



## Downtown Senior Center

Greetings from the Downtown Senior Center.

We are excited about the new look of Senior Services of Wichita. In addition to the new design of the Compass, we are happy with the new website design. We are striving to make ourselves more accessible, and more user friendly.

We have some interesting activities scheduled for March, and we hope you'll participate. One of the important programs we will have is this month's installment of the "Eat Smart - Live Strong" series. This program is offered through the Sedgwick County Extension Office as a part of the U.S.D.A.'s program on nutrition, and will be held on March 3rd at 2:00. We will also host the Grene Vision Group's presentation on vision care as a part of the "Aging Gracefully" series. This event will take place on March 22nd at 4:00.

There are other activities throughout the month, so check the upcoming events, and we look forward to seeing you.

Gerald McCoy, Center Director

### 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

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)  
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 Meeting (1st 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  
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)  
9:00 am Porcelain Painters  
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  
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

5:00 pm Good Time Dancers (Alternating weeks)

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 Wednesday 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 March 2nd from 10:30 to 11:30. You are encouraged to take advantage of this opportunity.

### Porcelain Painters

On the first Thursday of each month, Nancy Fricker leads a group that explores the art of applying paint to pottery. This month, they plan to meet on March 3rd at 9:00 am. If you would like to know more about this art form, you can call Nancy at 650-6385.

### Eat Smart - Live Strong

The Sedgwick County Extension Office continues its program on healthy eating and healthy living. The March 3rd session is entitled "Portion Control," and is devoted to developing strategies addressing not just the quality, but the quantity of food that you eat.

### Aging Gracefully: Vision Care

Our Aging Gracefully series continues in March when our friends from the Grene Vision Group make a presentation about Vision Care. It takes place on Tuesday, March 22nd at 4:00 pm. Pre-registration is required. Call Anna at 267-0302, ext. 200.

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### WSU Lifelong Learning Class

The WSU Lifelong Learning Program will be conducting another class at the Downtown Senior Center. The course is entitled “World Music.” It examines musical styles from around the world, and the cultures that created them. This will be a very interesting study of how culture influences the arts and how the arts impact societies. The series will continue on March 4th and will conclude on March 11th. You can register by calling the DSC at 267-0197.

### Prairie Moon Book Club

The Prairie Moon Book Club will meet on Monday, March 7th, at 10:00 am. Each month the club selects material from local authors, as well as national bestsellers.

March’s selection is entitled “Reading Lolita in Tehran.” This is the story of Azir Nafisi and a bold group of seven female students who dared to study forbidden western classics in war torn Tehran. As Islamic morality squads staged arbitrary raids in Tehran, as fundamentalists seized hold of the universities and a blind censor stifled artistic expression, the women in Nafisi’s living room spoke not only of the books they were reading but also about themselves, their dreams and disappointments.

Azar Nafisi’s luminous masterwork gives us a rare glimpse, from the inside, of women’s lives in revolutionary Iran. Reading Lolita in Tehran is a work of great passion and poetic beauty, a remarkable exploration of resilience in the face of tyranny, and a celebration of the liberating power of literature.

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.

### Writing Craft

Our Writing Group meets on the first Thursday of each month from 2:30 to 4:00. The March 3rd session is entitled “Writing Basics.” Covered topics include word counts and pages, formatting, the importance of titles, understanding scenes, sequels, and chapters. Published author Starla Criser leads this group, and aspiring authors are invited to attend.

### Identity Theft Prevention

Identity theft is the fastest growing crime in the country; every day it claims over 27,000 new victims. On March 23rd, Liberty Benefit Consultants will conduct a free Identity Theft Prevention Workshop at 10:00. Seating for this event is limited, so you are encouraged to call to reserve your space. R.S.V.P. at 267-0197.

### Senior Financial Advisor - Special Series

Each month our Senior Financial Advisor Stan Webb is here to discuss important financial issues of the day. Stan is a published author who will talk about financial matters in a down to earth way. This is a great way to get answers to your questions in a conversational venue.

In January, Stan began a three part series, which will conclude on March 17th with a segment entitled, “Who do you call and what do you need to know before it happens?” Information presented is both timely and important. Stan will invite guest lecturers to expand on key aspects of these topics. The event will begin at 2:00 pm, so please make plans to attend this presentation. You can RSVP at 267-0197.



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### A.A.R.P. Smart Drivers Class

Kansas insurance companies will give discounts to drivers who satisfactorily complete the A.A.R.P. Smart Drivers Class. The March class is already full, but you can reserve a place in the April class scheduled for the 11th and the 12th. Classes last from 12:30 to 4:30 on each afternoon. Call 267-0197 to reserve your chair.

### Senior Legal Advisor

Jennifer Stultz, who is our Senior Legal Advisor, comes to our center on the second Wednesday of each month. This month's presentation will be on March 9th at 1:30. Each month's talk is informative and timely. Call us here at the D.S.C. to reserve space.

### Fun with Scrapbooks

You are invited to join the Scrapbooking Group on March 17th at 9:30 am. Whether you are new or a seasoned 'scrapbooker' you are welcome to attend our monthly events. With over 12 years as a Creative Memories advisor, Wichita/Riverside native Natalie Eaton Byrnes will host monthly class on the third Thursday of the month from 9 am to 4 pm. 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.

### Spanish Class

Learning a second language is a great way to stay mentally fit. Each Wednesday, Judith 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.

### Drawing Class

The Drawing Class meets on the 2nd, 3rd, and 4th Thursdays of each month at 10:00 beginning on March 10th. You can call Sharon Revel at 316-264-8621 or Joan Morrison at 316-518-5106 for more information.

### 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.

### 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.

### Calling All Pool Players

We are always looking to expand our ranks of pool players. In addition to daily recreational play, there are tournaments at 1:00 each Tuesday and Thursday afternoon. The pool room is open during DSC hours, and you are welcome to check it out at any time. Put a "chalk on your cue" and join in the fun.

### Basic Computer Class

Jim and Betty Jones teach Basic Computer on the first and second Wednesday's of each month. Keyboarding skills are needed to get the full benefit of the class. The cost of the class is only \$10.00, and it does fill quickly. Our next openings are in May, and we'd love to have you enroll with us. The class fills very quickly, so reservations are required. You can register by calling 267-0197.