



Downtown Senior Center

Dear Friends,

Spring is close... Come join us in celebration of the green, St. Patrick's Day.

We at the Downtown Senior Center will celebrate with a luncheon at The Artichoke Sandwich Bar on Friday, March 16th, at 11:00 a.m., followed by a 1:00 p.m. presentation at West Side Baptist by our very own Theresa Reiter about her trip to Ireland.

On St. Patrick's Day, Saturday, there will be the annual parade in Delano, so put on your green and come be part of the fun.

Bob Wambold and the Shriner's Jazz Band would like to entertain you. On March 22, bring a picnic lunch, some chairs and come join us at the West Side Baptist Church for some music and fun.

For new exercise, how about line or square dancing? Lanny Reichert will be at the DSC to teach Line Dance beginning March 7th @ 1:00 p.m.. Please stay afterwards to learn more about square dancing.

Or perhaps a romantic Latin dance is more your style. Learn the La Macarena, the La Lambada, or the Los Caporales from our Spanish teacher, Judith Eugino-Humerez.

(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 Wanda's Exercises
 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)
 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

11:00am WSU Well Rep Exercises (Gym)
 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
 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



Downtown Senior Center members are invited to celebrate St. Patrick's Day at the Artichoke Sandwich Bar at 11 a.m. Friday, March 16.



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Downtown Senior Center

Writing Craft

Our Writing Craft group meets Thursday, March 1st 2 to 4 p.m. The topic is “The Writing Process: Developing the Idea/Digging Deeper.” 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, March 5th, at 10 a.m. Guest speaker is E. L. Morrow, author of *The Door Keeper's Secret*. The book to be discussed is *Wonder* by R. J. Palacio.

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.

Director's Notes

(continued from page 4)

David L. Lewis will continue his Technology Series and end with a visit to his technology laboratory/AgeSafely, Inc. headquarters, so RSVP quickly.

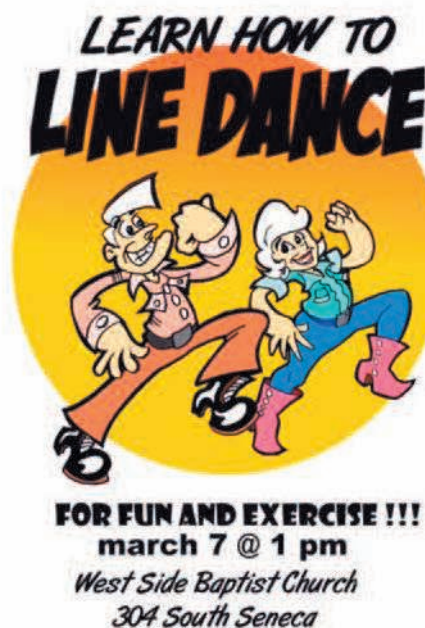
Go have some fun and have a great March.

Spirit Around You & Yours,
Carolyn Earnest

DSC Welcomes Ed Varner

Please welcome the new Downtown Senior Center assistant, Ed Varner. Ed is replacing Rhonda Wood, who left at the end of January.

Ed previously worked in sales and lived in Texas. He is working 10:00 to 2:00 Monday through Friday.





Downtown Senior Center

Educational Opportunities:

March 2018

Thursday, March 1st @ 10:00 a.m.

Downtown Advisory Council Meeting

Thursday, March 1st @ 2:00 p.m.

Colorful & Classic Favorites

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

Thursday, March 1st @ 2:00 p.m.

Writer's Craft:

Developing the Idea/Digging Deeper

Starla Criser, Author
RSVP: 267-0197

Friday, March 2nd @ 1:00 p.m.

SECA

Starla Criser

Monday, March 5th @ 10:00 a.m.

The Prairie Moon Book Club Meeting

Guest Speaker: E.L. Morrow

Author of "The Door Keeper's Secret"

Book to be discussed, 'Wonder' by R.J.Palacio
Theresa Reiter
RSVP: 267-0197

Tuesday, March 6th @ 1:00 p.m.

Orie's Farm Fresh Garlic

Meagan Greenway
RSVP: 267-0197

Tuesday, March 6th @ 2:00 p.m.

Updates in the Neighborhood

Officer Rick Tejeda, Wichita Police Dept.
RSVP: 267-0197

Wednesday, March 7th @ 1:00 p.m.

Wednesday, March 14th @ 1:00 p.m.

Wednesday, March 21st @ 1:00 p.m.

Wednesday, March 28th @ 1:00 p.m.

Line Dancing by Lanny

Lanny Reichert

(Those attending can stay later
for square dancing lessons)

RSVP: 267-0197

Tuesday, March 13th @ 1:00 p.m.

Applications & Basics for Smart Phones

David L. Lewis, AgeSafely, Inc.
267-0197

Wednesday, March 14th @ 1:30 p.m.

Senior Legal Advisor: Business

Cathleen Gulledge, MBA, CPA, JD,
LLM Taxation

Thursday, March 15th @ 9:30 a.m.

Health & Wellness Support Group

RSVP: 267-0197

Thursday, March 15th @ 12:00pm

Alzheimer's Support Group

Jenna Smith

Alzheimer's Association of Wichita

Thursday, March 15th @ 1:00 p.m.

Latin Dance Series: La Lambada

Judith Eguino Humerez

Cost: \$5

RSVP: 267-0197

Thursday, March 15th @ 2:00 p.m.

Senior Financial Advisor

Stan Webb

Friday, March 16th @ 11:00 a.m.

St. Patrick's Luncheon

The Artichoke Sandwich Bar

RSVP: 267-0197

Friday, March 16th @ 1:00 p.m.

Travelogue: Tour of Ireland

Theresa Reiter

RSVP: 267-0197

Thursday, March 22nd @ 1:00 p.m.

Shriner's Jazz Band

Bring a Picnic Lunch

RSVP: 267-0197

Tuesday, March 27th @ 2:00 p.m.

Trip to AgeSafely Lab/Headquarters

David L. Lewis, AgeSafely, Inc.
267-0197