



Linwood Senior Center

“Learn to enjoy every minute of your life. Be happy now. Don’t wait for something outside your life to make you happy in the future. Think how really precious is the time you have to spend, whether it is at work or with your family or friends. Every minute should be enjoyed and savored.”

~Earl Nightingale

Hello there,

Another month has passed us by. Time flies when you are having fun! And fun is what Linwood is about. This month we have many opportunities for you to enjoy yourself and get going. We have planned some fun opportunities, from walking in the St. Patrick’s Day Parade to some events with Sedgwick Plaza called the “Traveling Table to the Senior Center Spotlight Mix and Mingle.”

We also are celebrating “Pi” day by heading up to Park City to eat some of their stuffed pies! Whew, and that doesn’t even include our educational events. Make sure you mark on your calendar the things you want to attend!

Just a note, I want to thank our volunteers who work tirelessly at the front desk, to serve you. They are Iverne, Allison, Sharon, Ginny, Odean, Theresa, Tanya, Odell and Rhonda! Many of you might not be aware, they are members just like you, who attend the center as well. They are not paid and yet they work harder than many people who are paid, so please make sure you treat them well, and if possible, give them a “thank you” now and then! It will be appreciated.

Happy living to you!

-Cherise & the Linwood Crew

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.)
- 2:00 Beginning Guitar

Wednesday

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

Thursday

- 9-11 Pickleball
- 11:30 Friendship Lunch
- 1:00 Pinochle With Friends
- 1:30 Beginning Line Dance
- 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
- 1:00 Games of Fame
(2nd Friday)
- 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

Traveling Table

Sponsored by Sedgwick Plaza

This is progressive dinner, where you go to different businesses and they share information with you and then you eat international food and do a craft from the country you are celebrating. We are looking for 11 people who would like to cruise around in a van and experience a new culture/country. This is a free event, and it will be fun. This is a mystery extravaganza, so we are not sure where you may be headed, but it will be fun. The trip is scheduled for March 16.

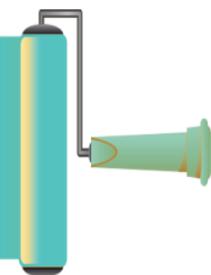
YOU MUST CALL (263-3703) & SIGN UP AT LINWOOD; we only have 11 slots available for this event.

Senior Center Spotlight - Linwood Center

Let's have some fun at Sedgwick Plaza! On March 30, Sedgwick Plaza will bring their van by to the Linwood Senior Center to pick up the first 11 people who sign up for this event. If others sign up they can meet us at Sedgwick Plaza. Sedgwick Plaza will pay for you to play bingo, from 2 to 3:15 p.m., then there will be a mix 'n mingle that goes from 3:30 to 5 p.m. They will have live entertainment, food, and drinks. They will return the folks riding in the van to the Linwood Center after the event.

Please call 263-3703 by March 23 to reserve your space on the van.

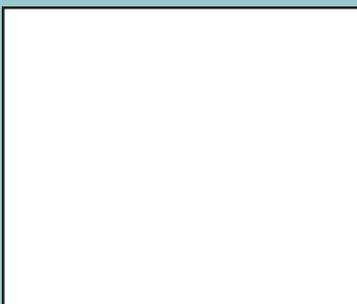
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Linwood Senior Center Educational Programs

March

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!

March 2, 2018

“Limited Money with Little or No Health Insurance? Come and find Out How Free State Healthcare May Help You”

Taylor McQuinn

March 9, 2018

“Options Getting To and Fro - Oh the Places You Can Go”

Learn how to navigate the bus transit system Raven Alexander of the City Transit System PLEASE RSVP by 3/7/18 for this event, we may take a ride on the bus to see how to use it, if the weather allows. 263-3703

March 23, 2018

“Free and Low Cost Eye Exam Assistance and Other Medical Services”

Aaron Walker, Medical Services Bureau

March 30, 2018

“Encouragement & A Grateful Heart Are the Best Medicine”

Mark Pennington of Prairie Homestead

Flint Hills Trip!!!

Join us from 7 a.m. to 7 p.m. May 2 as we tour some arched roof cellars made of stone, and some ruins near Alma, Kansas. And see the different types of designs by the artesianians. Buffet lunch, and snacks for breakfast and dinner included. This is a tour that has some walking, and going up and down steps, so agility is important. Cost is \$70 for members and \$80 for non-members.

Call 263-3703 for more information.

Bible Study

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

Linwood SECA

SECA stands for “Seniors Exploring the Cultural Arts”. 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, March 2 at 3 p.m.

Celebrate Pi (3.14....) Day

By eating PIE. On Wednesday, March 14, we will leave Linwood Senior Center at 10:30 a.m. to caravan to Park City and eat at Arbuckle Mountain Fried Pies. Please call 263-3703 to RSVP. Cost is determined by what you order, but plan on spending around \$10 for lunch. We will be having some fun!!!

Grief Support Group

This is a support group that was started for those who have lost friends and loved ones. Chaplain Greg Schmidt shares some great topics and he leads the group sponsored by Heart and Soul Hospice. Please join us March 19 at 2 p.m. and let us encourage one another.

Guitar Classes

Beginning & Intermediate Levels Available

You are invited to join us for a class guitar session every Tuesday afternoon.

The beginning class will be from 2:00 to 2:40 and the intermediate class will follow at 2:45. You will need a guitar and the fee is only \$25 per month (4 lessons).

We look forward to having you join the group! Call Greg Golding at 269-1506 for more information.



Linwood Senior Center

Early Morning Bookclub

Join us on Monday, March 12, at 10 a.m.
Book to be discussed: "One of Ours" by Willa Cather.

Craft Time With Pat

Scribble Art Tees! Join us on Wednesday, March 21 at 2:30 p.m. on to make your custom made T-shirt. You will need to bring a black t-shirt in your size, or someone else's size if you want to make a gift. Do NOT wash the shirt with fabric softener! Cost \$3.00 if you bring your own shirt. If we supply, the cost will be \$8. Pay by the 14th at the front desk.

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: March 6, from 2 - 4 p.m.
"The Writing Process Digging Deeper"
This class will be on understanding goal, motivation and conflict, writing from point of view, plotting basics, novel outline template, effective hooks, turning points; scenes and sequels.

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 eye ailments. We are here to provide support and encouragement, and ideas for living as healthy a lifestyle as possible. Join us Monday, March 26, at 3 p.m.
Topic: Goal Setting & Managing Time to Take Care of You.

Little Shop At Linwood Update

Thank you for all your donations; we appreciate all your generous hearts have given. We are not holding as many rummage sales as the weather has been unpredictable, and our giving has slowed down, so we will be having the sale every other month or every three months. All donations, if they do not sell, will then be donated to DAV or other second-hand stores.

Thank you to all who have donated; you bless us by supporting your Linwood Senior Center! And a special thanks to our dear Charlotte Kuhn who is heading up the store, please give her a thanks as well when you see her!!!

Happy Birthday

Aghakhani, Roohi	Maddox, Martin
Brown, Lance	Martell, Vic
Buhrle, Louis	Mason, Darlene
Cairns, Barabara	Mehta, Smita
Carter, Bobby	Miller, Kathryn
Chapman, Terry	Murphy, Marilyn
Collins, Patricia	Northcutt, Beatrice
Contreras, Caroline	Oetinger, Mark
Crist, Monte	Ott, Dottie
Curry, Thomas	Pedersen, Glennis
Daley, Lucille	Pulliam, JoAnn
D'Angelo, Karen	Rebarchek, George
Davis, Ronald	Richardson, Linda
Eichacker, Linda	Rutherford, Betty
Elman, Tom	Ryel, Verda
Gerstenkorn, Carolyn	Salyer, Alta
Harms, Elizabeth	Sandlin, Patsy
Hirsh, Carol	Sherrod, Darlene
Hodges, Sharon	Stanton, Judy
Hughes, Gisela	Stotler, Nancy
Ingram, Brenda	Sutterfield, Jinj
King, Priscilla	Ulriksen, Doris
Lee, Haruko (June)	Ulriksen, Robert
Lee, Robert	Velazque, Ramon
Lingenfelter, Bruce	Williams, Fran
Longnecker, Sandra	