



Linwood Senior Center

"If I cannot do great things, I can do small things in a great way"
— Dr. Martin Luther King Jr.

Good June to You,

The weather has been beautiful, a great reason to be out in the yard or garden, tending those veggies or flowers. I always love this time of year-- because it is SUMMER! Our family is able to spend more unscheduled time together, and we shed our busy schedules and take that time to relax together and this is a blessing. Blessings are many, but if we forget in our busyness to count those blessings we may lose our thankful heart. This past month our book club read a good book, "Small Great Things" that challenged my thinking. The quote above was taken from it. I encourage you to post this quote and continue to pursue "great things" and most importantly, share those "great things" with others.

Look over this month's calendar and join us for some activities to keep you going. We have our "Grazing in the Grass" salad luncheon and a field trip or two to Green Acres, and to Lakepoint for a hot dog lunch, and to see the "Shortest Parade in Wichita."

Remember, our mission for 50 years has been to keep you active and engaged and encouraging you to contribute your wonderful life's experience and wisdom to our great city.

Join me to attempt, "small great things."

~Cherise, and 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

Grazing In The Grass

Bring your favorite salad (and recipe) to share and join us for a luncheon in the park June 6 (or June 13 for a rain date) at 11 a.m.

Al Ward will be our special guest speaker and will give us a lesson in history about the Buffalo Soldiers. Plan on having some food, fun and fellowship. Sign up at the front desk.

Shakespeare in the Park

Join us to go to "Anthony and Cleopatra," the 2018 production of Shakespeare in the Park. Come out and bring your lawn chairs or a blanket. Cherise will bring the popcorn and we can see some great local performers. Call for more information 263-3703. Please sign up at the Linwood desk.

Field Trip To Green Acres East Location

Join us as we caravan to the east side as our friend Judy Young (aka the cheese lady) takes us on a positively healthy journey in the Health Food Store. Tasting included! We will meet at 8:30 a.m. and get to the store at 9 a.m. Bring some money as you may want to stock up on some healthful items!

Field Trip

Lake Point of Wichita presents their annual "Shortest Parade in Wichita" on Friday, June 29. We will caravan from Linwood promptly at 9 a.m. for the parade at 10:30 a.m. Stay late to celebrate with free hotdogs, chips and pop! RSVP to Cherise.

SUPPORT THE **ADVERTISERS** THAT SUPPORT OUR COMMUNITY

eSeniorPlans

"We will shop all of the top Insurance companies for you. You just save."

Burial Expense | Life Insurance

- No health questions or medical tests
- Nobody can be turned down for medical reasons
- Face amounts \$5,000 to \$25,000
- Issue ages 50 - 85

Call us today for a FREE 5 minute Quote

316-992-7412 or 833-467-7526

www.eseniorplan.com

550 N. 159th St. East | Wichita, KS 67230

Medicare Supplements **Final Expense Life Insurance* *Long Term Care Insurance* **Dental & Vision

eSeniorPlan is an independent Insurance broker.

All products are underwritten and serviced by 3rd party insurance carriers.

KS License # 822778887-000

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

PLUS
SPECIAL
OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

Active Senior Apartments near NewMarket Square



3031 N. Parkdale Cir.,
Wichita, KS 67205

(316) 665-7171

On 29th St. North, just
West of Maize Road.

www.OxfordatNewMarket.com





Linwood Senior Center Educational Programs

June

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!

June 1, 2018

“Find out about Seasonal Mobile Market Fruits and Veggies”

Donna McClish of Common Ground Organic Producer

*Monday, June 4, 2018 at 1:30pm

“Cooking Class - Challenges and Solutions”

This is a special series in 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

June 8, 2018

“Learn To Live WELL to 100!”

Shannon Cook, Humana

June 15, 2018

“Elder Abuse Awareness Day - Recognizing Elders in Danger”

Celia Easley of Sedgwick County Department on Aging

June 22, 2018

“Resources & Benefits for Veterans & their Spouses”

Jeff Epley, President/Owner of Access Edge

Writing Craft

We will meet June 5 from 2 - 4 p.m. and discuss **“The Writing Process: Drafting the Novel.”**

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.

Games Of Fame Friday!!

June 8 from 1 to 3 p.m. we will be playing Dictionary - the real game. Or you can bring something to play. Trust us, you will have some fun and laughs!

Movie Time!!!

Join us to watch “Driving Miss Daisy” Friday, June 4, at 1:30 p.m.

Donations Needed

We need items for our Firecracker Rummage Sale scheduled for July 13. Thanks for your support!!!



Linwood members enjoyed a “Mad Hatter’s Mother’s Day Tea Party May 10 with food, fun and a fashion show.





Linwood Senior Center

Later Morning Bookclub

Join us on Monday, June 11, at 11 a.m. (**note the new time change). Book to be discussed: "All the Light We Cannot See" by Anthony Doerr.

Coloring For Fun!

Join us Wednesday, June 11 and 25, from 1 to 2 p.m. for 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! Call 263-3703 for more information.

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 June 1 at 3 p.m.

Living Well Support Group

We are meeting Monday, June 25, from 3 to 4 p.m. We will be discussing low fat/sugar recipes. This is a support group for people who are living with life changing, chronic diseases from diabetes to eye ailments, to blood pressure problems. We are here to provide support and encouragement, and ideas for living as healthy a lifestyle as possible.

Craft Time With Pat

Craft Time With Pat will take a break in June, but look for it again in July!

Bible Study

Bible study will take a break in June.

Grief Support Group

This is a support group that was started to support those who had 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 at 2 p.m. June 18 and let us encourage one another!



22 seniors went to Alma, Kansas to look at cellars and underground caves. We had a great time, and the redbuds and Flint Hills were beautiful.



Happy Birthday!

Armstrong, Jerome
Buhrle, Sharon
Caliendo, Frances
Campbell, Marilyn
Davies, Victoria "Vicki"
Ehnen, Judith
Farabough, Peggy
Fisher, Donna
Foster, Celia
Fuhrman, Edward
Gelwick, John
Good, Nina

Goodvin, Maria
Graham, Barbara
Hallonen, June
Heath, Frank
Moore, Odean
Morris, Stephen
Overman, Linda
Reeves, Betty
Ross, Clay
Smith, Gregg
Smith, Kathryn
Spivey, Janice