



## Linwood Senior Center

*"Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul." ~Samuel Ullman~*

Hey Linwood Friends,

The months are flying by! We need to make sure you are busy, happy, and healthy. That is what the programs are about this month.

This is National Arthritis Awareness Month! Imagine that!!?? Are you aware of the pain your arthritis causes you? Or are you just trying to forget the pain? Whatever place you are in, you need to remember that arthritis can be manageable. We also have some great ideas about nutrition, and we are going to be talking about inflammation and how to eliminate this by making changes in your diet.

Walk With Ease is starting again. The Recreation Center has started teaching a program and received a grant from the Arthritis Foundation, and want you to be a part of a gentle walking program, so call to get your spot in the class.

We also want to invite you to be a part of the annual Mother's Day Tea. Make your reservations now, as we only have 50 spots available.

~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)

#### 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

### Mix 'n Mingle

Eighteen people went to Sedgwick Plaza March 30 for bingo, food and dance during their senior center spotlight on Linwood. A great time was had by all. We also went to the traveling table progressive dinner earlier in the month. Special thanks to Jennifer Reyes with Sedgwick Plaza for all the gracious hospitality.



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## Linwood Senior Center Educational Programs

### May

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!

### May 2018

May 4, 2018

#### **"Fire/Tornado Household Disasters Awareness & Prevention"**

Paulette Johnston of Lakepoint

\*Monday, 7, 2018 at 1:30 p.m.

#### **"My Plate Series - Reach Your Goals Step by Step"**

This is a special series where Shirley shows us what to eat that is healthy, and how to make some great low fat, low sugar recipes.

RSVP 263-3703

Shirley Lewis, Sedgwick Co. Extension Service

May 18, 2018

#### **"Water & Inflammation"**

Cherise Langenberg

\*Monday, May 21, 2018 from 3 - 4:30 p.m.

#### **"Test Your Nutrition IQ"**

Shannon Cook, Humana

May 25, 2018

#### **"Caregivers' Rights"**

AARP is sharing info about a new law to help caregivers when they bring a loved one home from the hospital.

Mary Tritsch, AARP KS



### Mother's Day Tea

Wear your hat, as you are cordially invited to the Linwood "Mad Hatter's Mother's Day Tea Party!"

"We're all mad here, you're entirely bonkers. But I will tell you a secret, all the best MOMs are!"

Join us for some food, fun and a fashion show on May 10, 2018 from 2-4 p.m. RSVP a must by May 8 at 263-3703. Cost: \$3.00.

### Walk With Ease Class Starting

This is a class is a program sponsored by the Arthritis Foundation that can reduce pain and help with your health. Meet people, walk and have fun. The classes are Mon, Tues and Fri, from 9-10am, starting May 21 through June 29th. Call the Linwood Recreation Center to register at 337-9191, or talk with Cherise.

### Games Of Fame Friday

We will be playing some Crazy 8, Go Fish and Spades on May 11 from 1 to 3 p.m., or you can bring something to play. Trust us, you will have some fun and laughs!

### Movie Time

"National Star Wars Day" is coming soon to a galaxy near you, and we will be watching the original Star Wars movie Friday, May 4, starting at 1:30 p.m. The popcorn and soda are on us. Join us for some fun!

### 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 May 4, 2018 at 3pm.



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## Linwood Senior Center

### Later Morning Bookclub

Join us on Monday, May 14, at 11 a.m.  
Book to be discussed: "The Secret Life of Bees" by Sue Monk Kidd

### Drawing And Watercolor Classes

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

### Writing Craft

We will meet May 8 from 2 - 4 p.m. and discuss "The Writing Process: Battling The Sagging Middle (Understanding the sagging middle; structuring the middle).

This is a great class to help you in the process of writing. Get feedback and instruction; please call Starla Criser, our author, at 393-8195 for more information.

### Coloring For Fun!

Join us for a relaxing, chatting, and coloring. 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! Join us May 9 and 23 from 1 to 2 p.m.

### Living Well Support Group

We are meeting early this month, on Monday, May 21, from 3 to 4 p.m. Presenter Shannon Cook is going to discuss how to "Test Your Nutrition IQ," and we will also be talking about food that can cause and limit inflammation.

### Craft Time With Pat

May 12 at 10 a.m. - 11:30 a.m. We are making ribbon roses. This is a great gift for Mother's Day! Cost \$5. Call to RSVP.

### Grief Support Group

Chaplain Greg Schmidt shares some great topics and he leads the group sponsored by Heart and Soul Hospice. Please join us as we encourage one another on May 21 at 2 p.m.

### Have An Escape Room Experience!!!

For those of you who like mysteries and using your brain, there is a new experience I would like us to try. It is called an escape room. This is a locked room that is set up with a mystery and clues for you to solve the mystery. You usually get 1 hour to use the clues to solve the mystery to escape from the room. (For those of you who may be claustrophobic, they do allow you to leave the room if it becomes too much to handle). The cost is \$20 per person. So, if you want to attempt this challenge, give Cherise a call at 263-3703. Are you up for it????

### Bible Study

Bible study May 7 at 10 a.m.

### Happy Birthday!

Alder, Jean	Kennedy, Dorothy
Anderson, Leo	Kinder, Elaine
Aston, Bill	Lee, Claudia
Brewer, Charles	Loy, Stephen
Brown, Richard	Markley, Joyce
Cummings, Elizabeth	O'Day, Patricia
Curry, Judy	Orndorf, Louise
Davis, Donald	Parsons, Cherie
Davis, Jean	Phillips, Sherry
Depperschmidt, Silver	Richey, Patricia
Evans, Mary Lee	Scanlan, Berniece
Gelwick, Mary	Spreier, Cheryl
Henderson, Phyllis	Stuckey, Ava
Hilshaw, Rowena	Venn, Leroy
Johnson, Edith	Wells, Rosemary
Johnson, Phyllis	Zion, Ginny
Jones, Charlotte	Zook, Marjorie
Kealey, Steve	Zimmerman, Jan