



Linwood Senior Center

*"God Bless America, Land That I Love, Stand Beside Her, to Guide Her,
Thru the Night from the Light from Above..."
~Irving Berlin~*

Hey Linwood Friends,

We hope you have had a wonderful start to your summer. Keeping busy has its benefits, some of them are smiles, exercise, fun and memories! One of my favorite things in the early mornings, as I am lying in bed, is listening to the "coo-coo" of the Mourning Dove. This special noise brings back memories from my childhood on the farm, and gives me a "peace" to start the day. I also think about the sleeping porch, which was attached to Gramma's house. I remember those hot, July eves when I tossed and turned so sticky with sweat I thought I would never go to sleep. I also remember home-made ice cream and the "muscle work" it took to get it so cold, delicious and creamy! I also remember those stories Gramma told about being so poor, they couldn't afford fireworks, so she "Jewel Jeanie" and her brother "Beaver Burr" lighted matches and pitched them off of the barn roof to make the neighbors think they had some fireworks. So, when I think about July I think of picnics, ice cream, fireworks, patriotism and family (and burning down the barn!) Light her up! ;O)

I hope you will make some memories with us. We have ice cream and hot dogs coming up, so look at your newsletter and find some opportunities to make memories!

-Happy 4th of July 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

Grazing In The Grass

We had a wonderful variety of salads for our Grazing in the Grass celebration June 6.

Our special guest speaker, Al Ward, former, Air Force Specialist, WPD/Federal Officer, and now, Buffalo Soldier-Rider, came and shared information about the history of Buffalo Soldiers. We had a fun time listening to Al and admired his motorcycle. He shared pictures with us as well.

This winners of the watermelon seed spitting contest: Jan Paulmann took first place, Diane Washburn was 2nd and Tanya Secondine was 3rd.



Holiday Closing

We are closing at 3 p.m. July 3 and will be closed July 4.

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Linwood Senior Center Educational Programs

July

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!

July 2, 2018
Monday at *1:30 p.m.

Eat Smart - Live Strong Class

Join us as KS Extension Office Specialist, Shirley Lewis, demonstrates how to cook (and taste) a delicious recipe. Topic for July is "Colorful Classic Favorites." Find out how easy it is to add fruits and veggies to your daily diet, without giving up your favorite foods. RSVP needed.

July 6, 2018
"Inca Art"

Come and enjoy Judith Eguino-Humerez, our dear friend from Boliva, as she shares all of her variety of artwork, from collages to photography and poetry, you will be amazed.

July 9, 2018
*Monday at 1:00

"National Parks - an Up Close Look Through Spectacular Photography"

One of our favorite presenters, Jim Boots, will be here. Don't miss this chance of finding out the history and highlights of our national parks. He will also bring one of his terrific framed photos to give away if you win the drawing. Must be present to win. RSVP.

July 13, 2018
"Accupuncture - What It Is, How It Helps & Self Management Techniques"

Chih-Chon "Cheech", LAC,
Wen Health & Wellness

*Wednesday, July 18, 2018 at 2 p.m.
"Are You Taking Your Meds Safely?"
Lean how to manage your medications, and see how to dispose of them in a safe manner. Stephanie Baines of KU Med Center

*Thursday, July 19, 2018 at 10 a.m.

"Diabetes Questions and Answers"

Come and learn more about diabetes, and find out new ideas and meds to control it!
Dr. Yagmi of Freestate Healthcare

July 20, 2018

"Medical Services Bureau & How They Can Help With Vision & Medical Needs"

Executive Director, Aaron Walker

July 27, 2018

"Are You Smarter Than A Scam Artist?"

Celia Easley of Central Plains Area on Aging

Hot Dogs and Ice Cream

You are invited on July 12 at 6 p.m., to our "Gospel/Hymn Sing-A-Long Hot Dog Feed & Ice Cream Social." Bring your favorite topping, and \$1 for your "cover charge" to get you in, for a toe tappin', hand clappin' time!

Reservations required please. Respond VERY Promptly to the Linwood Front Desk!



Writing Craft

We will meet July 3 from 1 - 3 p.m. (we are closing early for the 4th of July) and discuss "The Writing Process: The Second & Third Drafts." This is a great class to help you in the process of writing. Please call Starla Criser, our author, at 393-8195 for more information.

Tai Chi Thursdays In July

Instructor Isabel Link will be assisting us! Thursdays from 8:30 -9:30 a.m. Please RSVP to 263-3703



Linwood Senior Center

Later Morning Bookclub

Join us on Monday, July 9, at 11 a.m. Book to be discussed: "The Milagro Beanfield War" by John Nichols.

Scrapbooking Craft Program

Join us July 26, 2018 from 10 - noon for a craft program, "Out of the Box & Into the Book - Identifying Old Photos." We will be making a page or two, so bring your pictures along. Sarah Hittle is presenting. Call 263-3703 for more info and to RSVP.

Attention, Writers!

Start your engines - no, I mean pens! We need your short stories, poems, and memoirs as we are looking at the printing of another anthology. Our first book was so successful that Starla Criser is going to edit and organize another. Please submit your works to Starla Criser via the Linwood Center. Deadline for submissions is August 31, 2018. Call Starla for more information 393-8195.

Linwood SECA

Seniors Exploring the Cultural Arts is a way to have fun and provide a safe way for people 55+ to attend theatrical events together. Come and find out what opportunities Starla Criser and Rebecca McKanna have made available July 6 at 3 p.m.

Living Well Support Group

We are meeting Monday, July 23, from 3 to 4 p.m. Shannon Cook from Humana will be here to discuss heart health.

Grief Support Group

Chaplain Greg Schmidt leads the group sponsored by Heart and Soul Hospice. Please join us at 2 p.m. July 16.

Games Of Fame Friday!!

We will be playing "Sequence," one of the director's favorite games, from 1 to 3 p.m. July 13, or you can bring something to play. Trust us, you will have some fun and laughs!

Movie Time!!!

Join us Friday, July 20, at 1:30 for the movie *"Charlie and the Chocolate Factory" in honor of National Lollipop Day. Join us for some fun, and we will even get a lollipop for you! *Priority movie, sometimes subject to change if not available.

Friday The 13th Rummage Sale

Please bring your unwanted, gently-used items to donate the week of July 2. We will then get them tagged and ready to go! Reminder, we DO NOT want donations of clothes or shoes, but household items and trinkets are welcomed. We were able to purchase some dominoes for our Mexican Train Dominoes group on Tuesdays @ 2:30 p.m.

Happy Birthday!

Amos, James	Marshall, Margaret
Bennett, Linda	McAuley, Robert
Brown, Bonnie	Miller, Paul
Brown, James	Mingauw, Pamela
Buehler, Barbara	Murray, Thomas
Campos, Frances	Nomer, Jan
Cline, Maudyne	Neice, Phyllis
Cochran, Jerry	Pecina, Linda
Creekmore, Bonnie	Pope, Diane
Danaver, Dana	Rausch, Dale
Delk, Robert	Roe, Don
East, Jessisca	Roets, Rita
Ford, Margaret	Romine, Larry
Hittle, Harland	Saboe, C.J.
Hodges, Gayle	Shores, Will
Jenkins, Jon	Smith-Hayes, Belinda
Kerschen, James	Thornton, Reginald
Lively, Janet	Tindall, Janice
Loux, Brumley, Marilyn	Wheeler, Peggy