

Services at the Center

Friendship Meals

Congregate Meals
Homebound Meals
Frozen Meals on request
Special Diets available
 diabetic, diverticulitis, low sodium
Nutrition education monthly

County Health Services

Monthly

Foot Care—1st Wednesday

Blood Pressure Checks—3rd Tuesday

Yearly

Flu and Pneumonia Shots

Bus Service

To meals at the center and weekly shopping trips around town.

Exercise Classes

2 sessions weekly

Special Meals and Activities

Holidays

Community Events

Monthly Birthday Parties

Social Activities

Consumer Education

AARP Driver Safety Class



Visitors are Always Welcome!

The Meade Council on Aging—BEAM Center enhances the lives of senior citizens and their families through fellowship, education, nutrition, recreation and social services.

The Meade Council on Aging partners with SWKAAA (SouthWest Kansas Area Agency on Aging) and Eldercare Inc. to provide meals, activities, services and information for the senior community.

The Meade Council on Aging is a 501(c)3 tax exempt organization which operates the BEAM Center. Services are available to all eligible individuals regardless of race, sex, color, creed, or national origin.

Donations to the BEAM Senior Center are tax deductible and should be made to Meade Council on Aging—BEAM Center.

BEAM Senior Center

Meade, Kansas



Senior Activities and Friendship Meals



Phone
620 873-5363

E-mail
beamcenter.meade@gmail.com

BEAM Center Shining a Light for Seniors

The **BEAM Center** is a community focal point where aging adults can enjoy friendship meals and a variety of activities and services. It is a place where senior citizens meet together to help fulfill social, physical, intellectual, and spiritual needs. It is a place of interaction with various community groups, and offers opportunities for volunteerism and fellowship.

Long Term Learning and Fun

Seniors can learn about legislation affecting their health and retirement from professionals and individuals trained to provide information. Many informative programs and trainings are provided on site.

Participants enjoy games, bingo, crafts, drama skills and more in the relaxed atmosphere of the BEAM Center.



Friendship Meals

- Fresh cooked, nutritious meals are served at the center 5 days a week and delivered to the homebound.
- Meal reservations must be made 24 hours in advance and a donation is requested for the meal provided.
- Menus and activities are published weekly in the *Meade County News*.
- Calendars of menus and activities are available at the BEAM Center.

Exercise at the Center

Exercise time will aid in keeping seniors fit as well as providing fun and fellowship. All exercises are tailored to the fitness needs of aging adults.



Attend the BEAM Center for **active healthy aging** in a caring environment.

Food Distribution Location

BEAM Center is the Food distribution Center for the Commodities Program.

Intake Site

BEAM Center is the Intake site for Kansas Legal Services assistance, appointments required.



BEAM Senior Center
Marj Ediger, Director
PO Box 605
624 W. Carthage
Meade, KS 67864
Phone 620 873-5363

*There are volunteer opportunities for all ages through the programs and activities at the **BEAM Senior Center**.*