



Linwood Senior Center

It is May. Here is a wonderful Apache Blessing for you...

May the sun bring you, new energy by day

May the moon, softly restore you by night

May the rain, wash away your worries

May the breeze, blow new strength into your being

May you walk, gently through the world, and know its beauty all the days of your life!

Hi Friends,

We have some great opportunities for you this month, from the Mother's Day Tea to the Heartland Golden Games. Educational events include programs about "Eye Health," "Fall Prevention" and "Conversations About Dementia" and how to recognize it, which is a 2-part series. Several of you have asked about a grief support group, and we are starting one and offering it once a month. Look on Page 11 to find out more.

I want to highlight we are putting together a book, an anthology, which will be amazing, because we want you to share your life experiences through stories, poems, and sayings that you have written. The anthology needs a cover designed, so we are asking our senior center artists to participate as well. Look on pages 6 or 10 to find out more information.

We need volunteers for the Heartland Golden Games Saturday, May 20. Please see Cherise if you are willing to help.

-Cherise and 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
- 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
- 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



Linwood Senior Center

Mother's Day Tea

We want to invite you to our 3rd annual Mother's Day Tea/Brunch on Thursday, May 11, from 9-10:30 a.m.

Join us for some wonderful stories, music and fellowship, and gifts, as we celebrate our mothers! We will also have our special male hosts serving us. Don't miss it!

Cost \$3 per person for current members/\$5 for non-members. Please RSVP at 263-3703 as space is limited.



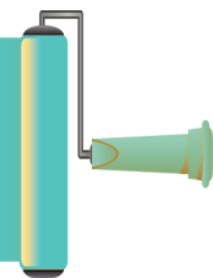
Games

BUNCO gals (and gentlemen) and SPADES players...won't you come out tonight, and dance by the light of the moon? If you are interested in playing a few games, show up on Fridays at 1:30 p.m. and we will have some fun! Call us for more info!

Field Trip

We want you to join us at the Museum of World Treasures on Thursday, May 18 at 9 a.m. for "Coffee With the Curator." Their topic this month is "Adapting History for the Stage and Screen" by Mark Mannette, professor from Newman University. Call 263-3903 to RSVP by May 15, if you are interested in attending. The cost is \$4.

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Linwood Senior Center Educational Programs

May

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!

HEALTHY COOKING SERIES Class#4

* Monday, March 3,
1:30pm - 2:30pm

Topic: **“Smart Size Your Portions”**

Shirley Lewis, Sedgwick Co. Extension Agent
RSVP required 263-3703

May 5, 2017

“Eye Health, Questions & Answers”

Dr. Ashley Carson & Amanda Ryan,
Greene Vision

RSVP required 263-3703

May 12

**“I am NOT, Falling for You -
Tips on Fall Prevention”**

Natalie Merton, Life Care Center

May 19, & May 26

“Conversations About Dementia” (19th)

“Know the 10 Signs of Dementia” (26th)

Jenna Smith, Family Care Coordinator
Alzheimer’s Association

Smart Phone Challenges

If you are having technical trouble with your phone, stop by at 3:30pm on Monday, May 1, to get some assistance. Fernanda Reyes our young, talented instructor will get you going! She will give one-on-one advice and instruction.

Early Morning Bookclub

Join us on Monday, May 8, from 10-11am.
Book to be discussed: “Deja Dead” by Kathy Reichs. READ & SHARE!!! Free discussion, coffee, and donuts!

Writing Craft

We will meet May 9 from 2:30 - 4 p.m. Our topic is “Additional Writing Basics.” Call Starla Criser, our author in residence, at 393-8195 for more information.

Your Chance To Be Published!

Starla Criser, our Writing Craft teacher, is offering you a chance to get published. This will be an anthology of poetry, short stories, short memoir pieces or brief non-fiction pieces. There is no charge to be included, but it is open only to senior center members. Submission is available at the centers or you can call Starla at 393-8195. **Deadline for writing entries is July 31, 2017.** The anthology will be published as a 6x9 inch paperback and as an ebook, and available online. All royalties from the sale will be donated to the Senior Centers.

We also want artists to know we will need a design for the cover of the anthology. So, we will have a contest for the title and for the selected cover design. The theme must have to do with senior adults age 55+, writing in various forms and living in Kansas. Let your imagination run free. Cover possibilities can be created in almost any manner such as, photographs, pen and ink drawings, colored pencil, watercolors, and even reasonably small paintings. Submissions can be left at any of the senior centers. **The deadline date for artwork is July 31, 2017.** Determination of the selection will be decided later. Any submitted piece will have the opportunity to be displayed. **The title submission deadline is June 30, 2017 and must be sent to one of the four senior centers.**

Please note: These opportunities are ONLY available to members of the four senior centers operated by Senior Services: Downtown, Linwood, Northeast and Orchard Park.

For more information, please call Starla at 393-8195.



Linwood Senior Center

Craft Time With Barbara & Pat

Wednesday, May 10, from 2-4pm. We will be working on the cutest little pin-cushions! Stop by and see the example at the LW front desk! Cost is \$5 *Call to RSVP at 263-3703.

Grief Support Group

Starting on Monday, May 15, from 2-3 p.m. Chaplain Greg Schmidt has been in the ministry for 34 years as a Youth Pastor, Associate Pastor for Worship and Nurture, Senior Pastor, and Chaplain. At the present time he is the Chaplain and Bereavement Coordinator for Heart & Soul Hospice, a ministry of Presbyterian Manors of Mid-America, Inc. serving Wichita. Topics of the support group include: "Living with Grief: Enabling You to Grow and Heal," "The Journey of Grief," "The Effects of Grief," "When Those You Love...Die," "Uniqueness and Similarity in Grief" and "Lessons in Grief." Join us for support!



Linwood members enjoyed another FUN--Draiser for St. Patrick's Day. For a donation they got a hug and kiss from our one and only Odell, aka "Wild Country."

Living Well Support Group

Living Well Support Group is not meeting this month due to the Memorial Day holiday. We will resume on June 3 and the discussion will be on "Goal Setting."

Happy Birthday

Alder, Jean
Aston, Bill
Beauchamp, Kendall
Brewer, Charles
Brown, Richard
Curry, Judy
Davis, Donald
Depperschmidt, Silver
Gelwick, Mary
Henderson, Phyllis
Hinshaw, Rowena
Howell, Carol
Johnson, Edith
Johnson, Phyllis
Kealey, Steve
Kennedy, Dorothy
Kinder, Elaine
Lee, Claudia
McMullen, Rosie
Nutter, Betty
Markley, Joyce
McHenry, Katie
Moore, Mary
Munuve, Nancy
O'Day, Patricia
Parsons, Cherie
Phillips, Sherry
Richey, Patricia
Roads, Diane
Slate, Catherine
Stuckey, Ava
Venn, Leroy
Wells, Rosemary
Zimmerman, Jan
Zion, Ginny
Zook, Marjorie

Coupon Clipping!

We have a coupon box for the Linwood Senior Center. If you want to bring some and then take some, we would love you to get some coupons, and share the coupons you don't use with others!