



Downtown Senior Center

Dear Friends,

I have been spring cleaning for the Downtown Senior Center move. We have moved the exercise classes, card & dominoes clubs, and programs to the West Side Baptist Church at 304 S. Seneca (across the street from the Center). Park and enter on the east side of the church building into the lobby, check into Navigator for Sedgwick Co. funding and review the listed events/activities with the room number. Please sign the clipboard in the room for the United Way funding as before. **Members must wear their Senior Services/Downtown Senior Center name tags to get into the Church building.**

Please review the 'Ongoing Activities' list below and the upcoming 'Educational Opportunities' on page 7. There are some changes and great programs coming this month. Some activities and groups will be meeting elsewhere until the remodeling is finished in 2018. When this newsletter went to press, I was still trying to find a place to set up the equipment for the 'Fit For You' Club.

The Downtown Senior Center office will be open to pay your memberships, RSVP for the programs you would like to attend, and to keep in touch.

Spirit around you and yours, Carolyn

Ongoing Activities, West Side Baptist Church, 304 S. Seneca

Monday

Pool/Snooker (Orchard Park/Linwood Park)
Competitive Pickleball (Orchard Park/Linwood Pk)
9:30 am Senior Employment Orientation (Parlor Rm 129)
9:30 am Wanda's Exercises (Gym)
10:00 am Prairie Moon Book Club (1st Monday) (Room 139)
11:00 am Lewis Street Singers (Chapel)
11:00 am WSU Well Rep Exercises (Gym)
1:00 pm Grand Slam Bridge (Bristo/Room112)
4:00 pm Funtastics (1st Monday) (Chapel)
7:00 pm Monday Night Round Dance (Call Frank at 262-7830 for new location)

Tuesday

9:00 am Senior Employment Job Club (Parlor Rm 129)
12:00 pm Dominoes (Room 139)
Prairie Quilt Guild (Scottish Rite)
Bible Study (Calvary Bible Church)
Prairie Quilt Guild Bd Mtg (Scottish Rite)

Wednesday

Competitive Pickleball (Orchard Park/Linwood Park)
9:00 am Advanced Spanish (Room 139)

9:30 am Wanda's Exercises (Gym)
11:00am WSU Well Rep Exercises (Gym)
12:00 pm Bike Club (Downtown Senior Center parking lot)
1:00 pm Beginning Spanish (Room 139)
1:00 pm Recreational Pickleball (Orchard Park/Linwood Park)
1:30 pm Senior Legal Advisor (2nd Wednesday)

Thursday

Foot Care (call for apt. 946-0722) (Linwood Park)
10:00 am Advisory Council (1st Thursday)
2:00 pm Senior Financial Advisor (3rd Thursday)
2:30 pm Writing Craft (1st Thursday)

Friday

Competitive Pickleball (Orchard Park/Linwood Park)
9:30 am Wanda's Exercises (Gym)
11:00am WSU Well Rep Exercises (Gym)
1:00 pm Party Bridge
1:00 pm S.E.C.A. (1st Friday)
1:30 pm Hand and Foot Cards (2nd & 4th)

Saturday

Good Time Dancers (For schedule and new location, 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

'Twas A Grand St. Paddy's Day!



Downtown Senior Center members enjoyed a potluck luncheon celebrating St. Patrick's Day. The Lewis Street Singers and Prairie Wind Dancers entertained those attending.



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Downtown Senior Center

Write On! Your Chance to be Published

Have you thought about getting something—even something small—published? This opportunity could be your time to shine!

Starla Criser, the Writing Craft teacher at both the Linwood and Downtown Senior Centers, is offering a chance to get published. This will be an anthology (collection) of poetry, short stories, short memoir pieces, or brief non-fiction pieces. The Write On! class will be held at DSC May 8 at 12:30 p.m.

There is no charge to be included. The opportunity is ONLY open to current members of one of the four senior centers: Downtown, Linwood, Northeast and Orchard Park.

Submission information is available at the senior centers, or by contacting Starla at 393-8195. The deadline for entries is July 31, 2017.

The anthology will be published as a 6 x 9-inch paperback and as an ebook, and available online. All royalties from the sales will be donated to the Wichita Senior Centers.

Opportunity for Artists

Because we want to involve more than just authors in this anthology opportunity, we are seeking help from our Senior Center artists.

The anthology needs a cover designed. We will have a contest for the publication's title, which will be added to the selected cover design, so keep that in mind.

Basically, the theme must have to do with senior adults over age 55, writing in various forms, and living in Kansas. Let your artistic imagination run free!

Cover possibilities can be created in almost any manner, such as photographs, pen-and-ink drawings, colored pencil drawings, watercolors, even reasonably small paintings. The image will be photographed, scanned, and converted to what will work for a publishable cover.

Submissions can be left at any of the

senior centers. The deadline date is July 31, 2017. Determination of the selection will be decided later. Any submitted piece will have the opportunity to be displayed.

For more information, contact Starla Criser at 316-393-8195.

Want to Join in Some Fun?

Maybe you don't feel up to trying to write an actual poem or short story or memoir for the upcoming Senior Center anthology. But maybe you like to play around with something simpler. Let your imagination have fun coming up with a title idea!

The basic theme for the anthology (collection) concerns senior adults writing in some manner, such as poetry, short stories, memoirs, or brief non-fiction pieces. These authors also live in Kansas, to be specific.

Title submissions must be sent to one of the Wichita Senior Centers by June 30, 2017.

For more information, contact Starla Criser at 316-393-8195.

Writing Craft

Our Writing Craft group meets Thursday, May 11, (different date for May only) from 2:30 to 4:00. This month's topic is 'Additional Writing Basics.' Published author Starla Criser leads this group. RSVP by calling 267-0197.

Job Club

Effective May 1, the job club meetings will be held in the West Side Baptist Church Parlor Room 129 at 9 a.m. Tuesdays. The SEP office will remain at the Downtown Senior Center.

Prairie Moon Book Club

The Prairie Moon Book Club will meet at 10 a.m. Monday, May 1. We will be discussing 'The Lady in Gold' by Anna Marie O'Conner.



Downtown Senior Center

Educational Opportunities:

May

Thursday, May 4th @ 2:00pm
Fix it Fast, Eat at Home
Shirley Lewis, K-State Extension
RSVP: 267-0197

Monday, May 8th @ 12:30pm
Write On!
Starla Criser, Author
RSVP: 267-0197

Friday, May 12th @ 1:00pm
Falling Less in Kansas, Part 1
Teresa Hatfield, K-State Ext.
RSVP: 267-0197

Tuesday, May 16th @ 1:00pm
Internet Fraud
Denise Groene, State Director
Better Business Bureau, Inc.
RSVP: 267-0197

Friday, May 19th @ 10:00am
Introduction to Birds & Flower Drawing
Joan Morrison
RSVP: 267-0197

Friday, May 19th @ 1:00pm
Falling Less in Kansas, Part 2
Teresa Hatfield, K-State Extension Service
RSVP: 267-0197

Tuesday, May 23rd @ 11:00am
**Moving On: Items to Think About
On Your Life's Next Journey**
Laurie Ungles, Senior Real Estate Specialist
Keller Williams Hometown
RSVP: 267-0197

Tuesday, May 23rd @ 1:00pm
Know the 10 Signs of Alzheimer's
Jenna Smith, Alzheimer's Association
RSVP: 267-0197



KDADS was at the Downtown Senior Center March 28 as part of a state-wide listening tour.



Dr. Wesley Detrick presented the March Aging Gracefully program on spine care.



Students from the WSU College of Health Professions offered general health assessments during a Health Fair at DSC March 31.