

In this issue:	
Cookout and Ice Cream Social	I
Senior Center Info	I
Events and Activities	2
Trivia	2

July 2013

Waterfest

# Excelsion Springs Senior Center Newsletter

#### COOKOUT AND ICE CREAM SOCIAL

July is Parks and Recreation month and to celebrate we are throwing a Senior Citizen Cookout and Ice Cream Social on Wednesday, July 31st! Lunch (hot dogs/ hamburgers) will be served at 11:30 am, please bring a side dish. Ice Cream Social will be at noon. RSVP by July 30th by calling Denise at 630-5955. Invite your friends!







**Excelsior Springs** Senior Center **Jud Palmer Community** Center Lower Level 112 South Thompson Excelsior Springs MO 64024 816-630-5955 www.esparks.org

### See ya at the Senior Center!

Join your friends or make new friends at the Senior Center Monday-Friday at 112 South Thompson! Older adults (60 and over) and physically or mentally challenged individuals (ages 18-59) come to socialize, participate in activities and enjoy a hot nutritious meal! Lunch is served at 11:30 am (\$1.50 donation is accepted). Reservations for lunch are required 24 hours in advanced. Activities throughout the week are scheduled.

#### **ACTIVITIES AND EVENTS**

July 4th-5th-Closed for Independence Day

July 10th-Foot Clinic

July 26-Birthday Party

July 31-Senior Citizen Cookout and Ice

Cream Social

Tuesday/Thursday-Exercise at 9 am

Every Thursday—Music at 10 am

Every Friday—Bingo at 10 am



## 32nd Annual Waterfest in Downtown Excelsior Springs June 28-30

Come down to Waterfest and enjoy Downtown Excelsior Springs! Activities include the Quilt Show, EX Factor Talent Show, Dogfest, Live Music, Games/Inflatables, Parade, Chiefs Players, Fireworks, Car Show and more!









50's

History-Which president of the United States was in office from January 20, 1953 to January 20, 1961?

Trivia

Pop Culture-Which aspiring rock and roll singer appeared on the Ed Sullivan show in 1956, but could only be shown from the waist up because of his suggestive dance moves?



Music-Which smoky-voiced singer sang Too Young in 1951?

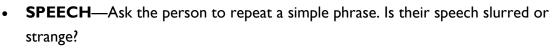
1) Dwight D. Eisenhower, 2) Elvis Presley 3) Nat King Cole

Health

Do you know the warning signs of a stroke?? Always remember FAST!

Corner

- **FACE**—Ask the person to smile. Does one side of the face droop?
- ARMS—Ask the person to raise both arms. Does one arm drift downward?



• **TIME**—If you observe any of these signs, **call 9-1-1 immediately**!

