Linwood Senior Center

"I alone cannot change the world, but I can cast a stone and make many ripples."
~Mother Teresa~

Hi Friends,

It is hard to believe we are in the thick of summer. Time stands still for no man or woman. And for this August, I am here at the crossroads of life. I am turning 50! Hard to believe with my youthful and incorrigible spirit—isn't it!?! But yes --- it is a milestone for me. It certainly makes one reflect. As many of you know, I have never been one to shy away from aging, and certainly not now, as I celebrate and embrace the experience. However, I am a firm believer in the wisdom that only time and daily living can bring. I know, I have earned those gray hairs! Many of those challenging life experiences have made me, as the Velveteen Rabbit would say, "REAL" and genuine. Now, I want to keep looking forward; I want to encourage you to live life with vigor! Let's be purposeful together, to have goals and to keep dreaming dreams, and making not only ripples in the water, but be a "tidal wave of kindness and love"--- because we all desperately need those characteristics as we finish well!

With heartfelt gratitude for you, my dear friends,
Cherise

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
1:30 Beginning Line Dance
2:00 Games of Fame (4th Thursday)
2>30 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

Monthly
10:00 Advisory Council the fourth 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

Linwood Senior Center

We Want Your Poems, Stories, Memoirs & Your Creative Writing!

This is for our Senior Services Writing Anthology, and we need your writing ASAP. If you have ever wanted a chance to get published now is the time! We have prizes for cover art, and giving the anthology a title as well. We need your creativity!

Call Linwood 263-3703 or Starla Criser at 393-8195 for more information.

Early Morning Bookclub

Join us on Monday, August 14, 2017 at 10 a.m. Book to be discussed: "Murder on the Orient Express" by Agatha Christie.

Special Red Carpet Event!!!

"Meet Our Movie Stars"

Wednesday, August 23, at 1 p.m. we will be partnering up with our cowboys and cowgirls who went on our "Boots, Buckles & Blazing Saddles Trip to Enid, OK."

We will have a "Red Carpet" showing at the West Side Baptist Church (In front of the Downtown Senior Center) with the actual movie that was made by our movie stars! We will also view a movie that was produced at Skeleton Creek Productions called Cactus Creek.

Join us for some good old rootin' – tootin' fun! Dress in western attire and plan on eating popcorn and drinking some sarsaparilla (root beer).

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Linwood Senior Center Educational Programs

August

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!

August 4, 2017
"Elder Abuse – Signs & Symptoms"
Dr. Mary Corrigan

August 18, 2017
"Ark Encounter – Armchair Traveller Series"
Come and join us as you find out about history and the lifesize replica of Noah's Ark, located in Ohio.
Linwood Member, Reitha Stevens

August 25, 2017
"Diabetes & Footcare – What You Should Know"
Micah Seal, Kansas Foot Center

August 7, 2017 at 1:30pm
Healthy Cooking Series Last Class
"Choosing a Healthier You for Life!"
Shirley Lewis, Sedgwick Co. Extension Agent
RSVP required 263-3703

Smart Phone Challenges

If you are having technical trouble with your phone, please give us a call at 263-3703 and we can have Fernanda Reyes, our experienced smart phone instructor, help you. She can give you one on one advice and instruction. Please call to set up an appointment.

Grief Support Group

Group meeting will be on Monday, August 21, from 2 – 3 p.m. Chaplain Greg Schmidt will be leading the group, which will meet monthly. For more information contact 263-3703.

Living Well Support Group

Meets on August 28, from 3-4 p.m. This month's topic is "How to Battle Chronic Fatigue." Call for more information, 263-3703.

Writing Craft

Meeting Date: August 8, from 2:30 - 4 p.m.
Topic: "Characterization."
Call Starla Criser, our author in residence, at 393-8195 for more information.

Field Trip!!!!!

Please join us Wednesday, August 30, as we get a tour of the historical Kansas Masonic Home (KMH). You will be amazed at the stunning architecture and history. Lunch will be provided. We will meet at Linwood @ 10:30 a.m. and then caravan over to KMH.

We have a limit to the number of guests, so you will need to RSVP by August 21. Please call 263-3703 to reserve a space for you.

Bible Study

Join us on Monday, August 7, at 10 a.m. Pastor BJ Bennett will be leading the study.

Nina Good has been leading exercise, Stronger Senior, and Stretching & Dynabands for 20+ years. We want to thank her for her extraordinary service. Blessings to our Nina!

Linwood Senior Center

Experience Senior Expo!

Central Plains Area Agency on Aging's Senior Expo is coming soon. Senior Expo provides options for today's seniors and caregivers, offering valuable information, access to health screenings, new opportunities and sales that interest adults 55+. Join us at the 32nd annual Senior Expo and experience it for yourself on September 28th, 9 a.m. - 3 p.m. in Wichita.

Experience Senior Expo at three of Wichita's favorite museums: Botanica, The Wichita Gardens, Exploration Place and The Wichita Art Museum. Entrance to Senior Expo and admission to the museums is complimentary to anyone age 55 and older and to caregivers of all ages! Visit over 120 local and national vendors. Enjoy the fashion show, free park and ride transportation between all locations and lunch at each site for $6.00. For more information visit www.cpaaa.org.

Highlights of Senior Expo

Health Screenings
Interactive Booths
Learning Experiences
Music and DJ
Lions Club Mobile Screening Unit
Photo Booth and much more...

Fun Activities

- "Local Favorite Fashion Finds" 2017 Fashion Show at the Lotus Hall at Botanica
- Entertaining booths - Photo booth and Pop Noggins
- Vendors providing unique gifts and other items for sale
- Flu shots, eyeglass cleaning, spinal screenings, otoscope camera to see inside the ear, blood pressure screenings and more
- Nutrition/Cooking Demos

Craft Time With Pat

Many of you really enjoyed making the fairy garden houses. They are a great keepsake for your gardens, or even to put on your windowsill! Come and join us August 16 from 12:30-2:30 p.m. as we make these unique creations.

Produce Farm Twilight Tour

The K-State Research and Extension Service is hosting a produce farm twilight tour Monday, August 7, from 4 to 8 p.m.

The bus tour will visit a local orchard, a farm specializing in restaurant sales and a farm specializing in mobile farmers' market sales. It will include basic information on improving produce quality through good post-harvest handling, including harvesting, washing, storage, and packaging.

Registration is $15 per person, which includes dinner. Registrations are due by August 3. Contact Cherise at 316-263-3703.

Happy Birthday

Adams, David
Aldridge, Sharon
Baughn, Richard
Brunner, Esther
Buzard, Karen
Chappell, Peggy
Clark, Ernest
Davis, Carolyn
Davis, Donald
Delgado, Joaquin
Dunn, Janice
Germes, Claudia
Holley, Beverly
Hittle, Sara
Jackson, Sheena
Kelley, Michael
Lee, Jerry
Linenberger, Rene
Loughmiller, Edie
Morgan, Reaceil
Munn, Glenda
Murphy, Jeannie
Murphy, Rita
Neece, Dollie
Nicholson, Mary
Parli, Helen
Payne, Linda
Powell, Donna
Radebaugh, Katherine
Shockley, Shelby
Siemers, Lois
Ward, Butch
Weldon, Joan