



Downtown Senior Center

Dear Friends,

Hello all, I am excited to be taking on this new role as the Downtown Senior Center Director. I am looking forward to getting to know all of you. Just wanted to let you know with moving into the new building there may be a few hiccups, so please bear with me as we are get everything figured out.

Please stop by and say hello and make any suggestions on new classes or activities that you would like to see at our new center. I'll leave you with a quote I thought was fitting.

“All Great Changes Are Preceded By Chaos.” --Unknown

-Jennifer Fox

Ongoing Activities

Monday

8:00 am Pool
8:00 am Competitive Pickleball
10:00 am Prairie Moon Book Club
(1st Monday)
11:00 am WSU Well Rep Exercises
12:00 pm Grand Slam Bridge
1:00 pm Senior Employment Orientation
1:00 pm Recreational Pickleball
1:00 pm Wanda's Exercise
6:30 pm Recovery Group at Calvary

Tuesday

8:00 am Pool
9:00 am Senior Employment Job Club
10:30 am Try It Tuesday
11 am Dining in Delano (3rd Tuesday)
12:00 pm Mexican Train Dominoes
Prairie Quilt Guild (2nd Tuesday at
Scottish Rite)
2:00 p.m. Bible Study
Prairie Quilt Guild Board Meeting
(last Tuesday at Scottish Rite)

Wednesday

8:00 am Pool
8:00 am Competitive Pickleball
9:00 am Advanced Spanish
11:00am WSU Well Rep Exercises

1:00 pm Wanda's Exercise
1:00 pm Recreational Pickleball
12:30 pm Intermediate Spanish
1:30 pm Senior Legal Advisor
(2nd Wednesday)

Thursday

8:00 am Pool
10:00 am Advisory Council (1st Thursday)
2:00 pm Senior Financial Advisor
(3rd Thursday - returning in Sept.)
2:00 pm Writing Craft (1st Thursday)

Friday

8:00 am Pool
8:00 am Competitive Pickleball
10:00am Nat'l Active/Retired Federal
Employees (3rd of even month)
11:00am WSU Well Rep Exercises
1:00 pm Party Bridge
1:00 pm Wanda's Exercise
1:00 pm Recreational Pickleball
1:00 pm S.E.C.A. (1st Friday)
1:30 pm Hand and Foot Cards (2nd & 4th)

Saturday

Good Time Dancers (For schedule, 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: Jennifer Fox • Jenniferf@seniorservicesofwichita.org

Registration Required for ALL Center Activities • Membership: \$25 per year



Downtown Senior Center Welcomes New Director

Jennifer Fox brings a wealth of experience and a passion for seniors to her new position as director of the Downtown Senior Center.

A graduate of Wichita State University, Jennifer has degrees in exercise science and as a physical therapist. After working as a therapist and teaching at Vatterott College, she switched her career path and went to work in administration for assisted living and nursing homes. She ultimately ended up with Sumner County Senior Services, where she oversaw the senior centers in nine communities.

Jennifer is excited to be joining the staff at Senior Services at a time when the renovated center will be opening, and is anxious to implement new programming. She also enjoys teaching workshops so is planning to host several classes herself.

She and her husband have four children, 21,



18, 16 and five months, so her free time is limited, but she enjoys doing crafts when she has the opportunity.

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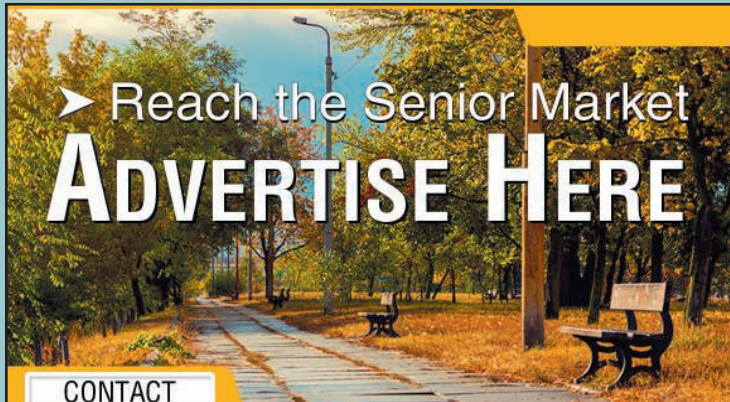
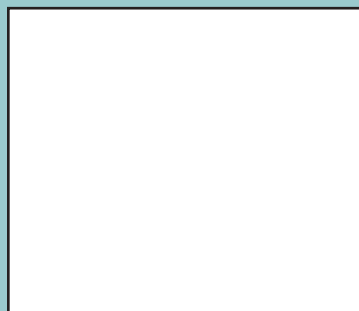
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Downtown Senior Center

Downtown Special Events:

Try it Tuesdays @ 10:30 a.m.: Bring or invite a friend on Tuesdays for a FREE pass to learn all about the Downtown Senior Center. This will consist of an orientation, activities list and tour of our new facility.

Thursday June 7th @ 1:00 p.m.: National Chocolate Ice Cream Day: Come enjoy some chocolate ice cream and learn how to make an easy No Churn Ice Cream. RSVP: 267-0197

Wednesday June 13th @ 10:30 a.m.:
Welcome: Open House Party: Open House – this is a great time to come meet Jennifer Fox, our new Downtown Senior Center director, get a tour of the new building and see all the activities that are scheduled.

Wednesday June 27th @ 1:30 .p.m.:
Exploration Place: Shark Adaptations: Meet at the Exploration Place to explore the underwater world of sharks in their new traveling exhibit. Cost is \$4.00+tax. Please RSVP: 267-0197

Writing Craft

Our Writing Craft group meets Thursday, June 7, at 2:00 p.m. The topic will be: “Drafting the Novel.” 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, June 4, at 10:00 a.m. The book to be discussed is “Empire of the Summer Sun” by S.C. Gwinne. RSVP: 267-0197.

Job Club

The weekly job club meetings are being held at 9 a.m. Tuesdays at the Downtown Senior Center, 200 S. Walnut.



A pharmacist from Sam's Club presented “Diabetes: Journey to Control” to members of the Downtown Senior Center May 1.

Advisory Council Meeting

The DSC Advisory Council will meet June 7 at 10:00 a.m.

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 In

We are in the process of moving back into our newly-remodeled building. Please be understanding with any hiccups we may experience as we re-establish our routines and processes.

Calling All Pool Players

Come see our huge new pool room! In addition to daily recreational play, there are tournaments on other days. The pool room is open during DSC hours, and you are welcome to check it out at any time. Put a “chalk on your cue” and join in the fun!



Downtown Senior Center

Educational Opportunities:

June 2018

Friday, June 1st @ 1:00 p.m.

SECA

Starla Criser

Monday, June 4th @ 10:00 a.m.

The Prairie Moon Book Club Meeting

“Empire of the Summer Sun”

By S.C. Gwinne

Theresa Reiter

RSVP: 267-0197

Tuesday, June 5th @ 2:00 p.m.

Updates in the Neighborhood

W.P.D. Officer Rick Tejada

RSVP: 267-0197

Thursday, June 7th @ 2:00 p.m.

Writer's Craft: Drafting the Novel

Starla Criser, Author

RSVP: 267-0197

Tuesday, June 12th @ 1:00 p.m.

Your Role in Disaster Preparedness

Cody Charvat: Sedgwick County Emergency
Management

RSVP: 267-0197

Thursday, June 14th @ 1:00 p.m.

Diseases Caused by Ticks and Mosquitoes

Keylee Hervey: Sedgwick County Division of
Health

RSVP: 267-0197

Thursday, June 21st @ 3:00 p.m.

Keys to Embracing Aging Part 1

Teresa Hatfield-Adult Development and Aging
Agent

RSVP: 267-0197

Thursday, June 28th @ 3:00 p.m.

Keys to Embracing Aging Part 2

Teresa Hatfield-Adult Development
and Aging Agent

RSVP: 267-0197

Socialization Essential For Seniors

One of the critical needs in the lives of seniors is socialization. Unfortunately, many seniors live alone, and senior isolation is not an uncommon problem. This critical need can seem difficult to remedy when looked upon at face value, but upon inspection, it can be an easy dilemma to solve.

“The more participation in social relationships, the better overall health for seniors,” said Dr. John Rowe and Dr. Robert Kahn in their 1998 book “Successful Aging.”

They understood the importance of social seniors and of seniors who are engaged in the world around them. A 2011 study done by the University of Miami’s Global Business Forum showed that “lifestyle and attitude are significantly more important than genes in determining the vitality of one’s golden years.”

Seniors who are experiencing the best in independent living can still be lonely at times. Those receiving care at home may receive communication and contact with others, but may not always get to spend as much time with those caregivers as they would like. It’s important for all seniors – if possible – to get out of the house and socialize with others.

While socialization is often thought of as a group activity or a crowd situation, it can often be something as simple as a visit from family or a shopping trip and lunch or time spent together. That time together can help ward off illnesses and boost the immune system, research has shown.

The Rush Alzheimer’s Disease Center in Chicago published a study in the Archives of General Psychiatry which states that lonely individuals may be twice as likely to develop the type of dementia linked to Alzheimer’s disease in late life as those who are not lonely.

“Humans are very social creatures. We need healthy interactions with others to maintain our health,” says Dr. Robert Wilson, a researcher involved in the study. “The results of our study suggest that people who are persistently lonely may be more vulnerable to the deleterious effects of age-related neuropathology.”