

FIREHOUSE TECH CAFÉ
SENIOR SOCIAL CLUB

106 S Jefferson St

816-635-0466



WEEKLY AGENDA

FREE COMPUTER AND
TECHNOLOGY HELP

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

PEPPI EXERCISE

Tuesdays at 9:15am

BINGO/BUNKO

Tuesdays 9:45

DRUMMING TO A NEW
BEAT

Thursdays 8:30am

CARDS AND GAMES

Thursdays from 9:30-noon
(1h)

ZUMBA GOLD

Monday 6pm-7pm

FREE GENEALOGY HELP

Wednesday 6pm-8pm

6 THINGS TO DO DURING SOCIAL DISTANCING

1. **Phone a friend.** There used to be a Bell telephone commercial jingle, "Reach out and touch someone." Instead of that, I'm recommending that you call, text, FaceTime, or SKYPE someone you haven't spoken to in awhile.
2. **Work out at home.** Try doing all of our PEPPI exercises that you can remember even if you don't have a therapy band to use.
3. **Read five books that you've intended to but just didn't have time.** There's enough time now. Just don't break your reading glasses, unless you have a backup pair.
4. **Commune with nature.** Walk around outside in the sun at a healthy distance from other humans. Exercise and naturally forming Vitamin D? What could be better?
5. **Write out your most popular recipes for family.** Take this time to put together a cookbook that will be cherished by the ones who love you and future generations. Bonus points if you hand write it. I love having recipes written in my grandmas handwriting!
6. **Start a betting pool on how much of a baby boom there'll be due to all of this time on our hands with nothing else to do.** It may put the spike from the Blizzard of '78 to shame.

A man is talking to the family doctor. "Doc, I think my wife's going deaf."
 The doctor answers, "Well, here's something you can try on her to test her hearing. Stand some distance away from her and ask her a question. If she doesn't answer, move a little closer and ask again. Keep repeating this until she answers. Then you'll be able to tell just how hard of hearing she really is."
 The man goes home and tries it out. He walks in the door and says, "Honey, what's for dinner?" He doesn't hear an answer, so he moves closer to her. "Honey, what's for dinner?" Still no answer. He repeats this several times, until he's standing just a few feet away from her.
 Finally, she answers, "For the eleventh time, I said we're having MEATLOAF!"



An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great, I would recommend it very highly." The other man said, "What is the name of the restaurant?" The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know, the one that's red and has thorns?" "Do you mean a rose?" "Yes, that's the one," replied the man. He then turned toward the kitchen and yelled, "**Rose, what's the name of that restaurant we went to last night?**"

COVID 19 CROSSWORD PUZZLE

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

BABYBOOM
 BORED
 CANCELLED
 CONTAGIOUS
 CORONAVIRUS
 FAMILY
 GLOBAL
 HANDSANITIZER
 HANDWASHING
 HOARDING
 HOMESCHOOLING
 OUTBREAK
 PANDEMIC
 PREPARED
 QUARANTINE
 READING
 SCARY
 SHORTAGE
 STOCKPILE
 STUCK
 TOILETPAPER

TECHNOLOGY TIP

If you're looking for free content that you can stream on demand.

Here are five streaming services that we've been, well, watching.

1. <https://www.crackle.com/>

Owned by Sony, of course, so it hosts a lot of Sony original content, plus programs and movies from other companies.

2. <https://tubitv.com/static/supported-browsers>

Streams more than 12,000 titles, including movies and TV shows. Affiliated studios include Paramount, Lionsgate, MGM and more.

3. <https://m.youtube.com/>

Began as a platform for people to upload and display their own videos. That feature remains, but the site now offers videos and some live TV from major partners like CBS, BBC, and others.

4. <https://pluto.tv/live-tv/pluto-tv-comedy>

100 free channels, from old TV shows to movies to a (limited) selection of sports.

5. <https://www.vudu.com/>

Delivers full-length movies and TV for free but offers more content in



PLEASE STAY UP TO DATE AND ENSURE THAT YOU ARE RECEIVING INFORMATION FROM A RELIABLE SOURCE.

The Centers for Disease Control (CDC) and Clay County Public Health Center offer up-to-date information on their websites and social media. The Missouri Department of Health and Senior Services (DHSS) has activated a **24/7** phone hotline for the public or providers to receive information or guidance related to COVID 19. This number can be reached at **877-435-8411**

PROTECT YOURSELF FROM FRAUD

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19).

Scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. **However, the services are unapproved and illegitimate.**

Fraudsters are targeting beneficiaries in a number of ways, including telemarketing calls, social media platforms, and door-to-door visits.

These scammers use the coronavirus pandemic to benefit themselves, and beneficiaries face potential harms. The personal information collected can be used to fraudulently bill Federal health care programs and commit medical identity theft. If Medicare or Medicaid denies the claim for an unapproved test, the beneficiary could be responsible for the cost.

Protect Yourself

- **Beneficiaries should be cautious of unsolicited requests for their Medicare or Medicaid numbers.**
- **Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If your personal information is compromised, it may be used in other fraud schemes.**
- **Ignore offers or advertisements for COVID-19 testing or treatments on social media sites.**
- **A physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing.**
- **If you suspect COVID-19 fraud, contact National Center for Disaster Fraud Hotline (866) 720-5721 or disaster@leo.gov**