



Downtown Senior Center

Dear Friends,

I am ready for Spring....so are the cardinals and robins at the lake where I live! It was warm one morning this week and the birds were singing like they do when Spring is here. However, as I write this note, a storm is moving in and freezing weather is on its way.

Thank you for stopping by and getting your name tags. It has given us a chance to visit with you about future programs and to explain our funding sources. Our funding depends upon members checking into the Navigator/computer (Sedgwick Co.) with each activity attended and signing the clipboards in the room (United Way), along with your membership and donations. Thank you for assisting us with this.

Donations for 2016 have been wonderful. Thank you. The Prairie Quilt Guild gave the Downtown Senior Center a new wireless microphone and stand for the many large programs we conduct. This month a donation of several pieces of exercise equipment has been given by a local business
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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
 5:00 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
 10:30 am Single Seniors (except 2nd Tuesday)
 1:00 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 (Except for the 2nd Wednesday)
 1:30 pm Senior Legal Advisor (2nd Wednesday)
 3:30 pm Recreational Pickleball (2nd Wed.)

Thursday

9:00 am Foster Grandparents (Last Thursday)
 9:30 am Foot Care (call for appointment)
 9:30 am Gentle Fitness (Except last Thursday)
 10:00 am Beginning Drawing (Except 1st Thurs.)
 1:00 pm Pool Tournament
 2:00 pm Senior Financial Advisor (3rd Thursday)
 2:30 pm Writing Craft (1st Thursday)

Friday

8:00 am Competitive Pickleball
 9:30 am Wanda's Exercises
 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

Saturday

6:00 pm Good Time Dancers
 (For schedule, call Judi at 686-4816)

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



Downtown Senior Center

Senior Legal Advisor

Cathleen Gulledge, Senior Legal Advisor, will be here February 8. Call us here at the D.S.C. to reserve space.

Beginning Drawing Class

The Drawing Class meets on the 2nd, 3rd, and 4th Thursdays of each month at 10:00.

Bible Study

On February 28, a birds-eye-view of Revelation will be given by Leon Scott. He is the Director of Source of Light in Newton. This will begin our study in the Book of Revelation by Lou Warkentien.



Equipment being donated to the Downtown Center by Connie Pearl.

	<p>LET US <i>carry</i> YOUR MESSAGE TO <i>Senior</i> THE <i>Community</i></p> 		 <p>RIVERCROSS HOSPICE</p>  <p>Rivercross Hospice is dedicated to providing and promoting the best quality of care for patients and families facing end-of-life issues.</p> <p>316-260-9690 www.rivercrosshospice.com</p> <p>Covering Wichita and the Surrounding Counties</p>
 <p>VINTAGE PARK AT WATERFRONT ASSISTED LIVING COMMUNITY <i>A CDF Retirement Residence</i></p> <p>900 N Bayshore Dr • Wichita, KS 67212 (316) 945-3344 www.vintageparkassistedliving.com</p>	<p>Our residents enjoy our quiet atmosphere and beautiful lakeside view. Scheduled activities, outings, fishing and family get-togethers. Meals, laundry, housekeeping, bathing & dressing assistance, medication administration and more. Pricing is all inclusive.</p>		
		 <p>In Patient • Out Patient Home Health</p> <p>Only Rehab in Kansas with Joint Commission Certified Stroke and Hip Fracture Programs</p> <p>We can admit patients directly from home</p> <p>Call 316-729-9999 for a tour or inquiries</p>	
<p>HELP PROTECT YOUR FAMILY</p> <p>CALL NOW! 1-888-891-6806</p>   <p>HOME SECURITY TEAM</p>			<p>WESLEY Rehabilitation Hospital An Affiliate of HEALTHSOUTH®</p> <p>8338 West 13th Street North • Wichita, KS 67212 www.wesleyrehabhospital.com</p>



Downtown Senior Center

Writing Craft

Our Writing Craft group meets on the first Thursday of each month from 2:30 to 4:00. Published author Starla Criser leads this group, and aspiring authors are invited to attend.

Introduction to Computers

Want to know more about how to use your computer? This is a beginner's class facilitated by Technology Trainer Cindy Bailey of the Wichita Public Library on Tuesday, Feb. 21 from 1 to 3 p.m. She will explain the basic use of a computer and will answer your questions. No need to bring your laptop or tablet. RSVP to 267.0197.

Director's Notes

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woman, Connie Pearl. The equipment will be set up in Room 1 upstairs and available for use sometime in February. Thank you, Connie. Now I can truly start my New Year's Resolution at work when on break!

Calling all volunteers! We have several opportunities for volunteering at the Downtown Senior Center. Volunteering such as helping with getting the Compass, our monthly newsletter, ready for mailing, answering the telephone a few hours a week, helping with special program setup, and/or collecting/entering data. Let me know how you would like to help. I cherish my volunteers. Thank you all.

During the January Advisory Council meeting, many topics were shared with new programs suggested and remodeling ideas proposed. If you do not have a representative from your group attending the Advisory Council meetings, please pick someone and let me know who will be attending for your group.

Well, stay warm and safe. We have just a few more months of cold weather to go.

Spirit Around You and Yours,
Carolyn



The dominoes group at the Downtown Senior Center meets on Tuesdays at 1 p.m.



Children from Caldwell Elementary School entertained at the Foster Grandparents' Christmas party at the Downtown Senior Center.



Downtown Senior Center

Educational Opportunities:

February

Every Friday (Feb 3, 10, 17, & 24th) @ 1:00pm

WSU LifeLong Learning: The New Kansas

Presentation by Beccy Tanner

Registration forms at the Senior Centers

Every Wednesday (Feb. 1, 8, 15, & 22)

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.

Thursday, February 2nd @ 2:30pm

The Craft of Writing: Idea Development

Starla Criser, Author

RSVP: 267-0197

Member: no charge

Tuesday, February 7, @ 11:00am

Introduction to Essential Oils

Kelsey Webb will discuss the use of essential oils for calming (lavender), for aid in memory (rosemary), and to cleanse the air (sage).

Limited class size: RSVP to 267-0197.

Member: no charge. Nonmember: \$5

Every Monday starting Feb.13, 5:30 to 6:30

Six-week Weight Loss Class

Diane Greenleaf-Kisner, RD

Member: \$90. Nonmember: \$100

Thursday, February 16, @ 1:00pm

Overview of Art Quilts

Starla Criser

Tuesday, February 21, @ 1:00pm

Introduction to Computers

Cindy Bailey, Wichita Library

RSVP: 316-267-0197

Member: no charge. Nonmember: \$5

Wednesday, February 22nd @ 12pm

“Scams-How do I protect myself?”

Denise Groene, State Director

Better Business Bureau, Inc.

RSVP: 316-267-0197

Member: no charge. Nonmember: \$5

Friday, February 24th 2 10:00am

Intro to Pencil Sketching

Joan Morrison

Bring drawing pad & 4B pencils

RSVP: 267-0197

Tuesday, February 28th @ 11:00am

Weather Watch

Mark Larson

Weatherman at KWCH-TV

Member: no charge. Nonmember: \$5

Tuesday, February 28, 1:00-4:00pm

Introduction to Woodcarving

Roy Hosie

Project: Will carve a small owl

RSVP: 267-0197

Member/Nonmember: \$20

March

Tuesday, March 28th @ 1:00pm

Aging Gracefully: Keeping Good Posture, Mobility & Balance

Dr. Wesley Detrick, DC

SpineCare

RSVP: 267-0197

Member: \$5. Nonmember: \$7

Member + Nonmember: \$10

Friday, March 31st @ 10:00am

Intro to Landscape Drawing

Joan Morrison

RSVP: 267-0197

Advisory Committee

The Advisory Committee will meet Thursday, February 2, at 10 a.m.