JOHNSON COUNTY KANSAS

The Best Times

May-June 2024

INFORMING & SUPPORTING JOHNSON COUNTY'S 60+ ADULTS

Aging services take a stand against falling

Pages 12-13

Summer edition of 50 Plus inserted as middle section

www.jocogov.org/thebesttimes

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Programs and events offer chance to play pickleball.

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Theatre in the Park prepares to begin its 55th season.

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the editor's view

Gardening legacy of Dennis Patton

It was not surprising to me that Dennis Patton's final column was about the Master Gardeners biennial garden tour on May 17-18 in Johnson County.

The garden tour was the brainchild of Dennis and the late Lyn Holiday, a Master Gardener from the class of 1994, who organized the first event in 1998, as another opportunity to showcase the beauty and value of gardening in Johnson County.

He wrote this column while battling lung cancer. I received it on Jan. 26 on the eve of his final days in hospice care.

His enthusiasm for life manifested itself in his love and passion of gardening, vast technical skills and great growing tips and advice. In a eulogy by Tara Markey, director at the K-State Johnson County Research and Extension Office, Dennis was described as "a true educator no matter if it was in a classroom setting or in a garden."

Dennis was the kind of person you'd want to be your friend, peer or neighbor. He was the nicest person you'd ever meet and fortunate to have ever known. He was just a pleasant, cheerful person with a happy voice, an eager voice ready to share his fondness and advice about gardening and flowers.

He enjoyed putting his gardening wisdom into words. He wrote a gardening column for the Kansas City Star for more than 30 years, the Kansas City Gardener magazine for more than 27 years as well as for The Best Times over many years.

He offered practical advice and sometimes with a dose of humor. He once told readers to "Kiss your ash goodbye" in an article about the aggressive, evasive emerald ash borer. He also reminded us: "Life is too short for ugly plants."

His columns contained a folksy tone that never lectured. They instead shared insight and knowledge that was unique to Johnson County's growing climate.

Dennis was always uplifting and cheerful, and just a downright wonderful personality. He encouraged many people, young and older, to take up gardening, to volunteer at community gardens and become Master Gardeners, to go plant something and watch it grow, to truly stop and smell the roses in busy lives.

He called the close-knit community of gardeners in Johnson County, K-State Extension staff and local Master Gardeners his "family."

His legacy endures with the upcoming garden tour. In his final column, Dennis listed brief details of each of the six gardens for residents to visit, including the Patton Garden. It features "a meaningful collection of plants and budget-friendly landscape" and looks like "a million bucks." The garden was the "result of talent, hard work, ingenuity and know-how" by the homeowner/gardener … Dennis Patton. He purposely omitted that it was his garden on the tour at his home in Overland Park.

Tickets for the garden tour are $25 until May 1 and $30 after that date. More information on purchasing tickets and the six gardens is available at **johnson.k-state.edu** or by calling 913-715-7000.

The garden tour is one of Dennis Patton's bequests to our community, now and beyond. For more than four decades, he planted seeds of kindness and a gardening zest as much as flower seeds in his garden.

Dennis was special as a husband and father, a gardening expert, a mentor, a writer, a friend.

He is truly missed.

The Best Times

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Publishing of letters from readers, opinion columns or advertising does not constitute agreement or endorsement by this magazine or Johnson County Government.

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On the Cover

Mary Stapleton, left, Prairie Village, and Viola Yeager, Merriam, have benefited from several available county services and fall-prevention minor home repairs to enhance their personal safety.

Cover photo/Gerald Hay/CMO staff

Summer includes playing pickleball

By Mallory Ozier

Want to play or learn to play the popular sport of pickleball?

The Johnson County Park and Recreation District's 50 Plus Department is offering programs and events set to elevate the sport's presence this summer for players of all ages and abilities. A fusion of tennis, badminton and ping pong, pickleball is suitable for individuals of all ages and skill levels.

One of the department's flagship offerings is the "Drop-In Pickleball" program. It's a convenient option for players seeking a casual yet competitive environment without long-term commitments. The programs occur from 9 a.m. to 1 p.m. at three locations:

- Matt Ross Community Center, 8101 Marty St., Overland Park, and Tomahawk Ridge Community Center, 11902 Lowell Ave., Overland Park, from Monday through Friday for a $3 drop-in fee.
- New Century Fieldhouse, 551 New Century Parkway, on Tuesday, Wednesday and Thursday for a $4 fee.

For those eager for more structured guidance, the "Three or Four and a Coach" program at Meadowbrook Park, 9101 Nall Ave., Prairie Village, presents an opportunity for personalized instruction from JCPRD's pickleball instructors. Participants engage in tailored skill development sessions, addressing specific areas of improvement based on the player's needs.

Available for individual sign-ups or small group enrollment up to four, the program offers flexibility and tailored learning experiences to participants of varying skill levels. Visit **jcprd.com/pickleball** for fees and class schedules.

To satisfy the competitive spirit, the "Summer Convenience League" provides a platform for friendly yet spirited competition, starting on June 2 at Meadowbrook Park. The league enables participants of all ages to schedule weekly matches at their convenience. The fee is $38 per player/per division for gender and mixed doubles divisions spanning beginner to advanced skill levels.

The "50 Plus Summer Slam Pickleball Tournament" is planned July 11-12 at the Lenexa Community Center, 13420 Oak St. The event will feature fun competition across gender and mixed doubles in skill levels ranging from 3.5 and under.

The "50 Plus New Century Classic" tournament is set Aug. 16 at New Century Fieldhouse. With divisions tailored for gender and mixed doubles players in skill levels ranging from 3.0-4.5+, the tournament offers a platform for friendly rivalry and skillful play amid a welcoming atmosphere.

All tournaments have a $31 fee and require preregistration.

Whether seeking skill enhancement, social connections or simply a dose of summer fun, JCPRD pickleball programs stand ready to welcome all into their vibrant fold. For those eager to embark on their pickleball journey, visit the department's pickleball webpage for more information.

Preregistration for all pickleball programs is available by calling 913-831-3359.

Mallory Ozier is 50 Plus recreation coordinator at the Johnson County Park and Recreation District.

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May celebrates Older American Month

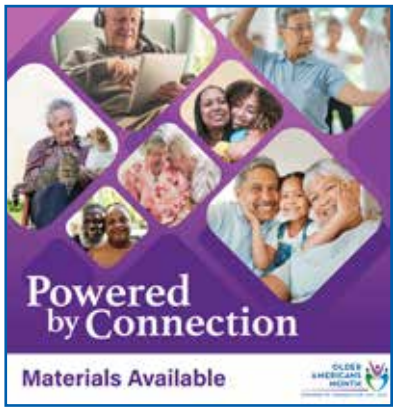
Older Americans Month, established in 1963, is celebrated every May. Led by a federal agency, the Administration for Community Living, OAM is a time to recognize older Americans' contributions, highlight aging trends and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact of meaningful connections on older adults' well-being and health. The Johnson County Department of Aging and Human Services is celebrating Older Americans Month by hosting a series of weekly classes in May.

If you want to hear more, please call 913-715-8800.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues or neighbors.



How can groups and businesses mark OAM?

- Through professional and personal networks, spread the word about the mental, physical, and emotional health benefits of social connection.
- Encourage social media followers to share their thoughts and stories of connection using hashtag **#PoweredByConnection** to inspire and uplift.
- Promote engaging opportunities, like cultural activities, recreational programs and interactive virtual events.
- Connect older adults with local services, such as counseling, to help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults or youths.

Medicare Fraud Prevention Week

As technology becomes more sophisticated, so does the threat of healthcare fraud. This is why in 2022, the Administration for Community Living established the Medicare Fraud Prevention week every June to raise awareness about prevention strategies to avoid Medicare fraud, abuse and errors.

Medicare Fraud Prevention Week will be celebrated June 3-9.

Fraud requires the intent to deceive or misrepresent information to receive undue or higher reimbursement. Common types of Medicare fraud and abuse include medical identity theft, billing for services or items that are unnecessary, unsolicited, or were not received, misrepresenting patient information with the intent to justify payment or bribes to providers or patients to solicit referrals and business.

The Centers for Medicare and Medicaid Services designated the 4 Rs for Medicare prevention:

(1) Record appointments and services
(2) Review services provided
(3) Report suspected fraud
(4) Remember to protect personal information, like your Medicare, Medicaid, Social Security, credit card and bank account numbers.

If you suspect Medicare fraud, errors or abuse, address it immediately by taking these steps:

- **Rule out error:** If you have questions about information on your or your loved one's Medicare Summary Notice or Explanation of Benefits, call the provider or plan and ask for an explanation.
- **Get help from the Kansas Senior Medicare Patrol** at 800-432-3535: If you are not comfortable calling the provider or plan or if you are not satisfied with their response, your local SMP can help you to identify and report fraud schemes and deceptive health care practices, such as illegal marketing or billing for services that were never provided.

COA meetings

The Johnson County Commission on Aging will meet at 9 a.m. Wednesday, May 8, in the Johnson County Sunset Drive Office Building, 11811 S. Sunset Drive, Olathe. There will be no meeting in June. For more information, call 913-715-8860 or 800-766-3777 TDD or visit **jocogov.org/coa**.

June 15 observes World Elder Abuse Day

June 15 marks World Elder Abuse Awareness Day, an annual opportunity to raise awareness and understanding about elder abuse.

Elder abuse is when a caregiver or trusted individual intentionally acts or fails to act in a way that causes harm to an older adult. It can come in various forms including financial, emotional, physical or sexual abuse, neglect or exploitation. People of all ages, identities and backgrounds are impacted.

An estimated 1 in 10 older Americans are abused annually, and individuals with cognitive impairments face a greater risk of abuse. Signs of elder abuse may be physical (weight loss, dehydration, unexplained injuries, unattended medical needs), emotional and behavioral (increased fear, isolation, unusual changes in behavior) and financial (unpaid bills, changes in spending patterns, fraudulent signatures on documents).

There are a variety of ways to prevent and address elder abuse such as spreading awareness, increasing services to reduce isolation, and reporting suspected mistreatment to authorities.

If you suspect an older adult might be at risk of abuse or neglect, you can call the Kansas Protection Report Center at 1-800-922-5330. In the case of a life-threatening situation, call 911 or local police.

For more information visit the website of the National Center on Elder Abuse: **ncea.acl.gov**.

Mature Workers Program helps older adults with job searching

Starting a new career or re-entering the workforce can present unique challenges to workers aged 55 and older. Whether you are going back to work to help make ends meet or you never stopped working but need a career change there is help in Johnson County.

Workforce Partnership is a workforce development system serving job seekers and their Mature Workers program supports job seekers through a variety of services.

Molly Turney, site director for Workforce Partnership and lead staff for the program, says the Mature Workers Roundtable is a great place for older adults to start. The roundtable meets on the third Wednesday of each month.

This program gives older adults who are seeking work the opportunity to understand the modern job search process and learn new skills. Every month a representative from a mature worker friendly employer comes to share information about their organization.

Here is a list of the specific services offered to mature job seekers:

Job Readiness

- Resume development
- Mock interviews
- Job search strategies
- Access to employers
- Monthly Mature Worker Roundtables
- Interest and ability assessments
- Labor market information

Education and Training

- Digital skills training
- On-the-job training opportunities
- Registered apprenticeships
- Financial assistance for classroom training for low/moderate income

Turney wants job seekers to know that the Mature Workers program is not a staffing agency. She does not have lists of jobs. Her role is to help older job seekers search for jobs and prepare for employment. She would love to speak to anyone who is interested in the program or who would like to get more information.

Call her at 913-279-2628 or email **mollyt@workforcepartnership.com**.

Kansas Legal Services

The Johnson County Department of Aging and Human Services partners with Kansas Legal Services to offer the following services to local residents who are 60+:

- Legal consultation on topics such as estate planning and advance directives
- Education and assistance with powers-of-attorney, living wills and consumer advocacy
- Assistance in accessing public health benefits.

For a list of upcoming appointment dates and locations, please visit **jocogov.org/aginglegalservices**.

County manager to detail proposed FY 2025 budget

By Jody Hanson

Johnson County leadership is looking ahead to the 2025 budget. The budget calendar has been set and includes plenty of opportunities for the public to learn and engage.

"Our budget process relies on hearing from the community, so we hope that you will take advantage of at least one opportunity to provide us with your feedback." said Johnson County Board of County Commissioners Chairman Mike Kelly.

County Manager Penny Postoak Ferguson will present her 2025 proposed budget to the BOCC in a public session, streamed live and recorded, on Thursday, May 23. The public can attend this meeting in person as well.

"A lot of hard work, strategy and expertise goes into the annual proposed budget," said Postoak Ferguson. "In addition, the proposed budget balances the needs voiced from our organization, the BOCC priorities and the feedback we hear from the community in our annual survey."

Thursday afternoons between May 30 and through the end of June will be dedicated to discussions on individual departments, agencies and offices, as well as external organizations that receive annual county funding.

The BOCC will set its maximum budget for publication on Thursday, June 27, at its regular business session in the hearing room located on the third floor of the Johnson County Administration Building, 111 South Cherry St., in downtown Olathe.

Also, in June, the county will hold public budget open houses on the budget, where attendees can take a deep dive into the 2025 proposed budget, ask questions and provide feedback.

These take place on June 3 at Central Resource Library (9875 W. 7th St., Overland Park) and June 10 at Monticello Library (22435 W. 66th St., Shawnee). For each date and location, open houses will be held from 10 a.m. to noon and 5 to 7 p.m.

More information about the budget process and any updates is available by watching the Johnson County Government's social media and visiting at **jocogov.org/budget**.

Jody Hanson is director of public affairs and communications at the Johnson County Manager's Office.

Survey reflects high satisfaction ratings

Residents of Johnson County again reported high satisfaction with the county's quality of life, services and programs, according to the 2024 community survey by ETC Institute of Olathe.

Overall satisfaction with Johnson County as place to live, work and raise children is among the highest in the nation. Nearly all (97%) of residents surveyed said they viewed the county as a good or excellent place to live.

A similar amount (96%) considered the county as a good or excellent place to raise children. 93% of residents reported an overall feeling of safety in Johnson County. That reflects a 3% increase over 2023 and compares to the national average of 66%.

Satisfaction with county services increased in 18 of the 25 categories asked about in the survey, and overall satisfaction with Johnson County's services came in 31% above the national average.

Areas of opportunities for extra emphasis included services provided by the Sheriff's Office, the Johnson County Mental Health Center and Aging and Human Services, the same three areas noted for emphasis last year.

The survey also asked how important it was for Johnson County to provide safety-net services for low-income individuals and families, and 63% thought it was either important or very important, consistent with last year's response of 64% for the same categories. It might not be surprising, then, to discover that access to health and human services was the top choice selected when respondents were asked to pick Johnson County's critical roles for the next 10 to 20 years.

The 2024 survey is accessible at **jocogov.org/communitysurvey.**

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The weekly public business sessions of the Johnson County Board of County Commissioners begin at 9:30 a.m. on Thursdays in the Johnson County Administration Building, 111 S. Cherry Street, in downtown Olathe.

Live coverage of the meetings is viewable on the Internet through the county's main website, **jocogov.org.**

Events to celebrate Juneteenth

Johnson County is again joining the nation in recognizing and honoring Juneteenth. A blend of the words June and nineteenth, Juneteenth is the oldest African American holiday observance in the nation.

The county's public The Jubilee of Juneteenth: Celebrating a Legacy of Freedom is scheduled from 4:30 to 6:30 p.m. Wednesday, June 19, at the Lenexa Civic Campus Commons, 17101 West 87th St., featuring speakers, music, children's crafts and food available for purchase in the Market..

The Johnson County Arts & Heritage Center, 8788 Metcalf Ave., Overland Park, is planning its 3rd annual Juneteenth commemoration and celebration from 10 a.m. to 1 p.m. June 8. Activities will include art, music, food and more. For complete event details, visit **JCPRD.com**.

Johnson County Library and Johnson County Museum are also planning activities with details to be announced soon.

Johnson County offices will be closed on June 19 in observance of Juneteenth.

Juneteenth celebrates the date (June 19) when Union troops arrived in Galveston, Texas in 1865 to ensure the freedom of all enslaved people in the state. The arrival came more than 2½ years after President Abraham Lincoln had issued the Emancipation Proclamation on Jan. 1, 1863.

Texas was the last Southern state to be formally notified of the president's action that established all enslaved people in Confederate states in rebellion against the Union "shall be then, henceforward, and forever free."

The 13th Amendment abolishing slavery was ratified on Dec. 6, 1865. The following year, the first celebration of "Jubilee Day" on June 19 was organized in Texas. In 1980, Texas became the first state to celebrate Juneteenth as a state holiday.

Several Johnson County and metro cities along with other organizations are also planning different ways for the community to honor the holiday.

More information on local Juneteenth activities when finalized will be available by visiting **jocogov.org/Juneteenth** and shared with local media and on social media.

CDC updates COVID info

The Centers for Disease Control and Prevention recently released new guidance and updated recommendations for how people and communities can protect themselves from respiratory viruses, including COVID-19.

When people get sick with a respiratory virus, the updated guidance recommends that they stay home and away from others. The recommendations suggest returning to normal activities if your symptoms are getting better overall and you have not had a fever for 24 hours and are not using fever-reducing medication.

Once people resume normal activities, they are encouraged to take additional prevention strategies for the next five days to curb disease spread, such as wearing a well-fitting mask, keeping a distance from others and/or getting tested for respiratory viruses.

The CDC also recommended adults ages 65 years and over receive an additional updated 2023-2024 COVID-19 vaccine dose, which can provide additional protection to older adults, who are at the highest risk of severe illness due to COVID-19.

Data continues to show the importance of vaccination to protect those most at risk for severe outcomes of COVID-19. An additional dose of the updated vaccine may restore protection that has waned since a fall vaccine dose.

Visit the Johnson County Department of Health and Environment's walk-in immunization clinics in Olathe and Mission to get the updated vaccine or vaccines.gov to find a vaccine near you.

Therapeutic Diets in Alzheimer's Disease (TDAD) Study

The TDAD study is a 3-month study for adults aged 50-90 years old, diagnosed with Mild Cognitive Impairment or Alzheimer's Disease, who have a dedicated study partner and are interested in brain benefits from healthy eating patterns.

Why Participate?

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- Education manuals with healthy recipes, tips for dining out, and sample menus
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Scan QR Code to submit an interest form

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Classes help adults with prediabetes

Did you know that in the United States, there are 96 million adults with prediabetes? That's equivalent to 1 in 3 adults! Shockingly, more than 8 in 10 of them aren't even aware of their condition.

Without intervention, many individuals with prediabetes could progress to type 2 diabetes within just five years, putting them at risk for serious health complications such as heart disease, stroke, kidney issues, and even amputation of toes, feet or legs. However, the good news is that prediabetes can often be reversed with appropriate action.

The Johnson County Department of Health and Environment encourages residents to take the Prediabetes Risk Test to determine if they are at risk. If your score is 5 or higher or you've been previously diagnosed by your healthcare provider, participation in the Diabetes Prevention Program helps people with prediabetes lose weight and increase physical activity. This can help reduce your risk.

Studies show that DPP participants can lower their risk of developing type 2 diabetes by as much as 58% (71% if you're over age 60). Additionally, many participants witness a drop in their A1c levels from the "prediabetes" to the "normal" range.

New DPP classes are starting soon, providing you with the support and guidance you need.

To find out more or to register, contact Anne Hayse, a registered dietitian at JCDHE, at 913-477-8128 or via email at **anne.hayse@jocogov.org**.

Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

1. How old are you? (Write your score in the boxes below)

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

You weigh less than the 1 Point column (0 points)

Total score:

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at https://www.cdc.gov/diabetes/prevention/lifestyle-program.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

American Diabetes Association. CDC

Step & Chat set May 29 in P.V.

Johnson County Park and Recreation District's 50 Plus is celebrating Older American's month in May with a Step & Chat program on May 29.

Residents of all ages are invited to take a strolling, beginning at 9 a.m. with staff at Meadowbrook Park, 9101 Nall Ave., Prairie Village.

Afterwards, attendees can enjoy coffee and a chat session to bring a perfect close to the festive month of celebration.

Space is limited. Register at 913-831-3359.

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Hand & Foot offers fun time for card players

Hand & Foot, a popular and fun card game renowned for its blend of strategy and social interaction, offers endless entertainment for all by the Johnson County Park and Recreation District 50 Plus Department.

Activities include a "Hand & Foot Tournament" including random partner assignment and prizes for the top teams along with snacks and refreshments. The event is scheduled for 1 p.m. Friday, May 10, at the Mill Creek Activity Center, 6518 Vista Ave., Shawnee.

Cost of admission, which is $10/$11 nonresidents, covers food and staff time to administer the tournament.

The 50 Plus program also offers weekly drop in Hand & Foot opportunities for card players to get together, socialize, learn the game and have fun. Preregistration is not required and a $1 fee is suggested. All activities are from 1-4 p.m. at the following locations:

- Tuesdays at Meadowbrook Park Clubhouse, 9101 Nall Ave., Prairie Village
- Thursdays at New Century Fieldhouse, 551 New Century Parkway
- Fridays at Mill Creek Activity Center

For more information or to register at Hand & Foot activities, call 913-831-2830.

Festival set on June 7

The 3rd Annual Meadowbrook Park Festival will take place from 4 to 9 p.m. Friday, June 7, at 9101 Nall Ave, Prairie Village.

Presented by The Parks and Recreation Foundation of Johnson County, residents of all ages are invited to shop Farfalla Events local artists + makers, sample a range of menus at the Food Truck Alley and enjoy live music throughout the evening.

Family entertainment includes KC Bubble Parties from 4 to 5:30 p.m., followed by Mr. Stinky Feet at 5:30 p.m. Be on the lookout for Stone Lion Puppet's roving puppets through the Great Lawn.

The Matchsellers, a Kansas City Bluegrass band, will take to the main stage from 7 to 9 p.m.

Attendees can walk or bike in, bring a blanket or chairs and gather with neighbors, family and friends to celebrate art and locals parks.

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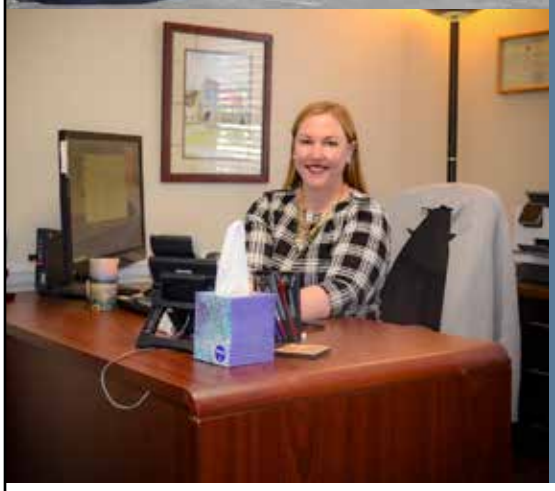

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www.CremationCenterKC.com

Event to focus on TV trivia

The 50 Plus Program would like to celebrate Older Americans Month by inviting residents to a "Let's Get Trivial" event with a free movie and TV trivia party!

The event will take place from 1:30 to 3 p.m. May 24 at the Roeland Park Community Center, 4850 Rosewood Dr.

Trivia will focus on movies and shows from the 1960s, '70s and '80s. Light refreshments will be served.

Please register online at **JCPRD.com/register**.

Barbara O'Leary is the Plein Air instructor.

Plein Air takes art outdoors

A six-week outdoors art program will invite participants to uncover the natural wonders of Shawnee Mission Park and refine their skills in color mixing and light representation while capturing nature's essence on paper or canvas.

Sponsored by the Johnson County Park and Recreation District 50 Plus Department, the next Plein Air session begins at 9 a.m. Wednesday, May 15, at Shawnee Mission Park, 7900 Renner Road, Shawnee.

The cost for six, 2½-hour sessions is $68 for Johnson County residents and $75 for nonresidents.

For more information, to register or obtain a supply list, call 913-826-2830.

Learn, act, advocate during Mental Health Awareness Month

By Sonia Khosla

May is Mental Health Awareness Month, an annual observance raising awareness, providing support and resources and reducing the stigma around mental health.

This year's theme, "Where to Start: Mental Health in a Changing World," acknowledges the ever-present challenges we face and their impact on our well-being.

Learn

The world throws a lot at us – inflation, loss and grief, physical health changes and more. However, there are ways for us to learn about new resources to navigate our changing world like the 988 Suicide & Crisis Lifeline. You can call or text 988 if you or a loved one are experiencing a mental health crisis, including risk of suicide, self-harm, or substance use, and a trained crisis counselor will be available to provide support and resources.

If someone is an immediate danger to themselves or others, please call 911.

Act

There are many ways to take action – big and small – to improve your mental health. Take a mental health screening on **screening.mhanational.org**. Mental health screenings help identify symptoms of a mental health disorder.

Screening tools provide an anonymous, free, quick and easy way to learn about your mental health and if you are showing warning signs of a mental health condition. These screening tools are a great starting point, but we encourage you to share your results with your doctor, mental health provider or a loved one so they can help support you.

Your screening results can be used to start a conversation with your primary care provider or a trusted friend or family member.

Advocate

Changing the conversation around mental health takes all of us. Sharing your story can help break down the stigma. It's never too late to talk openly about your feelings with loved ones.

Consider sharing articles like this one and previous editions of "Best Times" (which can be found on **jocogov.org/best-times**) to spark conversations with family, friends and neighbors.

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. This month, we seek to reduce the stigma around mental health struggles and mental illness.

We encourage you to participate in these activities and follow along on **@jocomnh** on Facebook for more Mental Health Awareness Month content.

Sonia Khosla is a communications specialist for the Johnson County Mental Health Center.

Gamin' event offers fun for all ages

Who's up for some summertime fun while beating the heat?

Parents/ grandparents are invited to go gamin' with their children/grandchildren on Monday, May 20, at the New Century Fieldhouse, 551 New Century Parkway, near Gardner.

Event features fun and games with icebreakers, bingo, dance parties and more. Light refreshments will be served.

The intergenerational event is for ages 5 and older with an adult and is $8 per person or $9 for nonresidents.

Cost of admission covers food (or snacks) and staff time to administer the bingo program. No additional charge for bingo.

Register online at JCPRD.com/register.

library connection

Libraries book art galleries

By Elissa Andre

Johnson County Library's printed activity guide is now available in branches.

The Guide is published three times per year – summer, fall and spring. The Summer 2024 Guide is your source for the latest Library information for the months of May-August; inside you'll find upcoming events and programs, service highlights, branch updates, volunteer opportunities and more.

Quilt from the fiber arts display at Lenexa City Center Library.

Within the Guide you can also learn about the Library's art exhibitions, a popular feature at many of our branches since the early 1970s and an enjoyable way to beat the heat on a hot summer afternoon.

Exhibitions at the Library serve a dual purpose: not only do they beautify our spaces, but they also aim to inspire viewers and promote community connection.

Johnson County Library currently offers dedicated gallery spaces in 10 of our 14 locations: Blue Valley, Cedar Roe, Central Resource, Corinth, Gardner, Leawood Pioneer, Merriam Plaza, Lenexa City Center, Oak Park and Shawnee Libraries. We are proud to share work from a diverse selection of Kansas City metro area visual artists across a variety of mediums.

Installations rotate a minimum of three times per year; summer exhibitions are installed on or around May 1.

In January 2024, we were thrilled to expand our partnership with InterUrban Arthouse, an Overland Park nonprofit that offers arts programming for the community. They now oversee the curation of nine of 10 gallery spaces, while Library staff will continue to curate exhibits at Central Resource Library.

"We see them as the experts," shared Bryan Voell, the Librarian who led curation efforts. The partnership ensures that the quality of art installations remains the same, while freeing staff to work on offering additional programming opportunities for Library patrons.

Voell was reminded of how important Library gallery spaces are one day when he met a woman using a mobility scooter at the Central Resource branch.

"She told me this is where she comes to enjoy art and learn about the artists, because it's more easily accessible to her than local galleries and museums," he said.

Information about the Summer 2024 art exhibitions is available on page 22 of the Guide and at **jocolibrary.org/exhibitions**. Gallery locations vary within each branch.

Elissa Andre is marketing & communications manager at Johnson County Library.

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Services take a stand on falls

By Gerald Hay

Remember the long-running catch line in the 1980s, "I've fallen, and I can't get up"?

Johnnie Weasmer, a 73-year-old Merriam retiree, knows that situation. A resident of the Sunflower Apartments, she recently fell on the lawn outside her building.

"I don't know why I fell, just that I did. I wasn't seriously hurt, just wobbly, on the ground, and needing help," she said.

According to the Centers for Disease Control and Prevention, falls are the leading cause of injury and injury-related death for the aging population. About 1 in 4 older adults (age 65 and older) will fall each year in the United States. Most falls occur at home.

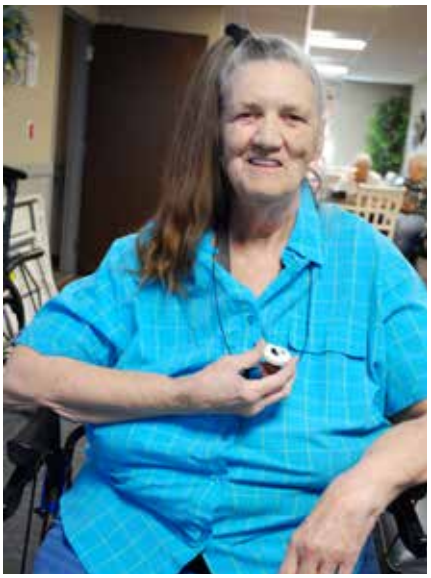
In 2023, Johnson County MED-ACT ambulances were dispatched to 6,915 calls involving falls. Nearly 90% of the calls, totaling 6,021, involved residents 60 or older.

Weasmer had an emergency alert pendant as part of the in-home services offered by the Johnson County Department of Aging and Human Services. She wore the pendant around her neck. When she used the pendant to signal a need for help, first responders arrived within minutes.

"MED-ACT helped me get back up, then I went on about my day," she said. "Having a way to call for help after falling was a blessing, a real blessing."

As an AHS client, Weasmer was equipped with alert pendant, and in her situation, she had no co-pay. The county department does not provide a personal safety device or manage the emergency system, but AHS does connect eligible applicants to businesses that do.

She also was provided a toilet seat riser, and grab bars were installed in her bathroom at no cost, all to reduce the risk of falling.



Johnnie Weasmer, top, has an emergency alert pendant and Viola Yeager, right, received a walker. Both devices were free.

Personal safety services and home repairs are available at AHS and Johnson County Housing Services, a division of the Department of Planning, Housing and Community Development. The departments serve as a tag team to support older adults living independently, offering help with minor home repairs and other tasks to preserve their safety and independence.

A free walker

Viola Yeager, another resident of Sunflower Apartments, benefited from a 4-wheel walker to assist her mobility. The walker came from the Department of Aging and Human Services at no personal cost to her since she was a client.

"I like being independent as much and as long as possible, but I have to be very, very careful when moving and living on my own," she said. "God has always taken good care of me."

Yeager recently celebrated her 91st birthday.

Mary Stapleton of Prairie Village has also received a free walker, but not from Johnson County. It was a hand-me-down.

"It's my mother's walker. She died in 2017. At that time, I didn't realize I would be using it," Stapleton said. "Time has changed that."

Lingering spinal issues, bad knees and other aging ailments have taken their toll on her. At age 65, Stapleton moves slowly, shuffling her feet and resting often. At times, she needs the walker to lessen a risk of falling in the ranch house where she has lived for the past two decades.

Johnson County's minor home repair programs have completed projects to make her home safer by removing falling risks.

Free grab bars and handrails

Through AHS, grab bars were installed inside and outside the shower. Handrails were added to the front and rear door entrances.

Falls take a sad annual toll. According to the Centers for Disease Control and Prevention:

- **Each year, about 3 million older adults are treated in emergency departments for a fall injury.**
- **One out of every 5 falls causes an injury, such as broken bones or a head injury.**
- **Falls also are the most common cause of traumatic brain injuries.**
- **Each year at least 300,000 older people are hospitalized for hip fractures.**
- **More than 95% of hip fractures are caused by falling – usually by falling sideways.**
- **Women fall more often than men and account for three-quarters of all hip fractures.**

Services enhance safety, reduce falling risks

"I would have broken something," Stapleton said, adding the old rickety handrails and no grab bars in the bathroom were an accident that luckily didn't happen.

Through Housing Services, her carpeting was removed as a potential tripping hazard. Prior to that improvement, Stapleton had fallen a few times without serious injury on the loose wall-to-wall carpeting that resembled the grooves on a washboard.

"It was beyond being stretched in getting the lumps out," she said.

Housing Services also replaced her rear door for improved accessibility and weatherization.

"I could stick my finger in the gap in the door on one side and my thumb in the gap on the other side," Stapleton said.

New handrails were installed at no cost to the front door at Mary Stapleton's home.

The home repairs were free since she was eligible and met all requirements in trying to make her ends meet as a low-income retiree. The bulk of her retirement income pays for housing and utility costs.

"These are lifesavers. That's important at my age when living alone," Stapleton said, "They try to keep us in our homes longer. Everything that was done has been a blessing."

Departmental coordination

The safety enhancements required cooperation and coordination between Housing Services and the Department of Aging and Human Services.

"The partnership with Mary's house has opened communication with Housing Services that goes both ways when we are dealing with senior issues in Johnson County. We look forward to working with them in the future," said Carol Colnar, deputy director of Area Agency on Aging at AHS.

Heather McNeive, director of Housing Services, agreed.

"We were happy to partner with our colleagues in Aging and Human Services to maximize available grant resources and ensure this resident can stay safely in her home. Frequently, one grant-funded program can't cover all the needs. Through collaboration, we can address the gaps and ensure healthy aging in place," she said.

Minor home repairs by Housing Services can also include installing wheelchair access ramps and replacing steps for home accessibility.

AHS has shower benches available for eligible clients needing them.

Stapleton encourages other aging adults to check out the programs for possible eligibility to reduce in-home hazards that can cause a fall.

"You have to verbalize," she said. "You need to ask and see if you can get some help."

Aside from home repairs, Aging and Human Services also provided Stapleton a companion pet. It's a robotic, interactive pet with soft fur with animatronic movements and sounds of a real cat to share time, as needed, in living alone to help avoid social isolation.

"That's Kikipoo," Stapleton said with a smile. "It's a perfect pet for me. I don't have to worry about any special care, vet bills or feeding. She purrs and meows, likes petting and hugging, and there's no litter box to change."

Eligibility for services requires applying for them

Eligibility generally is the same in applying for aging services or minor home repairs at Johnson County Housing Services and/or at the Johnson County Department of Aging and Human Services.

The programs require completion and submission of an application.

Income limits are based on median annual income guidelines published by the U.S. Department of Housing and Urban Development: $57,750 for one-person households and $66,000 for two-person households. The guidelines are changed annually.

AHS services primarily target older adults, people with disabilities, low-income families and other residents who require assistance.

Applicants for Housing Services must be a Johnson County resident, must own and occupy the residence as their primary residence and be current on the payment of property taxes. Also, the home cannot be for sale. It requires a property inspection, assessment of eligible repairs and contractor availability.

Housing Services does not make emergency home repairs. Home rehabilitation projects, such as window, water heater and furnace replacement, are also provided, if needed and approved.

A homeowner's eligibility also varies on where an applicant resides. The county program does not serve residents in Olathe or Lenexa. Both cities have housing rehabilitation/repair services for their eligible applicants/residents.

More information on Johnson County Housing Services is available by calling 913-715-6612 or visiting **jocogov.org/housing**.

More information on AHS services is available by calling 913-715-8861 or emailing **AHS-AgingInfo@jocogov.org**.

Deadline nears; election workers needed

By Sophia Misle

As the primary election on Aug. 6 approaches, Johnson County voters should mark June 3 on their calendars – the deadline for changing party affiliation.

The two major political parties in Kansas, the Republican and Democratic parties, will typically restrict their party nominating elections to registered voters who are affiliated with their respective parties.

The upcoming primary election will serve as the nominating process for the Republican and Democratic parties, determining these parties' candidates for partisan contests in the Nov. 5 general election.

Judi Farmer, left, and Nancy Kukay are veteran election workers.

Republican and Democratic precinct committee positions will also be on the Aug. 6 primary election ballot.

Voters wanting to change their party affiliation must submit a new voter registration application at **jocoelection.org/registration** before noon on June 3. Unaffiliated registered voters can affiliate with a political party at any time before or after June 3, including at a polling location on Election Day.

All voters are encouraged to visit **jocoelection.org/VoterView** to ensure their voter registration information is accurate and, if necessary, submit a new voter registration application.

For more information, call the Johnson County Election Office at 913-715-6800.

Election workers needed

The Johnson County Election Office is actively seeking dedicated individuals to serve as election workers for the upcoming August Primary Election.

Election workers play a crucial role in supporting our democracy by assisting voters at polling sites and fulfilling essential duties at the election office.

"Voting is the very foundation of our democracy, and it's our civic duty to contribute to the democratic process," said Nancy Kukay, a seasoned election worker.

Judi Farmer agreed.

"I have been an election worker for many years, and I really enjoy helping people vote," she said.

Approximately 2,000 election workers are needed for this upcoming election. Election workers will receive a $150 stipend for Election Day support and a $25 stipend for training.

Individuals wanting to be election workers must be residents of Johnson County, registered to vote at their current address, complete mandatory training and be available for the entire Election Day.

"Elections would not be able to happen without the dedication and support of election workers," Johnson County Election Commissioner Fred Sherman said.

The Aug. 6 primary election will feature state and local offices on the ballot, including Kansas Senate, Kansas House of Representatives, Johnson County District Attorney, the State Board of Education and Johnson County Sheriff.

Those interested in becoming an election worker can apply online at **tinyurl.com/applyjocoelc** or call the election worker line at 913-715-6836 for more information.

Sophia Misle is the election communications coordinator at the Johnson County Election Office.

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Companion Pets offer possible purr-fect option in loneliness

In 2017, Surgeon General Vivek Murthy declared loneliness an "epidemic" among Americans of all ages. This warning was partly inspired by medical research that revealed damage that social isolation and loneliness can inflict on a body.

The two conditions are not the same: isolation is not having much contact with the world, and loneliness is a feeling that the contact you have is not enough. Both are thought to prompt a heightened inflammatory response, which can increase a person's risk for dementia, depression, high blood pressure and stroke.

It is well known that social isolation disproportionately affects older adults, many of whom often only have social contact out of the home at community venues or places of worship. Older people are more susceptible to loneliness; 57% of Americans who are 60+ identify as lonely.

The Johnson County Area Agency on Aging and other AAAs nationwide, have been exploring strategies to address social isolation and loneliness among older adults. Recently one initiative involved offering Joy for All Companion Pets, a type of robotic pet, to some clients. These clients were able to select either a dog, cat or bird as their companion.

Robotic pets themselves are not new, but their usage to address social isolation and loneliness among older adults skyrocketed during the pandemic. Operating on batteries, these pets don't walk to prevent any tripping hazards, yet they feature moving eyes and heads, as well as sounds like barking, purring and meowing.

Equipped with sensors, these companion pets can interact with people, respond to touch, and adapt to their surroundings. Companion pets allow socially isolated older adults to receive similar gratification and comfort that they would from live pets by calming anxiety, decreasing loneliness and providing a better quality of life — without needing to worry about food or vet bills. These cute animals bring all the love of pet ownership without any of the pet care responsibilities to their owners.

Paula Quade, top, and Donna Story, above, enjoy having Companion Pets.

Many older adults who love pets can no longer take care of them, and these companion pets are a great substitute. They make life-like noises, move, and can be loved and snuggled. During difficult times, these companion pets are even more comforting and appreciated by isolated older adults.

Individuals who received the pets have had positive response to their new "companion." They are delighted to have company when watching television, reading and resting. Many recipients have been eager to show off their pet to friends or family.

Martha White, who received a cat companion, stated, "It sits nearby on a chair in my bedroom. I talk to it often. It started up one day, and I told it to stop all that meowing. Then I thought maybe I do need that cat more than I thought! I have had more fun with that cat; it has made my day more than once. I tell my grandkids I have a cat, and they always say no, you don't, and then I go grab it. I have had a really good time with it."

Many owners have named their pets and have bonded quickly.

"I enjoyed sitting and talking with them; he would talk back and bark back at me. It was so nice, and I miss my own dog; it was nice to have the replacement; it was a true companion. I would take it with me throughout the building and put it on my walker when I went downstairs to get the mail," Paula Quade said.

"My son and grandkids were so happy I had it because they knew how much I missed my dog. When I moved in here, the grandkids said let's get grandma a dog, but I said no because I would have to take it out and feed it."

For more information about the programs implemented by JCAAA to combat social isolation and loneliness, call 913-715-8801.

Tim Wholf is director of the Johnson County Department of Aging and Human Services.

Waste collection site marks first year

By Brandon Hearn

The improved Johnson County Household Hazardous Waste collection facility at 11231 Mastin St., Overland Park, is celebrating completion of its first year since opening last summer.

Although only operating half a year, the facility collected more than 90,000 pounds of hazardous waste in 2023. Over 5,600 residents and 53 Johnson County businesses were able to safely dispose of their waste. Recycled materials, including oil, antifreeze, batteries, light bulbs and propane, totaled more than 20 tons.

The new location is still by appointment only for dropping off old paint, stains, yard chemicals and all the other household items that are accepted in the HHW program.

Matthew Thomas sorts materials at the Household Hazardous Waste collection facility.

Since opening in 1993 in its original location at the Nelson Wastewater Treatment Plant in Mission, the county HHW program has collected more than 12 million pounds of waste from over 350,000 drop-offs.

So, what happens to the waste? Technicians with the Johnson County Department of Health and Environment will unload the vehicle and sort the items into categories, including latex paint, corrosives (usually found in cleaners), poisons (pesticides/insecticides) and flammable liquids, just to name a few.

Once separated the chemicals are stored in a safe location until they are collected by a hazardous waste contractor. About 80% of collected materials are recyclable.

Usable latex paint from Johnson County homes is mixed into several different colors on site. The paint is then available for purchase for between $20-$35 per five-gallon bucket. Proceeds help to fund the HHW program. More than 18,000 pounds of latex paint was re-blended and reused last year.

Gasoline and other flammable liquids, which are collected, are eventually used as a fuel source. Collected batteries and fluorescent light bulbs are sent to a recycler. The main item that ends up in the trash are empty paint cans. Residents can also put these empty cans in their trash container at home.

Residents are invited to shop in the Free Store where usable products are made available at no charge. Items include stain, household cleaners and car care products. No appointment is needed to purchase paint or shop the Free Store. Approximately 28,700 pounds of reused items were given back to residents through the Free Store in 2023.

The Johnson County HHW Facility is open year-round on Monday, Wednesday and Thursdays as well as the second Saturday of the month (March through October).

Residents can schedule a drop-off at the facility by going online at **jocogov.org/hhw.** For qualifying disabled or homebound residents, Johnson County offers a mobile collection service. More information about this program or to schedule an appointment, call 913-715-6907.

The city of Olathe also has a HHW location at 1420 S. Robinson Drive that any Johnson County resident can use at no charge. The facility offers weekday appointments and a monthly drop-off event where no appointment is necessary. More information is available by calling 913-971-9311.

For questions about recycling, Johnson County HHW program or anything else environmental, please contact me at **brandon.hearn@jocogov.org** or 913-715-6936.

Brandon Hearn is environmental health specialist at the Johnson County Department of Health and Environment.

Wastewater launches new billing portal

By Melissa Reeves

Exciting things are coming for Johnson County Wastewater customers.

JCW will be launching a new user-friendly, electronic payment system this summer to replace our current system. With this new portal, you can manage your account and pay your utility bill anytime 24/7, set it and forget it with AutoPay, Pay by Text, link multiple accounts and more!

This platform will also allow you to pay through your digital wallet with Apple Pay and Google Pay, or you can continue to use ACH, American Express, VISA, Discover and/or Mastercard.

There are no additional fees to use this platform, only the standard 2.4% processing fee for online credit card and digital wallet payments that is currently required when making credit card payments through the payment portal.

If you do not want to pay online or go paperless, you can choose to continue to mail in your payment, pay over the phone, use our drop box located outside of the Sunset Building or pay in person at our customer service counter located at 11811 S. Sunset Dr., Suite 2500, Olathe, KS 66061.

New Bill Design

Also, we are redesigning your wastewater bill to make it easier to read and understand what you owe and how to pay. The new bill is currently under design, and a sample bill will be available in the coming months.

Enhanced Notification System

We are rolling out an enhanced notification system that will help you stay informed of work being done in your neighborhood by JCW or an authorized contractor. Building on the county's existing utilization of NotifyJoCo, you can now opt in to receive wastewater updates that will be targeted by neighborhood for line cleaning and repair, capital improvement projects and more.

You will also be able to check your address on a GIS map at **jocogov.org/jcw-projects** and get additional details about any wastewater work that impacts you. Visit **notifyjoco.org** to get started!

For assistance

If you have any issues or general questions, our friendly customer service staff are available 8 a.m. to 5 p.m. Monday-Friday by calling 913-715-8500. You can also email **JCW-Solutions@jocogov.org**.

Visit us online at **jcw.org** to stay up to date on these exciting changes!

Melissa Reeves is community relations manager at Johnson County Wastewater.

TIP raises curtain on 55th season

By David Markham

A loving send-up of the 1950s, small-town America, teenagers and rock & roll, and a story that will take audiences from the twilight of the Russian Empire to the euphoria of Paris in the 1920s kick off the Theatre in the Park's 55th outdoor season in Shawnee Mission Park.

"Bye Bye Birdie," rated PG, will be on the park's stage from May 31 through June 2, and June 5-8, while "Anastasia: The Musical," also rated PG, will be presented June 14-16 and June 20-22.

Each show runs approximately 2.5 hours with one 15-minute intermission.

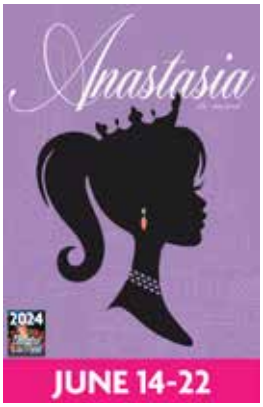
Other shows in TIP's 2024 outdoor season are:

- "Anything Goes," rated PG, June 28 through July 6
- "Hello, Dolly," rated PG, July 12-20
- "Sister Act," rated PG-13, July 26 through Aug. 3

Much more information about the theatre and this year's productions is available at the Theatre in the Park's website, theatreinthepark.org.

For outdoor productions, the box office opens at 7 p.m., gates to the theatre bowl open at 7:30 p.m. Shows begin at 8:30 p.m. General admission is $10 for adults, $7 for youth ages 4 to 10, plus tax, and free for children 3 and under, but tickets are still required.

Tickets can be purchased at the box office or online. "Anytime tickets" available via either ticket-buying method, are not specific to a certain night or performance, and can be printed out at home and scanned at the gate. A limited number of reserved tickets for outdoor chairs are also available for every performance for $20 each plus tax.



Continuing in 2024 are Thrifty Thursdays. Thursday night performances come with a 20% discount. This makes adult tickets $8 and children's tickets $5.60, plus tax. The discounted tickets must be purchased at the box office on the evening of the show.

The Movies in the Park program lets participants see popular recent films on a big screen on the TIP stage for only $1 per person at the gate. The first two movies are "The Super Mario Brothers" on June 4 and "Despicable Me" on June 18.

All films will be shown on selected Tuesday nights when musical productions are not scheduled.

Other summer movies are:

- "The Little Mermaid" (2023), rated PG, July 2
- "How to Train Your Dragon," rated PG, July 16
- "Barbie," rated PG-13, July 30

Movies start between 8:30 and 8:45 p.m., depending on sunset.

The Theatre in the Park's outdoor location is north of the main entrance to Shawnee Mission Park at 7710 Renner Road in Shawnee.

David Markham is communications specialist at the Johnson County Park and Recreation District.

Meadowbrook plans Derby Party

A Derby Party is planned from 10 to 11:30 a.m. May 3 in the Meadow Park Clubhouse, 9101 Nall Ave, Prairie Village, in celebration of the 150th annual Run of the Roses horserace.

Activities will include Mint Julep mocktails and socializing.

Attendees are invited to decorate their own Kentucky Derby hat to prepare for the big day! Supplies provided or bring their own.

Prize will be awarded to best dressed attendee in Southern charm attire.

Cost is $16/$17 nonresidents.

3 Reasons Why People are Thinking About Selling in 2024

HSH

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01
Surging Home Values
More than 80% of metro areas experienced home price gains, with some markets posting double-digit increases.*

02
High Demand
With fewer homes on the market, demand for available homes is higher than ever. It will take 2.8 months to move the current inventory level, well below the desired pace of 6 months.**

03
Market Optimism
With inflation on the decline and the Feeral Reserve sending promising signals, there is optimism for dropping mortgage rates.***

*National Association of REALTORS®, November 2023
**National Association of REALTORS®, "November 2023 Existing-Home Sales Rise After Five Months of Declines," December 2023
***Forbes, "Mortgage Rates Forecast For 2024," December 2023

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Program monitors blood pressure

May is Stroke Awareness Month. Did you know each year about as many Americans have a stroke as a heart attack? Fortunately, about 80% of strokes are preventable.

A stroke happens when a blood vessel to the brain is blocked or bursts, disrupting blood and oxygen flow and causing brain cell death. Every stroke is unique but commonly result in physical symptoms like paralysis, muscle issues and seizures, as well as communication difficulties and emotional changes post-stroke.

High blood pressure, also known as hypertension, is the primary controllable risk factor for strokes, yet over a third of American adults with it are unaware. There's only one way to know whether you

have high blood pressure – have a health professional measure it.

Measuring your blood pressure is quick and painless. Blood pressure should be checked at least once a year by a health professional, and diagnosing high pressure requires two or three readings on at least two occasions. Home monitoring with the use of automated devices is also a good way to keep a check on your blood pressure.

Do you need help monitoring your blood pressure? The Healthy Heart Ambassador program available at the Johnson County Department of Health and Environment is designed to help adults diagnosed with hypertension manage and lower their blood pressure. During the four-month program you will work one-on-one with a trained coach to learn how to record and monitor your blood pressure and how to eat a heart healthy diet.

To enroll you must be aged 18 or above and diagnosed with high blood pressure. However, those with recent cardiac events, atrial fibrillation, arrhythmias or lymphedema or at risk for it are ineligible.

To learn more about or enroll in the program, contact Estella Fondzeka at 913-477-8348 or **estella.fondzeka@jocogov.org.**

Turkey Creek Festival set at Antioch Park

The annual Turkey Creek Festival, featuring the Creek Chic Arts and Crafts Market, will take place from 10 a.m. to 4 p.m. May 18 at Antioch Park, 6501 Antioch Road, Merriam

The full day of family entertainment features free kids' activities, live music, 5k walk/run, food trucks and more.

Concerts are planned 10-11:30 a.m. Unplugged; noon-1:30 p.m., Uproot; and 2-4 p.m. Landrush.

A pie eating contest is schededuled at 1 p.m.

The Creek Chic Arts and Crafts Market features local artists and makers, offering handmade, vintage and repurposed treasures.

Program explores crime lab

By Tiffany Hanna

The Johnson County Crime Lab in Olathe stands as a fortress of forensic sciences, playing a pivotal role in the pursuit of justice in Kansas.

The state-of-the-art facility offers a spectrum of forensic services essential for solving crimes.

Johnson County Park and Recreation District's 50 Plus Department is sponsoring a special "Lunch & Learn – Crime Time" program from noon to 1:30 p.m. Tuesday, June 11. The event will take place at Matt Ross Community Center, 8101 Marty Dr., Overland Park.

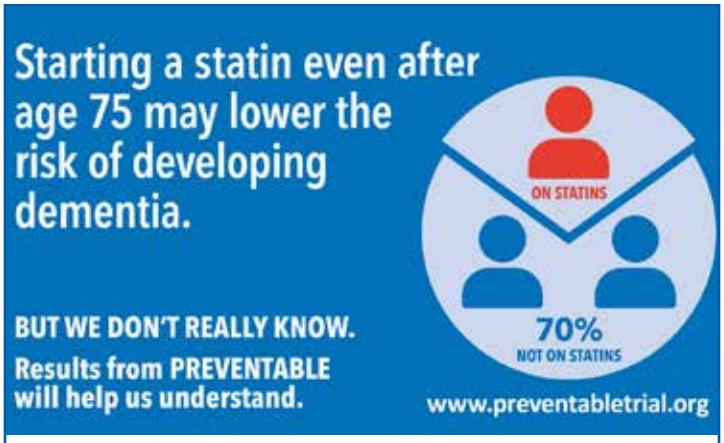
The cost is $34 residents/$37 nonresidents and includes a catered lunch.

Crime Laboratory Director Ross Capps will present on the capabilities of the crime lab, including its main disciplines: latent fingerprints, crime scene, firearms and toolmarks, digital evidence, toxicology and drug chemistry.

Capps encourages audience-led content for his presentations. He has been with the Johnson County Sheriff's Department for 28 years, serving as crime lab director for the past seven years.

For more information or to register for the event, please call 913-826-2833.

Tiffany Hanna is the travel coordinator at the Johnson County Park and Recreation District.



The #PREVENTABLEtrial is one of the largest research studies in adults 75 years or older. The study will test if taking a statin could help prevent dementia in older adults. Study participants will contribute valuable information on how we age and may benefit from additional memory and physical function monitoring. Compensation is available for those who participate!

Who is eligible?

- **Adults over 75 years of age**
- **Those NOT currently taking statin medication**
- **Those without a history of stroke or heart attack.**

Find out more by contacting
Erica Lower, project coordinator
at elower@kumc.edu or 913-588-6052.

Comedy improv set in May

Johnson County Park and Recreation District 50 Plus Department is offering an opportunity to experience the exhilarating world of comedy improv tailored specifically for the county's senior population.

Comedy improv exercises focus on spontaneous and unscripted interactions.

For older adults, improv can be particularly beneficial as it promotes mental agility, memory retention and overall cognitive function.

Activities include:

• "Introductory Comedy Improv Event." An experienced instructor will provide an exercise and game and explain the many social and health benefits of participating in comedy improv. The free event will take place at 5:30 p.m. Wednesday, May 22, at the Roeland Park Community Center, 4850 Rosewood Drive.

• "Comedy Improv Class." A nine-week program involves a variety of improv exercises and games designed to enhance participant's spontaneity, teamwork and comedic timing. Week 9 will include a student showcase for family and friends. The class starts at 5:30 p.m. Wednesday, June 5, at the Roeland Park Community Center. Costs are $65/$67 nonresidents.

Registration is required by calling 913-831-3359 or online by visiting the 50 Plus webpage at **jcprd.com/50plus**.

Museum plans new exhibit

"Free to Be…A 1960s Fashion Revolution" is a groovy look at four themes in 1960s women's fashion in a new exhibition, opening June 1 at Johnson County Museum.

Each theme in the exhibit represents a major trend in self-expression during the historical movements and significant shifts of the iconic decade.

Curated in partnership with Johnson County Community College's Fashion Merchandising and Design Program, the exhibit will feature garments from JCCC program's extensive collection.

The museum, located in the Johnson County Arts & Heritage Center, 8788 Metcalf Ave., Overland Park, is open from 9 a.m. to 4:30 p.m. Monday though Saturday and closed Sunday and on holidays.

Admission costs to the museum are $6 for adults; $5 seniors, students, and military; $4 for children; and free for museum members.

Johnson County Museum is managed by the Johnson County Park and Recreation District.

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Active retirees find meaning outdoors

By Sara Wiercinski

Studies repeatedly show how the benefits of volunteering contribute to an overall healthier life. This is especially true when you find an opportunity that matches your talents and interests.

Even those who worked inside for their careers have found meaning in their retirement years by volunteering outside.

Cherie Ziegler is among the Tuesday morning volunteer gardeners at the Sunset Community Garden, located in Olathe between the Sunset Drive Office Building and the Johnson County Department of Health and Environment.

In 2022, Ziegler retired from a career in Human Resources. Since then, Tuesday morning gardening at Sunset has become part of her routine.

"I like being here. I like being outdoors. It gives me a great sense of joy to be giving back to people who are in need and who may not have the resources to find this fresh food that we pull for them every week," she said. "I have also learned a lot about gardening for my own purposes."

Naturalist volunteers work at the Pollinator Prairie site in Olathe.

In 2023, the Sunset Community Garden produced 12,000 servings of fruits and vegetables for the community. Walk inside the public health space inside Health and Environment building, and you'll find a nutrition nook area (complete with refrigerator and shelving) offering seasonable produce to the public. Local food pantries also receive portions of the harvest.

Sunset Community Garden in Olathe produced 12,000 servings of food last year.

This summer, the Sunset Community Garden will host a series of pop-up farmers markets offering "pay what you can" seasonal produce for the public. Markets are scheduled for June 11, July 9, and Aug. 13.

The garden relies on community volunteers. Drop-in help is welcome. No previous gardening knowledge is necessary, making it distinct from the Extension Master Gardener program which involves formal training and ongoing volunteer commitments. This is another fantastic option for those looking to volunteer outside.

While the Sunset Community Garden grows food, education and ecological awareness are the hallmarks of the Pollinator Prairie, a project of the Extension Master Naturalist volunteers.

Located in downtown Olathe, the demonstration garden was formerly the site of a chemical recycling facility. After remediation involving the United States Environmental Protection Agency, the site was returned to the community in May 2012. It has since been maintained by the Extension Master Naturalists who are responsible for its transformation into an ecological habitat. You'll find mostly native plants that provide pollinators like bees, birds and butterflies sources of food, shelter and safe areas for breeding.

Extension Master Naturalists also coordinate annual educational events to raise awareness about the importance of pollinators.

Ann Tanner is an Extension Master Naturalist who volunteers at the Pollinator Prairie.

"I am a pharmacist by training but a naturalist at heart. After retirement, I found my passion working with others to promote conservation and education," she said. "In doing so, I discovered it is meaningful to be involved in something much greater than myself. It brings me joy to work with native plants and wildflowers at the Pollinator Prairie Gardens and among the bees, butterflies and birds the gardens attract."

On June 21, Extension Master Naturalists will present Wonders of Discovery, a one-day event for the public and day-camp children from Johnson County Parks and Recreation to learn about the importance of pollinators and ways to support them.

Come tour either (or both) of these lovely Johnson County gardens, where volunteers power the work. We welcome you to our public educational events as well because learning takes place at every age.

If you have time and talent to share and are interested in learning more about volunteer opportunities with Johnson County K-State Research and Extension – whether indoors or outdoors – visit **johnson.k-state.edu** or call 913-715-7000.

Sara Wiercinski is communications manager at the Johnson County K-State Research and Extension Office.

extension connection

Silver Clovers has returned

By Joy Miller

Johnson County K-State Research and Extension is reintroducing Silver Clovers, a program for adults aged 50 and older.

Your actions today affect your physical and mental future; they impact your longevity and quality of life. Centenarians, people over 100, know this better than anyone else. Centenarian's attribute optimal aging throughout the lifespan to 12 key practices to embracing aging, including:

- Positive attitude
- Eating smart and healthy
- Physical activity
- Brain activity
- Social activity
- Tuning-in to the times
- Safety
- Know your health numbers
- Stress management
- Financial affairs
- Sleep
- Taking time for you

In the Silver Clover program, Extension Agents and Extension Master volunteers offer educational and enrichment activities to support the 12 practices. With access to online, in-person and on-demand educational and enrichment opportunities, people can enhance their knowledge, build skills, practice healthy behaviors and connect with others.

Online and In-Person Programs

Extension services partners with Johnson County and city departments providing a variety of educational programs open to the public for a nominal to zero-dollar fee.

Every month, WITS Workout is held virtually through Zoom.

Other programs offered include cooking and nutrition classes, managing chronic diseases, Medicare, sewing and quilting, birding 101, gardening and much more. For a list of upcoming events or to register for a class, visit **Johnson.k-state.edu**.

On-Demand Programs

The Silver Clovers YouTube Channel **@jocoextension** features videos from Johnson County Extension agents and volunteers sharing valuable information and demonstrations. Here you'll find videos about walking techniques and how volunteering can benefit you.

A few upcoming topics include container gardening, open class fair entries and easy kitchen tool adaptations. You're likely to find something of interest among the 32 videos now available.

To find out all about Silver Clover's classes and videos, sign up for monthly email notifications at **tinyurl.com/JoCo-SilverClovers**.

Questions? Contact 913-715-7000 or **joy.miller@jocogov.org**.

Joy Miller is the family and community wellness agent at the Johnson County K-State Research and Extension Office.

AHS expands assistance on utilities

With the rising costs of living many families find themselves struggling to keep the lights on, the water flowing and the warmth of home within reach.

The Johnson County Utility Assistance Program, managed by Johnson County Aging and Human Services, has been a crucial support for low-income households for more than 45 years.

With a recent allocation of funds from the American Rescue Plan Act in addition to standard budget funding, AHS is expanding efforts to assist more households facing financial strain due to past-due utility bills.

Financial assistance may be provided for paying electric, water, gas, wastewater or propane utility bills. Assistance with past-due utility bills or payment plans may also be available for eligible Johnson County residents.

For more information, contact 913-715-6653 or visit **jocogov.org/utilityassistance**.

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Composting reduces food waste

By Brandon Hearn

More than 50 million tons of food is thrown away each year in the United States. Food waste makes up roughly 25% of the nation's trash.

If you want to help eliminate food waste, you can donate usable food to friends, family and pantries. You can plan your meals to avoid buying too much food. And, lastly, you can compost your food waste instead of simply tossing into the trash can.

If you choose to compost food yourself, you'll need a compost bin. There are many types of compost bins, including ones you can make yourself or others that you can buy at retail locations such as a hardware store.

Johnson County K-State Extension has resources that can help you start composting today by visiting **ksre.k-state.edu** and searching "Composting Yard Waste."

Backyard composting isn't for everyone, however. Try one of these other composting options instead:

- Compost Collective KC (**compostcollectivekc.com**) collects food waste from households, businesses and apartments. It also has a bin-swap program. Food waste goes to Urbavore Urban Farm for processing into compost.
- KC Can Compost (**kccancompost.com**) collects food waste from individuals, businesses and special events along with offering drop-off locations.
- Olathe residents can now take food waste to the City of Olathe Yard Waste drop-off location at 1100 Hedge Lane. The drop-offs go to Missouri Organic Recycling for composting.

Missouri Organic Recycling (**missouriorganic.com**) collects food waste from businesses and larger scale food waste sources. The firm also work with the Chiefs and Royals and even collect the food waste from Shawnee Mission School District school cafeterias.

The Shawnee Mission School District has done a fantastic job with food waste collection in all its school lunchrooms. The Gardner Edgerton School District started a similar program with plans to expand food composing to include more schools.

Composting is a wonderful way to keep food waste out of the landfill, but the best way to reduce food waste is to not waste the food to begin with. Being careful to not purchase too much food in bulk and storing perishable foods the correct way are two of several ways that you can avoid wasting food.

Interested in learning more about these options, please contact me at **brandon.hearn@jocogov.org** or 913-715-6936.

Brandon Hearn is environmental health specialist at the Johnson County Department of Health and Environment.

at your service

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Payment for classified ads and business card ads must be paid in advance by the invoice due date prior to ad publication.

Classified ad requests are not accepted after the third day of the month preceding the publication. For more information on the classified ad or business card ad process, contact Tim Phenicie.

Email: tim.phenicie@jocogov.org
Call: 913-715-8920

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Call **913-341-6096** or email **JLindenbaum@KC.RR.COM**

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Hey Seniors! Did you know May was named after the Roman goddess Maia? She oversaw the growth of plants, and June brings beauty in all forms, from flowers to sunlight. Midspring is a good time to check out the **Senior Computer Users Group of Greater KC (SenCom)**. Did you know we offer tech-oriented classes geared for seniors? If taking a class is not your thing, maybe you're looking for a venue to socialize with other like-minded seniors. Our popular Lunch and Learn meeting might be what you're looking for. Visit **www.kcsenior.net** for a listing of classes and meetings that we offer. At our meetings you can ask questions and discuss relevant issues about your devices. Call **Lou** at **913-298-0575** for more information about SenCom.

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May-June classifieds

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SHRUB REMOVAL. No shrub too big or too small. Call/Text **Tim** (**The Shrub Removal Guy**) **913-620-1092.**

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T.O.P.S. Take Off Pounds Sensibly. We are all about community and support. We help each other physically, mentally, and emotionally. We meet at the Central Resource Library on Thursdays and we weight in at 11:00 to 11:30. The meeting start at 11:30 a.m. The library is located at 9875 West 87th. Overland Park, KS. 66212 . Please call **Sharon Beckman** at **816-898-4558** or **Laurie Plumb** at **913-706-2788.**

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May-June classifieds

SERVICES PROVIDED

Kids Summer Art Camp. In South Olathe, starting age 10. Nine weeks = $225.00. (June 5th thru July 31st). Wednesdays from 10-12 or 1:30-3:30. Contact **carol.rondinelli@sbcglobal.net** for more info and to sign up.

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CEMETERY SALES

JoCo Memorial Gardens 3 side by side plots in, Peace Garden. Asking 2800.00 each
Call **Diane. 816-985-2779.**

Johnson County Memorial Gardens. 2 plots in Garden Of Prayer. $3750 each or best offer. Retail is $6595. Please contact **Paula** at **913-220 4388**.

Jo Co Memorial Gardens lots located in Garden of Apostles lot 213 Section A spaces 1, 2, 3, 4. $3750 each for a total of $15,000 or best offer. Retail $19,500.00. This is a bargain. **Bailey** at **913-449-4699**.

For sale: 2 interment spaces at **Johnson County Memorial Gardens**, Cross Lawn Crypt Section. **John. 804-514-0988.**

Priced to Sell! **Johnson County Memorial Gardens**, Prayer Garden Lawn crypt. Retail $5590 (price negotiable). Crypt includes a bronze on granite headstone. Call **Mary Loraine. 816-216-6936.**

Oaklawn Memorial Gardens, Olathe. 4 spaces next to road in Resurrection South. Will sell 1, 2, or 4 at $3000/each. Retail is $4395. Please call **Jane. 913-486-5446.**

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May calendar

Games: Board Game Bonanza. Mondays. 1-3 pm. $1. Roeland Park Community Center. Board game enthusiasts of all levels are welcome to play, connect and discover new favorites! Come alone or bring a friend! Play one of our games or bring one of your own!

NEW Senior Strength. Tuesdays & Thursdays. 8:30-9:30 am. Fit class pass or $45/monthly. Merriam Community Center. This 50 +strength class is specifically designed to cater to the fitness needs and abilities of older adults, typically aged 50 and above. The primary focus of this class is to improve and maintain overall strength, flexibility, balance and functional mobility.

Crafts: Drop-in Paint Group. Wednesdays. 12:30-3 pm. $1. Roeland Park Community Center. Looking for a fun and creative way to express yourself? Look no further than our drop-in paint group! Bring your own materials and let your imagination run wild as you create your own unique works of art.

Silver Screen Matinee. Wednesdays. 1 pm. Free. Merriam Community Center.

May 1

Mental Health Workshop. 1-2:30 pm. FREE. Merriam Community Center. Hosted by JOCO Mental Health staff, this workshop is an opportunity to ask questions, learn about JOCO's Co-responder program and find out what mental health resources are available in our region. Merriam police officers are available to answer questions.

May 2

Tim Murphy Art Gallery Reception. 7-8:30 pm. FREE. Merriam Community Center. "Nature In Harmony" featuring David Schaber and Kimberly Yates. Light appetizers & beverages. The exhibit is open to the public through June 1.

May 7

Technology: Small Group Computer or Cell Phone Tutoring. 10 am-noon. $25/$29. Roeland Park Community Technology instructor to help attendees learn, work, create, navigate and thrive in the digital world. Call 913-831-3359 to register.

May 9

50+ Springtime BINGO. 1:30-3:30 pm. $5. Merriam Community Center. Win prizes! Snacks & drinks provided. Sponsored by The Atriums Senior Living Community. Call 913-322-5550 to reserve a spot.

May 13

Understanding Social Security. 1-2:30 pm. $5/$6. Roeland Park Community Center. Review Social Security benefits and earnings records reported on a statement. Program presented by K-State Extension. Call 913-831-3359 to register.

May 14

Good Gut Health. 10-11:30 am. $5/$6. New Century Fieldhouse. The health of the bacteria in your gut is often overlooked. The health of your gut can affect your mental health, weight and many other functions. Learn how to get better gut health to help you feel your best. Program presented by K-State Extension. Call 913-831-3359 to register.

May 15

Art: Plein Air. 9-11:30 am. $68/$75. Shawnee Mission Park. Explore the outdoors and learn how to translate it to paper or canvas by painting outdoors. Learn color mixing, light representation and more. Contact 913-826-2830 for full supply list and to register.

May 23

Popcorn & Puzzles. 1-2:30 pm. FREE. Merriam Community Center. May is Older Americans Month, and we're celebrating the joy and wisdom of the 50+ community. Come enjoy freshly popped popcorn and refreshments while playing sudoku, crosswords and jigsaw puzzles. Call 913-322-5550 to reserve a spot.

May 30

Gamin' with the Grandkids. 1:30-3 pm. $8/$9. New Century Fieldhouse. Who's ready for some summertime fun? Enjoy an afternoon of icebreakers, bingo, dance parties and more. Light refreshments served. Call 913-831-3359 to register.

June 6

Understanding Social Security. 1-2:30 pm. $5/$6. New Century Fieldhouse. Review Social Security benefits and earnings records reported on a statement. Program presented by K-State Extension. Call 913-831-3359 to register.

Tim Murphy Art Gallery Reception. 7–8:30 pm. FREE. "Natural Wanderings" featuring works by Jean Denney and Chris Gipson. Light appetizers & beverages. The exhibit is open to the public through June 29.

50+ Slide into Summer BINGO. 12:30-3:30 pm. $7. Merriam Community Center. Enjoy lunch before bingo. Slider sandwiches, chips and drinks provided. Bingo starts at 1:30 pm. Call 913-322-5550 to reserve a spot.

June 10

Small Group Computer or Cell Phone Tutoring. 10-12 pm. $25/$29. Roeland Park Community Center. Technology instructor to help attendees learn, work, create, navigate and thrive in the digital world. Call 913-831-3359 to register.

June 11

Lunch and Learn: Crime Time. 12-1:30 pm. $34/$37. Matt Ross Community Center. Ross Capps, director of the Johnson County Crime Lab, presents a live program on a behind-the-scenes look at the crime lab and its capabilities and forensic disciplines. Enjoy a catered lunch before presentation. Doors open at 11:50 am. Call 913-831-3359 to register.

June 18

Cooking Basics for One. 10-11 am. $5/$6. Matt Ross Community Center. Cooking great tasting and healthy food does not have to be intimidating and complicated. Learn the basics of how to plan, prepare, read a recipe and make modifications when cooking for just one. Program presented by K-State Extension. Call 913-831-3359 to register.

June 26

History of Nicodemus (Virtual). 1-2 pm. Free. Virtual program. Nicodemus, Kan. was founded by newly freed slaves in 1877 and remains the oldest and only predominantly Black community west of the Mississippi. Join Karla Bates-Adams, native descendant of Nicodemus and Graham County travel and tourism chair, as she shares its history and involvement in the Western Expansion. Call 913-831-3359 to register.

FACILITY LOCATIONS

BLUE VALLEY REC: Blue Valley Recreation Activity Center, 6545 W. 151st St., Overland Park; 913-685-6090; bluevalleyrec.org.

CENTRAL RESOURCE LIBRARY: 9875 W. 87th St., Overland Park; 913-826-4600 and Press 3 for all Johnson County Library reservations.

EXTENSION: Johnson County K-State Research and Extension, 11811 S. Sunset Drive, Olathe; 913-715-7000; johnson.ksu.edu/classes.

ARTS & HERITAGE: Arts & Heritage Center, 8788 Metcalf Ave., Overland Park; 913-826-2787; jocoAHC.com.

LENEXA SENIOR CENTER: 13425 Walnut St., Lenexa; 913-477-7100.

MAHAFFIE STAGECOACH STOP AND FARM: 1200 Kansas City Road, Olathe; 913-971-5111.

MATT ROSS: Matt Ross Community Center, 8101 Marty St., Overland Park; 913-826-2830.

MEADOWBROOK PARK CLUBHOUSE: 9101 Nall Ave., Prairie Village; 913-826-2975.

MERRIAM COMMUNITY CENTER: 6040 Slater St., Merriam; 913-322-5550.

MILL CREEK: Mill Creek Activity Center, 6518 Vista, Shawnee; 913-826-2950.

NEW CENTURY: New Century Fieldhouse, 551 New Century Parkway, New Century; 913-826-2850.

OLATHE DOWNTOWN LIBRARY: 260 E. Santa Fe, Olathe; 913-971-6850.

OLATHE INDIAN CREEK BRANCH LIBRARY: 16100 W. 135th St., Olathe; 913-971-6835.

PRAIRIE VILLAGE: Prairie Village Community Center, 7720 Mission Road, Prairie Village; 913-381-6464

ROELAND PARK: Roeland Park Community Center, 4850 Rosewood Drive, Roeland Park; 913-826-3160.

SHAWNEE CIVIC CENTRE: 13817 Johnson Drive, Shawnee; 913-631-5200.

SYLVESTER POWELL: Sylvester Powell Community Center, 6200 Martway St., Mission; 913-722-8200.

TOMAHAWK RIDGE: Tomahawk Ridge Community Center, 11902 Lowell Ave., Overland Park; 913-327-6645.

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my JCPRD activities

50 Plus edition

May - August 2024 **Find programs for all ages at JCPRD.com/Activities**

JOHNSON COUNTY Park & Recreation District

JCPRD programs and events are featured in *every other issue of* The Best Times, and highlights four months of programming. This issue focuses on information through August 2024.

Don't wait, sign up today!

This is only a sampling of 50 Plus-related offerings. Visit JCPRD.com/50Plus for complete and updated program and event listings.

ENRICHMENT & SPECIAL INTERESTS

Cards: Bridge

Join in on the classic game of Bridge. We offer opportunities to learn how to play and improve your game. Visit the Card & Games page at JCPRD.com/50plus for full program details.

Cards: Beginning Bridge

8 - 2 hr. sessions - $89 / $98 nonresidents

39002	MRCC	6/18	Tue	4 pm

Cards: Bridge Workshops

1 - 2 hr. class - $13 / $14 nonresidents

39010	MRCC	Rule of 40	5/16	Thu	9 am
39011	MRCC	Lead Directing Double	5/30	Thu	9 am
39015	MRCC	Opening Leads	6/13	Thu	9 am
39019	MRCC	Defensive Signals	6/27	Thu	9 am
39021	MRCC	Rule of 8	7/11	Thu	9 am
39023	MRCC	Closeness of Honors	7/25	Thu	9 am
39025	MRCC	Rule of 20	8/8	Thu	9 am
39026	MRCC	Rule of 15	8/22	Thu	9 am

Cards & Games Drop In Play:

Play with friends and make new ones participating in these fun weekly groups! Suggested fee for all groups is $1 per person. (*partner required)

MATT ROSS COMMUNITY CENTER

Pinochle	Mon	Noon - 4 pm
Chess	Tue	8:30 am - 11 am
Progressive Bridge	Tue, Thu	Noon - 4 pm
Duplicate Bridge*	Wed, Fri	Noon - 4 pm
Cribbage	Fri	8:30 am - 11 am

TOMAHAWK RIDGE COMMUNITY CENTER

Duplicate Bridge*	Mon	Noon - 4 pm
Mah Jongg	Thu	1 pm - 4 pm

MEADOWBROOK PARK CLUBHOUSE

Mex. Train Dominoes	Mon	1 pm - 4 pm
Hand and Foot	Tue	1 pm - 4 pm
Mah Jongg	Wed	1 pm - 4 pm

NEW CENTURY FIELDHOUSE

Mah Jongg	Tue	1 pm - 4 pm
Pitch	Wed	1 pm - 4 pm
Hand and Foot	Thu	1 pm - 4 pm
Mex. Train Dominoes	Fri	1 pm - 4 pm

ROELAND PARK COMMUNITY CENTER

Mah Jongg	Thu	1 pm - 4 pm

MILL CREEK ACTIVITY CENTER

Hand and Foot	Fri	1 pm - 4 pm
Mah Jongg	Tue	1 pm - 4 pm

Crafts: Caring Hands Knitting Group

Join this generous group who knit and crochet hats, scarves, and mittens for charity. Free lessons given to beginners Yarn donations accepted. Call 913-826-3160 for information.

1 - 2 hr. drop-in - FREE

38893	RPCC	5/7-8/27	Tue	1 pm

Crafts: Drop-in Paint Group

Looking for a fun and creative way to express yourself? Look no further than our drop-in paint group! Bring your own materials to create works of art.

1 - 2.5 hr. drop-in - $1

38894	RPCC	5/1-8/28	Wed	12:30 pm

Crafts: Hobby Group

Love crafting? Bring whatever project you are working on and get crafty with other members of your community. Meets weekly.

1 - 2 hr. drop-in - $1

38895	RPCC	5/3-8/30	Fri	1 pm

Crafts: Silver Hair & Golden Needles

Join this new knitting and crochet group for socializing while you work on the current project for charity. Yarn donations accepted.

1 - 3 hr. drop-in - $1

39030	NCF	5/2-8/29	Thu	3:30 pm

Games:

BINGO

1 - 2 hr. event- $6 / $7 nonresidents

39048	NCF	Happy Camper	5/22	Wed	1:30 pm
39053	RPCC	Red Poppies	5/30	Thu	1:30 pm
39052	TRCC	Hole-in-one	6/5	Wed	1:30 pm
39060	MBPC	Bookworm	6/13	Thu	1:30 pm
39046	MRCC	Party in the USA	7/3	Wed	1:30 pm
39061	MBPC	Pool Party	7/11	Thu	1:30 pm
39054	RPCC	Vacation Destinations	7/25	Thu	1:30 pm
39062	MBPC	BingOlympics	8/8	Thu	1:30 pm
39051	NCF	Lemonade Stand	8/14	Wed	1:30 pm
39055	RPCC	BBQ	8/21	Wed	1:30 pm

(Continues next page)

See programs & events for all ages at JCPRD.com/activities

BOARD GAME BONANZA

NEW! Gather around for a board game bonanza! This is a haven for board game enthusiasts of all levels. Play one of our games or bring one of your own!

1 - 2 hr. drop-in - $1

38897	RPCC	5/6-8/26	Mon	1 pm

INTRO TO MAH JONGG LESSONS

4 - 2 hr. sessions - $53 / $58 nonresidents

38917	RPCC	5/8	Wed	1 pm
38918	RPCC	6/4	Tue	1 pm
39121	MBPC	7/1	Mon	10 am
38930	RPCC	7/10	Wed	1 pm
39122	MBPC	7/29	Mon	10 am
38931	RPCC	8/2	Fri	1 pm

OUTBURST® (VIRTUAL)

1 - 1 hr. class - FREE

38898	Virtual Program	6/17	Mon	1 pm
38899	Virtual Program	8/20	Tue	10 am

SCATTERGORIES (VIRTUAL)

1 - 1 hr. class - FREE

38900	Virtual Program	5/28	Tue	1 pm
38901	Virtual Program	7/22	Mon	1 pm

Gardening: Gardening with a Master Gardener (VIRTUAL)

Join the K-State Extension Office on a variety of gardening topics and discuss your gardening questions with a master gardener.

1 - 1 hr. class - FREE

38993	Virtual	Growing Vegetables	5/7	Tue	2 pm
38996	Virtual	Shade Gardening	6/4	Tue	2 pm
38997	Virtual	Creative Houseplants	7/9	Tue	2 pm
38998	Virtual	Curb Appeal	8/6	Tue	2 pm

Gardening: Native Plant Walk

Come experience the colors of summer on a walk-through Meadowbrook Park's native garden with our landscape specialist.

1 - 1 hr. program - $5 / $6 nonresidents

39000	MBPC	7/17	Wed	9 am

Gardening: Porch Planters

Get creative and hands on while designing a summer planter to spruce up your deck. Design your own or get guidance from Meadowbrook Park landscape specialist. Plants, pots, and soil included.

1 - 1 hr. class - $45 / $50 nonresidents

39001	MBPC	5/15	Wed	10:30 am

Special Interest: AARP Smart Driver Course

Completing an AARP Smart Driver Course can mean a discount with some insurance companies. No tests given and no AARP membership card required. Reserve your spot, space is limited! Pay with check at the door.

1 - 4 hr. session - $20 / $25 non-AARP Members

39154	TRCC	5/16	Thu	9 am
39098	RPCC	6/1	Sat	9 am
39092	MRCC	7/15	Mon	9 am
39101	RPCC	8/3	Sat	9 am

Special Interest: Be in the Know...Alzheimer's and Dementia

Learn how to recognize common signs of Alzheimer's and dementia; how to approach someone about memory concerns; importance of early detection and benefits of diagnosis. Presentations by Alzheimer's Association.

1 - 1 hr. class - FREE

***Our virtual programs are offered via Zoom**

Registration is required at least 24 hours in advance. Programs are subject to meeting minimum registrations. Information on how to access the program will be sent no later than 9 am on the day of the program to those who register/RSVP.

HEALTHY LIVING FOR YOUR BRAIN: TIPS FROM THE LATEST RESEARCH

39006	MBPC	5/1	Wed	2 pm

SUMMER SAFETY FOR DEMENTIA CAREGIVERS

39007	Virtual Program	6/5	Wed	2 pm

EFFECTIVE COMMUNICATION STRATEGIES

39008	Virtual Program	7/10	Wed	2 pm

KNOW THE 10 WARNING SIGNS

39009	MBPC	8/7	Wed	2 pm

Special Interest: Cooking Basics for One

Learn the basics of how to plan, prepare, read a recipe, and make modifications when cooking for just one. Program presented by K-State Extension.

1 - 1 hr. class - $5 / $6 nonresidents

39106	MRCC	6/18	Tue	10 am

Special Interest: Digital Estate Planning

NEW! As part of your estate, have you thought about how your digital files and accounts will be handled? Program will discuss how to prepare for what will happen to your digital assets, media, and online accounts. Program presented by K-State Extension.

1 - 1 hr. class - $5 / $6 nonresidents

39110	MRCC	7/25	Thu	10 am

Special Interest: Eating Healthy on a Budget

NEW! Learn tips and tricks to stretch your food dollars while maximizing nutrition. Program presented by K-State Extension.

1 - 1 hr. class - $5 / $6 nonresidents

39112	MRCC	7/30	Tue	10 am

Special Interest: Good Gut Health

The health of the bacteria in your gut is often overlooked. It can affect your mental health, weight, and many other functions. Learn how to get better gut health to help you feel your best. Program presented by K-State Extension.

1 - 1.5 hr. class - $5 / $6 nonresidents

39113	NCF	5/14	Tue	10 am
39115	MCAC	7/26	Fri	1 pm

Special Interest: History of Nicodemus (VIRTUAL)

Nicodemus, Kan., was founded by newly freed slaves in 1877 and remains the oldest and only predominantly Black community west of the Mississippi. Join Karla Bates-Adams, Native Descendant of Historic Nicodemus and Graham County Travel & Tourism Chair as she shares its history and involvement in the Western Expansion.

1 - 1 hr. class - FREE (Registration required)

38957	Virtual Program	6/26	Wed	1 pm

Special Interest: JFK Presidential Library (VIRTUAL)

Discover the JFK Library Foundation's mission with Executive Director Rachel Flor. Learn about museum exhibits, the Profile in Courage Award, Moonshot Initiative, and more.

1 - 1 hr. class - FREE (Registration required)

38958	Virtual Program	7/11	Thu	10 am

Special Interest: Kitchen Gadgets 101

NEW! Need new ideas to make meal prep and cooking easier? Come learn the basics about common and a few uncommon kitchen gadgets that will make cooking easy and fun again. Program presented by K-State Extension.

1 - 1.5 hr. class - $5 / $6 nonresidents

39013	MBPC	6/12	Wed	1 pm

Special Interest: Medicare - An In-Depth Look

This class is for soon to be and current Medicare beneficiaries. Receive information regarding Medicare and healthcare options, benefits, and choices. Program presented by K-State Extension.

1 - 1.5 hr. class - FREE

39125	MCAC	5/23	Thu	1 pm
39118	NCF	8/20	Tue	10 am

Learn more about the 50 Plus program at facebook.com/groups/jcprd50plus

Special Interest: Not So Sweet Facts About Sugar
Sugar seems to be in everything these days. Learn how to identify this sneaky ingredient in foods, why manufactures add it in, and how we can work to reduce sugar intake. Program presented by K-State Extension.
1 - 1.5 hr. class - $5 / $6 nonresidents

38959	RPCC	8/14	Wed	1 pm

Special Interest: Nutrition Made Simple
Does healthy eating confuse you? This presentation breaks down myths and provides strategies to help you understand real nutrition so you can start eating healthy today. Program presented by K-State Extension.
1 - 1.5 hr. class - $5 / $6 nonresidents

39124	RPCC	7/1	Mon	1 pm

Special Interest: Osher - Adventures in Architecture, Frank Lloyd Wright
Be introduced to Wright, his work, and the influence that surrounds many Americans in their daily lives. To register call 785-864-6779.
3 - 2 hr. classes - $50 / additional $25 membership fee for non-members.

39126	RPCC	6/26	Wed	2 pm

Special Interest: Sleep - Want It, Need It, Get It
Explore the topic of sleep and why it is so important to you and your health. Program presented by K-State Extension.
1 - 1 hr. class - $5 / $6 nonresidents

39123	TRCC	5/21	Tue	10 am

Special Interest: Simple Home Modifications to Age in Place
Modifications to a home can allow a person to age in place. Learn no-cost to low-cost strategies to make independent living at home easier and safer. Program presented by K-State Extension.
1 - 1.5 hr. class - $5 / $6 nonresidents

39014	MBPC	8/30	Fri	10:30 am

Special Interest: Understanding Social Security
NEW! Social Security assists in securing a person's financial future throughout the course of their lives. Review Social Security benefits and earnings records reported on a statement. Program presented by K-State Extension.
1 - 1.5 hr. class - $5 / $6 nonresidents

39128	RPCC	5/13	Mon	1 pm
39127	NCF	6/6	Thu	1 pm

Special Interest: Your Valuable Records/ Personal Financial Organization
NEW! Learn how to make a record, keep track, safely store, and organize paperwork and documents important in daily life, emergencies, financial caregiving, or estate planning. Program presented by K-State Extension.
1 - 1.5 hr. class - $5 / $6 nonresidents

38960	RPCC	6/3	Mon	1 pm

Technology: Participants in technology classes must know the device and App store usernames and passwords associated with their smartphone accounts. Bring portable devices to the class.

Technology: One-on-One Computer or Cell Phone Tutoring
Get questions answered by our knowledgeable instructor. Must bring laptop, tablet, or cell phone to session. Call 913-826-3160 for an appointment. Program fee nonrefundable.
1 - 2 hr. class - $62 / $68 nonresidents

39198	RPCC or NCF			By Appt.

Technology: Small Group Computer or Cell Phone Tutoring
Join our technology instructor in a small group setting to help you learn, work, create, navigate, and thrive in today's digital world!
1 - 2 hr. class - $25 / $29 nonresidents

39105	RPCC	5/7	Tue	10 am
39108	RPCC	6/10	Mon	10 am
39109	RPCC	7/9	Tue	10 am
39111	RPCC	8/13	Tue	10 am

Technology: Workshop for Buying & Selling Online
This class focuses which sites are helpful for buying and selling items online, how to post an item for sale and search for items to buy.
1 - 2 hr. class - $21 / $25 nonresidents

39097	RPCC	7/16	Tue	10 am

Technology: Workshop for Facebook & Instagram
This class focuses on how to use Facebook and Instagram.
1 - 2 hr. class - $21 / $25 nonresidents

39091	RPCC	6/25	Tue	10 am

Technology: Workshop for Managing Your Photos
Learn how to organize, share, and store your photos on your smart phone, computer, or tablet.
1 - 2 hr. class - $21 / $25 nonresidents

38962	RPCC	5/21	Tue	10 am

Technology: Workshop for Privacy Settings & Avoiding Scams
Discover ways to manage your privacy settings on your device and tips on how to avoid a scam.
1 - 2 hr. class - $21 / $25 nonresidents

39103	RPCC	8/27	Tue	10 am

FINE & PERFORMING ARTS

Art: Basic Drawing
Explore the basics of learning how to draw. This course will study the different materials and techniques used in drawing. No experience needed.
6 - 2.5 hr. sessions - $68 / $75 nonresidents

39179	TRCC	7/17	Wed	9 am

Art: Painter's Palette or Watercolor
Work at your own pace and learn techniques, styles, and tips with individual instruction and peer assistance provided across two types of mediums.
5 Punch Art Card - $58 / $64 nonresidents
10 Punch Art Card - $110 / $121 nonresidents

PAINTER'S PALETTE (pastel, watercolor, acrylic, or oil)

39188	MRCC	5/1-8/28	Wed	1:30 pm
39189	TRCC	5/3-8/30	Fri	9:30 am
39189	TRCC	5/6-8/26	Mon	9:30 am

WATERCOLOR

39188	MRCC	5/7-8/27	Tue	1:30 pm

Art: Plein Air
Explore the beauty of the outdoors at Shawnee Mission Park and learn how to translate it to paper or canvas by painting outdoors. Learn color mixing, light representation, and more.
6 - 2.5 hr. sessions - $68 / $75 nonresidents

39180	SMP	5/15	Wed	9 am

Art: Senior Arts Council
Meet fellow artists and enjoy workshops, presentations, and demonstrations by featured artists. Members can sell their works at various exhibits.
1 - 2 hr. session - $25 annual fee, pay at the door

38972	RPCC	5/20	Mon	1 pm
38973	RPCC	6/24	Mon	1 pm
38974	RPCC	7/29	Mon	1 pm
38975	RPCC	8/26	Mon	1 pm

Concert: New Horizons Band Concert

Clear your calendars and don't miss this performance by members of the New Horizons Band as they make beautiful music together. This top-notch entertainment is free of charge.

1 - 1 hr. event - FREE

	JCAHC	5/7	Tue	7 pm

Dance: Tap Dance

Hard-soled or tap dance shoes required. No previous tap dance experience necessary for Beginner.

MATT ROSS COMMUNITY CENTER

6 - 50 min. sessions - $49 / $54 nonresidents

39184	Beginning	5/6	Mon	1:15 pm
39185	Intermediate	5/6	Mon	2 pm
39186	Adv. Beginning	5/7	Tue	1:15 pm
39187	Advanced	5/7	Tue	2 pm

Dance: Tea Dance

Dance the afternoon away with KC Swing! Enjoy live music from the big band era at our weekly tea dance. Individuals and couples welcome.

1 - 2 hr. event - Ongoing, $5 pay at the door

	MBPC	5/3 - 8/30	Fri	1 pm

Performing Group Music: New Horizons Band

Join our group of fun-loving musicians. Don't worry if you haven't played in years! This band offers an opportunity to make music in a relaxed, learning atmosphere. Call 913-826-3160 for details.

5 - 2 hr. sessions - $32 / $35 nonresidents

38968	RPCC	5/28	Tue	6 pm

Theatre: Comedy Improv Introductory Class

NEW! Join us for a fun and engaging introduction to comedy improv! This class will give you a taste of what you can expect from our 9-week comedy improv course.

1 - 1.5 hr. session - FREE

38969	RPCC	5/22	Wed	5:30 pm

Theatre: Comedy Improv Class

NEW! Join us for a fun and engaging class where you will learn to think on your feet, unleash your creativity, and build confidence in a supportive environment. Instructor will guide you through a variety of improv exercises and games designed to enhance your spontaneity, teamwork, and comedic timing.

9 - 1.5 hr. sessions - $65 / $67 nonresidents

38970	RPCC	6/5	Wed	5:30 pm

FITNESS & HEALTH

Choose from a variety of wellness programs to meet your interest and needs. Both in-person and virtual options available. Call us at 913-826-2975 to drop in and try a class for free before you purchase the entire session. Visit the Wellness Programs page at JCPRD.com/50plus for full program descriptions.

Exercise: AEA Arthritis Foundation Exercise Program (AFEP)

LOW INTENSITY: This recreational chair-based exercise class includes range-of-motion exercises suitable for every fitness level and ability. First class is free!

1 - 45 min. class - $3 pay at the door each class

Merriam Community Center	M,W	10 am
Spring Hill Civic Center	T,Th	1 pm
New Century Fieldhouse	W,F	10:15 am
Matt Ross Community Center	Wed	1 pm
Matt Ross Community Center	Fri	10:45 am

1 - 45 min. class - FREE

39195	Virtual Program	Wed	11 am

GET FIT at JCPRD!

Looking for great places to work out?

Mill Creek Activity Center
6518 Vista Dr., Shawnee • 913-826-2950

Roeland Park Community Center
4850 Rosewood Dr., Roeland Park • 913-826-3160

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Exercise: Ageless Lifters

LOW INTENSITY: Engage each muscle group in your body. This full body workout is achieved through high repetition sets and strength training exercises. This class uses dumbbells and body weight exercises.

4 - 50 min. sessions - $32 / $35 nonresidents

39017	MBPC	5/7	Tue	2 pm
39018	MBPC	6/4	Tue	2 pm
39020	MBPC	7/9	Tue	2 pm
39022	MBPC	8/6	Tue	2 pm

Exercise: Chair Yoga

LOW INTENSITY: Take yoga off the mat and onto the chair, incorporating breathing with movement while retaining all the benefits of yoga. Option to attend in person or watch live via Zoom. Beginners are welcome.

4 - 50 min. sessions - $32 / $35 nonresidents

39035	MBPC	6/4	Tue	10:30 am
39033	MBPC	7/9	Tue	10:30 am
39034	MBPC	8/6	Tue	10:30 am

Exercise: Gentle Yoga

LOW INTENSITY: Gentle Yoga is performed at a slower pace, with less intense positions, and includes extended time for meditation, yogic breath work, and relaxation.

3 - 50 min. sessions - $24 / $26 nonresidents

39042	MBPC	6/4	Tue	9 am

4 - 50 min. sessions - $32 / $35 nonresidents

39038	MBPC	5/7	Tue	9 am
39039	MBPC	7/9	Tue	9 am
39040	MBPC	8/6	Tue	9 am

Exercise: Hatha (Gentle) Yoga Punch Card

5 Punch Card - $45 / $50 nonresidents (valid for 3 months)
10 Punch Card - $90 / $99 nonresidents (valid for 3 months)
20 Punch Card - $180 / $198 nonresidents (valid for 4 months)

38915	RPCC	M,Th	4 pm

Exercise: Tai Chi

LOW INTENSITY:

4 - 50 min. sessions - $38 / $42 nonresidents

38903	RPCC	5/1	Wed	10 am
38904	RPCC	5/2	Thu	5 pm
38905	RPCC	6/6	Thu	5 pm
38908	RPCC	8/7	Wed	10 am
38910	RPCC	8/8	Thu	5 pm

Exercise: Tai Chi for Arthritis and Fall Prevention

45 min. session - $3 pay at the door each class

MBPC	Beginner	Mon	Noon
MBPC	Advanced	Mon	1 pm
MBPC	Intermediate	Mon	2 pm

Exercise: Zumba® Gold

6 - 50 min. sessions - $48 / $53 nonresidents

38977	RPCC	6/22	Sat	9 am
38978	RPCC	8/3	Sat	9 am

NATURE & OUTDOORS

Explore the great outdoors with an Adventure Walk or Nature Outing. All outings depart from Antioch Park; we provide transportation. Please register at least one week prior to departure. Visit the Nature Walks webpage at JCPRD.com/50plus for full program details, activity level key, lunch options, and policies.

COFFEE CREEK STREAMWAY PARK
1 - 3 hr. outing - $20 / $22 nonresidents
39059 Antioch Park E 5/10 Fri 10 am

WESTON BEND STATE PARK
1 - 5 hr. outing - $25 / $27 nonresidents
39068 Antioch Park M 5/23 Thu 9:30 am

WYANDOTTE COUNTY LAKE PARK
1 - 3 hr. outing - $25 / $27 nonresidents
39070 Antioch Park M 6/14 Fri 8:30 am

CEDAR NILES PARK
1 - 3 hr. outing - $20 / $22 nonresidents
39071 Antioch Park E 6/26 Wed 8:30 am

BURR OAK WOODS
1 - 4 hr. outing - $25 / $27 nonresidents
39087 Antioch Park M 7/24 Wed 8:30 am

INDIAN CREEK TRAIL
1 - 3 hr. outing - $20 / $22 nonresidents
39089 Antioch Park M 8/23 Fri 9:30 am

SPECIAL EVENTS

Games: Gamin' with the Grandkids

(Ages 5 & Older w/Adult)
Who's up for some summertime fun? Beat the heat and dive into a world of fun and games with icebreakers, bingo, dance parties, and more! Light refreshments served.
1 - 1.5 hr. event - $8 / $9 nonresidents; per person ages 5 & older
39191 NCF 5/30 Thu 1:30 pm
39192 TRCC 8/9 Fri 1:30 pm

Special Event: Hand & Foot Tournament

Calling all Hand & Foot Players. Clean meld! Dirty meld! Bonus points! Tournament includes random partner assignment and prizes for the top teams! Snacks and refreshments served.
1 - 3 hr. event - $10 / $11 nonresidents
38967 MCAC 5/10 Fri 1 pm

Games: Midsummer Mah Jongg Party

Escape the summer heat and immerse yourself in Mah Jongg. Tables will be mixed and matched, and players will rotate to create an atmosphere of clinking tiles, laughter, and strategic play. Lunch, desserts, and drinks will be served, and prizes will be given to the top three players!
1 - 5.5 hr. event - $17 / $19 nonresidents
39049 MBPC 7/3 Wed 9:30 am

Games: Puzzle Palooza

NEW! Are you a puzzle enthusiast? Get ready to puzzle your way to victory! Race against the clock with your team to complete a 500-piece puzzle. The team with the quickest time wins a prize. Enjoy light refreshments as you strategize your next move.
1 - 2 hr. event - $10 / $11 nonresidents
39193 MRCC 7/19 Fri 1:30 pm

Social Event: S'mores & Stories

NEW! Join us for an evening around the fire ring at Meadowbrook Park. This cozy gathering promises an evening filled with conversation, storytelling, and a s'mores station.
1 - 1.5 hr. event - $12 / $13 nonresidents
39050 MBPC 8/15 Thu 6 pm

Special Event: Derby Party

Enjoy a delightful morning filled with activities, Mint Julep mocktails, and socializing! Decorate your own Kentucky Derby hat to prepare for the big day! Supplies provided or bring your own. Show us your best southern charm attire, and you might just win the prize for best dressed!
1 - 1.5 hr. event - $16 / $17 nonresidents
39056 MBPC 5/3 Fri 10 am

Special Event: Live Well Age Well

Live Well Age Well is an opportunity for residents of Johnson County and the greater metro to engage with businesses and organizations serving aging adults and their loved ones. This free event features a vendor fair, health screenings, education sessions, bingo, and other giveaways. Spend the day discovering new ways to live and age well in our community.
1 - 5.5 hr. event - FREE
JCAHC 8/29 Thu 10 am

Special Event: Let's Get Trivial!

The 50 Plus Program would like to celebrate Older Americans Month by inviting you to join us for this free Movie Trivia Party! Trivia will focus on movies and shows from the 60s, 70s, and 80s! Light refreshments will be served.
1 - 1.5 hr. event - FREE
38979 RPCC 5/24 Fri 1:30 pm

Special Interest: Lunch and Learn - Crime Time

Ross Capps, director of the Johnson County Crime Lab, joins us live for a presentation to give us a behind-the-scenes look at one of the most sophisticated crime labs in the region. He will speak about the capabilities and forensic disciplines of the lab, as well as cases they have worked on. Enjoy a catered lunch before presentation.
1 - 1.5 hr. event - $34 / $37 nonresidents
38955 MRCC 6/11 Tue Noon

Special Interest: Lunch and Learn - Kansas City's Public Art

Learn the history of Kansas City's Public Art as Laura Miller shares pictures, stories, and the history around some of Kansas City's favorite fountains, sculptures, and murals. Enjoy a catered lunch before presentation.
1 - 1.5 hr. event - $34 / $37 nonresidents
38951 MBPC 8/22 Thu Noon

SPORTS

JCPRD PICKLEBALL

Lessons, workshops, drop-in play, leagues, and tournaments for all levels of play available at multiple locations. Visit **JCPRD.com/pickleball** to view all pickleball opportunities

DROP-IN PLAY

$3 per person per day *(punch cards available for MRCC)*
Matt Ross Community Center M-F 9 am - 1 pm
Tomahawk Ridge Comm. Center M-F 9 am - 1 pm

$4 per person per day *(punch cards available)*
New Century Fieldhouse T,W,Th 9 am - 1 pm

TOURNAMENTS

- **Summer Slam 50 Plus Tourney - July 12 & 13**
- **NCF Classic 50 Plus Tourney, Friday, Aug. 16**

TRAVEL

Day Travel - Let us take the worry out of driving and planning as you embark on new experiences with 50 Plus. Dive into scenic landscapes, cultural gems, exciting activities, and delightful culinary experiences, all tailored to our diverse community. Visit JCPRD.com/50plustravel for full trip details.

DAY TRAVEL: KANSAS CITY ZOO

We'll head to the Kansas City Zoo and explore the newly unveiled aquarium. Enjoy a Platinum Level transportation wristband which will allow you unlimited rides on all ride-on vehicles at the zoo, making accessibility to the whole park a breeze. Lunch costs on traveler at the zoo.

1 - 7 hr. trip - $97 / $107 nonresidents (lunch not included)

38933 Antioch Park 5/29 Wed 9 am

DAY TRAVEL: WILD SAFARI

Take an adventure-packed walk on the wild side. Come four feet from lions, tigers, monkeys, and more on this personalized guided tour of the Safari Zoological Park in Caney, Kan. After lunch, continue to Chanute to tour the Martin and Osa Johnson Safari Museum. Experience the incredible photographic and cinematic works of the Johnsons.

1 - 12 hr. trip - $132 / $145 nonresidents (lunch not included)

38934 Antioch Park 6/18 Tue 7 am

ON FORT FOR A DAY

Travel to Fort Leavenworth, Kan., and learn about life on the fort with a guided step-on tour. See the college, Fort Leavenworth National Cemetery, Buffalo Soldier Monument, and Commissary. Visit the Lewis and Clark Museum and the Frontier Army Museum. After a buffet lunch, we'll end our day at Sis' Sweets for a shopping stop.

1 - 8.5 hr. trip - $109 / $120 nonresidents (includes lunch)

38936 Antioch Park 7/9 Tue 8 am

CLYDESDALES AND WINE

In Boonville, Mo. we'll tour Les Bourgeois Vineyard. Savor samples of their delicious labels before heading to lunch. Later, enjoy a tour of the Warm Springs Ranch and get up close and personal with the stunning Clydesdale horses. Lunch costs on traveler.

1 - 10 hr. trip - $119 / $131 nonresidents (lunch not included)

38938 Antioch Park 7/25 Thu 8:30 am

GLASS AND GARDENS

Travel to Kechi, Kan, near Wichita, to discover the world of blown glass. Watch a demonstration and choose to create your own masterpiece, then marvel at stunning pieces in their museum and gift shop. After lunch, visit Botanica, Wichita's botanical garden. Hot weather alternative for Botanica is Museum of World Treasures. Make-your-own glassblowing at the cost of traveler.

1 - 12 hr. trip - $149 / $164 nonresidents (includes lunch)

38946 Antioch Park 8/1 Thu 7 am

Let's TRAVEL THE World
50 Plus Travel

Enjoy the benefits of traveling worldwide with 50 Plus. For more information about 50 plus travel opportunities, call 913-826-2985 or visit JCPRD.com/50plustravel.

SOUTHERN CHARM HOLIDAY

DEC. 2 - 8, 2024 - 7 DAYS, 9 MEALS

Registration deadline: June 3, 2024

$3,749 per person, Double (includes air)
$4,749 per person, Single (includes air)

HAWAIIAN ADVENTURE

JAN. 5 - 14, 2025 - 10 DAYS, 13 MEALS

Registration deadline: July 5, 2024

$6,149 per person, Double (includes air)
$7,849 per person, Single (includes air)

AUSTRALIA'S OUTBACK & NEW ZEALAND'S SOUTH ISLAND

FEB. 5 - 24, 2025 - 20 DAYS, 28 MEALS

Registration deadline: Aug. 7, 2024

$10,649 per person, Double (includes air)
$12,649 per person, Single (includes air)

SHADES OF IRELAND

MARCH 6 - 18, 2025 - 13 DAYS, 17 MEALS

Registration deadline: September 6 2024

$4,749 per person, Double (includes air)
$5,449 per person, Single (includes air)

CULTURAL TREASURES OF JAPAN

APRIL 5 - 18, 2025 - 13 DAYS, 17 MEALS

Registration deadline: September 6, 2024

$7,449 per person, Double (includes air)
$8,949 per person, Single (includes air)

TRAVEL SHOW
June 6 - 1 pm

Meadowbrook Park Clubhouse
RSVP at 913-826-2985

JCPRD PROGRAM LOCATIONS

- **Antioch Park**
  6501 Antioch Rd., Merriam
- **Ernie Miller Park & Nature Center (EMNC)**
  909 N. K-7 Highway, Olathe
- **Heritage Park**
  16050 Pflumm Rd., Olathe
- **(JCAHC) Johnson County Arts & Heritage Center and Johnson County Museum**
  8788 Metcalf Ave., Overland Park
- **JCPRD Admin Bldg.**
  7900 Renner Rd., Shawnee
- **Kill Creek Park**
  11670 Homestead Lane, Olathe
- **Lexington Lake Park**
  8850 Sunflower Rd., De Soto
- **Meadowbrook Park & Clubhouse**
  9101 Nall Ave., Prairie Village
- **Merriam Community Center**
  6040 Slater, Merriam
- **Mill Creek Activity Center**
  6518 Vista Dr., Shawnee
- **(MRCC) Matt Ross Community Center**
  8101 Marty St., Overland Park
- **(MBPC) Meadowbrook Park & Clubhouse**
  9101 Nall Ave., Prairie Village
- **(NCF) New Century Fieldhouse**
  551 New Century Prkwy., New Century
- **(RPCC) Roeland Park Community Center**
  4850 Rosewood Dr., Roeland Park
- **Shawnee Mission Park**
  7900 Renner Road, Shawnee
- **Spring Hill Civic Center**
  401 N. Madison St., Spring Hill
- **Theatre in the Park**
  7710 Renner Road, Shawnee
- **Thomas S. Stoll Park**
  12500 W. 119th St., Overland Park
- **(TRCC) Tomahawk Ridge Community Center**
  11902 Lowell, Overland Park

See you there!

Pre-Registration Required • Call 913-831-3359 to register today

Other programs of interest to 50 Plus participants

Art: Groovy Art (Ages 16 & Older)

NEW! We're celebrating the Summer of Love by channeling the groovy art of the 60s & 70s with a series of three art classes where you'll create a blast from the past! These classes are perfect for beginners as well as those who know how to crochet but just want to have fun making iconic projects.

CROCHETED GRANNY SQUARES

Learn this basic crocheting technique and make your own granny squares to take home, ready to be turned into other projects or stay on their own.

1 - 2.5 hr. session - $40 / $44 nonresidents

35128	JCAHC	5/7	Tue	6 pm

MACRAMÉ OWL

Learn the basics of macramé and make your own braided owl to take home, complete with wooden beads for eyes.

1 - 2.5 hr. session - $40 / $44 nonresidents

35127	JCAHC	5/14	Tue	6 pm

PET ROCKS

Make your own faithful companion, complete with a nesting crate and care manual. Want to get nostalgic and just have fun with some friends? This class is perfect for you!

1 - 2.5 hr. session - $40 / $44 nonresidents

35129	JCAHC	5/21	Tue	6 pm

Art: Machine Sewing Basics (Ages 16 & Older)

NEW! Learn how to sew using one of our sewing machines during this series. Sew small projects as you learn how to thread the machine, change your bobbin, and more as you get to know how a sewing machine works and sewing terminology.

3 - 2.5 hr. sessions - $117 / $129 nonresidents

34399	JCAHC	5/1	Wed	6 pm

Art: Watercolor- Beginner Level (Ages 16 & Older)

Learn tips and techniques to paint with watercolor paints. Students will explore watercolor painting with mini technical studies and one larger painting. No experience needed. All supplies included.

4 - 2.5 hr. sessions - $130 / $143 nonresidents

34919	JCAHC	8/20	Tue	6 pm

Boating: Sailing I (Ages 18 & Older)

Learn the basic skills of sailing. Types of boats, launching techniques, docking, maintenance, and safety will be examined and studied in this class. Sailing I consists of two indoor lecture sessions and four water sessions. Indoor sessions will be held Tuesday and Thursday at the Shawnee Mission Park Admin Building and the outdoor sessions on Saturday mornings at Shawnee Mission Park Marina. If you wish to use your own boat, please call Ofc. Seth Salmans at 913-826-3491. Basic swimming skills required.

2 - 2 hr. indoor lessons & 4 - 2 hr. outdoor lessons - $96 / $106 nonresidents

38869	JCPRD Admin Bldg.	6/4	T,Th	7 pm
	Shawnee Mission Park Lake	6/8	Sat	9 am

Boating: Sailing II (Ages 18 & Older)

Experience the excitement of learning to sail a Sweet 16 sailboat. Class involves two indoor lecture sessions and three water sessions and will cover weather observation, two-sail rigging, twin-hull nomenclature, safety, trailering, and trailer maintenance. The indoor sessions will be held on July 9 and 11 at the Shawnee Mission Park Admin Building, Sunflower Room. The outdoor sessions will meet at the Shawnee Mission Park Marina. Participants must have successfully completed either an American Red Cross or JCPRD Sailing I class prior to enrollment. If you have your own boat and wish to use it, please call Ofc. Seth Salmans at 913-826-3491. Basic swimming skills are required.

2 - 2 hr. indoor lessons & 3 - 3 hr. outdoor lessons - $99 / $109 nonresidents

38870	JCPRD Admin Bldg.	7/9	T,Th	7 pm
	Shawnee Mission Park Lake	7/13	Sat	9 am

Make: Electronics 101 (Ages 16 & Older)

Have you ever wanted to tackle a DIY electronics project but didn't know where to start? We'll get you started with the basics by teaching you how to solder, what basic electronic components are, and what they do. Then we'll complete a mini electrical project to put those skills to use! No experience necessary.

3 - 2.5 hr. classes - $98 / $108 nonresidents

34925	JCAHC	5/1	Wed	1 pm

Museum: "Free to Be...A 1960s Fashion Revolution" (All Ages)

Take a groovy look at four themes in '60s women's fashion, each representing a major trend in self-expression during the historical movements and significant shifts of the iconic decade. This exhibition was curated in partnership with Johnson County Community College's Fashion Merchandising and Design program, and features garments from their extensive collection.

Ongoing - Included with Museum Admission

	JCAHC	6/1 - 1/11/25

Nature Programs: Friday Amphitheater Programs (All Ages) 7 pm, Ernie Miller Park

Bring the family to the outdoor amphitheater at Ernie Miller Park on two Friday evenings each month for June and July this summer for entertainment and educational experiences. For more information, call 913-826-2800. In case of inclement weather, including extreme heat, program will be held indoors. Advanced online registration closes at 4 p.m. before each program. Onsite registration is cash only if space is available. Children ages two and under are free.

1 - 45 min. program - $4 per person. Onsite registration is cash only if space is available.

38887	Birds of Prey	6/7	Fri	7 pm
38888	Predators on the Prowl	6/21	Fri	7 pm
38889	Owls, Eyes of the Night	7/12	Fri	7 pm
38890	Radical Reptiles	7/26	Fr	7 pm

Boost your income while having fun & staying active!
See part-time job opps for adults of all ages at JCPRD.com/jobs

Special Event: Heritage Park 5K, 10K & 15K

(All Ages)

Whether you're a seasoned veteran looking to add some more miles to your trusty running shoes or a first timer interested in gaining a little experience while having fun among a stunning landscape, the Heritage Park race has something for everyone! Athletes of all ages and ability can join the family-friendly event by participating in either the 5K, 10K or 15K. Find complete details at JCPRD.com/HP3.

1 - 3.5 hr. event fees vary by age and race participation

Heritage Park 5/11 Sat 7:30 am

Special Event: Shawnee Mission Park Adventure Race (All Ages)

Looking for a little adventure? This event offers both a 2-hour race that is all on foot and open to solos and teams and a 6-hour race that will have racers trekking, biking, and paddling their way through the park. The team that completes all the checkpoints (or more than other teams) with the fastest time will win the race. Details at JCPRD.com/SMPadventurerace.

1 - 2 or 6 hr. event - fees vary by age and race participation

Shawnee Mission Park 5/19 Sun 9 am

Special Event: Juneteenth at the JCAHC

(All Ages)

The Johnson County Arts & Heritage Center is hosting our annual Juneteenth commemoration and celebration Saturday, June 8. This FREE family-friendly event, built with community partners, provides an opportunity to honor the history and celebrate Juneteenth with art, music, food, and more! June 8 is also a Johnson County Museum Free Day, so enjoy free admission to see the museum's signature exhibit, "Becoming Johnson County," as well as the special exhibit, "Free to Be...A 1960s Fashion Revolution."

1 - 3 hr. event - FREE

JCAHC 6/8 Sat 10 am

May - August Special Events For All Ages

- **May 3 - May the Forest be with You**
  (Ages 5 & older with Adult) Ernie Miller Nature Center
- **May 11 - Heritage Park - 5K, 10K, and 15K**
  (All Ages) Heritage Park
- **May 17 - Summer Fun Geocaching**
  (All Ages) Meadowbrook Park
- **May 18 - Turkey Creek Festival featuring Creek Chic Arts & Crafts Market**
  (All Ages) Antioch Park
- **May 19 - Shawnee Mission Park Adventure Race**
  (All Ages) Shawnee Mission Park
- **May 31 - June 8 - "Bye, Bye Birdie" Rated PG**
  (All Ages) Theatre in the Park
- **June 1 - A Day in the Park**
  (All Ages) Shawnee Mission Park
- **June 1 & 2 - Free Fishing, Boating and Archery Weekend**
  (All Ages) JCPRD's Antioch, Kill Creek, Shawnee Mission, Lexington Lake, Meadowbrook, Thomas S. Stoll Memorial, and Streamway parks
- **June 7 - Meadowbrook Park Festival**
  (All Ages) Meadowbrook Park
- **June 8 - Juneteenth at the Johnson County Arts & Heritage Center** (All Ages)
- **June 14-22 - "Anastasia" Rated PG**
  (All Ages) Theatre in the Park
- **June 21 - S'mores Family Geocaching**
  (All Ages) Shawnee Mission Park
- **June 28 - July 6 - "Anything Goes" Rated PG**
  (All Ages) Theatre in the Park
- **July 12 - Family Fun Ice Cream Bingo**
  (All Ages) Roeland Park Community Center
- **July 14 - Shawnee Mission Triathlon & Duathlon**
  (All Ages) Shawnee Mission Park
- **July 12-20 - "Hello, Dolly" Rated PG**
  (All Ages) Theatre in the Park
- **July 26 - Aug. 3 - "Sister Act" rated PG**
  (All Ages) Theatre in the Park
- **Aug. 10 - Kill Creek Park Triathlon**
  (Ages 11 & Older) Kill Creek Park

Thanks for joining us....We're always looking for new ways to serve you!