



Downtown Senior Center

Dear Friends,

For all the volunteers and members who helped with the St. Patrick's parade and St. Patrick's Day Pot Luck Luncheon, THANK YOU! Without you, these events would not be possible or as much fun! Thank you also to The Lewis Street Singers and Prairie Wind Dancers for our entertainment.

The Lewis Street Singers are members who practice here on the first Monday of the month. So as you passed by room 2 or shot pool you have been entertained by this group. The Funtastics also practice here on the first Monday of the month. I notice the Center's members move a little livelier when these groups are in the building!

So how do we get more music into the Center? Does anyone know someone who would like to teach piano, guitar, ukulele, or any other instrument here at the Center? Let me know.

Bicycle riders.... Are you interested in meeting at the Center weekly and going on a ride through Riverside Park and along the river. There has been a suggestion that a group meet weekly and
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Ongoing Activities

Monday

8:00 am Competitive Pickleball
 9:30 am Wanda's Exercises
 10:00 am Prairie Moon Book Club (1st Monday)
 11:00 am Lewis Street Singers
 11:00 am WSU Well Rep Exercises
 1:00 pm Grand Slam Bridge
 2:00 pm Funtastics (1st Monday)
 6:30 pm Recovery
 6:30 pm Kansas Ringleaders (3rd Monday)
 7:00 pm Round Dance

Tuesday

9:00 am Senior Employment Job Club
 12:00 pm Dominoes
 1:00 pm Pool Tournament
 1:00 pm Prairie Quilt Guild (2nd Tuesday)
 2:00 pm Bible Study
 7:00 pm Prairie Quilt Guild (2nd Tuesday)
 7:00 pm Sunflower Woodworkers (4th Tuesday)
 7:00 pm Prairie Quilt Guild Board (last Tuesday)

Wednesday

8:00 am Competitive Pickleball
 9:00 am Advanced Spanish
 9:30 am Wanda's Exercises
 11:00 am WSU Well Rep Exercises

1:00 pm Beginning Spanish
 1:00 pm Recreational Pickleball
 1:30 pm Senior Legal Advisor (2nd Wednesday)

Thursday

9:00 am Foster Grandparents (Last Thursday)
 9:00 am Foot Care (call for apt. 946-0722)
 9:30 am Gentle Fitness (Except last Thursday)
 1:00 pm Pool Tournament
 2:00 pm Senior Financial Advisor (3rd Thurs.)
 2:30 pm Writing Craft (1st Thursday)

Friday

8:00 am Competitive Pickleball
 9:30 am Wanda's Exercises
 10:00 am Beginning Drawing (see article)
 11:00 am WSU Well Rep Exercises
 1:00 pm Party Bridge
 1:00 pm SECA (1st Friday)
 1:30 pm Hand and Foot Cards (2nd and 4th Fridays)

Saturday

6:00 pm Good Time Dancers (For schedule, call Cynthia at 772-0169)

Downtown Senior Center • 200 S. Walnut, Wichita, KS 67213 • (316) 267-0197

Hours: 8:00 a.m. - 4:30 p.m. • Director: Carolyn Earnest • CarolynE@seniorservicesofwichita.org

Registration Required for ALL Center Activities • Membership: \$25 per year



Downtown Senior Center

Director's Notes

(continued from page 4)

adventure out to explore the wonderful bicycle trails in the Delano/Riverside area and beyond. If you are interested let me know.

Last but not least, the remodel project. This has been a hot topic among the members. The DSC Advisory Council, which meets the first Thursday of each month and should have representation from each group, is keeping members informed as I know the remodel schedule. The Advisory Council members also bring concerns or suggestions to the meeting from their groups. If you do not have a representative at the Advisory Council, please pick a member to represent your group and have them come see me.

Have a great spring and be safe! -Carolyn



KWCH-TV meteorologist Mark Larson explained what to look for in the Kansas skies as the season changes from winter to spring. During his weather watch presentation Feb. 28, he shared severe weather tips and what to do to stay safe.

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Downtown Senior Center



The Good Time Dancers meet at the Downtown Senior Center twice a month on Saturday nights.

Good Time Dancers

Since 2006 the Good Time Dancers have been dancing at the Downtown Senior Center twice a month on Saturday nights from 6 p.m. to 9 p.m.

Fellowship, good food and dance are a great combination. We enjoy line dancing which does not require a partner. We also enjoy two step, cha cha, swing and more, which do require you to bring a dance partner with you. The evening includes a potluck dinner. Please bring your own non-alcoholic beverage. We provide paper goods, silverware, cups and ice. Cost is \$5.00 per person.

If you think you would like to dance with us, please call Cynthia and Walter at 772-0169 or Judi and Bill at 686-4816 for our schedule, which varies from month to month.



A large crowd turned out for the Introduction to Computers class presented by the Wichita Public Library Feb. 21.

Writing Craft

Our Writing Craft group meets Thursday, April 6, from 2:30 to 4:00. This month's topic is 'Writing Concepts to Understand.' Published author Starla Criser leads this group.

Learn To Draw!!

Joan Morrison will present "Intro to Sketching Animals & Humans" on Friday, April 28th, at 10 a.m. Come discover your hidden artistic talents! RSVP by calling 267-0197.



The Prairie Quilt Guild meets at the Downtown Senior Center on the second Tuesday of the month. The organization has over 600 active members.

Write On!

Do you love to write poetry? Have a family memory you want to share? Join Starla Criser Wednesday, April 26th, at 1:30 p.m. Submissions will be published as a 6 X 9-inch paperback, also available as an ebook. The books will be available for purchase online, with royalties donated to the Wichita Senior Centers. Open only to center members.

Prairie Moon Book Club

The Prairie Moon Book Club will meet at 10 a.m. Monday, April 3. We will be discussing 'The Weird Sisters' by Eleanor Brown.



Downtown Senior Center

Educational Opportunities:

April

Every Wednesday

Advanced Spanish @ 9:00 am—(cost)

Beginning Spanish @ 1:00 pm—(cost)

Learn Spanish with the dynamic Judith Eugino-Humerez and appreciate Spanish foods with monthly lunch outings.

Wednesday, April 5th @ 12:00pm

'Fit For You' Club/Equipment Orientation

Connie Pearl

RSVP: 267-0197

Wednesday, April 5th @ 1:00pm

Budgeting Basics, Part 1

Liz Brumscheen, K-State Extension

Cost: \$10 for series

RSVP: 267-0197

Thursday, April 6th @ 2:00pm

Eat Smart - Live Strong

Shirley Lewis, K-State Extension

RSVP: 267-0197

Member: no charge. Nonmember: \$2

Friday, April 7th @ 1:00pm

Attracting Bees, Birds & Butterflies

Terry Erickson

RSVP: 267-0197

Wednesday, April 12th @ 1:00pm

Budgeting Basics, Part 2

Liz Brumscheen, K-State Extension

Cost: \$10 for series

RSVP: 267-0197

Thursday, April 13th @ 3:30pm

Inca Culture through Art

Judith Eugino-Humerez

RSVP: 267-0197

Friday, April 14th @ 1:00pm

Keys to Embracing Aging, Part 1

Teresa Hatfield, K-State Extension

RSVP: 267-0197

Tuesday, April 18th @ 1:00pm

Introduction to iPhone & iPad Use

Cindy Bailey, Wichita Public Library

Limited class size: RSVP: 267-0197

Members Only - No Charge.

Friday, April 21st @ 1:00pm

Keys to Embracing Aging, Part 2

Teresa Hatfield, K-State Extension

RSVP: 267-0197

Tuesday, April 25th @ 11:30am

Using the Modern Library

Julie Sherwood, Wichita Public Library

RSVP: 267-0197

Member: no charge. Nonmember: \$2

Wednesday, April 26th @ 1:30pm

Write On!

Starla Criser

RSVP: 267-0197

Friday, April 28th @ 10:00am

Intro to Sketching Animals & Humans

Joan Morrison

RSVP: 267-0197

Advisory Committee

The Advisory Committee will meet Thursday, April 6, at 10 a.m.

Senior Legal Advisor

Cathleen Gullede, Senior Legal Advisor, will be here at 1:30 p.m. April 12th. Call us here at the D.S.C. to reserve space.

Senior Financial Advisor

Each month our Senior Financial Advisor Stan Webb is here to discuss important financial issues of the day. Join him at 2:00 p.m. Thursday, April 20.