

# CELEBRATING INDEPENDENCE DAY JULY 2026

If you are not going to be available to receive your meal, please call 24 hours in advance.

Cancelations: 913-758-6718



COUNCIL ON AGING

711 Marshall Street, Suite 100  
Leavenworth, KS 66048  
Office: 913-684-0777

Requested donation amount is \$3. | 1% milk served with all meals. | If your dietary needs change, please call the number above. | Menu items are subject to change based on availability.

## What's Happening

### Summer Community Support Drive

Saturday, July 11<sup>th</sup> 2026  
10:00AM – 2:00PM.

Join us at the COA where we will be collecting donated food, hygiene items, cookware, diapers & wipes, A full list of needed items can be found on COA's Facebook and website.

### Let's Be Handy

Are you handy or enjoy working with your hands? *Let's Be Handy* is a social group for seniors who want to stay active, learn new skills, and work together on meaningful community projects. All skill levels are welcome, and no experience is required. Tools, guidance, and good company will be provided. Meetings will be held on the second and fourth Tuesdays at the COA.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>to all those celebrating a birthday this month!</b></p>	<p><b>MEALS ON WHEELS EASTERN KANSAS</b></p>			
<p><b>Chicken Strips 6</b> Onion Rings Mixed Veggie Roll Fruit Brownie</p>	<p><b>Ham &amp; Beans 7</b> Carrots Corn Bread Cucumber Salad Fruit</p>	<p><b>Swiss Steak 1</b> Cheesy Potatoes Carrots Roll Fruit</p>	<p><b>Turkey &amp; Dressing 2</b> Mashed Potatoes &amp; Gravy Green Beans Roll Fruit</p>	<p><b>CLOSED 3</b></p>
<p><b>Philly Steak Sandwich 13</b> Oven Brown Potatoes California Blend Veggie Fruit Rice Krispy Treat</p>	<p><b>Pork Chop 14</b> Rice Stewed Tomatoes Roll Fruit</p>	<p><b>Chicken Rice Casserole 8</b> California Blend Veggie Roll Fruit Jello Salad</p>	<p><b>Country Steak 9</b> Mashed Potatoes &amp; Gravy Green Beans Roll Fruit</p>	<p><b>Fish Sticks 10</b> Tater Tots Cauliflower Roll Fruit</p>
<p><b>Chicken Sandwich 20</b> Sweet Potato Tots Mixed Veggie Fruit Pudding</p>	<p><b>Egg Casserole 21</b> Oatmeal Cinnamon Apples Cinnamon Roll V-8</p>	<p><b>Country Chicken 15</b> Mashed Potatoes &amp; Gravy Green Beans Roll Fruit</p>	<p><b>Lasagna 16</b> Broccoli Bread Stick Tossed Salad Fruit</p>	<p><b>BBQ Ribs 17</b> Baked Beans Mac &amp; Cheese Roll Fruit Cherry Cobbler</p>
<p><b>Sausage &amp; Kraut 27</b> Oven Brown Potatoes Beets Corn Bread Fruit</p>	<p><b>Teriyaki Chicken 28</b> Rice Broccoli Egg Roll Fruit Carrot Cake</p>	<p><b>Chicken Noodle Bake 22</b> Peas &amp; Carrots Roll Jello Fruit</p>	<p><b>Meatloaf 23</b> Mashed Potatoes &amp; Gravy Corn Roll Fruit</p>	<p><b>Beef Kabobs 24</b> Rice Brussel Sprouts Roll Fruit Chocolate Pie</p>
		<p><b>Hamburger Steak 29</b> Mashed Potatoes &amp; Gravy Green Beans Roll Fruit</p>	<p><b>Chili Mac 30</b> Cauliflower Tossed Salad Roll Fruit</p>	<p><b>BBQ Chicken 31</b> Baked Beans Cheesy Potatoes Roll Fruit Apple Cobbler</p>

## Sun Safety Facts

Spending time outside is a great way to be physically active and reduce stress. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

The UV Index forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.

### How to protect your skin from the sun

**Shade:** You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter.

**Clothing:** When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection.

**Hat:** For the most protection, wear a hat that has a brim all the way around that shades your face, your ears, and the back of your neck.

**Sunglasses:** Sunglasses protect your eyes from UV rays and reduce the risk of cataracts.

**Sunscreen:** Put on broad spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. *Source: CDC, 2026.*



# THE UNITED STATES (PART 1)

S G C A S D I S G Q K X G P T H L C S P  
 T E D O M I N R U A T O S E N N I M M E  
 T O K J N Y I A U C U P I L L I N O I S  
 E R G J D N H A L O U I S I A N A W S O  
 S G F H E K E W R Y S Z C A N J R I S Q  
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 C G K D A O A K B L C P N A U I Y Y I O  
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 S W U S E X A Y B M C I T Y A C F S P A  
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## Word List

ALABAMA  
 ALASKA  
 ARIZONA  
 ARKANSAS  
 CALIFORNIA  
 COLORADO  
 CONNECTICUT  
 DELAWARE  
 FLORIDA  
 GEORGIA  
 HAWAII  
 IDAHO  
 ILLINOIS  
 INDIANA  
 IOWA  
 KANSAS  
 KENTUCKY  
 LOUISIANA  
 MAINE  
 MARYLAND  
 MASSACHUSSETTS  
 MICHIGAN  
 MINNESOTA  
 MISSISSIPPI  
 MISSOURI

## UPCOMING EVENTS

### Munchies & a Movie

July 9<sup>th</sup> and July 10<sup>th</sup> 2026. 12:00PM.

Enjoy the movie, *Mooseport*, with Gene Hackman and Ray Romano. We will celebrate our nation's birthday with an assortment of festive red, white & blue treats. Soda and Bomb Pops will be provided at intermission. \$5 due at sign up by July 2. Maximum 20, minimum 15.

### Senior Fitness Assessments

Monday, July 13<sup>th</sup> 2026. 1:00-4:00PM.

University of Saint Mary Physical Therapy students will offer a fitness assessment of strength, cardiovascular fitness, flexibility and balance. Approximate time: 30 minutes. LV County residents only, please. No cost; register at the front desk.

### Knowledge @ Noon: *Cool Treats for Hot Days*

Tuesday, July 14<sup>th</sup> 2026. 12:00PM.

When the temperature rises, it's time for cool treats! Join us to make easy, delicious snacks designed to beat the summer heat. No cost; Tonganoxie Library. Knowledge @ Noon also offered at the LV Library July 10 at 12:00pm.

### Bam! Crack! Freedom! Mahjong Tournament

Wednesday, July 22<sup>nd</sup> 2026. 9:00AM.

Come and join us for a summer celebration of America's independence! \$15 includes entry fee, lunch & prizes. Experienced players only. Deadline July 15. Register at the front desk.

### Senior Day at the Fair

Friday, July 31<sup>st</sup> 2026. 10:00AM - 12:00PM.

Meet us under the Big Top in Tonganoxie to celebrate 100 years of the LVCO Fair! Raffles & entertainment by Daysia Reneau, bingo, and a free lunch. Age 50+. No cost or reservation needed.