



Downtown Senior Center

Greetings from the Downtown Senior Center.

We are busy planning events that we hope will help you endure the cold weather of the season. In addition to our regular activities, we have some upcoming special events that we are excited to share with you.

On February 19th the Wichita State University Lifelong Learning department will begin another class with us. The course is entitled "World Music." It will cover the span of four consecutive Friday afternoons, and will conclude on March

11th. The course has proven to be very popular, and we encourage you to enroll.

We will again be participating in the Final Friday Crawl. On February 26th photographer Barney Tull will be here to share his experience documenting the life of area Vietnam War veterans. His focus will not be on the war, but on the post-war lives of the veterans who were involved. His powerful photographs of these men and women will supplement his stories.

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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

- 10:30 am Single Seniors
- 12:30 pm AARP Smart Driver Course (2nd Tuesday)
- 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 Beginning Spanish
- 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 Beginning Drawing (Except 1st Thurs.)
- 9:30 am Gentle Fitness (Except last Thursday)
- 10:00 am Quilters' Treasures
- 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)

Registration Required for ALL Center Activities

Downtown Senior Center



Fun With Scrapbooks

Natalie Eaton Byrnes hosts scrapbooking classes on the third Thursday of the month from 9 am to 4 pm. There is no charge for your first class. A workshop fee of \$8 is charged for day long crops along with \$10 current membership. Creative Memories products will be available for purchase but are not required. For questions or to RSVP contact Natalie at njbyrnes@hotmail.com.

Drawing Class

The Drawing Class will be off in January and February, but will resume on the 2nd, 3rd, and 4th Thursdays of each month beginning on March 10th. You can call Sharon Revel at 316-264-8621 or Joan Morrison at 316-518-5106 for more information.

Senior Legal Advisor

Jennifer Stultz, our Senior Legal Advisor, comes to our center on the second Wednesday of each month. This month's presentation is on February 10th at 1:30. Call us here at the D.S.C. to reserve space.

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 dates for the February are the 8th and the 9th. Classes last from 12:30 to 4:30 on each afternoon. Seating is limited, so call us early to reserve your chair.

**Blood pressure checks February 5th
from 10:30 to 11:30 a.m.**

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Downtown Senior Center

Vietnam Veterans Subject For February Final Friday Event

“Invisible,” a photographic display of 18 Vietnam veterans living in Derby, Mulvane, Wichita and Sedgwick County, will be featured at the Final Friday event at the Downtown Senior Center, 200 S. Walnut, beginning at 6 p.m. Feb. 26.

Barney Tull, the photographer/creator of the project, says his primary intent was to give a voice to those veterans who returned to a homeland which did not publicly honor their sacrifice. The project, which features photographs on metal, was a 10-month production which has been on display at the Derby Public Library since late October of 2015. It was timed to coincide with the celebration of Veterans’ Day.

The public reception marking the opening drew the largest crowd ever for a High Wall Gallery event, and ranks in the top five of all library receptions in the last six years, and interest in the display has remained strong.

Jim Denison, Vietnam veteran and P.O.W./M.I.A. chair of the Department of Kansas VFW, VVA Chapter 809, will be displaying a portion of his 50-year Vietnam War memorabilia collection.

The event is being sponsored by Senior Services Inc. of Wichita, The Spice Merchant, and VFW Post VFW Auxiliary, Post 3115.

This event promises to be a unique Final Friday experience. The public is invited and there is no charge to attend.

Beginning Computer Classes

We offer a beginning computer class on the first and second Wednesday afternoon of each month from 1:00 until 2:30. Jim and Betty Jones talk about the basics of operating a computer and discuss specific issues that may concern you. This two-part class is for beginners, but keyboarding skills are appreciated. February’s class is full, but you can reserve space in the class of March 2nd and March 9th. Call the DSC for details and to enroll in this class.



“Invisible” will be featured at the Final Friday event Feb. 26. The public is invited to attend.

Special Series from Stan Webb

Each month our Senior Financial Advisor Stan Webb is here to discuss important financial issues of the day. Stan is a newly 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. The second installment is entitled “What to do when your loved one starts needing help with daily tasks?” This session is scheduled for February 18th. The series will conclude on March 17th with a segment entitled, “Who do you call and what do you need to know before it happens?” There is a 2:00 pm start for each session.

This series is both timely and important. Stan will invite guest lecturers to expand on key aspects of these topics. Please make plans to attend this series, and R.S.V.P. at 267-0197.

Aging Gracefully Lectures

Tuesday, March 22, 2016 at 4:00pm (Greene Vision Group: Vision Care)

Thursday, April 21, 2016 at noon (Life Care Center of Wichita/Dr. Brumfield, topic TBD)



Prairie Moon Book Club

The Prairie Moon Book Club will meet on Monday, January 4th, at 10:00 am. Each month the club selects material from local authors, as well as national bestsellers.

February's selection is entitled "Blessings" by Anna Quindlen. It begins when, late at night, a teenage couple drives up to the estate owned by Lydia Blessing and leaves a box.

In this instant, the world of the estate called Blessings is changed forever. The story surrounds caretaker Skip Cuddy, who finds a baby asleep in that box and decides he wants to keep her, and matriarch Lydia Blessing, who decides to help him. Blessings explores how the secrets of the past affect decisions and lives in the present. This is a powerful novel of love, redemption, and personal change by the Pulitzer Prize-winning writer about whom The Washington Post Book World said, "Quindlen knows that all the things we ever will be can be found in some forgotten fragment of family."

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.

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.

Spanish Classes Offered

Learning a second language is a great way to stay mentally fit. Each Wednesday, Judith Humerez teaches Advanced Spanish Class at 9:00 and Beginning Spanish Class at 1:00. 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.

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.

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 is scheduled from 1:00 until 3:00 each Friday afternoon from February 19th until March 11th. You can register by calling the DSC at 267-0197.

Director's Message

(continued from page 4)

It promises to be a very interesting evening.

Also, our financial advisor Stan Webb will continue his three-part series in February. Stan will be discussing the financial and personal implications of caring for aging loved ones. Each of us will be facing these important issues, and we can all benefit from Stan's information.

I thank each one of you for your participation and support, and we look forward to serving you throughout the coming year.

Gerald McCoy

Downtown Senior Center Director

Porcelain Painters

Nancy Fricker leads a group that explores the art of applying paint to porcelain the first Thursday of each month at 9:00 am. If you would like to know more about this art form, you can call Nancy at 650-6385.