

# Warsaw Senior Center/Harbor Village News



Care Connection  
for Aging Services 50 YEARS  
1973 - 2023

**February 2024**

**Center Hours: Monday-Friday 8 a.m. to 4 p.m.**



Warsaw Senior Center welcomes everyone to come play Bingo on the 2<sup>nd</sup> Monday of the month, 5 p.m. to 7 p.m.

\$5.00 includes a Bake Potato Bar, dessert, coffee, tea, or water and one Bingo card, each additional card is \$1.00.

Proceeds benefit older adults in Warsaw.

**We are getting your garden ready!  
See you in March.**



The Senior Tax preparation program is taking appointments. Contact the Warsaw Senior for more information. 660-438-3300.



## Services/Activities

### **Bingo**

Tuesday and Thursday  
9:30-10:30 a.m.



### **Hand and Foot Card Game**

Tuesday, 12:30-3:30 p.m.



### **Jam Session**

Wednesday, 12:30-3:30 p.m.

Warsaw Senior Center is a warming center for Benton County.

We are open Monday through Friday 8 am to 4 pm. We offer puzzles and games for those that come to warm up.

**We offer fitness classes five days a week.**

### **Exercise Room**

Monday through Friday 8 a.m.-4 p.m.

### **Pilates**

Mondays, Wednesdays, and Fridays, 8:30-9:30 a.m.

### **Line Dance Beginners**

Monday, 9:45-10:45 a.m.

### **Joint Friendly Exercise**

Tuesdays and Thursdays, 9-10 a.m.

### **Motivation in Motion**

Wednesdays and Fridays 10-11 a.m.

### **Follow us on Facebook:**

Warsaw Senior Center/Harbor Village

17571 N. Dam Access Road Warsaw, MO • 660-438-3300 • warsaw@goaging.org

## February is Heart Health Awareness Month

Staying active and being social is a benefit to keeping your heart healthy. Your local senior center is a great place to start your path to a healthy heart.

We offer heart healthy meals Monday through Friday 11:30 a.m. to 1 p.m.

Our fitness room is available Monday through Friday 8 a.m. to 4 p.m. There are two treadmills, two bicycles, an elliptical. We also offer low impact fitness classes Monday through Friday.

Looking for ways to socialize? We have that covered as well, with bingo two days a week, card games on Tuesday afternoons, and every other Monday. There is also music jam sessions on Wednesday afternoons. There are other events throughout the month, so keep an eye on our Facebook page at [facebook.com/WarsawSeniorCenter](https://facebook.com/WarsawSeniorCenter) to see what's coming up.



## National Heart Health Month

E	H	A	R	T	E	R	I	E	S	D	E	E	S
K	S	L	O	R	E	T	S	E	L	O	H	C	H
S	E	F	E	R	U	S	S	E	R	P	K	T	C
I	G	N	I	K	O	M	S	R	O	T	C	A	F
R	W	A	L	K	I	N	G	A	F	O	O	D	S
S	O	R	H	A	F	O	O	H	S	O	C	B	R
H	I	B	C	E	H	R	L	F	A	L	O	L	N
K	C	A	T	T	A	S	U	C	E	K	N	O	P
P	Y	U	F	G	H	R	I	I	T	S	T	O	L
C	L	O	G	S	R	L	T	F	T	S	R	D	A
E	N	H	I	G	H	A	D	C	O	S	O	T	Q
F	I	B	E	R	T	E	I	D	U	O	L	U	U
R	H	U	M	A	N	A	R	N	K	E	R	I	E
A	E	I	Y	E	K	O	R	T	S	T	O	L	C

CLOGS  
 FRUITS  
 GRAINS  
 PRESSURE  
 SEEDS  
 HIGH  
 FACTORS  
 FIBER  
 STROKE  
 CHOLESTEROL  
 ATTACK  
 CONTROL  
 ARTERIES  
 FISH  
 HEART  
 RISK  
 FOODS  
 WALKING  
 HUMANA  
 BLOOD  
 DIET  
 PLAQUE  
 SMOKING  
 CLOTS