



2020

FIREHOUSE  
TECH CAFÉ  
SENIOR SOCIAL  
CLUB  
106 S Jefferson St  
816-635-0466

WEEKLY AGENDA

The joys of music for senior adults  
stuck at home.

Join us on Tuesday July 21st at 10am via ZOOM

Soundscaping Source, along with the Firehouse Community Center and Clay County Senior Services, will be providing their program through a virtual ZOOM group.

WHY YOU SHOULD JOIN THIS GROUP:

- Enjoy a variety of rich, engaging music experiences, like singing, movement to music, and song discussion.
- Connect with other people logging on from their own homes.
  - Experience non-musical benefits as well, such as:
    - A decrease in pain, anxiety, and confusion
    - Access to old memories and the opportunity to tell favorite stories
    - Increased focus and attention

You DON'T have to accept loneliness, boredom, depression, or decline during the coronavirus crisis!

If you need help figuring out ZOOM please call us  
816-635-0466

FREE COMPUTER AND  
TECHNOLOGY HELP

Monday & Wednesday  
9am-2pm Tuesday  
& Thursday Noon-2pm

PEPPI EXERCISE

Tuesdays at 9:15am

BINGO/BUNGO

Tuesdays 9:45

DRUMMING TO A NEW  
BEAT

Thursdays 8:30am

CARDS AND GAMES

Thursdays from 9:30-noon  
(ish)

ZUMBA GOLD

Monday 6pm-7pm

FREE GENEALOGY HELP

Wednesday 6pm-8pm

\*POSTPONED\*

## INDEPENDENCE DAY

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts.

## TECH TIP

Do you really need a mouse pad? In a word, yes. There are a lot of people, even experienced computer users, who use a mouse without one. But if you care about your mouse (and whatever's underneath it), you should put a pad between them. It doesn't have to be anything fancy, but it should be designed for that purpose.

There are plenty of fancy mouse pads out there, all promising to make your mouse work better. And, they do. But here's the thing: they all do to more or less the exact same degree.

If you need a mouse pad, let us know! We have some here at the Tech Café. 816-635-0466



**Together We  
Can Overcome**

**Take a mask, leave  
a mask.**

Partnering with the Holt Ministerial Alliance, we have a tub outside our doors. If you need a mask, or are making extra masks please feel free to use the tub to pass them on or get one yourself.

Are you  
sewing  
masks?

Are you  
wanting  
to sew

masks and don't know where to start? Contact us and  
we can get you a pattern and fabric! 816-635-0466