



# Linwood Senior Center

*“To Do Is To Be” – Nietzsche*  
*“To Be Is To Do” – Kant*  
*“Do Be Do Be Do” – Scooby Doo*

Hi Friends,

We hope you are having a WONDERFUL summer! And as Scooby Doo says above, you are DO-BE DOING! What I have noticed in life, is that as I get older I have a few more aches and pains, and when I am not working (or moving around) I certainly notice them more. So keeping busy is important, it gives us a reason to get up in the am, and a reason to FORGET our aches and pains! So my challenge to you, is to keep “do be doing!” And remember, here at the Linwood Center we can always help you find something to keep you busy! This month is a busy one with a variety of fun activities. So join us and plan on having some fun!

-Cherise and the Linwood Team

## It’s Drive In Movie Time

We are planning on going to the STARLIGHT DRIVE IN, on Friday, July 21. We will meet at Linwood @ 7:45 and try to get to the drive in @ 8:15. Call 263-3703 for more information. Cost to go is \$9 for adults. We are not sure what is showing, until the week ahead – but we know we will have some fun.

## 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 (resumes  
when school starts)

- 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
- 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
- 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**



## 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! Call Linwood 263-3703 or Starla Criser 393-8195 for more information. We have prizes for cover art, and giving the anthology a title as well. We need your creativity!

### Early Morning Bookclub

Join us on Monday, July 10 , at 10 a.m.  
Book to be discussed: "O'Pioneers" by Willa Cather. Book for August: "Murder on the Orient Express" by Agatha Christie.

### FUN-Draising

We are going to have a few little items at the Senior Center for you to look over and purchase. Our goal is to make a little \$ to keep our ongoing needs met. So stop in and take a look at our donation/sale table! Charlotte Kuhn is our new coordinator for this project. As always "thanks for your support"!

### Attention Swimming Seniors

On Saturday, July 22, there is a FREE SWIM at the Linwood Pool. We will be meeting there at 1 p.m. for some fun. Prize for the BIGGEST splash! And we will have some cool treats to keep us happy! JOIN US and support the Linwood Swimming Pool. RSVP at 263-3703.

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## Linwood Senior Center Educational Programs

### July

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!

July 7

#### **“Surviving Spousal Benefits With the VA- Does This Apply to Me?”**

Raven Ramirez, Brightstar Homecare

Monday, July 10 at 1 p.m. (note time and day)

#### **LEGAL CORNER:**

#### **“Kansas Legal Services - Low Cost & Free Legal Services You May Need”**

Christy Campbell, Attorney

July 14

#### **“Learn to Play the Guitar – Yes YOU Can!”**

Greg Golding of Golding Guitars

July 28

#### **“Caregiver Burnout”**

Mark Pennington/Stacy Gladfelter of Harry Hynes Hospice

Healthy Cooking Class is cancelled in July. Please make sure you join us on August 7 at 1:30pm for our 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 give you one on one advice and instruction.

### Ever Wanted To Play Backgammon?

Come by on July 14, from 1-3 and learn how to play. Wayne Mason will be happy to teach you! Call for more info!

### Do You Know What Stacking Is?

Come and join us on Wednesday, July 12, so you can learn the art of “Cup Stacking.” This will be an intergenerational activity with the kiddos of Linwood Recreation Center, so we should have fun with the young ones! Call to RSVP and for more info 263-3703

### Grief Support Group

The grief support group will meet will be on Monday, June 19, 2017 from 2 - 3 p.m. Chaplain Greg Schmidt is leading the group. For more information contact 263-3703.

### Living Well Support Group

Meets on July 24, from 3 - 4 p.m. This month’s topic is “Types of Arthritis - Causes, Prevention & Treatment.” Call for more information 263-3703.

### Writing Craft

We will meet July 11 from 2:30 - 4 p.m. to discuss “Writing Characters.” Call Starla Criser, our author in residence, at 393-8195 for more information.

### New Opportunities

Basic Yoga has started on Wednesdays and Thursdays from 10 - 1030 a.m. For this activity, you will need to purchase a mat, or use one of ours. For more information please call 263-3703.

Also, we are continuing our Chair Yoga class on Fridays at 3:30 p.m. It is a great way to de-stress for the weekend. Join us! Fernanda Reyes and Abby Kleespie are our instructors.



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### Grazing In The Grass

June 7 dawned bright and beautiful - a perfect day for our Grazing in the Grass potluck picnic. Participants brought their favorite salads and recipes to share. Choices ranged from lettuce and pasta salads to Jello salads.

We ate in the park. For dessert we enjoyed watermelon, followed by a watermelon seed spitting contest and some special guitar music.



### Craft Time with Pat

For "Christmas in July" we will be making Icicle Angels. June 14 from 12:30-2pm. Cost is \$5. \*Call to RSVP at 263-3703.

### Happy Birthday

Amos, James  
Bennett, Linda  
Brown, Bonnie  
Brown, James  
Buehler, Barbara  
Campos, Frances  
Charles, Sonia  
Cline, Maudyne  
Cook, Anne  
Cox, Clea  
Cozine, Mark  
Creekmore, Bonnie  
Farabough, Herbert  
Glamann, Mary  
Hittle, Harland  
Hittle, Sara  
Hodges, Gayle  
Jenkins, Jon  
Jones, Gaylene  
Jones, Glenn  
Kelley, James  
Kerschen, James  
Lively, Janet  
Long, Joyce  
Marshall, Margaret  
McAuley, Robert  
Miller, Paul  
Mingauw, Pamela  
Munn, Buddy  
Murray, Thomas  
Nomer, Jan  
Neice, Phyllis  
Oberst, Helen  
Parker, Maxine  
Peare, Paula  
Pecina, Linda  
Pope, Diane  
Rariden, Marie  
Regan, Kelly  
Roe, Don  
Roets, Rita  
Romine, Larry  
Saboe, C.J.  
Schutz, Gene  
Smith-Hayes, Belinda  
Thornton, Reginald  
Vaughn, Thomas  
Warren, Wanda  
Young, Jared  
Young, Juanita