

## ONGOING ACTIVITIES

### Line Dancing

This class is for beginners and for those who want to brush up on their steps. This will be a slower-paced class with a thorough review of steps and dances. This is a drop-in class, come join the fun!

**Day:** Wednesdays

**Time:** 12:15 - 1:15 p.m.

### Story Keepers

This is a group who want to record life experiences and have fun doing it! Writing stories and reading them can be therapeutic. All materials are provided.

**Day:** Thursdays

**Time:** 12 p.m.

Story Tellers - Have a story to tell with the group? Call Brigitte at 816.439.4368 or email [bthomas@libertymo.gov](mailto:bthomas@libertymo.gov) to sign up and share. You will have an opportunity to share the last Thursday of the month at 11 a.m. Story telling is open to anyone!

### Cards & Games

There is Open Game Table daily at 9 a.m., Bridge on Tuesdays & Thursdays at 8 a.m., Learn to Play Mahjong on Wednesdays at 12 p.m. and BINGO every Monday & Friday starting at 9 a.m. (Except Birthday Party Fridays).

### Blood Pressure Checks

**Day:** Second and fourth Wednesday of the month

**Time:** 10 a.m.



# GUIDE TO YOUR GOLDEN YEARS

## Liberty Silver Center



### Sharon's Card Corner

Join us for some fun card making!

**Day:** Friday

**Date:** January 5, February 2 and March 16

**Time:** 12 p.m.

### Painting with Anita and Friends

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

**Day:** Mondays

**Date:** January 12, February 9 and March 9

**Time:** 12 p.m.



### Free Preventative Health Screenings

Would you like to learn more about your overall health? Attend the FREE Health Screening at the Liberty Silver Center, hosted by North Kansas City Hospital. This non-invasive cardio check health screening evaluates risk factors that can lead to cardiovascular disease, stroke, peripheral artery disease, osteoporosis and other serious illnesses.

**Date:** Wednesday, January 14

**Time:** 8 - 10 a.m.

**Note:** No fasting is necessary.

**Add on A1C testing** (Fee \$10): What does the A1C test measure? The percentage of your red blood cells that have sugar coated hemoglobin, essentially testing for diabetes.

### Let's Make Music

Keep your brain engaged and play music! Music can reduce stress, improve sleep and mood, mental alertness and memory. Come play with us!

**Day:** Wednesdays

**Dates:** January 14 and 28, February 11 and 25, March 11 and 25

**Time:** 10 a.m.



### Liberty Community Center

1600 S. Withers Rd.  
Liberty, MO 64068  
816.439.4360

### Meals on Wheels Main Line

816.439.4398

### Brigitte Thomas

Liberty Silver Center  
816.439.4368

### Angel Rose

Community Services Manager  
816.439.4397

### Hailey Kellerstrass

Meals On Wheels Coordinator  
816.439.4396

January - March 2026

## Puzzle & Game Swap

Tired of playing the same board games and puzzles? This is the perfect opportunity to clear out those games and puzzles you no longer play and pick up some “new-to-you” treasures to liven up your next games night!

**Date:** Friday, January 23

**Time:** 1 - 3 p.m.

**Sign up in the Liberty Silver Center!**

## Happy Birthday!

Let's celebrate life! Liberty Silver Center hosts a birthday lunch for everyone celebrating a birthday during that calendar month. This special event includes a fried chicken lunch, musical entertainment and of course, balloons!

**Day:** Friday

**Dates:** January 30, February 27 and March 27

**Time:** Music at 10 a.m. (DJ Carrie), Lunch at 11 a.m. - We start serving at 11:15 a.m. Please arrive early as seats fill up quick.

**Fee:** \$2 per person, FREE to birthday honorees

**Registration deadline:** 12 p.m. the day prior by contacting Brigitte at 816.439.4368. Let her know if you are a birthday honoree.

## Valentine's Day BINGO!

We would LOVE if you join us for Valentine's Day BINGO! Gear up for the Valentine's Day holiday with some fun and prizes. The game will end when all prizes are gone.

**Date:** Friday, February 13

**Time:** 10 a.m.

# CAUGHT ON CAMERA



## HEALTH AND WELLNESS

### Jump Start January - 1-hour Personal Training Sale

Ready to make the most of your new year? Join us for January Jump Start—a one-hour personal training session designed to help you get comfortable in the Fitness Center and create a plan that fits your goals.

**What you can expect:**

- Brief personal assessment (mobility, posture, goals, limitations)
- Guided workout primarily focused on fitness equipment
- Recommended next steps with a template to take with you

Whether you're new to working out or getting back into routine, this session will set you up for success as you tackle your health goals in the new year!

**Sale dates:** January 2 - February 3

**Price:** Members - \$58, Non-members - \$71

One purchase only for new training clients. Purchases can be made at the Liberty Community Center Welcome Desk at 816.439.4360 or with Tonya Schmidt, Recreation Coordinator at 816.439.4376.

### Healthy Heart Personal Training Sale

February is all about showing your heart some love! This Heart Month, commit to your health and fitness goals with **14% OFF** all individual personal training packages (4+ hours). Your heart will thank you, and so will your future self!

**Sale dates:** February 9 - 17

Purchases can be made at the Liberty Community Center Welcome Desk (816.439.4360) or with Tonya Schmidt, Recreation Coordinator at 816.439.4376.

### Tai Chi for Arthritis and Fall Prevention

This gentle and flowy evidence-based program recommended by the CDC, incorporates Tai Chi principles for improving health and wellness, as well as being proven effective for fall prevention. Tai Chi works through improving balance, confidence and muscular strength and has been proven as one of the most effective approaches to preventing falls. This program will meet twice a week (MW) for one hour over the course of 8 weeks. Participants will learn 21 different Tai Chi forms in a cumulative fashion throughout the program.

**Program dates:** April 6 - June 1

**Registration opens:** March 16

**Registration deadline:** March 31

**Days:** Mondays & Wednesdays

**Time:** 11 a.m. -12 p.m.

Reserved for participants 60+. To enroll, call the Liberty Community Center Welcome Desk at 816.439.4360 or Tonya Schmidt, Recreation Coordinator at 816.439.4376.

