



Downtown Senior Center

Dear Friends,

We are into the New Year. Hopes are high, and opportunities are abound!

How about some exercise? We have great exercise classes: Wanda's Exercise on Monday's, Wednesday's, and Friday's at 9:30am or WSU student taught Well Rep Exercise Class on Monday's, Wednesday's, and Friday's at 11:00am.

How about learning a new language such as Spanish? Advanced Spanish classes are every Wednesday mornings at 9:00am and Beginner's Spanish follow at 12:30pm.

Or learn to how to perform a romantic Latin dance like the La Macarena, the La Lambada, or the Los Caporales? Then come join Judith Eugino-Humerez's dance lessons which will start this month.

David L. Lewis is coming back! He will present his Technology Series beginning this month with a March visit to his technology laboratory/AgeSafely, Inc. Headquarters.

February being Valentine's month we are planning a Valentine's lunch to celebrate instead of our monthly Dining in Delano.... So call and RSVP and find out where and when! It's a surprise!!!

Have a great February.

Spirit Around You & Yours, Carolyn Earnest

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

Monday

- Pool/Snooker (Orchard Park/Linwood)
- Competitive Pickleball (Orchard Park/Linwood)
- 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)
- 12:00 pm Grand Slam Bridge (Bristo/Room112)
- 1:00 pm Senior Employment Orientation (moved to NE Senior Center)
- 4:00 pm Funtastics (1st Monday) (Chapel)
- 6:30 pm Recovery Group (Calvary Bible Church)

Tuesday

- 9:00 am Senior Employment Job Club (NESC)
- 11 am Dining in Delano (3rd Tuesday)
- 12:00 pm Mexican Train 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 (3rd Thurs)
- 10:00 am Advisory Council (1st Thursday)
- 12:00 pm Alzheimer's Support Group (3rd Thurs.)
- 2:00 pm Senior Financial Advisor (3rd Thursday)
- 2:00 pm Writing Craft (1st Thursday)

Friday

- Competitive Pickleball (Orchard Park/Linwood)
- 9:30 am Wanda's Exercises (Back in November)
- 10:00am Nat'l Active/Retired Federal Employees (3rd of even month)
- 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



Twenty-six members of the senior centers gathered at The Monarch December 8 for Christmas dinner and an ugly sweater contest, prior to the Christmas lights tour. Winners of the ugly sweater contest were: 1st prize - Grene Vision



\$250 certificate, won by Connie Holt; 2nd prize - gift basket created by Prairie Homestead, won by Diana Stewart; 3rd prize - ugly sweater kit with ugly sweater for next year, won by Theresa Reiter.

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Downtown Senior Center

Writing Craft

Our Writing Craft group meets Thursday, February 1st 2 to 4 p.m. The topic is “The Writing Process: Developing the Idea.” 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, Monday, February 5th. “One Thousand White Women” by Jim Fergus at 1 p.m. RSVP: 267-0197.

Job Club

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

Spring Job Fair Set

The Senior Employment Program at Senior Services, Inc. of Wichita has scheduled its 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 job fair.

For more information, call 267-1771 or visit seniorservicesofwichita.org.

Tax Help Relocated

Ed Miller with AARP said they will be offering downtown tax assistance at the First Methodist Church at 330 N. Broadway beginning February 5th. Offered Monday, Wednesday and Thursdays from 9 to 3. They are taking reservations now. Please call 316-258-5157 for an appointment.



Sixty-six members from all four senior centers enjoyed the Christmas lights tour December 8.





Downtown Senior Center

Educational Opportunities:

February 2018

Thursday, February 1st @ 10:00 a.m.
Downtown Advisory Council Meeting

Thursday, February 1st @ 2:00 p.m.
Challenges & Solutions
Shirley Lewis, K-State Extension Office
RSVP: 267-0197

Thursday, February 1st @ 2:00 p.m.
Writer's Craft: Developing the Idea, Character, & Settings
Starla Criser, Author
RSVP: 267-0197

Friday, February 2nd @ 1:00 p.m.
SECA
Starla Criser

Monday, February 5th @ 10:00 a.m.
The Prairie Moon Book Club Meeting
"One Thousand White Women" by Jim Fergus
Theresa Reiter
RSVP: 267-0197

Tuesday, February 13th @ 1:00 p.m.
Top 5-7 Technologies for Seniors in 2018
David L. Lewis, AgeSafely Inc.
RSVP: 267-0197

Wednesday, February 14th @ 11:00 a.m.
Dining in Delano: Valentine's Lunch at---
Where? It is a surprise
RSVP: 267-0197 for location

Wednesday, February 14th @ 1:30 p.m.
**Senior Legal Advisor:
Beneficiary Designations**
Cathleen Gullede, MBA, CPA, JD,
LLM Taxation

Thursday, February 15th @ 9:30 a.m.
Health & Wellness Support Group
RSVP: 267-0197

Thursday, February 15th @ 12:00 p.m.
Alzheimer's Support Group
Jenna Smith, Director
Alzheimer's Association of Wichita

Thursday, February 15th @ 2:00 p.m.
Senior Financial Advisor
Stan Webb

Thursday, February 15th @ 1:00pm
Latin Dance Series: La Macarena
Judith Eguino-Humerez
RSVP: 267-0197

Tuesday February 20 @ 1:00pm
Wichita Pottery Tour
Limit: 10
RSVP: 267-0197

Thursday, February 22nd @ 1:00 p.m.
Travelogue: Egypt (Part 2)
Crystal Diamond
RSVP: 267-0197

Tuesday, February 27th @ 10:30 a.m.
Hospice 101
Cheyenne Basingo,
Heart & Soul Hospice

Tuesday, February 27th @ 1:00 p.m.
Alternatives to Paid TV
David L. Lewis, AgeSafely, Inc.
RSVP: 267-0197

Tuesday, March 13th @ 1:00pm
Applications & Basics for Smart Phones
David L. Lewis, AgeSafely, Inc.
267-0197

Tuesday, March 27th @ 2:00 p.m.
Trip to AgeSafely Lab/Headquarters
David L. Lewis, AgeSafely, Inc.
267-0197