



## Downtown Senior Center

Happy New Year My Dear Friends,

I hope all of your holiday gatherings were fun and your wishes came true.

We had a great ending of the year with the Christmas Dinner at The Monarch, the Christmas Light Bus Trip, and many wonderful presentations with more to come in the New Year.

We will have many events to look forward to, including the opening of the newly remodeled Downtown Senior Center in late spring or early summer with an open house planned thereafter. The directors and administrative staff are planning the move back into the top floor of the building as I am working on this newsletter and the new Meals on Wheels kitchen is under construction.

I wanted to take this time to thank so many of our volunteers for their time and support of the Downtown Senior Center. For those who have wanted to volunteer but have not as of yet, there will be lots to do when we move back into the building. New programs will start, so contact me at 267-0197 and let me know how you would like to help.

New partnerships have been formed over the last year, which will continue into 2018. The Health Professions at Wichita State University will provide a series on preventing falls in the fall of  
*(continued on page 6)*

### Ongoing Activities, West Side Baptist Church, 304 S. Seneca

#### Monday

Pool/Snooker (Orchard Park/Linwood)  
Competitive Pickleball (Orchard Park/Linwood)  
9:30 am Senior Employment Orientation  
(moved to NE Senior Center)  
9:30 am Wanda's Exercises (Back in November)  
10:00 am Prairie Moon Book Club (1st Monday)  
(Room 139)  
11:00 am WSU Well Rep Exercises (Gym)  
1:00 pm Grand Slam Bridge (Bristo/Room112)  
4:00 pm Funtastics (1st Monday) (Chapel)  
6:30 pm Recovery Group (Calvary Bible Church)

#### Tuesday

9:00 am Senior Employment Job Club  
(moved to NE Senior Center)  
11 am Dining in Delano (3rd Tuesday)  
12:00 pm Dominoes (Room 114)  
Prairie Quilt Guild (Scottish Rite)  
2:00 p.m. Bible Study (Calvary Bible Church)  
Prairie Quilt Guild Bd Mtg (Scottish Rite)

#### Wednesday

Competitive Pickleball (Orchard Park/Linwood)  
Recreational Pickleball (Orchard Park/Linwood)  
9:00 am Advanced Spanish (Room 139)

9:30 am Wanda's Exercises (Back in November)  
11:00am WSU Well Rep Exercises (Gym)  
11:30 am Common Market (every other Wednesday)  
12:30 pm Beginning Spanish (Room 139)  
1:30 pm Senior Legal Advisor (2nd Wednesday)

#### Thursday

Foot Care (call for apt. 946-0722) (Linwood)  
9:30 am Health and Wellness Support Group  
(third Thursday)  
10:00 am Advisory Council (1st Thursday)  
12:00 pm Alzheimer's Support Group (3rd Thurs.)  
2:00 pm Senior Financial Advisor (3rd Thursday)  
2:30 pm Writing Craft (1st Thursday)

#### Friday

Competitive Pickleball (Orchard Park/Linwood)  
9:30 am Wanda's Exercises (Back in November)  
11:00am WSU Well Rep Exercises (Gym)  
1:00 pm Party Bridge (Room 112)  
1:00 pm S.E.C.A. (1st Friday)  
1:30 pm Hand and Foot Cards (2nd & 4th, Rm 139)

#### Saturday

Good Time Dancers (For schedule and new location, call Cynthia at 772-0169)

Downtown Senior Center • 200 S. Walnut, Wichita, KS 67213 • (316) 267-0197  
Hours: 8:00 a.m. - 4:30 p.m. • Director: Carolyn Earnest • CarolynE@seniorservicesofwichita.org  
**Registration Required for ALL Center Activities • Membership: \$25 per year**



## Downtown Senior Center



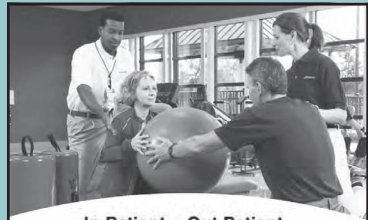
The week prior to the ugly sweater contest, Dining in Delano and Christmas light tour was filled with mounting interest. Carolyn Earnest obtained three outstanding rewards for those capturing first, second and third places in the ugly sweater



contest: 1st prize, Grene Vision gift certificate for \$250, 2nd prize, gift basket from Prairie Homestead Senior Living, and 3rd prize, collection of ugly sweaters for the coming years.

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## Downtown Senior Center

### Writing Craft

Our Writing Craft group meets Thursday, January 4th 2 to 4 p.m. (note: new time!) The topic is “The Writing Process: Prewriting and Some Basics.” Published author Starla Criser leads this group. RSVP by calling 267-0197.

### Prairie Moon Book Club

The Prairie Moon Book Club will hold its meeting Monday, January 8, at 1 p.m. “The Last Bus to Wisdom” by Ivan Doig. RSVP: 267-0197.



### Dining in Delano

Participants in the Downtown Senior Center enjoyed the combination Dining in Delano trip and Christmas party at The Monarch December 8. They were happy to welcome members from the other three centers as well.

The next outing is set for Tuesday, January 16, at 11 a.m. at Wichita Fish Company.

### Advisory Committee

The advisory committee will meet January 4th at 10 a.m.

### Job Club

The weekly job club meetings are being held in the Northeast Senior Center at 9 a.m. Tuesdays. The SEP office has now moved to the Northeast Senior Center, 2121 E. 21st, during the renovation.

### Director's Notes

*(continued from page 4)*

2018 and are also planning another Health Fair.

Inga Sogaard, MS, WSU Psychology/Human Factors Department came to tell us about her and Dr. Rui Ni's work in the Visual Perception and Cognition Lab. This work is to better understand the aging brain and vision changes and how to minimize the aging effects. Inga shared many interesting facts about the research in this field; such as brain/visual training that can improve vision and the relationship between eye and hand coordination, which improves reaction time, therefore driving reaction time. By minimizing the aging effects, seniors may be able to drive a car longer, be more socially active, and perhaps independent longer. Inga and Dr. Ni have promised to return next year and share more insights to the findings of their studies. Meanwhile to be part of the studies the lab will be doing over the next few years, I will have flyers available.

Do you want to learn to dance? Not any old dance, but The La Macarena, the La Lambada, and the Los Caporales? Then watch for Judith Eugino-Humerez's dance lessons which will start in February. Judith gave us an example of her Latin style of dance at the Celebration of the Stars. So you too can dance the romantic Latin dances....

Have a great January 2018 and come see me.

Spirit Around You & Yours,  
Carolyn Earnest



## Downtown Senior Center

### Educational Opportunities:

#### January 2018

**SECA**—No meetings in Dec/January

**Intro to Drawing**—No meeting in Dec/January

Thursday, January 4th @ 10:00 a.m.

#### **Downtown Advisory Council Meeting**

Thursday, January 4th @ 2:00 p.m.

#### **Reach Your Goals Step by Step**

Shirley Lewis, K-State Extension Office  
RSVP: 267-0197

Thursday, January 4th @ 2:00 p.m.

#### **Writer's Craft:**

Starla Criser, Author  
RSVP: 267-0197

Monday, January 8th @ 1:00 p.m.

#### **The Prairie Moon Book Club Meeting**

“The Last Bus to Wisdom” by Ivan Doig  
Theresa Reiter  
RSVP: 267-0197

Wednesday, January 10th @ 1:30 p.m.

#### **Senior Legal Advisor: Wills**

Cathleen Gulledge, MBA, CPA, JD,  
LLM Taxation

Tuesday, January 16th @ 11:00 a.m.

#### **Dining in Delano: Wichita Fish Company**

RSVP: 267-0197

Thursday, January 18th @ 9:30 a.m.

#### **Health & Wellness Support Group**

RSVP: 267-0197

### Holiday Closings

Downtown Senior Center closed  
Monday, January 1st,  
for New Year's Day and  
Monday, January 15th,  
for Martin Luther King Jr. Day.

### Spring Job Fair Set

The Senior Employment Program at Senior Services, Inc. of Wichita has scheduled its semi-annual Senior Job Fair from 9 to 11 a.m. Wednesday, March 21, at Workforce, 21st and Amidon.

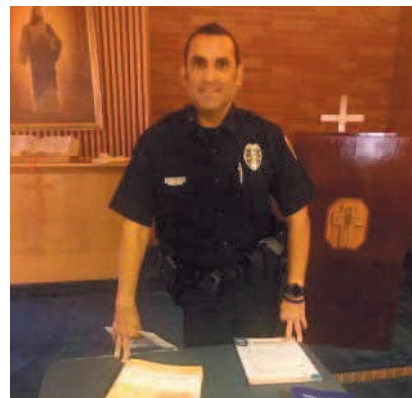
Job seekers must apply at the Senior Employment Program and complete a two-hour orientation prior to the fair. job fair.

For more information, call 267-1771 or visit [seniorservicesofwichita.org](http://seniorservicesofwichita.org).

### Attention: Want to Learn to Square or Line Dance?

I do not have the instructor and schedule set up yet, but have a man who is interested in coming to the DSC to teach, so I would like to see the interest in this as well as Judith and her Latin dances.

**Rick Tejada of the Wichita Police Office Delano District presented a program on holiday safety tips Dec. 5.**



**Wanda has been teaching exercise classes at the Downtown Senior Center on Mondays, Wednesdays, and Fridays for over 20 years. She is also an accomplished seamstress as evidenced by the jacket she made her daughter for Christmas.**