



Linwood Senior Center

"Mountaintops are for views and inspiration, but fruit is grown in the valleys."

"Comfort and prosperity have never enriched the world as much as adversity has."

"When wealth is lost, nothing is lost; when health is lost, something is lost; when character is lost, all is lost."

~ Billy Graham

Good April to You,

I hope you are enjoying your April showers! Sometimes people do not enjoy rain, but with rain comes the growth. That is why I love the quotes above, by a man who not only was wise, but also encouraging. We need to enjoy the "fruit" of life and it is made even more enjoyable by the hard work it takes to produce it! So keep working, keep learning new things and most of all keep growing personally.

This month we have some excellent presentations. You can travel to Antarctica without leaving your seat here in Kansas, as Jim Boots will be returning to share his photos and educational experiences with us! Also Shirley Lewis is back from the county extension office and she will start her cooking nutrition classes! So check your schedule, then check ours and start marking off the fun things to do at YOUR senior center.

~Blessings from 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.)
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

Flint Hills Scenic Byway 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. See the different types of designs by the architects in the later 1800's.

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.

Win A TRIP!!!!

A generous donor has offered a paid trip to the Flint Hills. Stop at Linwood to put your name in the hat (one time a day) to win a trip to the Flint Hills. We will be drawing the name of a current member on April 18th at our 11:00 a.m. birthday party.

Pickleball Potluck!

Pickleball players out there, come and check out the new floors at Linwood. We are hosting a potluck supper

Tuesday, April 17, 5:30 to 8:30 p.m. at the Linwood Recreation Center for the players.

Lakepoint is sponsoring the pulled pork and/or roast beef sandwiches and you can bring the sides. You will also need to bring your paddles, so we can have some fun time playing as well! Sponsored by the Linwood Rec Center and the Linwood Senior Center and Lakepoint. Come in to sign up by April 12, and let us know what you are bringing.



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Linwood Senior Center Educational Programs

April

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, April 2, 2018 at 1:30 p.m.

"My Plate" -

Discussing the different food groups and the benefits of eating healthy foods.
Shirley Lewis, Sedgwick Co. Extension Service

April 6, 2018

"The Wonderful Ways of Using Cheese"

Judy Young, aka, "The Cheese Lady"
from Green Acres Market
(Treats included!)

April 13, 2018

"Inca Art" -

Poetry, Watercolor & Photography
Judith Eguino-Humerez

**Wednesday, April 18th at 10 a.m.

"Take the BEST Care of Your Teeth"

WSU Dental Program

April 20, 2018

"Habits of Happy People"

Shannon Cook, Humana

April 27, 2018

"Financial Questions & Answers - Different Types of Loans"

Shana Ricke, VP of Branch Services
Golden Plains Credit Union

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 and Rebecca McKanna, have made available April 6 at 3 p.m.

Friday The 13th Rummage Sale In April

It may be a "lucky" day for you to find some goodies or a bargain!

We will be having our sale of some of the store items and other donated items that you have generously given to the Linwood Senior Center. Make sure you stop in!

Travel The Continents

Jim Boots, photographer, will take us to Antarctica and Brazil April 9 at 1 p.m. Jim is an excellent presenter and very entertaining. You will also get a chance to win another great picture to put in your favorite spot! *Must be present to win.



We had a great time with the "Not So Newly Wed Game" for our Valentine's Day Party! The three couples who played, the Browns, the Hittles and the Buhrls were great sports and had over 150 years of experience in the institution of marriage.



Linwood Senior Center

Early Morning Bookclub

Join us on Monday, April 9, at 10 a.m.
Book to be discussed: "Small Great Things"
by Jodi Picoult.

Drawing And Watercolor Classes

Drawing and watercolor classes to start in
April, please call 263-3703 for more
information.

Writing Craft

We will meet April 3 from 2 - 4 p.m. and
discuss "The Writing Process - Beginning to
Write." This class will discuss using effective
dialogue and dialect; understanding
internalization and narration; adding in sensory
elements; using body language. Call Starla
Criser, our author, at 393-8195 for more
information.

Game Friday!!

We are playing Scrabble from 1 to 3 p.m.
April 13. It is National Scrabble Day. You will
have some fun and laughs!

Movie Time!!!

Wednesday, April 18th, from 1 - 3 p.m. we
will be showing a movie called "We Bought A
Zoo" and eating Animal Crackers as this is
National Animal Crackers Day. Join us for fun!

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.

Monday, April 30, 2018 at 2 p.m.
Healthy Sleep by Shannon Cook, Humana

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 April 16
at 2 p.m.

Coloring For Fun!

Join us for relaxing, chatting, and coloring
April 11 at 1 p.m. We have the supplies and all
you have to do is make beautiful works of art.
Rebecca McKanna, coordinator, will be
encouraging your artistic side!

Bible Study

Bible study April 2 at 10 a.m.

Guitar Classes

Beginning & Intermediate Levels available
with reasonable classes. Call Greg Golding at
269-1506 for more information.

Birthday Party

Please note we are changing the birthday
party to 11 a.m. on the 3rd Wednesday of the
month for April only.

Happy Birthday In April!

| | |
|-------------------|--------------------|
| Barham, Alice | Holley, Patsy |
| Barnes, Janette | Holtsclaw, Richard |
| Brown, JoAnn | Leeper, Nina |
| Carter, Rosie | Louderback, Odell |
| Canning, Carl | McKissick, Pat |
| Ferland, Connie | Morris, Mike |
| Ford, Helen | Revell, Sharon |
| Guoladdle, Lorene | Rich, Amy |
| Hale, Marjorie | Stevens, Lou |
| Hamman, John | Waddill, Ann |
| Harris, Belva | Watts, Jamie |
| Heath, Frank | Zordel, Helen |