



Linwood Senior Center

Dear Friends,

February is always a time for fun, love and fellowship. Take some time this month to love yourself, and make sure you share your fun-loving-fellowship with others! At Linwood we are changing our format this year for our Valentine's party and going to play a game called the "Not-So Newly Wed Game." I am looking for the first 5 couples to call me for their chance to play. So if you think you know your spouse,....give me a ring! We also are also going to celebrate Ground Hog Day, play the game of Tri-ominoes and have a poetry reading. Look inside our pages, and join us and make great memories! -XXXX's and OOOOO's from YOUR 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 are taking tax appointments for February, March and April. Please call 263-3703 for more information. AARP volunteers will be helping to complete the returns, and submitting them electronically.

Linwood SECA

SECA stands for "Seniors Exploring the Cultural Arts." We had a great start in January, and we need to carry on the momentum! This is a neat way to have fun and provide a safe, friendly way for people 55+ to attend theatrical events together. Come and find out what opportunities, Starla Criser, has made available to us in the chilly month of February! Friday, February 2, 2018 at 3 p.m.

Travel The Continents With Photographer Jim Boots

We will head off on another armchair traveler presentation to Iceland on Feb. 12 at 1:00 p.m. You will see magnificent scenery and places without getting cold! Don't miss this great program.

We will have a drawing to win this framed picture to hang on the wall.



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West of Maize Road.



Linwood Senior Center Educational Programs

February

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, February 5, 2018, 1 to 2 p.m.

“Love & Doilies - Creative Ways to Remake Your Wardrobe”

Robin Smith

February 9, 2018

“Innovative Ways to Keep You Safe in Your Home”

Items to help for falls in the home, medication reminders, etc.

Marsha Hills of Home Technology Solutions

February 16, 2018

“Love Your Mind - Use It Well”

Mental exercises to improve your memory
Cherise Langenberg

February 23, 2018

“Medication Management”

Come and find out about a pharmacy that delivers to your door, and let them sort your meds!

Marybeth Steiner of Golden Plains Pharmacy

Holiday Closing

Please note we will be closed to celebrate “Presidents Day” Monday, February 19, 2018.

Game Friday!!

We are trying Tri-ominoes Feb 9, from 1 - 3 p.m.! It is Jan Story’s FAVE!

Grief Support Group

Group meeting will be moved to February 26 at 2 p.m. this month due to Presidents’ Day holiday in February.

Write On! Now In Bookstores In U.S. and Abroad

Copies of the paperback edition of *Write On!* are now for sale at Watermark Books & Cafe until March 18, 2018. Please share the news with anyone you know who might want to look for the book locally. There is only a limited supply there, but more can be taken there if needed. Copies are also available at our center. 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.

Connie Holt has arranged for a book signing Feb. 9 from 6 to 8 p.m. at Moxie Junction (coffee shop). This an opportunity to do some brief readings if you want to, as well as a chance to sell *Write On*, or any other books any of our writing class members want to provide that day.

Starla Criser also did some research with the IngramSpark publisher and *Write On* is available not only with Amazon and Barnes & Noble, but also with five bookstores in the United Kingdom and one Australian bookstore.

“Whether or not we make any sales at those places, you are all internationally published!” Starla says.

Bible Study

Bible study will be meeting on Feb. 5 at 10 a.m.



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



Linwood Senior Center

Early Morning Bookclub

Join us on Monday, February 12, at 10 a.m.
Book to be discussed: "The Name of the Rose"
by Umberto Eco.

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!

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 live changing, chronic diseases from
Diabetes to Eye Ailments. We are here to
provide support and encouragement, and
ideas for living as healthy a lifestyle as
possible. We will be on hiatus in February, but
we will be back in March.

Baby It's Cold Outside

....So You Might Need A Hat!!

Come and join us to learn how to crochet a
hat. All you need is some yarn (variegated
yarn works well) of choice, and a crochet hook
G or H, and we will provide Allison Edwards,
our resident instructor. Give us a call for more
information and required sign up at 263-3703.
We plan on starting Monday, Feb. 5 from 1 - 3
p.m.

Celebrate Groundhog's Day

Come and watch the movie "Groundhog
Day" on Friday, Feb. 2, from 1 to 3 p.m.
We will provide the warm popcorn and
fellowship.

Celebrate Longfellow!

Please join us in honoring Henry Wadsworth
Longfellow by having a poetry reading on
February 27 from 3 - 4:30 p.m. Bring a poem
to read, one of your own, or a favorite. We will
provide the birthday cake!

**Please remember to support the Little
Shop at Linwood! Proceeds benefit our
programs and member services.**

Happy Birthday

Brown, Eurvin
Carter, Catherine
Cartwright, Dennis
Chon, Kye
Conner, Arlene
Criser, Starla
Dugger, Dolores
Erickson, Terry
Fessenden, Eileen
Frick, Myron
Hammett, Dorothy
Harper, Therese
Holt, Connie
Hubbs, Charles
Johnson, Claude
Johnson, Ron
Johnson, Sue
Jones, Sara
Kraus, Mary Jane
Lee, Judy
Millspaugh, Tim
Morton, William
Mounts, Rosemary
Nova, Iris
Paul, Tim
Rodriquez, Wesley
Runer, Linda
Schutz, MaryLou
Story, Jan
Tucker, Linda
Valadez, Raymond
Venn, Gloria
Vonada, Darla
Wamsley, Betty