



Linwood Senior Center

“Life loves the person who dares to live it.” ~Maya Angelou~

Dear Friends,

I have one question for you this month—“When you welcome the day, do you welcome in your life new opportunities that come with that day?” This is a great question to ask yourself. As many of you know, I have found that I want to live life with a “vigor” to be spontaneous. Of course, through the years, I prefer some experiences that are familiar and planned like having grilled cheese sandwiches on Sunday eves, etc. But sometimes I need to be mindful, that I also need to grasp new experiences and different viewpoints. Some of my favorite things are walking a new trail (to me), and seeing what is over the next hill. And I ask you—“Whatever happened to Sunday drives?” I used to do more driving when I was younger (like most of you) and when gas was cheaper! :-) So, grab a sweet ride and go for a drive! It’s YOUR life!

This month we have some fun activities. We are planning on going to the Zoo to celebrate Earth Day; we also have a “Bierock Making 101 Class” and a Basic Photography Class; we also have a new opportunity for some of you to become a published writer. You won’t want to miss the chance to show off your Easter bonnets at our potluck celebration April 12. Don’t forget to head to Linwood to see what you can experience and learn from each new day of opportunities!

SO-- LIVE IT UP AND DON’T FORGET TO SMILE!

~Cherise & the Linwood Team~

Ongoing Activities

Monday

- 9:00 Stretching
- 9:30 Dynabands
- 10:00 Bible Study
(first Monday)
- 10:00 Early AM Bookclub
(second Monday)
- 11:30 Friendship Lunch

Tuesday

- 9am-3pm Michelle’s Foot Care
- 9:00 Brain Games
- 9-11 Pickleball
- 9:30 Fit & Balance
- 10:30 BINGO
- 11:30 Friendship Lunch
- 12:30 WSU Well-Rep
- 1:30 Dime Bingo!

- 2:30 Writing Craft (1st Tues)
- 2:45 Belly Dancing

Wednesday

- 9:00 Arthritis Exercise
- 11:30 Friendship Lunch
- 1:00 Pinochle with Friends

Thursday

- 9-11 Pickleball
- 11:30 Friendship Lunch
- 12:30 WSU Well-Rep
- 1:00 Pinochle With Friends
- 2:00 Games of Fame
(4th Thursday)
- 2:00 Beginning Line Dance
- 3:00 Advanced Line Dance

Friday

- 9:00 Stronger Seniors
- 10:15 Presentations
- 10:30 (1st Friday) T & S
Pressure check
- 11:30 Friendship Lunch
- 12:00 13 Pt Pitch for Fun

Daily/Anytime

- Walking
- GNNP Lunch (for reservations call 219-4020)
- 10 pt Pitch 12:30

Monthly

- 10:00 Advisory Council the last Wednesday of the month
- 10:30 Birthday Party the third Wednesday of the month

Linwood Senior Center • 1901 S. Kansas, Wichita, KS 67211 • (316) 263-3703

Hours: 8:00 a.m. - 4:30 p.m. • Director: Cherise Langenberg • CheriseL@seniorservicesofwichita.org

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



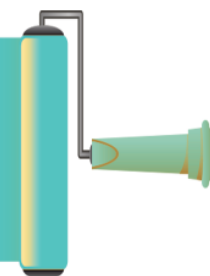
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We Love Our Volunteers!

We had a great time at the "We Love Our Volunteers Breakfast" on Feb 24. We celebrated with "biscuits and gravy" and a few games of bingo. We have over 40 volunteers who help us teach classes, manage the front desk and provide crafts to sell to raise money. From organizing garage sales, to food prep classes to leading our singing and providing our music, to setting up chairs, and working on the advisory council -- we are blessed with a talented, dedicated, and faithful group of volunteers at Linwood. We celebrate and love our volunteers-- because they really make the world (and Linwood) go around!! THANK YOU DEAR VOLUNTEERS--YOU ARE LOVED AND APPRECIATED!!! Thanks to our friends at Willowcreek Manor for sponsoring this event.



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Linwood Senior Center Educational Programs

April

Events are all on Fridays at 10:15 a.m. unless otherwise * noted. Please make sure your membership is current - otherwise there is a \$2 fee. THANK YOU!

April 7

“Overcoming Burnout As A Caregiver”

Mark Pennington, Legacy on College Hill

April 14

“Finding Housing That Is Right For You”

Brian Stemple, Next Phase Senior Solutions

April 21

“Home Technology Solutions—How to Use Assistive Devices to Make Living Alone Safe”

Marcia Hills, Home Technology Solutions

April 28

“Reflex Health - Strengthening Your Hands to Get Lids Off Jars, etc.”

Monja Wood Barney, Massage Therapist

* Monday, April 3, from 1:30 to 2:30 p.m.

HEALTHY COOKING SERIES Class #3 -

“Eat Smart, Live Strong”

Shirley Lewis, Sedgwick Co. Extension Agent
Shirley will be cooking a great dish, so please RSVP for the class at 263-3703.

Monday, April 24, at 1:30 p.m.

Legal Corner -

Division of Assets - What You Need To Know

Christy Campbell, Kansas Legal Services

**One-on-one appointments available after Christy’s presentation. Call 263-3703 to RSVP.

Smart Phone Challenges

If you are having technical trouble with your phone, stop by at 3:30 p.m. on Monday, April 3, to get some assistance. Fernanda Reyes, our young, talented teacher, will get you going! She will give one on one advice and instruction.

Writing Craft

We will meet April 11 from 2:30 - 4 p.m. Our topic is “Writing Concepts.” Call Starla Criser, our author in residence, at 393-8195 for more information.

Write On!

Do you love to write poetry? Have a family story you want to share? Join Starla Criser Wednesday, April 12, from 11 a.m. to noon. 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.

Early Morning Book Club

Join us on Monday, April 10, from 10 to 11 a.m. Book to be discussed: “The Worst Hard Time” by Timothy Egan. READ & SHARE!!! Free discussion, coffee, and donuts!

Zoo Trip

Thursday, April 20, is EARTH DAY!

We will be celebrating by going in a car caravan to the Zoo. We will need to meet at Linwood at 8:30 a.m., back to the center at 3 p.m. There is FREE admission to the Zoo that day, but if you want lunch the cost is \$4.00 per person. Lunch offered is a sandwich, chips and drink, and cookie. Please RSVP to 263-3703.

Bierock Making 101

Come and join us as our dear Pat Collins will walk us through making bierocks—without onions! You can eat one and take a couple home. Monday, April 17, from 2 to 4 p.m. Cost is \$5. Please RSVP 263-3703. Class size is limited to eight people.



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Craft Time With Barbara & Pat

Wednesday, April 12, from 2 to 4 p.m. We will be working on “Washcloth bunnies and chicks.” They are fun gifts to put in Easter baskets! Cost is \$5. *Call to RSVP at 263-3703

New Opportunity

We are starting a “Chair Yoga” class for people who may have some difficulty moving. Our instructor, Fernanda Reyes, is a student from Kapaun Mt Carmel who has a love for people and yoga. The class is on Fridays at 3:30. Call for more info.

Basic Photography

Join us Monday, April 10, from 12:30 to 1:30 p.m. for a basic photography class presented by Gerald McCoy. This course will cover the elements of exposure, including ISO, color temperature, aperture, and shutter speed. We will touch on the elements of a photograph, including framing, focus, and content. Then we will explore how these factors affect a wide variety of styles of photography including travel photos, portraits, sports and action, and landscapes. The class will be informal in nature with plenty of time for questions and answers. The goal is to make photography a fun activity for you, and show you how to share that fun with others.

Easter Potluck Celebration

Put on your Easter hats and join us on April 12 at 12:30 p.m. for a potluck! Sign up at the Linwood desk and find out what you can bring. We will have a parade of hats and some special gospel music. Prizes will be awarded for the most creative, beautiful and unusual hats!



Living Well Support Group

Do you have a chronic condition that has been challenging in your life? Then join us on Monday, April 24, from 3 to 4 p.m. This month’s topic is “Communicating With Your Doctor More Effectively.” Call for more information 263-3703.

Happy Birthday

Janice Baird
Helen Banks
Alice Barham
JoAnn Brown
Gladys Barnett
Kay Case
Rosie Carter
Carl Canning
Connie Ferland
Helen Ford
Nancy Fredrickson
Lorene Guoladdle
Marjorie Hale
Belva Harris
Galen Harris
Eugene Hirsch
Richard Holtsclaw
Sosan Lazarus
Odell Louderback
Nancy Lynch
Pat McKissick
Linda Nelson
Sharon Revell
Jack Parry
Amy Rich
Nina Sanchez
Anna Vaughn
Marilyn Ward
Jamie Watts
Helen Zordel

Suggestion Box

Thank you for your submissions to the suggestion box. We get these out and discuss them during Advisory Council meetings.