



Linwood Senior Center

"And now abide faith, hope and love, these three, but the greatest of these is love." I Corinthians 13:13

February is the month of LOVE! And I want to share some with you. Foremost, I want to thank you for all your kindness to my family and me. The gifts you have given, and the daily generosity you share - humbles and blesses me. So THANK YOU for giving from the heart! So many of you are wonderful examples of what love is all about, "it is not selfish, not self-seeking, not proud.."

Also, I want to thank you - PRECIOUS VOLUNTEERS, for all your GRACIOUS assistance this year and the beginning of the year as we have been rather short-handed at times and you amaze me by pitching in and going another 50 yards, so blessings to you all!

This month we are going to have happy hearts. We will be celebrating love, and heart health. So make sure you join us for this special programming. Truly it will be a month FULL OF LOVE, FRIENDSHIP & FUN!

~Cherise & the Linwood Team~



**Come one, come all -- as YOU are cordially invited to
"Love Stories"**

February 14, 2017 • 2 to 3:30 p.m.

Join us for some delightful stories about love and some delicious dessert!
RSVP by February 8th at 263-3703 or sign up at the Linwood Desk.

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 Tournament 13 pt Pitch

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

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



Linwood Senior Center

Attention! New Game!

We had such a fun time with the Elf game in December that we wanted to try another game with you all called "BABY FACE"!

This month please bring 2 pictures of you by February 6 to the Linwood Senior Center. The first picture needs to be of you when you were little 10 years old or less. The second picture should be a current picture. PLEASE PUT THEM IN A SEALED ENVELOPE AND GIVE THEM TO CHERISE. **(Don't show them to anyone.)**

We want you to stop by and take a chance at matching the pictures.

The person who has guessed most/or all of the pictures correctly by noon on February 24 will be announced. We have a gift certificate and some other prizes!

Movie Time

This month we will be showing movie classics with the theme of LOVE! Join us on Wednesdays from 2 to 4 p.m. for the following movies. Bring a snack and add to the popcorn!
February 1st - "Affair to Remember"
February 8th - "The Notebook"
February 15th- "Sense and Sensibility"
(new version, Director's Pick!)
February 22th - "Arthur" (old version)

I-Pad Classes and Computer Training

I-Pad classes are starting, and we also have some one-on-one basic computer instruction if you want to give it a try. Call us if you want to RSVP at 263-3703.

our
SENIOR CENTER
The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com

Protecting **Seniors** Nationwide

24SEVEN
Medical Alert System

\$29.95/Mo. billed quarterly

- One Free Month
- No Long-Term Contract
- Price Guarantee
- Easy Self Installation

Call Today! Toll Free 1.877.801.7772

LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*

CONTACT

Erin Hardy to place an ad today!
ahardy@4LPi.com or (800) 950-9952 x2598

REEDS COVE
HEALTH & REHABILITATION

2114 N 127th St E, Wichita, KS 67206
316-500-8800
www.reedscovehealthandrehab.com
"Improving Lives. Exceeding Expectations!"

Reach the Senior Market
ADVERTISE HERE

CONTACT

Erin Hardy to place an ad today!
ahardy@4LPi.com or (800) 950-9952 x2598



Linwood Senior Center Educational Programs

February

Events are all on Fridays at 10:15 a.m.
unless otherwise * noted.

February 3

“The Valentine’s Connection: Happy Heart & Happy Brain”

Find out how your mind, heart and body connect
Dr. Mary Corrigan

February 10

“Healthy Heart Living Tips”

American Heart Association

February 17

“Holistic Heart - Healthy Living”

Find out ways to strengthen you heart—naturally!
Dr. Tim Clark

Join us for the first of our monthly “Healthy
Cooking Series” by Shirley Lewis,
Sedgwick County Extension Agent

Monday, February 6
1:30 p.m. - 2:30 p.m.

“Plant Based Diet”

RSVP to 263-3703

Monday, February 13

1:30 - 2:30 p.m.

“Services an Attorney Provides”

Legal Corner with Christy Campbell
of KS Legal Services

Writing Craft

Do you enjoy writing - or have you ever
thought you wanted to? Then the Writing
Craft Class is for you! We have encouraged
several people through the publishing process
and we have many authors in our midst - so
use their insight and wisdom to get your book
to press!

Join us February 7 from 2:30 - 4 p.m. for
“Ideas & Development.”

Call Starla Criser, our author in residence, at
393-8195 for more information.

Coloring Seniors

There are many benefits to coloring, stress
relief is just one of the many. Please plan on
joining us on Wednesdays to color from 1 to 2
p.m. Debra La Shon Boone is the volunteer
coordinating the class. We will be having fun
and there are some chocolate bars for those
who participate. Call for more info!

Early Morning Book Club

Join us on Monday, February 13, from 10 to
11 a.m. We will be discussing the book
“Astoria.”

Belly Dancing

Our introduction to “Belly Dancing For The
Youthful Spirit” class is growing! And we would
love for you to join us. This is a fun class and
helps to strengthen your core. Judie Dansby is
reviewing some of the things we learned
earlier. She also brings wonderful scarves, and
other items to practice with. Join us for
exercise in which you are having so much fun,
you don’t know that you are exercising!

Line Dancing Classes

ATTENTION! Beginning Line Dance and
Advanced Line Dancing Classes have changed
times! Our energetic and enthusiastic
instructor Elaine Kinder, is ready and willing to
help you get your “boot scootin’ boogie on.”
Join us on Thursdays at 2 p.m. for Beginning
and 3 p.m. for Advanced.

WSU Well Rep Classes

WSU Well Rep classes are underway once
again. This is a great option for you to work on
you balance and strength. The WSU Health
Sciences students are here and ready to work
with you. Please join us on Tuesdays and
Thursdays at 12:30pm to get you stronger!



Linwood Senior Center

Craft Time With Barbara

Wednesday, February 15, from 2 to 4 p.m.
We will be working on a wooden angel. Cost is \$5. Call to RSVP at 263-3703.

Bible Study

Join us on Monday, February 6, for our Bible Study Class. Pastor BJ Bennett will be leading the study from 10 to 11 a.m.

Living Well Support Group

Do you have a chronic condition that has been challenging in your life? Do you need encouragement? Do you need some support? Then join us on Monday, February 27, from 3 to 4 p.m. This month's topic is "Heart to Heart - Getting to Know You." Call 263-3703 for more information.

Holiday Closing

The Linwood Center will be closed on Monday, February 20, to celebrate Presidents' Day.

Income Tax Preparation

Please call the front desk 263-3703 to sign up for AARP tax preparation assistance. Our scheduled days for taxes are on Tuesdays and Thursdays. Please note: first come first served.

Tai Chi Is Coming!

We will be starting an eight-week Tai Chi course starting on Thursday, February 2, from 9 to 10 a.m. and concluding on March 23. Our instructor is Isabel Link. She is a wonderful teacher and you will love her calming, relaxing approach to a wonderful form of exercise.

Please call 263-3703 to RSVP—we have a limited class size of six people.



Senior center members enjoyed the Victorian tea Dec. 15.

Happy Birthday

Aeschlliman, Shirley
Betts, Ronald
Butler, Sola
Carter, Catherine
Cartwright, Dennis
Chon, Kye
Criser, Starla
Eichacker, Patsy
Fessenden, Eileen
Hammett, Dorothy
Harper, MaryAnn
Holt, Connie
Hubbs, Charles
Johnson, Claude
Kraus, Mary Jane
Lee, Judy
Miller, Ruth
Morton, William
Mounts, Rosemary
Nance, Anita
Nova, Iris
Paul, Tim
Rodriquez, Wesley
Runer, Linda
Schutz, MaryLou
Story, Jan
Tucker, Linda
Venn, Gloria