



Downtown Senior Center

Hello all,

Well, we have been up and running for a month now in the newly renovated building. I'm still working out all the hiccups of trying to figure out where to put things and adding new activities and classes, so please excuse the mess. Please don't hesitate to stop by and say hello. I am always looking for new ideas and volunteers. Change is hard and I understand that - please bear with me as we are getting settled in our new space. Just a friendly reminder to sign in on the computer and if you have troubles, just ask - I will be happy to help or see if you need a new card.

I am looking forward to all the new classes/activities that we have scheduled for July. Be sure to sign up for our special events; you can either stop by and put your name on the sign-up sheet or call to RSVP 267-0197. I'm happy to answer any questions you may have on the new center or activities. - Jennifer

Ongoing Activities at 200 S. Walnut

Monday

- 8:00 am Billiards
- 8:00 am Open Fitness
- 8:00 am Competitive Pickleball
- 9:00 am Restorative Yoga
- 10:00 am Prairie Moon Book Club (1st Monday)
- 10:00 am Chair Yoga \$4/class
- 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
- 2:00 pm Western Line Dancing \$1/class
- 6:30 pm Recovery Group at Calvary

Tuesday

- 8:00 am Billiards
- 8:00 am Open Fitness
- 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
- 2:00 p.m. Bible Study

Wednesday

- 8:00 am Billiards
- 8:00 am Open Fitness
- 8:00 am Competitive Pickleball

- 9:00 am Advanced Spanish
- 9:00 am Yogalites \$4.00/class
- 10:00 am Pilates \$4.00/class
- 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 Wed.)

Thursday

- 8:00 am Billiards
- 8:00 am Open Fitness
- 8:00 am Men's Lounge
- 8:00am Ladies Lounge
- 9:00 am Foster Grandparents (Last Thursday)
- 10:00 am Advisory Council (1st Thursday)
- 2:00 pm Senior Financial Advisor (in Sept.)
- 2:00 pm Writing Craft (1st Thursday)

Friday

- 8:00 am Billiards
- 8:00 am Open Fitness
- 8:00 am Competitive Pickleball
- 10:00am Nat'l Active/Retired Federal Empl.
- 11:00am WSU Well Rep Exercises
- 1:00 pm Party Bridge

(continued on page 5)

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

Ongoing Activities

(continued from page 4)

- 10:00 am Kindness Rocks
- 11:00am WSU Well Rep Exercises
- 1:00 pm Wanda's Exercises
- 1:00 pm Party Bridge
- 1:00 pm S.E.C.A. (1st Friday)
- 1:00 pm Recreational Pickleball
- 1:00 pm Hand and Foot Cards (2nd & 4th)

Saturday

Good Time Dancers (For schedule & new place, call Cynthia at 772-0169)

Writing Craft

Our Writing Craft group meets Thursday, Thursday, July 5th @ 2:00 p.m. Topic: The Second and Third Drafts. Starla Criser leads this group. RSVP by calling 267-0197.



Jennifer Fox treated Downtown Senior Center members to homemade chocolate ice cream June 7.

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Downtown Senior Center

Downtown Special Events:

Monday Night Round Dance from 7:00 p.m. to 8:30 p.m. starting July 9th. Round dancing is a form of ballroom dancing. Come watch or even try your hand at a dance or two. This is a great activity to enjoy music and socialization as well as seeing the lost art of ballroom dancing.

Beginning Western Line Dancing Class

Monday at 2:00 p.m. \$1.00/class: Have you ever wanted to step on the dance floor but didn't have the courage? Come learn basic line dances with Jeanene Holl, (Jeanene teaches in both Mulvane and Derby). It's great exercise and a wonderful way to socialize. No partner needed.

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

Restorative Yoga Mondays @ 9:00 a.m.

\$4.00/class or \$15.00/month: Restorative Yoga is a combination of stretching, poses, and deep breathing to assist the participant with muscle memory and building of range of motion. Modifications will be made as needed. Will need 5 participants to hold the class.

Chair Yoga Mondays @ 10:00 a.m. \$4.00/class

or \$15.00/month: Chair Yoga uses a chair to perform the exercises. Stretches, poses and deep breathing techniques will be taught to the participants. Modifications will be made as needed. Will need 5 participants to hold the class.

Men's Lounge Thursdays @ 8:00 - 10:00 a.m.

This is a group we are starting for those men who would like to come hang out, have some coffee and conversations with other like-minded men. Everyone is welcome.

Ladies Lounge: Thursdays @ 8:00 - 10:00 a.m. This is a group we are starting for those ladies who are looking for a place to socialize, have some coffee and conversations with other like-minded ladies. Everyone is welcome.

Yogalites Wednesdays @ 9:00 a.m.

\$4.00/class or \$15.00/month: Yogalites is a combination of yoga and pilates taught together using stretch bands and medicine balls. Lean muscles will be achieved as well as muscle memory and range of motion. Will need 5 participants to hold the class.

Pilates Wednesdays @ 10:00 a.m. \$4.00/class

or \$15.00/month: Pilates is designed to improve physical strength, flexibility, and posture, and enhance mental awareness. Will need 5 participants to hold the class.

Kindness Rocks: Fridays @ 10:00 a.m. Come spread kindness as we paint rocks to display in the front entryway. The idea behind this is take a rock, leave a rock, share a rock as everyone needs a little kindness in their lives. No experience needed; this is for everyone who wants to express their artistic side.

Prairie Moon Book Club

The Prairie Moon Book Club will hold its meeting Monday, July 2nd @ 10:00 a.m. and discuss "The Day The World Came To Town" by Jim Defede. Theresa Reiter. RSVP: 267-0197.

Advisory Council Meeting

Thursday July 5th @ 10:00 a.m. Downtown Senior Center Open Advisory Council Meeting: This meeting is open for anyone who would like to come. This is a great time to come and voice your opinion on activities, classes, or anything else you would like to discuss concerning the Senior Center. The idea is to have a representative from each group that meets at the Center to inform others on what is going on with their group.



Downtown Senior Center

Educational Opportunities:

July 2018

Friday, July 6th @ 1:00 p.m.

SECA - Seniors Exploring the Cultural Arts

Starla Criser, Author

RSVP:267-0197

Tuesday July 10th @ 1:00 p.m.

When Life Gives You Lemons

Dustin - Humana

RSVP: 267-0197

Wednesday July 11th 1:30 p.m.

Legal Advisor: Transfer on Death, Deeds and Beneficiary Design

Christine Gulledge

RSVP: 267-0197

Thursday July 12th 10:00 a.m.

"Starting your Family Research"

Mary Hursey- Education Chair for
Wichita Genealogical Society

RSVP: 267-0197

Thursday July 12th @ 1:00 p.m.

Diabetes - Healthy Eating

SAMs Club Pharmacy

RSVP: 267-0197

Center Closing

Tuesday July 3rd The Downtown Senior Center will close at 3:00 p.m.

Wednesday July 4th The Downtown Senior Center will be closed for the holiday.

Thursday July 19th The Downtown Senior Center will close at 2:00 p.m.

Barber Shop Music

Friday July 13th @ 12:00 - 1:00 p.m.
Barbershop Music Appreciation Day. Come enjoy some popcorn and barbershop music in the Gym

National Hot Dog Day

Wednesday July 18th @ 11:30 a.m. - 12:30 p.m. Come have a hot dog for National Hot Dog Day. Please RSVP to 267-0197 or sign-up on the sign-in sheet so we know how many hot dogs to make.

Mini Pickleball Clinic

Wednesday July 18th @ 1:00 to 3:00 p.m. \$4.00: Mary Desch will be on location to help get you started with Pickleball. This clinic will consist of learning the basics of Pickleball and for her to give you tips and tricks. Please see Jennifer to sign up and hold your spot for 8 - 12 people in this mini clinic.

Amelia Earhart Day

Tuesday July 24th @ 1:00 p.m. We will be watching a short biography of Amelia Earhart and trying our hand at making paper airplanes and seeing how far they will fly.

Fry Street String Quartet

Wednesday July 25th @ 2:30 p.m. \$20.00 at The Barn located at Prairie Pines 4055 N Tyler Road Maize, KS 67101. This is an outside event. Please see Jennifer to sign up. We will meet at this designated location at 2:30 p.m. and tour the gardens and then find seats for the Afternoon Delight Concert.

Diamond Painting

Thursday July 26th @ 1:00 p.m. Come learn the new form of Painting with Diamonds. This is a cross between color by number and cross stitch. This class will cost \$6.00 to participate which will purchase all supplies needed. Please see Jennifer to sign up and pay to hold your spot.