

THE PALMER CENTER



The Palmer Center...

a place for healthy aging.

**218A N. Pleasant St., 64050
(816) 325-6200**

The mission of The Palmer Center is to encourage the well being of older adults in Independence, MO. It is a place where 50+ adults can find the resources needed to live vital and healthy lifestyles. The Palmer Center offers nutritious lunches, social events, holiday gatherings, fitness opportunities, educational and leisure activities, a travel program, volunteer opportunities, support groups and many other social services for older adults. The center recently went through a self-assessment process to become a Nationally Accredited Senior Center through the National Council on Aging. The center was reviewed in September and hopes to receive official notification of accreditation status in November. The facility has an outdoor patio, fitness room, gymnasium, dining hall, game room, craft room, computer lab, library, meeting space and a full-service kitchen. Rental space is available to the community.

Daily Lunch Program

The daily lunch program is offered at 11:30 a.m. Monday – Friday. Eligible participants include adults age 60 and older, their spouse, and persons with disabilities. The suggested donation is \$2 per meal. Guests must be a family member of a registered participant and must pay \$4. This service is in partnership with the Mid-America Regional Council, and the Community Development Block Grant Program. Many activities are offered in conjunction with this program. Transportation to The Palmer Center is available on a limited basis. A monthly menu is available at the center's welcome desk.

Facility Hours

8 a.m. - 7 p.m. Monday - Thursday

8 a.m. - 5 p.m. Friday

1 - 5 p.m. Saturday

Closed Sunday

Inclement Weather Closings:

Call (816) 325-7999, extension 4.

Need for Volunteers and Instructors

Do you have a talent or skill you would like to share with others? We are looking for instructors and volunteers to teach new classes and host activities. Class topics include: crafts, art, computer, educational, health, fun and games, fitness, etc. Volunteers are also needed to assist with kitchen and dining room tasks involving the daily lunch program.

Dial-A-Ride Program

The City of Independence offers a specialized transportation service for ADA-eligible individuals and older adults. To use this program, you must be a resident of Independence and be at least 60 years of age, or be able to show proof of disability that prevents you from using the Metro bus service. Transportation can be scheduled for local trips, within the city limits of Independence. Qualified participants receive 24 coupons per quarter. Each one-way ride requires one coupon and a \$2 payment to the driver. This program is offered in partnership with the Kansas City Area Transportation Authority, Centerpoint Medical Center, and Checker Transportation Group. To request an application, call (816) 325-7999.

Fitness Programs

The Palmer Center has a fitness room for 50+ adults to pursue their individual fitness goals. Included are Nu-Steps, treadmills, an elliptical trainer, a recumbent bike, and six Nautilus Nitro weight training machines. Each membership includes a fitness assessment and equipment orientation. Many classes are offered to challenge all levels of fitness: Stretch & Tone, Sittin' Fit, Wake Up Workout, Peppi, Gentle Tai Chi, Zumba Gold, Pavement Pounders, and Pickleball.



Health Programs

Participate in health screenings, hear from medical experts on the hottest health topics, or utilize the Nurse's Closet (a resource that loans walkers, canes and more). The Low Vision Resource Center offers the use of a magnification screen and magnifiers.

Senior Information Fair



Gather valuable information on services and products for older adults from nearly 40 vendors. Enjoy free refreshments

and get a chance to win many fabulous door prizes.

Date Oct 18
Day Tue
Time 9 a.m. - Noon
Fee Free
Location The Palmer Center

Annual Pickleball Tournament



Players must register with a partner and all will get a t-shirt.

Date Feb 25
Day Sat
Time 8:30 a.m.
Fee \$10 / person

Fun & Games

A variety of games are played at The Palmer Center allowing you to relax and enjoy a little competition at the same time.

Try out darts, Billiards, the Wii, Pinochle, Mexican Dominos, Pitch and different types of Bingo.



Support Groups

Monthly sessions are offered to help with support on processing issues related to grief, caregiving, fibromyalgia, arthritis, and more.

Tour Program



Discover friendly traveling companions, fun destinations and professional services with our popular tour program. As many as five all-day tours are offered each month for a reasonable fee. Tours are advertised in The Palmer Center Post newsletter or visit the Website: www.independencemo.org/parksandrec/palmer.aspx

Information and Referral Service

For senior adult services including nutrition, health issues, safety concerns, educational programs and professional referrals, call The Palmer Center at 816) 325-6200.

Holidays

Holidays are celebrated in a special way at The Palmer Center. Halloween, Veteran's Day, Thanksgiving, Christmas, New Year's, Valentine's Day and St. Patrick's Day give us a reason to celebrate. Call for detailed information on upcoming celebrations at the center.

Computer Programs

The Computer Lab at The Palmer Center has eight computers with internet access for use during open computer lab time.



Classes are taught by a qualified volunteer instructor.

Music & Dance Programs



A variety of dance and music programs are offered to get your toes tapping: Line Dancing, Tap Dancing, Ballroom Dancing and Country Music Jams. Organ lessons are available.

Creative & Education Programs

A variety of craft skills are taught and educational topics are offered. Classes range from magnetic bracelets to riding the Trans-Siberian. Computer classes are available to enhance computer usage comfortability and to provide education on software.

Encore Theatre



You can become a thespian at ANY age. Adults, age 50+, are invited to join this fun-loving group who specialize in "Melodrama." Meetings are held at 1:30 p.m. the first and third Friday of each month.



**"Granny Smyth Goes to Washington...
 or She was the Apple of His Pie"**

By Sue Rae

Directed by Mike Morris

Performance Days: Fri, Sat and Sun

Performance Dates: Oct 7, 8, 9* 14, 15, 16*

Encore Theatre Ticket Information

Evening performances - 7:30 p.m.

Matinee (*) performances - 2 p.m.

Adults - \$7 Senior Citizens - \$6

Children 12 and younger - \$3

For reservations call (816) 325-7367

Prompt #2 for Encore Theatre