



**MAY 2026**

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



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National Senior Health and Fitness Day  
2026

National Senior Health and Fitness Day,  
observed annually on the last Wednesday  
of May.

Staying active is one of the most important  
things we can do for our health as we age.  
Regular movement helps improve balance,  
maintain strength, protect heart health,  
and support cognitive function. That is why  
events like National Senior Health and  
Fitness Day play such an important role in  
encouraging older adults to stay physically  
active and socially connected.

Whether it's your first fitness event or your  
tenth, the science behind senior fitness is  
clear. Regular physical activity helps older  
adults:

- Reduce fall risk and increase the ability to live independently
- Preserve bone mass and lower the risk of fractures
- Improve cardiovascular health and manage blood pressure
- Support cognitive function and reduce the risk of dementia
- Boost mood, reduce anxiety, and improve sleep quality
- Stay socially connected and engaged with their community
- It is never too late to start. Small steps, literally and figuratively, make a real difference over time.



**SPRING FEST**

Our Spring Fest will be  
Saturday, May 9. Early  
birds can come for  
breakfast starting at 8:00.  
Booths and music begin  
at 9:00. Lunch  
concessions start at  
10:30 and the auction will  
end promptly at 1:00pm.

Auctions items are on  
display ready for bids.  
Plan to come and enjoy a  
day out and about. We  
have it all!



On June 14 we will be  
having our Sunday BBQ  
Buffet. More on that later.

Put these dates on your  
calendar now so you  
don't miss them and plan  
to come SHOW us your  
support by attending our  
fundraising events.

**IT PAYS TO GET A  
GREEN MEAL  
CARD!!**

Congratulations to  
**Richard Oakes** and  
**James Thomas**, our  
latest lucky winners of  
free meal tickets.

You too can be a  
winner! For a \$30  
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!

Cards can be  
purchased from the  
receptionist at the front  
desk.

**THEY MAKE  
WONDERFUL GIFTS!**

See our exercise schedule on page 5

# ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					8-11 Indoor Walk  11:00 Bingo	10:00-2:00 Master Gardeners Plant Sale
3	4	5	6	7	8	9
	8-11 Indoor Walk  11:00 Bingo  1:15 Movie	8-11 Indoor Walk  8:15-9 Beginners Tai Chi  1:30 Exercise with Kelly	8-11 Indoor Walk  1:00 Chair One Fitness	8-11 Indoor Walk 8:15-9 Beginners Tai Chi 10:00- OCHC Blood Pressure 1:30 Exercise with Kelly	8-11 Indoor Walk  11:00 Bingo	<b>SPRING FEST</b> <b>8:00-1:00</b>
10	11	12	13	14	15	16
	8-11 Indoor Walk  11:00 Bingo	8-11 Indoor Walk  8:15-9 Beginners Tai Chi  1:30 Exercise with Kelly	8-11 Indoor Walk  1:00 Chair One Fitness	8-11 Indoor Walk  8:15-9 Beginners Tai Chi  1:30 Exercise with Kelly	8-11 Indoor Walk  11:00 Bingo   6:00 Country Memories Dance	
17	18	19	20	21	22	23
	8-11 Indoor Walk   11:00 Bingo	8-11 Indoor Walk  8:15-9 Beginners Tai Chi  1:30 Exercise with Kelly	8-11 Indoor Walk  10-2:00 MO Veterans Commission  1:00 Chair One Fitness	8-11 Indoor Walk  8:15-9 Beginners Tai Chi  1:30 Exercise with Kelly  3:00 Movie Matinee	8-11 Indoor Walk  10:00 Toenail Clinic  11:00 Bingo	
24	25	26	27	28	29	30
	8-11 Indoor Walk   11:00 Bingo	8-11 Indoor Walk  8:15-9 Beginners Tai Chi  1:30 Exercise with Kelly	8-11 Indoor Walk  1:00 Chair One Fitness  5:00 Dirty Bingo and Baked Potato Bar	8-11 Indoor Walk  8:15-9 Beginners Tai Chi  1:30 Exercise with Kelly	8-11 Indoor Walk	
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# CENTER ACTIVITIES



## Dirty Bingo and Loaded Potato Dinner

Wednesday May 27–5:00 p.m.

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.

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 a free movie showing on Monday, **May 4** at 1:15 complete with popcorn and a drink.

On **May 21** we will have a free movie from 3:00 p.m. – 5:00 p.m. with a light soup and sandwich supper.

Donations for the food are welcome.

Movie titles are listed on the bulletin board by the reception desk.

## THOUGHT OF THE MONTH

If speaking kindly to plants  
helps them grow...  
imagine what speaking kindly  
to humans can do.

## Missouri Veterans Commission Representative

Veterans Service Officer Matthew Morris will be here on **May 20 from 10:00 a.m. – 2:00 p.m.** Call him at 417-448-1133 for an appointment.



## Country Memories Dance

The Country Memories Dance will be on **Friday, May 15** from 6:00 p.m.–9:00 p.m. \$5 per person. Put your dancing shoes on and come two-step to your heart's content!

## Boutique



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

The boutique is open from 9:00 a.m. to 1:00 p.m. Monday through Friday.


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

## BRING YOUR STUFF!

We are still accepting items for the Spring Fest Silent Auction. If you need help with larger items, call the center and schedule a time for our helpers to come and get your items. And, as always, thank you so much for supporting your senior center and the 60+ members of our community.

# McCarty Center

# May 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>May 4</b>  <u>Biscuit and Gravy</u>                      Cashew Chicken                      ♥<u>Spiced Peaches</u>                      ♥<u>Broccoli</u>                      Salad                      Wheat Roll                      Mixed Fruit <b>OR</b> Strawberry Short Cake</p>	<p>♥<b>Indicates Heart Healthy Item</b>  <b>Bold underlined items meet the 2020 nutrition guidelines for senior nutrition</b></p> <p><b>May 5</b>  <u>Chicken Lo Mein</u>                      Tuna Casserole                      ♥<u>Peas</u>                      ♥<u>Cauliflower</u>                      Salad                      Wheat Roll                      Pineapple <b>OR</b> Carrot Cake</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>May 6</b>  <u>Salisbury Steak</u>                      Liver and Onions                      ♥<u>Mashed Potatoes/Gravy</u>                      ♥<u>Beets</u>                      Salad                      White Roll                      Peas <b>OR</b> Poppyseed Cake</p>	<p><b>May 7</b>  <u>Fried Chicken</u>                      Salmon Patties w/ Pea Sauce                      ♥<u>Mashed Potatoes/Gravy</u>                      ♥<u>Green Beans</u>                      Salad                      White Roll                      Peaches <b>OR</b> Chocolate Cake</p>	<p><b>May 1</b>  <u>Fried Fish</u>                      Mushroom Burger                      ♥<u>Sweet Potatoes</u>                      ♥<u>Black Eyed Peas</u>                      Cole Slaw                      Rye Roll/<b>Bun</b>                      Fruited Jello <b>OR</b> Cook's Feature</p>
<p><b>May 11</b>  <u>Chicken Parmesan and Pasta</u>                      Italian Wrap                      ♥<u>Italian Vegetables</u>                      ♥<u>Peas</u>                      Salad                      Garlic Bread/Tortilla                      Mixed Fruit <b>OR</b> Bread Pudding</p>	<p><b>May 12</b>  <u>Taco Salad</u>                      Burrito                      ♥<u>Black Beans</u>                      ♥<u>Stewed Tomatoes</u>                      Salad                      Tortillas/Chips                      SF Jello with Peas <b>OR</b>                      Tres Leches Cake</p>	<p><b>May 13</b>  <u>Sweet and Sour Chicken/ Rice</u>                      Cowboy Stew                      ♥<u>Cauliflower</u>                      ♥<u>Lima Beans</u>                      Salad                      Wheat Roll                      Fresh Fruit <b>OR</b>                      Cookie</p>	<p><b>May 14</b>  <u>Lasagna</u>                      Stuffed Pork Tenderloin                      ♥<u>Carrots</u>                      ♥<u>Creamed Peas/Potatoes</u>                      Salad                      Garlic Bread                      Applesauce <b>OR</b> Brownie</p>	<p><b>May 15</b>  <u>BBQ Pork</u>                      Fried Fish                      ♥<u>Broccoli</u>                      ♥<u>Corn</u>                      Cole Slaw                      Rye Roll/<b>Bun</b>                      Blushed Peas <b>OR</b>                      Cook's Feature</p>
<p><b>May 18</b>  <u>Chicken Salad Sandwich</u>                      Beef Tips/Rice                      ♥<u>Carrot Raisin Salad</u>                      ♥<u>Potato Salad</u>                      Salad                      Wheat Bread                      Fresh Fruit <b>OR</b> Chocolate Pudding</p>	<p><b>May 19</b>  <u>Meatball Sub</u>                      Quiche                      ♥<u>Sweet Potatoes</u>                      ♥<u>Green Beans</u>                      Salad                      Hoagie Roll/Bread                      Sliced Peas <b>OR</b>                      Snickerdoodle</p>	<p><b>May 20</b>  <u>Country Fried Steak</u>                      Ham and Beans                      ♥<u>Mashed Potatoes/Gravy</u>                      ♥<u>Green Beans</u>                      Salad                      Corn Bread                      Sliced Peas <b>OR</b>                      Cinnamon Rolls</p>	<p><b>May 21</b>  <u>Meatloaf</u>                      Pork and Baked Beans                      ♥<u>Mashed Potatoes/Gravy</u>                      ♥<u>Beets</u>                      Salad                      White Roll                      Cinnamon Apples <b>OR</b>                      Chocolate Cake</p>	<p><b>May 22</b>  <u>Cashew Chicken</u>                      Fried Fish                      ♥<u>Spinach</u>                      ♥<u>Stewed Tomatoes</u>                      Cole Slaw                      Cornbread                      Pineapple <b>OR</b> Cook's Feature</p>
<p><b>May 25</b>  <b>Memorial Day</b>  <u>Sausage and Kraut</u>                      Cheeseburger                      ♥<u>French Fries</u>                      ♥<u>Beets</u>                      Baked Beans                      White Bun /Roll                      Fresh Fruit <b>OR</b>                      Peanut Butter Cookie</p>	<p><b>May 26</b>  <u>BBQ Chicken</u>                      Baked Fish                      ♥<u>Creamed Peas/New Potatoes</u>                      ♥<u>California Vegetables</u>                      Salad                      Rye Roll                      Blushed Peas <b>OR</b>                      Blondie</p>	<p><b>May 27</b>  <u>Manicotti with Meat Sauce</u>                      Breakfast Casserole                      ♥<u>Spinach</u>                      ♥<u>Carrots</u>                      Salad                      Wheat Roll                      Sliced Peaches <b>OR</b>                      Cheesecake</p>	<p><b>May 28</b>  <u>Chicken Malibu</u>                      Salmon Patties/Pea Sauce                      ♥<u>Mashed Potatoes/Gravy</u>                      ♥<u>Green Beans</u>                      Salad                      White Roll                      Sliced Peas <b>OR</b>                      Strawberry Cake</p>	<p><b>May 29</b>  <u>Fried Fish</u>                      Orange Chicken/Rice                      ♥<u>Broccoli and Cheese</u>                      ♥<u>Roasted Red Potatoes</u>                      Cole Slaw                      Rye Bread                      Fresh Fruit <b>OR</b>                      Chocolate Chip Cookie</p>

\*Menu subject to change according to availability

## Senior Health and Fitness continued

### **We will be offering these classes at the center**

#### **Chair One Fitness**

Thursdays at 10 a.m. and Wednesdays at 1 p.m. Zoom or Wednesdays at the Center

A comprehensive chair exercise program created for individuals who have complications standing during a fitness regimen. This includes senior citizens, people with balance deficits, injuries, disabilities, or suffering from obesity. It is designed to keep individuals mobile to ensure they remain progressive in daily function and/or recovery. This program delivers a fun, musically driven, interactive, full body workout that uplifts people through dance and fitness movements. Register at the center to join the in at the center on Wednesdays at 1pm or join us on Zoom by registering at [goaging.org](http://goaging.org), then click on the register for events tab.

#### **Beginners Tai Chi**

Tuesdays & Thursdays, Starting May 5 through June 11, 8:15 to 9 a.m. Zoom and at Center

Ancient Chinese meditation exercise features slow, precise movements. Improves balance, mobility, strength, and flexibility, decreases pain, and helps prevent falls. After completing this course, participants will be ready to join our advanced Tai Chi sessions. Each lesson builds on the previous, so plan to attend each session to avoid getting behind. You must register before the first day of class to receive a link.

Sign up to join classes at the center or if you wish to join from home, register online or call 1-800-748-7826, ext. 239.

#### **Drums Alive**

This ongoing in person class meets on Tuesdays and Thursdays at 1:30 pm.

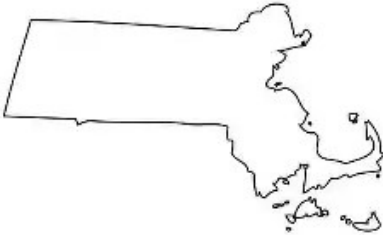
The original and only evidence-based drumming fitness, health, and wellness program that provides a “Whole brain and Whole body” workout that promotes physical, social, emotional, and cognitive health at all life stages. This multi-sensory class combines drumming, movement, music, and rhythm.

Please sign up to join this class at the center.

# ROAD TRIP

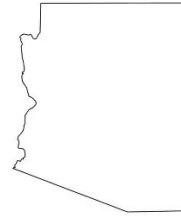
May 23 is National Road Trip Day. So, let's take a trip around the country! How well do you know these states .....and their capitals..... just by looking at their borders? Good Luck! *(Answer on back page)*

1



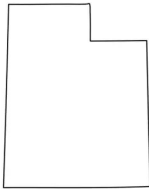
Capital: \_\_\_\_\_

6



Capital \_\_\_\_\_

2



Capital: \_\_\_\_\_

7



Capital \_\_\_\_\_

3



Capital: \_\_\_\_\_

8



Capital \_\_\_\_\_

4



Capital: \_\_\_\_\_

9



Capital \_\_\_\_\_

5



Capital \_\_\_\_\_

10



Capital \_\_\_\_\_

# McCarty Senior Center

19482 Highway 54  
Wheatland, Missouri 65779  
Phone: 417-282-6100

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)



McCarty Senior Center

The McCarty Senior Center is one of 17 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)

## What can I do?

Cocoa Powder

Brown Sugar

Powdered Sugar

### ANSWERS TO THE BRAIN GAME

- 1 Massachusetts/Boston;
- 2 Utah/Salt Lake City;
- 3 Idaho/Boise;
- 4 Alaska/Juneau
- 5 Nebraska/ Lincoln
- 6 Arizona/ Phoenix
- 7 Wisconsin/Madison
- 8 Indiana/Indianapolis
- 9 Florida/Tallahassee
- 10 Maine/Augusta

### MCCARTY CENTER Center Services Advisory Board Meeting Minutes Location: McCarty Center – Wheatland

Call to Order: The meeting was called to order at 1:32 by President Bobbi Holstine.

In attendance: Brad Black, Mark Haynes, Mark Swigert, Rhonda Hargiss, Bobbi Holstine, Donnita Stanley, Richard Reeves, Balinda Reeves, Marti Berlin.

Minutes of 3/24/2026 approved as read. Motion- Richard, 2<sup>nd</sup>- Mark S.

Treasurer's Report: Treasurer Richard Reeves reported a \$3431 surplus for the month of February bringing our loss for the year to - \$105, and our fund balance to \$36,012.

Staff Reports were made by:

Center Coordinator/Head Cook report-  
Remnants of Rock dinner brought in \$2100. Springfest is May 9<sup>th</sup>,  
Sunday BBQ is June 14<sup>th</sup>. Overall meal numbers are up compared to  
the past two years. Our budget is completed and has been accepted by  
Care Connection, no further action is required.

Executive Board member report

none

Regional Services Director Report

none

Old Business:

none

New Business:

none

Comment Cards: There was one comment saying how good and hot the soup is.

Meeting Adjourned at 2:09. Next meeting date will be- 5/26/2026

Respectfully Submitted by Mark Swigert, Secretary



These two guys were walking down the fairway when a funeral procession went by the golf course, and one guy was just about to play his 3-iron shot, but he stopped, took off his hat and bowed his head while the procession went by. Then he lined up his shot and the second guy said, "You're really a sensitive person, noticing that funeral and everything." The first guy said, "Yeah, well – we would have been married 25 years tomorrow."

This duck walks into a supermarket, sees a guy with a nametag that says "Manager," walks over to him and says, "Got any duck food?" The manager says, "No, we don't -- we don't even allow ducks in here. So, get out! So, the duck leaves.

The next day, that same duck comes in, walks up to the manager and says, "Got any duck food?" The manager says, "No, and I'll tell you what, YOU come in here again, and I'm going to nail your little webbed feet to the floor!" So the duck leaves.

The very next day, the same duck comes back into the supermarket, goes up to the manager and says, "Got any nails?" The manager says, "No, why?" And the duck says, "Got any duck food?"