



## Downtown Senior Center

Dearest Friends, Members, and SSI Staff,

I am leaving Senior Services, Inc. and the Downtown Senior Center, so this is my last Compass newsletter to you.

I first came to SSI as a program developer and had a quick introduction to all the amazing services SSI has for the community, along with how hard the four center directors work to bring programs, activities, and FUN to their members!

We, as directors, reach out to so many seniors, but there are so many more who need the information, support and companionship. You can help us give to others. Please be aware of others who might need an exercise program, health education, an occasional help with grocery shopping, or companionship and invite them to the centers.

As director of the Downtown Senior Center for the last year and a half, I have had a blast. My goal of continuing 'Aging Gracefully Lecture Series,' the WSU LifeLong Learning classes, and many other programs was interrupted by the remodeling project. However, a newly remodeled center will bring more community partnership opportunities, which will strengthen the goals the directors have.

*(continued on page 7)*

### 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 Intermediate Spanish (Room 139)  
1:30 pm Senior Legal Advisor (2nd Wednesday)

#### Thursday

Foot Care (call for apt. 946-0722) (Linwood)  
10:00 am Advisory Council (1st Thursday)  
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



Spanish students at the DSC gathered at R-Cafe in Riverside March 21 to enjoy a luncheon honoring Judith and her artwork.



Downtown Senior Center members finally had the opportunity to enjoy their Dining in Delano experience at the Wichita Fish Co. April 17.

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Senior Services Inc. of Wichita, Wichita, KS

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## Downtown Senior Center

*A look back at our good times together at the Downtown Senior Center!*





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## Downtown Senior Center

### Educational Opportunities:

#### May 2018

Tuesday, May 1st @ 1:00 p.m.

#### **Diabetes: Journey to Control**

Craig Bower, Pharmacist  
Sam's Club  
RSVP: 267-0197

Friday, May 4, 1 p.m.

#### **SECA**

Monday, May 7, 10 a.m.

#### **Prairie Moon Book Club**

"American Heart" by Laura Moriarty

Tuesday, May 8, 1 p.m.

#### **POW Camp in Agonia, Iowa**

Marge Gilbertson

Wednesday, May 9, 2 p.m.

#### **Senior Legal Advisor**

Cathleen A. Gulledge, MBA, CPA, JD,  
LLM Taxation  
RSVP; 267-0197

Friday, May 11, 11 a.m.

#### **Dining in Delano**

#### **Mother's Day Trolley Tour and Luncheon**

Lawrence Dumont Stadium

### Advisory Council Meeting

The DSC Advisory Council meeting May 3 has been cancelled.

### Writing Craft

Our Writing Craft group meets Thursday, May 3 at 2:00 p.m. The topic will be: "The Writing Process: Battling The Sagging Middle (Understanding the sagging middle; structuring the middle). 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, May 7, at 10:00 a.m. The book to be discussed is "American Heart" by Laura Moriarty. RSVP: 267-0197.

### Job Club

The weekly job club meetings are being held in the Northeast Senior Center, 2121 E. 21st, at 9 a.m. Tuesdays. If all goes according to schedule, they should be returning to the Downtown Senior Center before the end of May.

### Learning Spanish

The current Spanish class on Wednesdays will now be an intermediate Spanish class. A beginner's Spanish class will be announced. Please call for information.

### Moving Back

Some activities may be located back in the Center beginning in June, but check the center's office for information.

### Director's Notes

*(continued from page 4)*

I am sad that I will not be here to be part of this next 50 years of Senior Services Inc. work, but when I return to Wichita, I will definitely benefit as a member.

In a few weeks, my husband John and I will begin our travels with our dog, Scout, in our RV, 'Freedom.' We will keep in touch with DSC staff, so send your messages through them as we will to you.

Spirit Around You & Yours,  
Carolyn Earnest