

Village Voice

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A John Knox Village Publication



Speaking on Wednesdays during Older Americans Month are, pictured from left, Ray Nesbit, Bill Perry, Diana Nesbit, Pat Clement, Kitty Ham, Ron Clement and Emma Tebbenkamp.

Engaged At Every Age

Residents are engaged in all kinds of ways, in the Village community, and the greater Kansas City area. The Village is participating in Older Americans Month, celebrated each May, with this year's theme being "Engage at Every Age."

To showcase the ways residents are engaged, the Wellness Program is inviting several residents to speak. These residents are not only members of the Fitness Center, but understand the importance of remaining physically fit to help them stay actively engaged in other areas of their lives, including other activities, music groups, volunteering and more. Make plans to join us and get to know these engaged residents even better! Please note, on Wednesday, May 30, there will be a pot-lock, so bring a treat to share!

10:30 a.m. Wednesdays in May,
Villager Fitness Center

Wednesday, May 2: Emma Tebbenkamp will share how she volunteers at the Thrift Shop, participates in exercise classes and more.

Wednesday, May 9: Ron and Pat Clement are involved in numerous groups and activities around the Village including the John Knox Village Community

Theatre, golf, exercise classes, Resident Council and more.

Wednesday, May 16: A familiar face at the Village, Kitty Ham will talk about her volunteer work at the Village Care Center and with Village Hospice.

Wednesday, May 23: Bill Perry has a passion for running, having participated in many local marathons. He'll also discuss how he stays active through the fitness center, golf league and the bowling league.

Wednesday, May 30: Ray and Diana Nesbit will talk about leading the Brain Fitness Class. They are also involved in several Village music groups.



Engage at every Age