

HEALTH AND WELLNESS

Evidence-Based Program - Tai Chi

Tai Chi for Arthritis and Falls Prevention is a mind-body exercise program. Tai Chi is a moving meditation in the form of gentle, slow and fluid exercises. Research shows regular practice can prevent many health problems and help people better manage existing conditions.

- **Days:** Monday & Wednesday
- **Dates:** Feb. 3 - March 31
- **Time:** 11 a.m. - 12 p.m.
- **Location:** Liberty Community Center Red Room
- **Fee:** FREE (registration required)
- **Registration deadline is Jan. 29**
- **Age 60+ years requirement**

Past program participants significantly improved their:

- Strength
- Balance
- Flexibility
- Cardiovascular fitness
- Memory
- Confidence

For more information, please contact
Tonya Schmidt at tschmidt@libertymo.gov.



GUIDE TO YOUR GOLDEN YEARS

Liberty Silver Center



Let's Make Music

If you want to keep your brain engaged throughout the aging process, listening to or playing music is a great tool. Listening to music can reduce anxiety, blood pressure and pain as well as improve sleep quality, mood, mental alertness and memory.

Dates: Jan. 8, Jan. 22, Feb. 12, Feb. 26, March 12 & March 26

Time: 10 a.m.

Instructor: Rachele Morgan, Director of Soundscaping Source

Note: To learn more about Rachele Morgan, the instructor and Director of Soundscaping, go to www.soundscapingsource.com.



Painting with Friends

Painting is fun, creative, relaxing and can be a great stress reliever for seniors. Join Anita and start creating!

- **Day:** Mondays
- **Dates:** Jan. 8, Feb. 3 & March 3
- **Time:** 12 p.m.

Free Tax Prep

Get your federal and state tax return prepared for free. Bring your photo ID, Social Security card or ITIN, and any necessary tax documents. More instructions will be provided when you make an appointment. Sign up at the Liberty Silver Center starting Jan. 8.

- **Day:** Wednesdays
- **Dates:** To be Determined - If interested, please visit the Liberty Silver Center for more information.
- **Time:** 9 a.m. - 6 p.m.
- **Note:** This opportunity was made possible by Julie Riddle Field Specialist, Community Development Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE). Learn more at www.kcmetrofreetaxes.org.

Preventative Health Screenings A1C Clinic

This health screening hosted by North Kansas City Hospital provides several measurements that are useful for monitoring your overall health.

Date: Wednesday, Jan. 22

Time: 8 - 10 a.m.

Note: Fasting is not necessary, but reading will be more complete if you are able to fast.



Liberty Community Center

1600 S. Withers Rd.
Liberty, MO 64068
816.439.4360

Meals on Wheels

816.439.4398

Brigitte Thomas

Liberty Silver Center
816.439.4368

Angel Rose

Liberty Access Bus
816.439.4397

Hailey Kellerstrass

Community Services Manager
816.439.4396


Contact Us!

**January - March
2025**

How to Make the Most of your Doctor Visit

This presentation will be by Michelle with A Help at Home, preparing you on how to communicate effectively with seeing your doctor.

- **Date:** Thursday, Jan. 23
- **Time:** 11 a.m.

Diamond Art

Add a little sparkle to your life with diamond painting! Diamond painting is the process of applying tiny, resin rhinestones to preprinted design to create sparkling, vibrant and uplifting pieces of mosaic art.

- **Date:** Wednesday, Feb. 19
- **Time:** 9 a.m.

Remaining Safe in Your Home

85% of adults wish to remain living at home as long as possible. This reality can be achieved but only if home safety solutions are in place. Through this presentation we'll look at the most common areas of the home that pose a threat to safety: Entrances and exits; levels and stairs; bathrooms; and anywhere else transfers take place.

- **Date:** Wednesday, Feb. 19
- **Time:** 11 a.m.

Reel Liberty Film Festival

Introducing a new event from the Liberty Arts Commission - Reel Liberty Film Festival, presented in partnership with B&B Theatres and Visit Liberty. The film festival will transport audiences to a bygone era of crime-ridden streets and smoky nightclubs with Shadows and Secrets – A Film Noir Festival.

- **Date:** January 24 - 25

The festival will showcase two classic noir films from the 1940s and 1950s, "Sunset Boulevard" and "The Big Sleep" and two neo-noir films from 2005, "Brick" and "Kiss Kiss Bang Bang." Immerse yourself in the gritty world of film noir, where the lines between good and evil blur and the shadows hide secrets waiting to be uncovered. The Film Festival will be held at B&B Theatres in Liberty, located at 1903 Victory Drive.

Find more information online at www.libertymissouri.gov/reellibertyfilmfestival

CAUGHT ON CAMERA



Senior Real Estate Property Tax Relief Program Sign-up Event

Applications for the Clay County Senior Real Estate Property Tax Relief program opened on Jan. 1 for Clay County residents age 62 and older. Representatives from Clay County will be at the Silver Center to help you sign up. Applications are due by March 31.

Date: Friday, Jan. 24

Time: 9 a.m. - 4 p.m.

Souper Bowl Soup & Salad Lunch

Of course the Chiefs will be in the Super Bowl (fingers crossed) on Sunday, Feb. 10 so we want to put some good VIBES in the air to cheer them on. Come enjoy a hot bowl of homemade potato soup and a fresh salad.

- **Date:** Friday, Feb. 7
- **Time:** 11 a.m.
- **Fee:** \$2
- **Note:** If you would like to bring crackers, rolls or a dessert to share, please sign up at the Silver Center



Finding Your Path to Good Health

The Liberty Silver Center has teamed up with Drew Lericos with Humana to provide information to help you and your love ones get on the path for health and wellness.

- **Day:** Wednesdays
- **Dates:** Feb. 12 (Superfoods, Clean Eating: Ditch the Processed Food) & March 5 (The Power of Positive Thinking: When Life Gives You Lemons)
- **Time:** 11 a.m.

Valentine's Day Music BINGO

Will you be our Valentine? We would LOVE for you to come and spend Valentine's Day with us playing Music Bingo. Music Bingo is a fun spin on traditional BINGO. Come ready to recognize some Valentine's Day songs! Sponsored by Focus Health Group solutions.

- **Date:** Friday, Feb. 14
- **Time:** 10 a.m. or until prizes are gone.

