



Linwood Senior Center

*“And since all the loveliness cannot be heaven,
I know in my heart it must be June.” -Abba Gould Woolson*

Hi Friends,

June is the month of love,

Did you know this is the month of weddings? I remember my mother telling me that if you got married in June, your love was supposed to last forever! And for those of you who have, I wish that for you! As I was working on the letter to you I came across another little ditty that had some meat to it. So here goes, “One day a man approached a little boy and asked “What is love?” The little boy responded, “love is when a puppy licks your face,” the man laughed, and then the boy said “after you have left him alone all day.” I think that boy is wise! Maybe we should all get puppies, if you don’t have one already.

Last month we had some fun events, and we are charting a new course for summer; our goal is always to try something new. So this month, we are going to “Graze in the Grass.”It will be fun, the info is on page 11. The goal is to try some new, cool green salads, and of course have some water-melon! On that day we will have “Greene” Vision with us to adjust your glasses, and give tips on the care of your glasses - so you can see clearly now the rain is gone. We also are celebrating Father’s Day, so for you daddys out there, stop by on Friday, June 16, so we can give you a little gift to show our love! We have several educational opportunities for you and some changes in our schedule, so make your days count and spend them with us at the Linwood Senior Center.

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
- 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

Easter Potluck Celebration

Linwood Senior Center members enjoyed an Easter potluck luncheon and hat parade April 12, along with some special gospel music. Verda Ryel won the prize for most creative, beautiful and unusual hat.



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Linwood Senior Center Educational Programs

June

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!

June 2, 2017

“Medication Management”

Mary Beth Steiner, Great Plains Pharmacy

* Monday, June 5, 2017

1:30pm -2:30pm

HEALTHY COOKING SERIES Class #5

“Fix It Fast, Eat At Home”

Shirley Lewis, Sedgwick Co. Extension Agent

RSVP required 263-3703

June 9, 2017

“Farmers Market—Questions & Answers”

Donna Pearson McClish

Common Ground Producers & Growers

June 16, 2017

“Joint Pain & Natural Remedies”

Presenter- Dr. Tim Clark, PSc.D.

Pastoral Science and Medicine

June 30, 2017

“Overview of Investing & Avoiding Financial Scams”

Kristi Kells, and Shana Ricke,

Golden Plains Credit Union

Smart Phone Challenges

If you are having technical trouble with your phone, stop by @ 3:30 p.m. on Monday, June 5, to get some assistance. Fernanda Reyes, our young, talented teacher will give one-on-one advice and instruction.

Grief Support Group

The grief support group will meet Monday, June 19, from 2-3 p.m.

Basic Photography

Gerald McCoy will present a class on the basics of photography at 12:30 p.m. June 12. We will talk about 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 of this class is to make photography a fun activity for you, and show you how to share that fun with others.

Hatsue’s Wonderful Noodles

Come and join us as our dear Hatsue Donnelly will walk us through making her own special recipe of noodles. Many of you had this at the Mother’s Day Brunch/Tea, and we got wonderful comments. They are yummy! Also, Cherise will share a great dessert. Join us, Monday, June 12, from 2-4 p.m. RSVP 263-3703 by June 9 as the class size is limited.

Early Morning Bookclub

Join us on Monday, June 12, at 9 a.m. Book to be discussed: “The Girl On The Train” by Paula Hawkins

We also will watch the movie, and have some fun. Please bring a snack to share. A sandwich will be provided. RSVP requested by June 9.

Book for July: “O’Pioneers” by Willa Cather

Living Well Support Group

The living well support group meets on June 26, from 3-4 p.m. This month’s topic is “Healthy Mental Health.” Call for more information 263-3703.



Linwood Senior Center

Craft Time With Cherise

June 14 from 1 to 2 p.m. We will be making a fun project with hen and chicks. Stop by the front desk to check it out. The cost is \$5. Call to RSVP at 263-3703.

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! We will meet June 6 from 2:30 - 4 p.m. to discuss "Writing Process." Call Starla Criser, our author in residence, at 393-8195 for more information.

New Opportunities

Yoga for Beginners is starting on Tuesdays and Thursdays from 8 to 8:50 a.m. The class will be led by Fernanda Reyes and Abby Kleespie. You will need to bring your own mat. If you don't have one, please call the LW center for suggestions on where to purchase one.

Also, we are continuing our Chair Yoga class on Fridays at 3:30pm. It is a great way to de-stress for the weekend. Join us!

Attention, Pickleball Players!

Effective, Thursday, July 1st, the time for play will change to 8:30 -10:30 a.m. due to the children being at Linwood for the summer.

Happy Father's Day

Stop by on Friday, June 16th for a small gift!

Living Well Support Group

Living Well Support Group will meet June 3 and the discussion will be on "Goal Setting."

You Are Invited To Our Special Event: "Grazing In The Grass"

Join us on June 7, 2017 from 11 a.m. - 1 p.m. We are asking people to bring their favorite salads (and recipes) to share, from lettuce salads to pasta salads and Jello salads.

We will picnic in the park, and for dessert we will eat watermelon and then have a watermelon seed spitting contest and some special guitar music too.

We even have GRENE vision here to help in the adjustment of your glasses. So join us for a great time grazin in the GREEN grass!

Sign up at the front desk! RSVP requested. The rain date is June 14.

Happy Birthday

Abbott, Walter "Butch"
Bebout, Mary
Bilyew, Walter
Buhrle, Sharon
Caliendo, Frances
Campbell, Marilyn
Davies, Victoria "Vicki"
Ehnen, Judith
Farabough, Peggy
Fisher, Donna
Gelwick, John
Good, Nina
Graham, Barbara
Heath, Frank
Hostetler, Virginia
Hudgins, Elizabeth
McMichael, Trudy
Moore, Odean
Overman, Linda
Reeves, Betty
Reynolds, Lillian
Roddy, Sheila
Roland, George
Schlegel, Jo
Smith, Gregg
Smith, Kathryn
Spivey, Janice
Stinnett, Richard
Stockton, Julia