9 <b>BBQ Pork</b> Chicken Strips ♥<b>Baked Beans</b> ♥<b>Harvard Beets</b> Potato Salad Wheat Roll Pineapple <b>OR</b> Red Velvet Cake</p>	<p>May 10 <b>Lasagna</b> Fried Fish ♥<b>Broccoli</b> ♥<b>Lima Beans</b> Cole Slaw Wheat Roll Apples <b>OR</b> Cook's Feature</p>
<p>May 13 <b>Patty Melt</b> oney Garlic Chicken Tenders ♥<b>Sweet Potato Wedges</b> ♥<b>Peas</b> Salad Rye Bread/Roll Pears <b>OR</b> Lemon Bar</p>	<p>May 14 <b>Meatloaf</b> Cashew Chicken/Rice ♥<b>Mashed Potatoes/Gravy</b> ♥<b>Carrots</b> Salad White Roll Pineapple <b>OR</b> Carrot Cake <b>Care Connection Desserts through the Decades 1970's</b></p>	<p>May 15 <b>Country Fried Steak</b> Ham and Beans ♥<b>Spinach</b> ♥<b>Garden Blend Vegetables</b> Mashed Potatoes/Gravy Cornbread Cinnamon Apples <b>OR</b> Cinnamon Roll</p>	<p>May 16 <b>Spaghetti and Meat Sauce</b> Chicken Parmesan ♥<b>Italian Vegetables</b> ♥<b>Tomatoes</b> Salad Garlic Roll Applesauce <b>OR</b> Crispy Rice Treat</p>	<p>May 17 <b>Fried Fish</b> Hot Ham and Cheese ♥<b>Broccoli</b> ♥<b>Roasted Potatoes</b> Cole Slaw Wheat Roll/Bun Sliced Peaches <b>OR</b> Cook's Feature</p>
<p>May 20 <b>BBQ Chicken</b> mburger Steak w/Onion ♥<b>Au Gratin Potatoes</b> ♥<b>Normandy Vegetables</b> Salad White Roll eapple T'dbit <b>OR</b> Brownie</p>	<p>May 21 <b>Taco Salad</b> Chicken Alifredo ♥<b>Carrots</b> ♥<b>Corn</b> Salad Wheat Roll/ Tortilla Chips Fruit <b>OR</b> Peanut Butter Cookies</p>	<p>May 22 <b>Mushroom Swiss Burger</b> Ham Reuben ♥<b>California Vegetables</b> ♥<b>Roasted Red Potatoes</b> Salad Rye Roll/Bread Sliced Pears <b>OR</b> Lemonade Cake</p>	<p>May 23 <b>Lemon Pepper Chicken</b> Sausage Kolache ♥<b>Mashed Potatoes/Gravy</b> ♥<b>Green Beans</b> Salad Wheat Roll Peaches <b>OR</b> Strawberry Cake</p>	<p>May 24 <b>Fried Fish</b> Ground Beef Pasta Primavera ♥<b>Black Eyed Peas</b> ♥<b>Sweet Potatoes</b> Cole Slaw Wheat Roll Pineapple <b>OR</b> Cook's Feature</p>
<p>May 27 <b>Chicken Tempura</b> Breakfast Bake <b>Garden Blend Vegetables</b> ♥<b>Roasted Red Potatoes</b> Salad Wheat Roll/Biscuit Fruit <b>OR</b> Starburst Cake</p>	<p>May 28 <b>Tamale Pie</b> Seasoned Chicken ♥<b>Pinto Beans</b> ♥<b>Stewed Tomatoes</b> Salad Tortillas/Rye Roll Applesauce <b>OR</b> Oatmeal Cookie</p>	<p>May 29 <b>Pot Roast</b> Malibu Chicken ♥<b>Baked Potatoes</b> ♥<b>Baby Carrots</b> Salad Wheat Roll Blushed Pears <b>OR</b> Cheesecake</p>	<p>May 30 <b>BBQ Chicken Flatbread</b> Baked Herb Fish ♥<b>Normandy Vegetables</b> ♥<b>Roasted Potatoes</b> Salad Flatbread/Rye Roll Pineapple or Berry Crisp</p>	<p>May 31 <b>Fried Fish</b> Sloppy Joe ♥<b>Spinach</b> ♥<b>Corn</b> Cole Slaw Wheat Roll/Bun Oranges <b>OR</b> Cook's Feature</p>

\*Menu subject to change according to availability

# ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			8-11 Indoor Walk 9:30 Video Exercise 12:00 Drums Alive	8-11 Indoor Walk  11:30 Writers Group	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:00 Drums Alive	10:00-2 :00 Master Gardener's Plant Sale
5	6	7	8	9	10	11
	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:30 Scrabble	8-11 Indoor Walk  1:30 Crafty Friends – Mother's Day Silhouette	8-11 Indoor Walk 9:30 Video Exercise 12:00 Drums Alive	8-11 Indoor Walk	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:00 Drums Alive	8:00-1:00 <b>SPRING FEST</b>
12	13	14	15	16	17	18
	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:30 Scrabble	8-11 Indoor Walk	8-11 Indoor Walk 9:30 Video Exercise  12:00 Drums Alive	8-11 Indoor Walk  3:00 Movie Matinee	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:00 Drums Alive  6:00 Country Memories Dance	
19	20	21	22	23	24	25
	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:30 Scrabble	8-11 Indoor Walk  <b>Deadline to sign up for May Crafty Friends – Patriotic wall hanging</b>	8-11 Indoor Walk 9:30 Video Exercise 12:00 Drums Alive  5:00 Dirty Bingo and Baked Potato Bar	8-11 Indoor Walk	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:00 Drums Alive	
26	27	28	29	30	31	
	8-11 Indoor Walk 9:30 Video Exercise 11:00 Bingo 12:30 Scrabble	8-11 Indoor Walk	8-11 Indoor Walk 9:30 Video Exercise 12:00 Drums Alive Natl Senior Health and Fitness Day	8-11 Indoor Walk		

# CENTER ACTIVITIES



## Dirty Bingo and Loaded Potato Dinner

**Wednesday, May 22 5-7pm.**

If you're looking for a fun weekday meal and activity, plan to join us. \$5.00 will get you a loaded baked potato, dessert, a drink, and one bingo card. Additional cards can be bought for \$1.00 each. Add in a little twist to the prizes and you get a whole lot of fun. So, grab a bunch of friends and join us!



## MOVIE MATINEE

Come and join us for our free movie matinee on Thursday May 16 from 3:00 to 5:00 p.m.

Movie title on activity board at front desk.

We will be serving: Pizza, salad and peach cobbler

Donations for the food are welcome.

## Boutique

Our boutique is open from 9:00 a.m. to 1:00 p.m. Monday through Friday. Shopping and donations should occur during those hours.

We are so appreciative of both our shoppers and our donors. THANK YOU!

**The boutique will be open during the Spring Fest for your browsing pleasure.**

Note: The money collected from the boutique goes to pay the insurance on our building.



## Crafty Friends

On May 7 we will be making a Mother's Day Silhouette using pebble art. A donation of \$5 toward the cost of the materials would be appreciated. (You can get a sneak peek of the project at the front desk.)

Upcoming craft projects:

**June 3:** A Father's Day/ Patriotic wall hanging.

**July 2:** Sassy Lady flowerpots

**August 6:** Seaside Votives

Please join us for a fun afternoon of crafting and bring a friend! Everyone is welcome.

## Let's Paint with Sherri

Due to busy schedules we are skipping the paint class for May. Keep an eye out for information later in the month about a June project.



## Country Memories

### Dance

The Country Memories Dance will be on Friday, May 17 from 6:00 –9:00 p.m. \$5 per person. Put your dancing shoes on and come two-step to your heart's content!



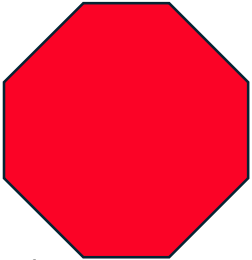
## WRITER'S GROUP TO RESUME MAY 2

After a two-year sabbatical the Writer's Group is starting up again on the first Thursday of each month at 11:30 a.m. beginning with lunch. This will be an organizational meeting and we will get our writing assignments for June at that time. If you are interested in creative writing or just jotting your thoughts down and sharing them, join us on May 2. Everyone is welcome.

# BRAIN GAME

Because it is getting to be vacation season and people will be traveling more, we thought it would be fun to refresh your memory with a road sign brain game. How many can you identify by either their shape or their picture?

*(Answers are on the back page)*



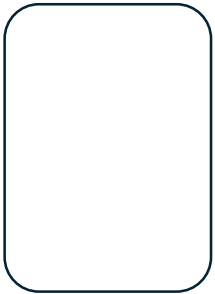
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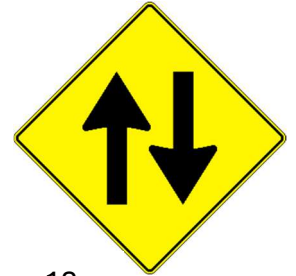
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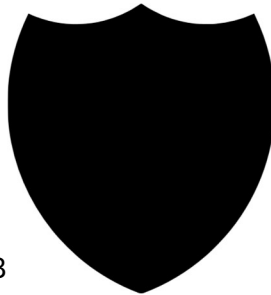
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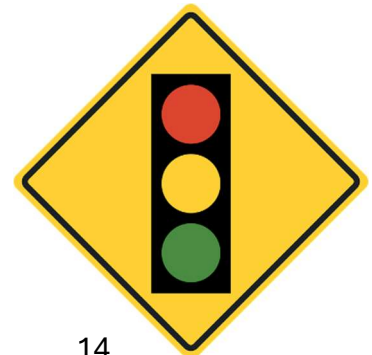
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# McCarty Senior Center

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Wheatland, Missouri 65779  
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Email: [hickory@goaging.org](mailto:hickory@goaging.org)  
On the web: <https://goaging.org/>  
(then follow the links)

Facebook: [www.facebook.com/McCartyCenter](https://www.facebook.com/McCartyCenter)



The McCarty Senior Center is one of 21 centers operated by Care Connection for Aging Services, a non-profit area agency on aging serving 13 counties in West Central Missouri— including Bates, Benton, Carroll, Cedar, Chariton, Henry, Hickory, Johnson, Lafayette, Pettis, Saline, St. Clair, and Vernon. Its mission is to provide opportunities to create positive aging experiences. For more information, call 1-800-748-7826 or email at [information@goaging.org](mailto:information@goaging.org)

## ANSWERS TO BRAIN GAME

1-Stop 2-Speed Limit 3-Pedestrian Crossing  
4-Railroad Crossing 5-Falling Rocks 6-Duck Crossing  
7-Slippery Road 8-Interstate Hwy. 9-Do not enter  
10-Work Zone 11-One Way 12-Two-way Traffic  
13-Yield 14-Stoplight ahead

## What can I do?

Raisins

Paper Towels

### MCCARTY CENTER Center Services Advisory Board Meeting Minutes Location: McCarty Center - Wheatland Date: 4/23/2024

Call to Order: The meeting was called to order at by Vice President Bobbi Holstine.

Minutes of 3/26/2024 approved as read. Motion- Balinda, second- Brad.

Treasurer's Report: no activity statement, nothing to report.

Staff Reports were made by: Center Coordinator/Head Cook report- We served 30 fewer people on the new fried chicken day. However, the average contribution was one dollar higher. The fundraising breakfast brought in \$864.00. The coordinator's meeting focused on fundraising training.

Executive Board member report- The board is reviewing their bylaws this Friday. Will give report next month.

Regional Services Director Report- no report

Old Business:

Plans for senior health and fitness day on 5/29/2024 are progressing.

Volunteer appreciation luncheon on 4/27/2024.

New Business:

Remnants of Rock will be performing at our August fundraiser.

We have 8 vendors for the Spring festival, need 4 more.

Balinda suggested selling Avon as a fundraiser for the center

There were no comments cards. Donnita did report that she received several comments asking NOT to change the Friday menu.

Meeting adjourned at 2:17 p.m. Next meeting date will be 5/28/2024

Respectfully Submitted by  
Mark Swigert, Secretary

### The New French Cook



The French will eat almost anything. A young cook decided that the French would enjoy feasting on rabbits and decided to raise rabbits in Paris and sell them to the finer restaurants in the city. He searched all over Paris seeking a suitable place to raise his rabbits. None could be found. Finally, an old priest at the cathedral said he could have a small area behind the rectory for his rabbits. He successfully raised a number of them, and when he went about Paris selling them, a restaurant owner asked him where he got such fresh rabbits. The young man replied, "I raise them myself, near the cathedral. In fact, I have a hutch back of Notre Dame."



A little girl went up to her mother one day while holding her stomach saying, "Mommy, my tummy hurts." Her mother replied, "That's because it's empty, you have to put something into it!" She then prepared a bowl of soup. Later that day when their neighbor and his wife were over for dinner. The neighbor began to feel bad. Holding his head he said, "I have such a terrible headache!" The little girl looked up at him, giving him the sweetest smile that any little child could give. Then she said, "That's because it's empty, you have to put something into it!"