

# CIRCLE NEWS

Hello to all of our  
Senior Circle Friends!



We had a wonderful holiday party with 110 in attendance, delicious food, a fun and lively gift exchange,

and excellent entertainment provided by Danny Roberts aka Johnny Cash. Thank you all so much for supporting this joyous annual event!

As we turn our attention toward this New Year, it is time to look at what is coming up in 2017. Remember, every issue of your Circle News has the quarterly calendar of events. It's never too early to RSVP.

January offers an opportunity to learn Bridge. If you've always wanted to play, this is your chance to take some lessons. Isn't it fun to learn something new?

February is national heart month and our cardiology team will be speaking, so join us for that lunch and learn from our heart experts. Join me for a travel show – anyone and everyone-- interested in an Alaskan Cruise. Also in February, Velvet with Knot as it Seems will present a flower arrangement class and Gil Heckel will talk to us about financial aid for seniors.

In March, we will get together for a game day. You have asked for that so let's give it a try. I will have a variety of board games, cookies and a load of laughs, no doubt! I hope to get several tables of players. And, we have a day trip to the New Theatre.

MRMC is adding new Circle members daily and that is just wonderful! Membership costs only \$15 per year. If you wish to give a membership as gift, we can do that too.

I wish you all a safe and happy new year!

Shonda Galloway  
MRMC Senior Circle Advisor



## SC Weather Cancellation Policy

As a reminder, Senior Circle does not want to put anyone at risk for weather related accidents or injury. If Moberly Public Schools have cancelled classes, then Senior Circle events scheduled for that same day are also cancelled. If the event is not on a school day or in the evening after school and the weather is questionable, Senior Circle will notify KWIX KRES KIRK radio stations if the event has been cancelled. As always, use your best judgment as to whether or not it is safe for you to brave the weather.

## Calendar of Events

### BINGO

**Every Thursday 9:30 am - 11:00 am**

SC Bingo is located at the Moberly Hardee's. You're welcome to come early and have breakfast or stay for lunch on your own. Remember, to play everyone must bring a \$1.00 gift item for the prize table.

### BRIDGE

**Every Tuesday, 6:30-9:30 pm**

**Every Sunday, 12:30-4:00 pm**

*MRMC Cafeteria.*

Bring a partner and let's play Bridge. First place receives meal tickets to Moberly hospital cafeteria and the second place team receives candy bars. Come, have some fun with this great group!

### STRETCH 'N' FLEX EXERCISE CLASS

**Every Tuesday and Thursday 11:00 - Noon**

At the Wellness Center located at 1527 Union Avenue. Class focuses on agility, maintaining balance and increasing range of motion and flexibility as we age. No appointment is needed, just show up.

### HEALTH CHECKS

**M, W, F Between 6:00 am - 6:00 pm**

**T, TH Between 8:00 am -11:00 am**

The Wellness Center staff at MRMC offer all SC members complimentary blood pressure and oxygen saturation tests every month. Pick one day each month to stop in and get these tests done. It takes all of 5 minutes and it's a great way to track your progress for your physician, and keep an eye on your health. An appointment is needed, so call today: 269-3078 or 3060.

### COFFEE TALK

**First Fridays each month at 10:30 am**

*MRMC Cafeteria.*

Join Shonda and Senior Circle friends the first Friday of each month in the MRMC Cafeteria for a free cup of coffee. If you have questions about Senior Circle or want to introduce a friend, this small group is a good place to do so. No RSVP is needed.

### SENIOR CIRCLE ENRICHMENT

**Tuesday, January 10, 2:00-3:00pm**

*MRMC Dining Room*

**Basic Bridge instruction**

*just to get your feet wet*

Get an idea of what Bridge is and how much fun it can be! If you like what you learn, you can follow up with more lessons and begin playing weekly with the group!

Bridge is the ultimate card game to help keep your mind sharp and improve memory retention...helping to keep Alzheimer's at bay.

Bridge helps you to meet people and stay involved as there are numerous bridge clubs in Randolph County. There are people who play in clubs 7 days a week and would probably play 8 days a week if they could. The Sunday Bridge group at MRMC is a great place to start playing because you don't have to be an expert to play and even win. The Sunday players are always happy to have beginning players sit in, play, and learn.

Most people who get hooked on bridge find that it is a very competitive game that you can share with good people.

Please RSVP by calling 269-3121 or email to: [Shonda\\_galloway@chs.net](mailto:Shonda_galloway@chs.net) by January 3

### SENIOR CIRCLE ENRICHMENT

**Thursday, February 9, 2:00-3:00pm**

*MRMC Education Conference Room*

**Long Term Care Financing Options.**

- Non service connected disability pension and death pension for war time veterans and their surviving spouses
- Medicaid cash grant and personal care units for assisted living residents who qualify
- Mason and Eastern Star "Long Term Financial Assistance Program" for members and surviving spouses

Learn more about which resources you may qualify for.

Please RSVP by calling 269-3121 or emailing [Shonda\\_galloway@chs.net](mailto:Shonda_galloway@chs.net) by February 2

## SENIOR CIRCLE ENRICHMENT

**Thursday, February 23, 2:00-3:00pm**

*MRMC Education Conference Room*

### **Flower Arranging 101**

Velvet from Knot as it Seems will demonstrate a fun and lovely class on flower arranging and some exciting crafts using a glue gun and a little imagination!

Please RSVP by calling 269-3121 or emailing [Shonda\\_galloway@chs.net](mailto:Shonda_galloway@chs.net) by February 16

## SENIOR CIRCLE ENRICHMENT

**Thursday, March 23, 2:00-3:00pm**

*MRMC Dining Room*

Game Day! Do you enjoy board games?

Join in the fun and have some laughs.

Cookies, coffee, water, and games provided.

You bring the joy!

Please RSVP by calling 269-3121 or emailing [Shonda\\_galloway@chs.net](mailto:Shonda_galloway@chs.net)

## SENIOR CIRCLE Alaska Travel Show

**Thursday, February 16, 11:30am-1pm**

*A.J.'s Restaurant in Macon*

Have you ever wanted to take an Alaskan Cruise? Senior Circle is sponsoring a trip to beautiful Alaska. If you're even the slightest bit interested in this trip, then you don't want to miss this meeting and Q&A at A.J.'s 1407 N Missouri Street in Macon. We'll meet and then each has dinner on your own after.

Please, RSVP by calling 660-269-3121 or emailing [Shonda\\_galloway@chs.net](mailto:Shonda_galloway@chs.net) by February 9.

## Lunch Bunch and Birthdays

**All are Welcome!**

We'll connect at an area restaurant; enjoy good food and good friends! Lunch is Dutch treat. When it's your birthday month, you can look forward to dessert and a Senior Circle gift! Please RSVP by calling 269-3121 or emailing [Shonda\\_galloway@chs.net](mailto:Shonda_galloway@chs.net)

**January 24, 11:30am - 1pm at China Garden**

**February 28, 11:30am - 1pm at Seven Restaurant**

**March 29, 11:30am - 1pm at Funny Pages**



## Physical Therapy & Wellness Open House

**Tuesday, January 17, noon-2pm**

*MRMC Physical Therapy and Wellness Center  
1527 Union Avenue, Moberly*

Plan to stop by and see firsthand the services MRMC's Physical Therapy & Rehabilitation Clinic and Wellness Center have to offer. Trained staff will be available to explain programs such as cardiac rehab, orthopedic and neurological injury rehab, and senior stretch 'n' flex exercise classes. Reservations are not required for this event.

## Cardiology Lunch and Learn

**February - date TBD - watch for emails, mailers, radio and newspaper for date and time**

*MRMC Education Conference Room*

This is your opportunity to meet a new MRMC cardiologist and to learn about the procedures performed in the MRMC Heart & Vascular Center from department director, Laura Marquardt. Limited seating. RSVP to 269-3296

## Lunch and Learn with Dr. Fallis

**March - date TBD - watch for emails, mailers, radio and newspaper for date and time**

*MRMC Education Conference Room*

Join us for lunch and another entertaining hour of learning as Dr. Fallis answers those questions everyone has about their feet.

Limited seating. RSVP to 269-3296

Merchant Directory

**SENIOR CIRCLE MERCHANT DISCOUNTS**

**Thank you to our 2017 Merchants!**

Aroma Spa Wellness Center - 15% off any items (excluding massage & reflexology) • 500 Hwy 24 West, Moberly • 263-1033

Becraft Jewelers - 10% off, excluding repairs. 507 West Reed St., Moberly • 263-2144

Central Christian College Bookstore - 15% off entire purchase. 911 East Urbandale Dr., Moberly (located in the Reese Resource Center) • 263-3909

Community Medical Equipment - 15% off all bathroom safety equipment. 1720 Crete (McCormick Center), Moberly • 263-1700

DO Furniture - 15% off Regular Prices (not valid with any other discount or sale prices) 1020 Highway 24 West, Moberly • 263-9905

Hils Pharmacy- 10% off over the counter items 907 North Morley, Moberly • 263-4457 [hils@hilspharmacy.com](mailto:hils@hilspharmacy.com)

Jones Beltone Hearing and Audiology- 20% off Hearing Aids and 1 year Free Batteries with Aid Purchase 1011-B North Morley, Moberly • 263-7343 [jerryArter@yahoo.com](mailto:jerryArter@yahoo.com)

Kitchen Automotive - 10% off on all parts. 300 Terrill Rd. (just off M & Morley), Moberly • 263-2660

Rob's Barber Shop - \$1 off on a haircut. 209 N. Williams, Moberly • 833-8766

**Be sure to say thank you to these fine establishments offering great discounts to SC Members!**

LawTe' Coffee House— 10% off menu items (not available with Specials) 422 West Coates, Moberly • 269-8080

Magic City Glass - 10% off in shop service. 222 N. Clark, Moberly • 263-2262

Merrill University - 10% off of services every day 401 W. Reed, Moberly. • 263-9600

Moberly Cleaners - 10% off on orders of \$10 or more. 124 W. Reed, Moberly • 263-1681

Nelly's - Senior Buffet \$1 off regular price on Thursdays from 4:00 - 8:00 p.m. 407 Urbandale, Moberly • 263-7720

O'Loughlin Law Firm, LLC --Serving families with Aging Loved Ones-- not unique offer: "free consultation for all Estate Planning." Unique offer: \$100 off Revocable Living Trusts (May not be combined with other discounts) 1710 Gratz Brown, Moberly • 660-263-2600

Payless Shoe Source - 15% off of regular items only. 643 N. Morley, Moberly • 263-5520

Wellness Center at Moberly Regional Medical Center - 25% off monthly membership fee 1527 Union Ave., Moberly • 269-3060 or 269-3078

**EXPLORE & DISCOVER OPPORTUNITY**

Become part of an exciting program designed to meet the needs of the fastest growing population in the United States.....our seniors!

Senior Circle is currently seeking partners who want to reach the men and women in this unique demographic.

**Become a Merchant Partner! Call your Moberly Senior Circle office today at 660-269-3121**

♥ Over 100,000 Members and Growing (Approximately 600 in the Moberly Chapter).

♥ 120 hospitals across the country offer the Senior Circle program.