



**MUNDAY**  
**ACTIVITY**  
**CENTER** INC.

August, 2018



1650 W. 2<sup>nd</sup> Street • Owensboro, KY 42301 • 270-687-4640 • [mundayactivitycenter.com](http://mundayactivitycenter.com)

*“MAC provides and coordinates services and social activities for seniors that enhance their dignity, improve their independence and encourage their involvement in the community.”*



Thursday, August 16 at 5:30 – 9:30  
 Immaculate Parish  
 2516 Christie Place, Owensboro, KY 42301

Join us for an evening celebrating and honoring our seniors! We will host our first ever Silver Salute Awards, too! Included in your admission fee of \$35 is your meal, a one-of-a-kind production by Theatre Workshop of Owensboro, and a robust Silent Auction!

To reserve your tickets, or for more information, email [danapeveler@mundayactivitycenter.com](mailto:danapeveler@mundayactivitycenter.com) or call 270.687.4640!

# August Beach Party Dance

Featuring ***The Marlinaires***

**Thursday, August 9th**

**6:00 – 9:00 pm**

**Doors open at 5:30 pm**

**\*\$7.00 per Person**

**Includes Hotdog, Chips, and Drink**

Door Prizes

50/50 Pot



Pre-registration not required but requested to serve you better!  
 Call 270-687-4640 for more information.

\*Suggested Donation

# Twin Rivers

NURSING & REHABILITATION

April Noland

Director of Sales, Marketing & Admissions

2420 West 3rd Street  
Owensboro, KY 42301

April.Noland@pcitexas.net

www.twinriversnursing.com

Main: (270) 302-5067

Cell: (812) 719-3847

Office: (270) 685-3141

Fax: (270) 689-2181



S I S S O N  
M a n o r



One bedroom, **GROUND LEVEL** apartments  
**AFFORDABLE, INDEPENDENT LIVING** for

**SENIORS** and **DISABLED**

**QUIET**, carefree, relaxed environment

Close to **LEGION PARK**

2900 Dixiana Court, Owensboro, KY

Call Cindy Kepler, 270-683-5587

## Mahjong Lessons

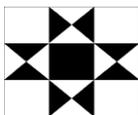
With Mary Englert

*Beginning August 8th* and continuing each Wednesday in August. Lessons will be held in the Munday Activity Center Game Room at 12:30 pm. Please let us know if you plan to participate by calling 270-687-4640. There is no charge for lessons, but donations are accepted.



Mahjong is a tile game of skill and luck which originated in China.

## CRAFTING



Would you like to learn Cross Stitch, Crochet, and Embroidering? Our Tuesday Craft Class meets on Tuesdays at 9:00 am and volunteer, Joyce Puckett, is introducing opportunities to learn or update your skills with these arts.

## CAREtenders

Tara Dearing, RN  
Transitional Care Nurse

2200 East Parrish Avenue, Building E, Suite 203, Owensboro, KY 42303

270.685.3876 • Cell 270.619.0354

Fax 270.691.9405 • Cell 270.315.7350

taradearing@caretenders.com

www.caretenders.com

## Senior Celebration at Owensboro Christian Church

Tuesday, August 21<sup>st</sup> 8:00 am – 2:00 pm

Featuring: Local health vendors, Owensboro Health Dieticians, Kentucky author and story-teller, Robert Thompson, and The King, The Killer, and The Man in Black, Lunch from Moonlite

Registration is \$15 per person and is due by August 10, 2018. Make check payable to: The Committee of Concerned Caregivers and mail to P.O. Box 733, Owensboro, KY 42302. Include your Name, Address, and Phone Number.

Wednesday, August 1st  
at 10:30 am

## Salvation Army Summer Day Camp Presents....More Than

Please join us as the day campers, ages 5-12, present this special musical which is sure to warm your heart.

## Poole's Pharmacy Bingo

Thursday, August 2<sup>nd</sup> 10:00 – 11:00

## Billiards Room

Monday – Friday: 8:00 am – 4:30 pm

Saturday: 8:00 am – 11:00 am

The Billiards Room accepts \$15 donations for one year of play.



# SCAM ALERT!

Have you or anyone you know received a call alerting you that your Social Security number has been stolen? Well, scammers are doing just that! There are con artists identifying themselves as Federal Agents who are calling to alert you to a crime that has been committed against you. The fake Federal Agents asked for the payment on a store-value card. One Kentuckian was tricked into disclosing her social security number and paying \$600 for a new card!

Attorney General Beshear's office tells that these calls are happening all throughout Kentucky. Folks, we are polite people here in our area and it feels unnatural or uncomfortable to hang the phone up on anyone, but truly ... to keep our information safe, we MUST! Law enforcement, as well as General Beshear's office tells us it is better to accidentally offend someone with sincere intent (I assure you they will understand) than it is to get duped and end up losing our hard-earned dollars and even identity!

General Beshear tells us, "Never provide your Social Security number or other sensitive information, like your bank account or credit card number, over the phone – unless you are confident who you are talking with."

If you get a call, General Beshear's office tells us to take these steps:

- Verify the legitimacy of the caller or organization – hang up and verify by independently looking up the real number and calling it back.
- Don't trust a cold-caller – Callers use official-sounding names and technology making it easy for them to fake a call from Washington, DC, or anywhere else.
- Use only traceable forms of payment – If you're being asked to use a wire transfer, cash or gift cards, that's a big red flag!
- To report scams to the Social Security Administration's Fraud hotline dial 1-800-269-0271 and visit Beshear's office to file an online complaint.

So now we must watch for scammers pretending to be Federal Agents, Medicare/Medicaid representatives and even local law enforcement. Maybe that's a good sign. Maybe we're becoming more informed and less likely to fall for it. In any case, stay vigilant and sign up for text or email alerts at: by texting the words **KYOAG Scam** to **GOV311 (468311)** or enroll online at [aq.ky.gov/scams](http://aq.ky.gov/scams).

Dana Peveler, Munday Activity Center Director

Are you a Kroger shopper? Did you know Kroger will donate a portion of what you spend to help the Munday Activity Center! All you need to do is call to register your Kroger PLUS card with community rewards! 1-800-KROGERS, Option 3.

Here are the easy steps:

1. Be sure to have your Kroger Plus card ready as they will need the 12 digit-number by the bar code.
2. Just tell them you want your community rewards to go to the Munday Activity Center #74560.
3. Let them know that you are unable to do it online and would like them to register you by telephone.

That's it! Thanks for helping out!



## Veteran Counseling

Each Tuesday at 9:00 am  
Hosted by Eric McDaniel, LCSW  
Readjustment Counselor



Are you living with depression? If so, the Munday Activity Center invites you to call us at 270-687-4640 to learn about PEARLS (Program to Encourage Active, Rewarding Lives for Seniors). PEARLS is an evidence based program which assists older adults with learning techniques to reduce depression and improve quality of life.

## Volunteer Corner

For more Information...Call Melinda Schoenwald, Volunteer Coordinator, at 270-687-4640 or email: [melindaschoenwald@mundayactivitycenter.com](mailto:melindaschoenwald@mundayactivitycenter.com).

**Do you have a heart to serve?** Munday Activity Center is seeking more volunteers. Become a part of our team of friendly volunteers in an area where your interests lie: *Friendly Visiting, Telephone Reassurance, Greeter, Custodial, Office/Clerical, Special Events, Fundraising, Congregate Meals, or Home-Delivered Meals.*

### Roosevelt House I & II

2920 Yale Place, Owensboro, KY 42301

Phone: 270-926-1666 or

tjohnson@beaconproperty.com



Thank you for your interest in our newly renovated apartment homes. Conveniently located to shopping, banking, churches, and dining. All utilities included, discounted cable & internet are just a few of our amenities.



## Shoe Stop Clinic

DIABETES &  
PRESCRIPTION  
FOOTWEAR

270-686-7429

*please call for an appointment*

4650 Frederica St. • Owensboro, KY 42301  
email: shoestopclinic@bellsouth.net • fax: 270-686-7558

Did you know that the Munday Activity Center provides more than recreation? Below is a list of a few of the many services the MAC provides:

**Congregate Meals:** For a suggested donation of \$1.50, a nutritious lunch can be enjoyed at one of Daviess County's six nutrition sites. Socialization and a variety of recreational activities are offered along with lunch.

**Transportation:** For a suggested donation of \$1.50, a van will be dispatched to your home for transportation to medical appointments, grocery shopping, and more, then will return you to your home. A 24-hour notice is advised in order to schedule the transportation service.

**Telephone Reassurance:** You have the opportunity to sign-up for a courtesy call from our office. The goal of the call is to ensure your safety and well-being.

**Friendly Visiting:** This service allows a MAC volunteer or staff member to visit you in your home. It's a great way to share stories and have a good discussion about what's happening in your life.

As you may have noticed, congregate meals and transportation have a suggested donation of \$1.50. Donations of any amount are used to offset expenses while ensuring the availability of those programs. For more information on these or other services, please contact the MAC office at 270-687-4640.

## Thinking of...

### ILL & Recuperating

Effie Baird  
Jim Foster  
Joe Hamilton  
Margaret Porter  
Jan Stanley  
Linda Ziegler

Guy Connor  
Ruth Girtman  
Thelma Matthews  
Carl Richards  
Dr. Andrew Ward

### In Memory

Sylvia Farmer  
Norman Schindel  
William Yancy

### Sympathy

## Munday Activity Center Satellite Nutrition Sites

### Adams Village

- \* Meals served Mon., Wed., and Friday at 11:30.
- \*\*MAC hosting BINGO Monday, August 6<sup>th</sup> at Noon

### Garden Grace

- \* Meals served Mon., Wed., and Friday at 11:30.
- \*\*MAC hosting BINGO Friday, August 24<sup>th</sup> at noon.

### Park Regency

- \* Meals served Mon., Wed., and Thurs. at 11:30.
- \*\* MAC hosting BINGO Monday, August 13<sup>th</sup> at 1:00 pm.

### Roosevelt II

- \* Meals served Monday, Wed. and Friday at 11:30.
- \*\*M.A.C hosting BINGO Friday, August 17<sup>th</sup> at 10:00 am. ALL RESIDENTS OF ROOSEVELT I & II AND GUESTS ARE INVITED TO PLAY.

### Whitesville

- \* Meals served Tuesday through Friday @ 11:30.
- \*\* Line Dancing on Wed. @ 9:00 am; Coffee & Billiards Weekdays @ 7am; Bingo is every Wednesday right after lunch.
- \*\*\* MAC Bingo on Wednesday, August 15<sup>th</sup> at Noon.

**All Bingo Dates & Times are Subject to Change**



Community Home Health Care

**DANNY HAGAN**  
Director of Marketing  
dhagan@chshomehealth.com

726 Harvard Drive Phone: 270-685-4663  
Owensboro, KY 42301 Cell: 270-302-2027  
Toll Free: 800-866-9696 Fax: 270-685-4683

www.chshomehealth.com



Park Regency Apartments  
5058 Back Square Drive  
Owensboro, Kentucky 42301

**AMY M. PRIDE**  
Director

(270) 686-8600  
amypride3@att.net

## **AARP DRIVER SAFETY CLASS AT MUNDAY ACTIVITY CENTER**

The Munday Activity Center and AARP are offering a safety driving class for drivers **55 and older**. The class is on **Tuesday, September 18, 2018** from 12:30 to 4:30 pm. Preregistration is required. The fee covering cost of materials is \$15 for AARP members, \$20 for non-members payable to AARP and is due on the day of the class. Participants completing the class, **by law**, must receive a reduction in auto insurance rates. To pre-register, or for more information, call **(270) 687-4640**.



## **YOGA**

Instructed by Sheila Clark

Tuesday Mat Class: 9:00 am  
Tuesday Restorative/Chair Class: 10:30 am  
Friday Mat Class: 9:00 am  
Friday Restorative/Chair Class: 10:30 am  
\$2.00 suggested donation for each class.

## **Low Impact Exercise**

Monday at 10:00 am  
Wednesday at 10:15 am



## **Zumba Gold & Zumba Gold Chair**

Our Certified Instructor, Kay Kamuf, will be teaching **Zumba Gold Chair at 1pm on Tuesdays and Zumba Gold at 2pm on Thursdays. Fun Music, Fun Time!!**

*Suggestion donation of \$2.00 per class*

### **Mundaycize!**

**Mundaycize Water Fitness for Seniors**

Monday and Friday at **9:15 am**

Owensboro Family YMCA  
900 Kentucky Parkway



## **LINE DANCING**

The Tuesday Night Line Dancers meet from **6:00 to 8:00 PM** in the Munday Center Auditorium. Admission is **\$1.00**.

The Thursday Afternoon Line Dancers meet from **12:30 – 2:00 PM**. Admission is **\$1.00**.

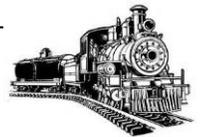
Support Alliance of the Visually Impaired  
A Chapter of the Kentucky Council of the Blind  
Serving the Blind and Visually Impaired  
Meeting is 2<sup>nd</sup> Tuesday of the month  
at Wing Avenue Baptist Church  
For more information contact:  
270-684-4418  
Owensboro@kentucky-acb.org

**“Give a Little – Take a Little”** food bank at M.A.C. distributions continue to grow, and the pantry is in need of stocking. We accept shelf-stable items at any time. If everyone **Gives a Little** – people in temporary need can **Take a Little**.

*Interested in Locomotives?*

**Join the Owensboro and Elsewhere Railroad Club**

2<sup>nd</sup> Friday of each Month at 7:00 pm  
Munday Activity Center Game Room



*“You are never too old to set another goal or to dream a new dream.” ~ C.S. Lewis*



# Road Runners Boulevard



For more information on scheduled trips, contact Heather McGarvey at the MAC office at 270-687-4640.

## Taking Two Busses!

## San Antonio, Padre Island & The Gulf of Mexico

10 Days 9 Nights  
October 12 – 21, 2018  
**\$815** per person  
(double occupancy)

### Your trip includes:

9 nights lodging including 5 consecutive nights in the San Antonio area, 4 nights en route  
16 meals: 9 breakfasts and 7 dinners

Gulf of Mexico at Padre Island National Seashore Park ~ Texas State Aquarium in Corpus Christi  
Guided tour of San Antonio ~ Riverwalk Cruise ~ The Alamo and IMAX Theater presentation  
Institute of Texan Cultures & San Antonio Missions ~ National Museum of the Pacific War  
Tour of the LBJ Ranch ~ and MORE!



We will depart from the Munday Activity Center at 8:00 am and head towards Texas. Enjoy two nights en route with a stop at Arkansas Arts Center in Little Rock before reaching San Antonio. Once there, we will enjoy the sites and history of the area. The two days en route back to Owensboro will include stops at the Bob Bullock Texas State History Museum in Austin, TX and the William J. Clinton Presidential Library in Little Rock, AR.

**\$75 Deposit per Person Required Upon Reservation** ~ Final Payment Due: August 5, 2018 ~ Trip Insurance is available.



## Shades of Ireland April 4 – 13, 2019

*Travel to the Emerald Isle with Us!*

Per Person Rates\*: Double \$3,649 Single \$4,099 Triple \$3,619

Included in Price: Round Trip Air from Evansville Regional Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, 13 Meals (8 Breakfasts, 5 Dinners), Lodging, and Activities

Highlights: Castle Stay, Limerick, Cliffs of Moher, Galway, Killarney, Jaunting Car Ride, Ring of Kerry, Choices on Tour, Farm Visit, Blarney Castle, Waterford, Kilkenny, Dublin, Irish Evening, and More!

\*All Rates are Per Person and subject to change

Important Conditions: Your price is subject to increase prior to the time you make full payment. Your price is not subject to increase after you make full payment, except for charges resulting from increase in government-imposed taxes or fees. Once deposited, you have 7 days to send us written consent or withdraw consent and receive a full refund. Cancellation Waiver and Insurance is available for \$315 per person.

**Call Heather at 270-687-4640 for more information or to request a brochure!**

"For all trips, cancellations must be made fourteen (14) working days prior to a trip of more than one day and five (5) working days prior to a one day trip. After this point in time, actual trip expenses will be charged to participant canceling unless a replacement is found. Partial refunds (amount above actual expenses) may be given with valid physician's statement of illness. This document needs to be presented to the Activities Planner within one week from the actual trip date. Please note that trip insurance is available for overnight trips. All charges outstanding must be paid in full before participating in another trip."

- ◆ We suggest that anyone wishing to participate in our trip program in the future come by the office to get a copy of the entire trip policy to read at your convenience.
- ◆ All return times are approximate and are subject to change.

**Note to travelers: While you are traveling, you are more than welcome to park your vehicle here at the center. Please use either the East or West parking lots. Do not park in front of the building.**



**HAPPY FEET**

Diabetic Shoes – Specialty Footwear  
510 East Parrish Ave. Owensboro, KY

Taylor Roberts	270-688-5888
Certified Pedorthist	Monday-Friday 9-5
KY Licensed Pedorthist	Medicare/Medicaid
CHAP Accredited	Accepting Most Insurance

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**Monday, August 6<sup>th</sup> ~ Tropicana Casino ~ \$15** We will leave from the Munday Activity Center (MAC) at 9:15 am and travel to Evansville, IN on United Coaches for a day of luck at the casino. Seats are limited since we are joining with other senior centers for the day. We should return to the MAC by 4:00 pm. Payment is due upon reservation. Deadline is July 27<sup>th</sup>.

**Tuesday, September 25<sup>th</sup> ~ Princeton, KY ~ \$20** We will leave from the Munday Activity Center at 9:00 am and travel to Adams Breezy Hill, local country stores, and the historic Adsmore Museum in Princeton, KY. Lunch is on your own (menu available at adamsbreezyhillfarm.com or in the office); museum is included in trip cost. Approximate time of returning to the MAC is 5:00 pm. Payment is due upon reservation.

**Tuesday, October 30<sup>th</sup> ~ Mystery Trip ~ \$45** We will leave from the Munday Activity Center (MAC) at 8:30 am and return to the MAC around 5:00 pm. Not included in price of trip: purchases you may make during travel breaks and/or personal shopping (if we go where you can shop). Everything else is included in the cost of the trip. Easy walking may be a part of the day. That's all the information you get! Payment is due upon reservation.

**Thursday, November 29<sup>th</sup> ~ Holiday Inn at Derby Dinner Playhouse ~ \$55** We will leave from the Munday Activity Center (MAC) at 8:00 am and travel to the Derby Dinner Playhouse in Clarksville, IN to enjoy lunch and a performance of *Holiday Inn*. Based on the classic film, this joyous musical features thrilling dance numbers, laugh-out-loud comedy, and a hit parade of Irving Berlin songs. A romantic holiday classic that is sure to sparkle and delight! We should return to the MAC around 5:00 pm. Payment is due upon reservation.

***More Day Trips to Come!***

*"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from safe harbor. Catch the trade winds in your sails. Explore, Dream, Discover."* ~ Mark Twain

***Pincushion Gift Shop***

*"Specializing in Hand-Made Gifts"*  
**Monday ~ Friday 8:30 am ~ 4:00 pm**

*Made Possible by Thelma Matthews, Volunteers, and the MAC Craft Club*

The Pincushion Gift Shop items are sold on consignment. If you have craft items you would like to sell in the Pincushion please contact 270-687-4640 for more information.

***Upcoming***  
EVENTS

**Thursday, September 20<sup>th</sup> ~ Senior Day Out at the Mall**

**Wednesday, October 24<sup>th</sup> ~ Senior Games in the Park**

**Look for more information on these events in upcoming newsletters!**

# Munday Activity Center

1650 West Second Street  
Owensboro, KY 42301

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### **Beginning July 1, 2018: Yearly newsletter subscriptions rate increases to \$8.00.**

If you would like the newsletter mailed to your home, please stop by the office to subscribe or mail a check made payable to:  
The Munday Activity Center, 1650 W. 2<sup>nd</sup> Street, Owensboro, KY 42301

*Moving? Please contact the office at 687-4640 with your new address if you wish to continue receiving your monthly newsletter.*

### ***“Like” us on Facebook at: Munday Activity Center***

<b>Administrative Staff:</b> Dana Peveler, Executive Director Heather McGarvey, County Coordinator Elizabeth Lewis, Program Assistant Melinda Schoenwald, Volunteer Coordinator Faith Wallace, Executive Assistant	<b>Maintenance Staff:</b> David Boyt Debra Fox William Music	<b>Board of Directors:</b> Jennifer Allen, Chair Lora Wimsatt, Vice Chair Harrison Price, Treasurer Melinda Cornell, Secretary Tom Clark Bill Cooper Dayna Cox Sim Davenport Nick Hetman Ed Higdon Rita Jo Holtzman Patti Jenkins D.J. Johnson Joe Mason Levi Reames Jeff Sanford Pam Smith-Wright
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<b>Transportation Staff:</b> Paul Hallam	Janice Watkins	
	<b>AmeriCorps Staff:</b> Cynthia Anderson Teri Fleischmann	
	<b>Student Intern:</b> Sarah Everly Tiffany James	
	Lena Morris Dana Peveler, Munday Activity Center Director	

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