

ENCORE

... The Second Act of Life is Just a Number

MAY - AUGUST 2024

1201 CLARK FERGUSON DRIVE, NORTH KANSAS CITY, MO 64116 • 816.300.0545 • WWW.NKC.ORG

SPECIAL PROGRAMS

LADIES LUNCH

In honor of our senior ladies, we would like you to join us for lunch. You will get to enjoy live entertainment. There will be fun activities as time allows and door prizes! Space is limited and will fill up fast.

May 13 11:00 am
Register by May 8 or until full
Fee: \$5

GUYS GRILLER

Come join the fun with some good food, games, and prizes! Trust me you will not want to miss out on this special day set aside for celebrating our Senior Men. We want to thank you for being a part of us!

June 17 11:00 am
Register by June 10
Fee: \$5

SUMMER VIBES DANCE

"Summer means happy times and good sunshine. It means dancing like no one is watching and having fun." You won't want to miss this time of exercising your body and mind. It is a good way to spend time with friends and make new ones. Come enjoy music, dancing, socializing and light refreshments!

July 5 1:00 - 3:00 pm
Register by June 28
Fee: Free

ICE CREAM SOCIAL

Come join us and get the scoop of the day! We will have an ice cream bar with all

your favorite toppings. You will enjoy visiting with friends and making new friends. We will enjoy games and prizes!

July 24 1:00 pm
Register by July 17
Fee: Free

SENIOR APPRECIATION BRUNCH

We want to celebrate our seniors on this day in honor of "National Senior Citizen Day". We want to let you know how much we appreciate our seniors and let them know that they are special to us and that we love them! You will get treated to a delicious brunch, entertainment and door prizes, and a special gift.

August 20 11:00 am
Register by August 13
Fee: \$7

ONGOING PROGRAMS

BINGO & LUNCHEON

Join your friends or make new ones as you play multiple rounds of bingo and enjoy a catered lunch. Starting in January, participants can win unlimited games by winning bingo bucks for every game won after their first mystery prize and will be eligible for the blackout prize!

Second Tuesday at 10:00 am.
Lunch is served at 11:30 am.
Fee: \$7

May 14 (Register by May 7)
Menu: Chicken Fajitas, Beans, Rice, and Dessert

June 11 (Register by June 4)
Menu: Pulled BBQ Chicken, Mac & Cheese, Corn, Roll, and Dessert

July 9 (Register by July 2)
Menu: Pizza, Breadsticks, Salad, and Dessert

August 13 (Register by August 6)
Menu: Baked Scrambled Eggs, Sausage, and Biscuits & Gravy

MOVIE DAY

See a flick, enjoy refreshments, and freshly popped popcorn as we bring the theatre experience to you. No registration necessary.

Second and Fourth Fridays, 1:30pm
Fee: Free

May 10
Anne of Green Gables

May 24
No Movie (Memorial Day Weekend)

June 14
Everest (Based on a True Story)

June 28
Fireproof

July 12
The Mighty Macs (Based on a True Story)

July 26
The Perfect Storm (Based on a True Story)

August 9
Casablanca - 1942- Colorized

August 23
Cool Runnings (Based on a True Story)

Encore Programs and Classes

BREW CREW COFFEE CLUB

It's time to brew some coffee and splash some quotes to tickle your funny bone and let go of the stress! Enjoy the perks of having good coffee, good conversations together with old friends and make new friends.

First Wednesday of the Month, 9:00 am - 10:00 am

Fee: Free

FUN GAME DAY

Let's come together and play board games! You are welcome to bring your favorite game and teach others how to play it! There are so many fun games out there and life is too short not to have fun! Come and build memories and friendships. We would love it if you would like to bring a treat to share with the group.

First Thursdays & Third Tuesdays of the Month, 1:00 pm

Fee: Free

BUNCO

We are calling all Bunco players! Have you ever wanted to learn how to play Bunco, but didn't know how to get a group started? We are the place for you! Come join us and let the good times roll! Make new friends and build memories, not to mention PRIZES and FOOD!

Fourth Tuesday of the Month, 1:00 pm

Fee: \$3

JIGSAW PUZZLE DAY

You are the missing piece of our puzzle! Join us as we complete puzzles one piece at a time. Enjoy snacks, build friendships, and it's free! It's a win-win! I do plan on having the puzzles available so that if there is a day that someone wants to work on a puzzle other than Wednesdays, you can just drop on by and put a few pieces of the puzzle together!

Wednesdays, 10:00 am

Fee: Free



WEEKLY PROGRAMS

GAME DAYS

Cards - Hand and Foot

Mondays and Wednesdays, 1:00 pm - 4:30 pm

Chess Club

Thursdays, 2:00pm - 4:30pm

Mahjong

Fridays, 1:00 pm - 4:30 pm

CLASSES

APARTMENT GARDENING

Adult Gardening Class | Myriam Totta

Join us for a fun, interactive class. We believe everyone can grow something, even in an apartment! You will explore some gardening basics, growing sprouts, and then finish our session by planting your very own small herb pot. Let's make gardening in limited spaces a fun and achievable experience!

Monday, May 20, 11:00 am - 1:00 pm

Register by May 15

Fee: \$35 per class

LUNCH & LEARN - FALL PREVENTION (SPONSORED BY CCSS)

Ages 55+ | Tyler O'Leary, BSN, RN from Research Medical Center "Think First to Prevent Falls" is an educational program aimed at educating older adults who are concerned about the risk of falls. Falls are the leading cause of injury among adults 65 years and older in the United States. This program aims at helping older adults recognize their risk factors for falls and implement strategies to prevent falls. This program takes about 1.5 hours to complete and is completely FREE. The class is hosted by an experienced RN who specializes in injury prevention from Research Medical Center in Kansas City. North Kansas City Parks & Recreation is providing lunch for \$5.00, but you can just come for the free seminar and not eat lunch.

Wednesday, June 26, 10:00 am - 12:00 pm

Register by June 19

Fee: \$5, if you are having lunch

FITNESS DRUMMING (SPONSORED BY CCSS)

Ages 55+ | Marcia

Sign up early so you don't miss out on this fun workout! Fitness drumming takes a simple movement - drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great. You don't need to be a drummer to do it, and even more amazingly, you don't even need drums!

Session 3: Mondays, July 1 - September 30, 10:00 am - 11:00 am

(No class September 2 - Labor Day)

Register by June 24

Fee: \$30

MANAGING DIABETES

Ages 55+ | Amy Vance

Living a Healthy life with diabetes: A 6-week program that touches on the Techniques to deal with the symptoms of diabetes, such as fatigue, pain, hyper- and hypoglycemia, stress, and emotional problems such as depression, anger, fear, and frustration. Class includes group discussions, action planning and a free resource book.

Tuesdays, August 6 - September 10, 1:00 pm - 3:00 pm

Register by July 30

Fee: Free

**CLAY COUNTY SENIOR SERVICES (CCSS)
SCHOLARSHIPS AVAILABLE QUARTLY!**

Contact Marcia Hansen for more information, 816-300-0545 or mhansen@nkc.org.



Encore Classes and Trips

OPTIONS FOR REGISTRATION

- Online registration go to <https://nkcpr.activityreg.com/>
- By phone with credit/debit card
- Stop by our office at 1201 Clark Ferguson Drive and pay with check, cash or credit/debit card

• Mail check to:
**1201 Clark Ferguson Drive,
North Kansas City, MO 64116**

NDT/DAY TRIPS REFUND POLICY

- At least 5 working days prior to trip: A \$5.00 service fee will be deducted from any cancellation.

- Less than 5 working days prior to trip: No refunds unless there is a replacement.

There are no residency requirements to sign up for our programs or trips. Everyone is welcome!

SENIOR DIABETIC COOKING CLASS (SPONSORED BY CCSS)

Ages 55+ | Heather Garrett

Learn how to make different recipes that are great, but are also diabetic friendly! Each class will focus on different parts of a meal. Class on August 9 will focus on main dishes. Class on August 16 will focus on snacks and desserts. Class on August 23 will focus on side dishes.

Fridays, August 9, 16, and 23, 10:00 am - 11:30 am

Register a week before class Fee: \$20 per class

NEW DINNER THEATER TRIPS

NEWSIES

NEWSIES spins the inspirational tale of Jack Kelly - a charismatic newsboy who dreams of a better life. When the unscrupulous newspaper tycoon, Joseph Pulitzer, raises prices at the newsboys' expense, Jack along with spitfire reporter, Katherine Plummer, rouse the downtrodden "newsies" to stand up against Pulitzer and fight for what's right!

Wednesday, August 21, 2024

Bus Departs at 11:00 am>Returns at 4:00 pm

Register by July 21 or until full

Fee: \$38, includes transportation, show, and lunch

DAY TRIPS

MYSTERY CHOCOLATE TOUR

All you need to know is to be prepared to consume chocolate! Take a guided bus tour around Kansas City as we visit some of the most well-known chocolate shops in the area. Sample delicious chocolate in various forms throughout the day and have the opportunity to shop for sweets along the way. Hear a bit about the history of each company as well as morsels of information about Kansas City.

Thursday, June 20, 2024

Bus Departs at 12:30 pm>Returns at 4:00 pm

Register by June 13 or until full

Fee: \$50 includes transportation, tour, and chocolate treats

CHESTNUT FINE ARTS

This is My County is a celebration of the courage, creativity, and the heart of what it means to be an American. The show

will uplift you with wonderful patriotic melodies. You'll hear God Bless America, This Land is Your Land, America the Beautiful and more! (Rated G) We will have dinner served at the North Kansas City Recreation Center when we return.

Wednesday, July 17, 2024

Bus Departs at 1:00 pm>Returns at 5:00 pm

Register by July 10 or until full

Fee: \$75, includes bus, show, and dinner

THE RABBIT HOLE

The Rabbit hOle is the first museum of its kind in the United States. Spanning three floors, the Rabbit hOle brings countless works of children's literature to life. Visitors become explorers in an immersive, multi-sensory, narrative landscape filled with discoverable environments. It is a unique experience that you won't get anywhere else! We will meet at the location and have lunch at the Rabbit hOle cafe.

Thursday, May 30, 11:30 am

Meet at the Rabbit hOle at 11:30 am

919 E 14th Ave, North Kansas City, MO 64116

Register by May 16 or until full

Fee: \$16 includes ticket, lunch on your own

OVERNIGHT TRIPS

BRANSON IN DECEMBER

What better place to get you in the holiday spirit than BRANSON! We will take in 6 fabulous shows including: Dalena Ditto's Country Evolution, Doug Gabriel Morning Show, and a Neil Diamond Tribute Show. Three evening shows The Haygood's Christmas Show, Hughes Brothers Christmas Show & Laugh Your Yak-Off Christmas Show featuring Yakov Smirnoff. We will be taking in Branson Landing and discover waterfront shopping, dining, and attractions. You can add peace of mind to your trip with Diamond Tours Travel Confident Protection Plan (see Marcia).

Monday - Friday, December 2 - 6, 2024

Deposit due by July 18, 2024 - \$75

Final Payment due September 25, 2024

Fees: Single, \$900 Double, \$765



1201 Clark Ferguson Drive
North Kansas City, MO 64116

NORTH KANSAS CITY PARKS & RECREATION CENTER CLOSED

Monday, May 27
Memorial Day

Wednesday, June 19
Juneteenth

Thursday, July 4
Independence Day

Monday, Sept 2
Labor Day

FRIDAY IN THE PARK

11:30 AM - 1 PM MACKEN PARK FESTIVAL SHELTER

IN COOPERATION WITH THE MUSIC PERFORMANCE TRUST FUND, LOCAL 34-627

JUNE 7:	NO CONCERT - ARTS IN THE PARK	AUG 2:	TURPINE TYME RAGSTERS (RAGTIME)
JUNE 14:	TOM'S TOWN (BLUES/JAZZ)	AUG 9:	MELISSA & COMPANY (COUNTRY)
JUNE 21:	DOUG TALLEY QUARTET (JAZZ)	AUG 16:	PENDERBLAST RED-E-MIX (VARIETY)
JUNE 28:	HULA-HALI 'O KIAKAHI (HAWAIIAN)	AUG 23:	NEW RED ONION JAZZ BABIES
JULY 5:	THE BLUE & GRAY BRASS BRIGADE	AUG 30:	FESTHAUS MUSIKANTEN (GERMAN)
JULY 12:	KC SWING BAND (VARIETY)	SEPT 6:	THE BEACH NUTS (FAMILY FAV'S)
JULY 19:	GRANDVIEW STATION (BLUEGRASS)	SEPT 13:	MARIMBA SOL DE CHIPAS (MEXICAN)
JULY 26:	HOGFISH GUMBO (CAJUN)	SEPT 20:	THE BRAD ALLEN TRIO (JAZZ)
		SEPT 27:	THE ALPEN SPEILERS (GERMAN)

*Bands subject to change. Free & open to the public. Visit nkc.org/events for additional information.