



Linwood Senior Center

Happiest Of New Years To You!!!

Dear Friends,

I wanted to start the “new year” off with a joke, of course, and I was given this joke by our dear Virginia Steele, so here goes,...

A little silver-haired man calls his neighbor and says, “Please come over here and help me, I have started a killer jigsaw puzzle, and I can’t figure out how to get it started.”

His neighbor asks, “What is it supposed to be when it is finished?” The little man says, “According to the picture on the box, it is supposed to be a rooster.”

The neighbor decides to go over and help with the puzzle. The little man lets the neighbor in and shows him where he has spread the puzzle all over the table. The neighbor studies the pieces all over the table and says, “First of all – no matter what we do we’re not going to be able to assemble these pieces into anything resembling a rooster. Secondly, I think we should have a cup of tea to relax. Then we will put all the Corn Flakes back in the box!”

This is a funny one, and I certainly do not want to make fun of memory loss, so here is my tie-in question for you. “How are the pieces of your life’s puzzle fitting together?” I know most of the time, I feel like I am a few pieces short to finish the picture, or I am not sure how the pieces are supposed to fit together! So let your friends at the Linwood Senior Center help. We are all in this together! We have a new year, 2018, for you to “picture” your life! Let’s gain momentum together and live life to the fullest!

Cherise & 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
- 1:30 Dime Bingo!

2:00 Writing Craft (1st Tues.)

3:00 Beginning Guitar

Wednesday

- 9:00 Arthritis Exercise
- 11:30 Friendship Lunch
- 1:00 Pinochle with Friends
- 3:30 Basic Yoga

Thursday

- 9-11 Pickleball
- 11:30 Friendship Lunch
- 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
- 3:30 Chair Yoga

Daily/Anytime

Walking

Monthly

- 10:00 Advisory Council the fourth 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

Tax Appointments!!!

We will be taking tax appointments starting on January 16 for the February, March and April months. Please call 263-3703 for more information. AARP volunteers will be helping to complete the returns, and submitting them electronically.

Also, if you have questions about paying taxes, you may want to come to our Taxpayer Advocacy program on Friday, January 26th at 10:15 a.m.

“Write On...”

Our books are still available to purchase! Please stop by or call us to get a copy. Paperbacks are \$12.95. Some discounts can apply for LW members. Hardbacks are \$19.95.



This is a picture of six tiny reindeer; we need more! Please join us at Linwood to complete the sleigh ride of the 2018 year!

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Linwood Senior Center Educational Programs

January

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!

Monday, January 8, 2018 at 2pm

“Super Foods For Seniors”

Find out what are the best foods for your body! (Tastings Included)
Angela Sobba & Teresa Hatfield, Oxford Villa
Must RSVP by 1/4/18 to 263-3703

January 12, 2018

“Organize Yourself in 2018!”

Come and find out about new ways of creative organizing!
Sandra Schepis
Sandra’s Organizing Solutions

January 19, 2018

“Differing Levels of Care With Senior Housing”

Come find out the differences between independent living, assisted living, and nursing care.
David Northcutt, A Place for Mom

January, 26, 2018

“Taxpayer Assistance”

Come and find out about ways to pay your taxes and the resources to help!
Traci Wilnerd, Taxpayer Advocate Service

Holiday Closing

Please note we will be closed Monday, January 15, for Martin Luther King Day.

Grief Support Group

Group meeting will be moved to the 4th Monday, this month and the next due to the Martin Luther King Holiday, and the Presidents Day holiday in February. Dates are as follows: January 22 at 2 p.m. and February 26 at 2 p.m.



Linwood SECA Group Starting

SECA stands for “Seniors Exploring the Cultural Arts.” It was started by Anne Yoder, a wonderful supporter of the arts in Wichita, who passed away in 2015. Anne’s vision started in 1982 with a two-fold mission, the first was to support the various cultural art organizations in Wichita, and the second was to provide a safe, friendly way for people 55+ to attend theatrical events together. These are people who were single, widowed or have a spouse not interested in attending such events. Starla Criser is now the coordinator of the group, and she will be here January 5 at 3 p.m. to discuss what the group does, the annual \$10 fee, and the theatrical, and cultural opportunities you can attend in January and February.

Little Shop At Linwood

The little shop at Linwood is up and running, and Charlotte Kuhn has been operating the shop with gifts, crafts and various items here at the center. This is a great opportunity to get your Christmas shopping done. You are welcome to purchase these items, and when you do, you will help us with purchasing supplies and raising money for the Linwood Senior Center. Currently, we are wanting to purchase some exercise bands.

Reminder, we can use donations for our indoor Rummage Sale, held on the 2nd Friday of the month, to “thin-out” the excess donations we have received, sale start from 8:30 a.m. to 1 p.m. All donations, if they do not sell will then be donated to a DAV store or other second hand stores.

Thank you to all who have donated; you bless us, by supporting your Linwood Senior Center!



Linwood Senior Center

Early Morning Bookclub

Join us on Monday, January 8, at 10 a.m.
Book to be discussed: "Blind Descent" by Nevada Barr from her Anna Pigeon series.

Writing Craft

For those of you who have a few stories in you, you may want to consider getting them out on paper! This is a great opportunity for you to meet with other authors and discover a new skill for yourself. Publish in 2018! Please note our time change.

Meeting Date: January 2, from 2 - 4 p.m.
"The Writing Process: Prewriting and Some Basics."

Meeting Date: February 6, from 2 - 4 p.m.
"The Writing Process: Developing The Idea, Characters, and Settings."

Call Starla Criser, our author at 393-8195 for more information.

Living Well Support Group

This is a support group for people who are living with life changing, chronic diseases from diabetes to arthritis, etc. We are here to provide support and encouragement, and ideas for living as healthy a lifestyle as possible. Join us January 22 from 3 to 4 p.m. as we discuss "Healthy Goal Setting for 2018."

Bible Study

No Bible study due to the holiday.

Craft Time With Pat

We are making some fun crafts this month--great for gifts! We will be making a "Scribble Art" t-shirt. You provide a washed t-shirt (no fabric softener!) and we will provide the supplies. Cost is \$5. Wednesday, January 10th from 1 to 3 p.m. Please give us a call to RSVP. We will also be learning how to knit hand warmers, please call us if you are interested.

FUN-draiser for Linwood

We are selling Sonic Cards valued at \$17, but we are selling them for \$5. These are great gifts to give for all ages. Furthermore, SONIC makes the BEST old fashioned coney's - ever!

Please call for more information, or ask one of our advisory council members. Our goal for the money is to raise money for a laptop computer.

Happy Birthday

Arnold, Carolyn
Boyd, Betty
Brockelman, Patricia
Cairns, Robert
Campbell, Charles
Darlington, Irma
Doyle-Palmer, Steven
Gragg, George
Grimes, Terry
Hayes, Adolphus
Herrman, Elnora
Huber, Mary
Jamison, Charles
Kealey, Karen
Komornicki, Linda
Mason, Wayne
McAllister, Bob
Mikel, Ella
Montford, Peggy
Mosteller, Bette
Nance, Karen
Phelps, RoseMary
Rey, Eva
Rinearson, Patricia
Soto, Irene
Spreer, Junior
Sullivan, Carol
Taber, Wanda
Trumpp, Donald
Waddell, Marilyn
Walker, Diana
Ware, Rick
Welborn, Rockne
Ybarra, Sharon