



Downtown Senior Center

Greetings from the Downtown Senior Center.

We had a very exciting month in May, and we have some interesting upcoming events in the months to come. We held our 3rd Annual Heartland Golden Games last month, and it was a great success. We appreciate the contributions of all the volunteers who contributed effort and personal time to make the games a success. I hope you enjoy the photos of the event that we have in this issue, and we are already looking forward to making next year's games even better.

On a somewhat personal note, I would like to announce that on June 10th, I will be retiring and leaving the Senior Center. I have to confess that calling it a "retirement" is a bit misleading. It's more accurate to call it a redirection in life. I am going to take time to pursue my interest in photography and I want to complete a book that I have in work. This is a big step and a little frightening. My dreams are big, but they're worth chasing, and now is the time to begin the chase.

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Ongoing Activities

Monday

8:00 am Competitive Pickleball
 9:30 am Wanda's Exercises
 10:00 am Prairie Moon Book Club (1st Monday)
 11:00 am Lewis Street Singers
 11:00 am Well Rep Exercises
 12:30 pm AARP Smart Driver Course (2nd Mon)
 1:00 pm Grand Slam Bridge
 5:00 pm Funtastics (1st Monday)
 6:30 pm Clown Alley (3rd Monday)
 7:00 pm Round Dance
 7:00 pm Recovery

Tuesday

9:00 am Senior Employment Job Club
 10:30 am Single Seniors
 12:30 pm AARP Smart Driver Course (2nd Tues.)
 1:00 pm Dominoes
 1:00 pm Pool Tournament
 1:00 pm Prairie Quilt Guild (2nd Tuesday)
 1:00 pm Bingo (except 2nd Tuesday)
 2:00 pm Bible Study
 7:00 pm Prairie Quilt Guild (2nd Tuesday)
 7:00 pm MOPAR (3rd Tuesday)
 7:00 pm Sunflower Woodworkers (4th Tuesday)
 7:00 pm Prairie Quilt Guild Board (last Tuesday)

Wednesday

8:00 am Competitive Pickleball
 9:00 am Advanced Spanish

9:30 am Wanda's Exercises
 11:00 am Well Rep Exercises
 1:00 pm Basic Computer Class (1st and 2nd Wed)
 1:00 pm Recreational Pickleball (Except for the 2nd Wednesday)
 1:30 pm Senior Legal Advisor (2nd Wednesday)
 3:30 pm Recreational Pickleball (2nd Wed.)

Thursday

9:00 am Foster Grandparents (Last Thursday)
 9:30 am Foot Care
 9:30 am Fun with Scrapbooks (3rd Thursday)
 9:30 am Gentle Fitness (Except last Thursday)
 10:00 am Quilters' Treasures Quilting Club
 10:00 am Beginning Drawing (Except 1st Thurs.)
 1:00 pm Pool Tournament
 2:00 pm Senior Financial Advisor (3rd Thursday)
 5:30 pm Writing Craft (1st Thursday)

Friday

8:00 am Competitive Pickleball
 9:30 am Wanda's Exercises
 11:00 am Well Rep Exercises
 1:00 pm Party Bridge
 1:00 pm SECA (1st Friday)
 1:30 pm Hand and Foot Cards

Saturday

6:00 pm Good Time Dancers (as scheduled)

Downtown Senior Center • 200 S. Walnut, Wichita, KS 67213 • (316) 267-0197
 Hours: 8:00 a.m. - 4:30 p.m. • Director: Gerald McCoy • GeraldM@seniorservicesofwichita.org

Registration Required for ALL Center Activities



Downtown Senior Center

Blood Pressure Checks

On the first Friday of each month, you can get a free blood pressure check at the Downtown Senior Center. Amy will be here to provide this service on June 3rd from 10:30 to 11:30. You are encouraged to take advantage of this opportunity.

Drawing Class

The Drawing Class meets on the 2nd, 3rd, and 4th Thursdays of each month at 10:00, and after a brief winter break, they have resumed activities. June meetings will take place on the 9th, 16th, and the 23rd. You can call Joan Morrison at 316-518-5106 for more information.

Fun with Scrapbooks

You are invited to join the Scrapbooking Group on the third Thursday of each month. Their next meeting will be on June 16th at 9:30 am. Whether you are new or a seasoned 'scrapbooker' you are welcome to attend our monthly events. Group leader Natalie Eaton has over twelve years as a Creative Memories advisor. Creative Memories products will be available for purchase or to order but are not required. For questions or to RSVP contact Natalie at njbyrnes@hotmail.com.

Job Club

The Senior Employment Program Job Club meets every Tuesday at 9 a.m. in the multi-purpose room.

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The Downtown Senior Center was pleased to host the Life Care Center of Wichita's presentation on rebounding from a relapse April 21.



Prairie Moon Book Club

The Prairie Moon Book Club will meet on Monday, June 6th at 10:00 am. Each month the club selects material from local authors, as well as national bestsellers.

New members are always welcome, and ideas for books that would be an interesting read can be submitted at any time. If you would like to join this group, please feel free to attend the meeting, or you can call Joan Morrison at 518-5106.

Gentle Fitness

Each Thursday (except the last Thursday), Jean Ladd leads our Gentle Fitness Class from 9:30 to 11:00 in the Multi-Purpose Room. Her exercise routines enhance strength, balance and flexibility. If you would like to have more information, you can call Jean at 990-0965.

Writing Craft

Our Writing Group meets on the first Thursday of each month from 2:30 to 4:00. This month's session takes place on June 2nd, and continues the Basics of Writing discussion. Covered topics include showing emotion, using body language, understanding Point of View, and understanding Goal-Motivation-Conflict. Published author Starla Criser leads this group, and aspiring authors are invited to attend.

Quilters' Treasures Quilting Club

Members of the Quilters' Treasures Quilting Club meet at the Downtown Senior Center at 10:00 am each Thursday morning. You can join this new club, but basic sewing skills are required, and previous quilting experience is preferred. The meeting dates for June are the 2nd, the 9th, the 16th, the 23rd, and the 30th. If you would like to have more information, you can call Diana Dobbins at 264-3974.

Spanish Class

Learning a second language is a great way to stay mentally fit. Each Wednesday, Judith Eugino-Humerez teaches Spanish Class at 9:00. Judith's teaching style takes the stress out of learning a new language. New students are always welcome, so join Judith and begin the adventure.



Downtown Senior Center

Eat Smart - Live Strong: Dining on a Dime

You can eat smart and live strong without spending a lot of money. Shirley Lewis of the Sedgwick County Extension Offices will present a class to show you how. The event is scheduled for June 2nd at 2:00. Why throw away food and money; Shirley can show you how to save both. Call 267-0197 for a reservation.

P.E.M.F. Therapy for Neuropathy Pain Workshop

On Thursday, June 16th at 9:00 Dr. Todd Eck, D.C. of Eck Chiropractic will bring his pain management workshop to the D.S.C. Dr. Eck will discuss safe and natural ways to manage everyday aches and pains that we face in life. Call 267-0197 to reserve a chair.

Senior Legal Advisor

Jennifer Stultz is our Senior Legal Advisor. She visits our center on the 2nd Wednesday of each month to make a presentation and answer questions about legal issues that concern you. Her next visit will be on June 8th at 1:30. You can reserve your seat by calling us at 267-0197.

AARP Safe Drivers

Kansas insurance companies will give discounts to drivers who satisfactorily complete the Smart Drivers Class. The A.A.R.P. offers the class at the D.S.C. We have seats for the June class, which will be on June 20th and June 21st from 12:30 to 4:30. Call 267-0197 to reserve your chair for the next available opening.

Massage Sessions

Each Wednesday afternoon at 1:00 Ruth Lundstedt will be here to provide massages. It will be a great opportunity to do something nice for yourself. You can call Ruth at 648-2210 to get details and make an appointment.

Goodtime Dancers

The Goodtime Dancers will host a Delano Dance on Saturday, June 11 at 6:00 pm, and you're invited for a "high-stepping" good time. If you're ready to kick up your heels, you can call Judi Wynn at 686-4846.

Foot Care by Michelle

Join us for "Foot Care by Michelle" each Thursday from 9:00 until 3:00. The cost is \$25.00 for DSC members, and \$30.00 for non-members. Call Michelle at 946-0722 to schedule your appointment.

Director's Note

(continued from page 4)

I would like to thank my staff and the volunteers who have helped me do this job. It is far too big for one person to handle, and I could not have done it without the help of everyone at DSC. Operating a senior center of this size is a big challenge, and any successes that came my way were more the results of their efforts than mine.

I would also like to thank you, the individual member and participant who visits the Downtown Senior Center. You are the reason that we do the things we do. You give us purpose and value. It has been a pleasure to serve you, and I know that my successor (whoever that person is) will get a thrill from working with you and for you.

Please accept my very best wishes,
Gerald McCoy

Downtown Senior Center Director