



Downtown Senior Center

Hello all,

Summer is coming to an end which in some ways is a blessing with the summer heat and sad in a way as summer is my favorite time of year. I have been so happy meeting all the new and returning members. Please feel free to call or stop in and ask any questions you may have.

Over the next few months we will be trying new activities and events and hope you guys enjoy the variety that we are offering. Friendly reminder: please RSVP to our activities/events so we can continue to have amazing speakers come in. 316-267-0197

August is like the Sunday of Summer.

-Jennifer

Ongoing Activities

Monday

8:00 am Open Billiards
8:00 am Open Fitness Equipment
8:00 am Competitive Pickleball
10:00 am Wanda's Exercise
10:00 am Prairie Moon Book Club (1st Monday)
11:00 am WSU Well Rep Exercises
12:00 pm Grand Slam Bridge
12:00 pm B.Y.O.L-Bring Your Own Lunch
1:00 pm Senior Employment Orientation
1:00 pm Recreational Pickleball
6:30 pm Recovery Group
7:00 pm Monday Night Round Dance

Tuesday

8:00 am Open Billiards
8:00 am Open Fitness Equipment
9:00 am Senior Employment Job Club
10:30 am Try It Tuesday
11:00 am Dining in Delano (3rd Tuesday)
12:00 pm Mexican Train Dominoes
12:30 pm - 4:00 pm Billiards Tournament
2:00 pm Bible Study
6:30 pm Sunflower Woodworker Guild
(4th Tuesday))

Wednesday

8:00 am Open Billiards
8:00 am Open Fitness Equipment
8:00 am Competitive Pickleball
9:00 am Advanced Spanish
10:00 am Wanda's Exercise
11:00am WSU Well Rep Exercises

1:00 pm Recreational Pickleball
12:30 pm Intermediate Spanish
1:30 pm Senior Legal Advisor (2nd Wed.)
2:30 pm Beginning Spanish

Thursday

8:00 am Open Billiards
8:00 am Open Fitness Equipment
8:00 am Men's Lounge
8:00am Ladies Lounge
9:00 am Foster Grandparents (Last Thursday)
10:00 am Open Advisory Council (1st Thursday)
12:30 pm-4:00 pm Billiards Tournament
2:00 pm Senior Financial Advisor (in Sept.)
2:00 pm Writing Craft (1st Thursday)

Friday

8:00 am Open Billiards
8:00 am Open Fitness Equipment
8:00 am Competitive Pickleball
10:00am Nat'l Active/Retired Federal Empl.
10:00 am Wanda's Exercises
11:00am WSU Well Rep Exercises
1:00 pm Party Bridge
10:00 am Kindness Rocks
11:00 am WSU Well Rep 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 & 5th)

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

Beginner Spanish

We will be offering a new class starting in August on Wednesdays @ 2:30 p.m. Judith Eguino-Humerez is an amazing instructor with a wealth of knowledge. RSVP 267-0197.

2018 Write On II

Deadline for submissions is August 31st, 2018. This will be an anthology of poetry, short stories, or short memoir pieces. There is no charge to be included, but an entrant must follow requirements listed. All proceeds from the sales will go through the publisher, and all royalties received will be donated to the Wichita Senior Centers. Editor: Starla Criser. Please see Jennifer for more information about how to submit an entry.



Dining in Delano for June 19th 2018---We enjoyed TJ's Burger House. We all enjoyed a variety of hamburgers and quickly learned they are big enough for two. The young lady working told us they have been located in that site for 18 years and she believed the building used to be an automotive shop.


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Downtown Senior Center

Downtown Activity Descriptions:

Monday Night Round Dance: from 7:00 p.m.- 8:30 p.m. Round dancing is a form of called ballroom dancing. It is fun to watch and listen to the music. If you would like to come see what the fun is about, stop on in.

B.Y.O.L. - Bring Your Own Lunch: Mondays @ 12:00 p.m. Bring your own brown-bag lunch and have a picnic of sorts. We will have a topic to discuss while we eat our lunches.

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

Kindness Rocks: Friday @ 10:00 a.m. Come enjoy some time painting rocks for the center to display in our rock garden. No experience needed.

Sunflower Woodworker Guild: We are glad to have our woodworkers back at the Downtown Center. They will be meeting the 4th Tuesday at 6:30 p.m.. The purpose of the Guild is to build woodworking skills through the sharing of knowledge, and the promotion of our local woodworking community. They welcome all skill levels from beginners to professionals

Billiards Tournaments

We will be starting our tournaments back up in August on Tuesdays and Thursdays from 12:30 - 4:00 p.m. Rambo will be in charge on Tuesdays and Carl on Thursdays; if you have any questions please see them.

Advisory Council Meeting

Thursday August 2nd @ 10:00 a.m. Open Advisory Council is a meeting 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.



Dining In Delano

Join us Tuesday, August 21st, at 11:00 a.m. for Dining in Delano - Delano Barbeque Company. We will be meeting at the restaurant located at 710 West Douglas. This is a fantastic place for BBQ. Come join us for lunch with a hungry belly.

Please RSVP: 267-0197.

Lifelong Learning

Wichita State University is offering 0.5 credit courses that are FREE for students 60+ years of age who enroll prior to September 14, 2018. Downtown Senior Center will be offering PHYS 199A Special Topics in Astronomy Thursday October 4th, 11th, 18th, and 25th from 2:00 - 4:00 p.m. See Jennifer if interested to get the enrollment form or contact WSU.



Downtown Senior Center

Educational Opportunities:

August 2018

Thursday August 2nd @ 2:00 p.m.

Writer's Craft: "Editing"

Starla Criser, Author
RSVP: 267-0197

Friday August 3rd @ 1:00 p.m.

SECA: Seniors Exploring Cultural Arts

Starla Criser, Author
RSVP: 267-0197

Monday August 6th @ 10:00 a.m.

The Prairie Moon Book Club Meeting

"Educated" By Tara Trestover
Theresa Reiter

Wednesday August 8th @ 1:30 p.m.

Legal Advisor: Estate Planning: Trusts

Christine Gullede, MBA, CPA, JD, LLM Taxation
RSVP: 267-0197

Thursday, August 9th @ 1 p.m.

Diabetes Healthy Eating

Sam's Pharmacy
RSVP: 267-0197

Tuesday August 14th @ 1:00 p.m.

Beat The Heat: Protecting Yourself From Dehydration

Vanetta Thatcher, Angels Care Home
RSVP: 267-0197

Thursday August 16th @ 1:00 p.m.

Senior Bullying

Celia Easley, CPAAA
RSVP: 267-0197

Tuesday August 21st @ 1:00 p.m.

Part 1: Know the 10 Signs of Alzheimer's

Alzheimer's Association
RSVP: 267-0197

Thursday August 23rd @ 1:00 p.m.

Fall Prevention

Marsha Hills, Home Technology Solutions
RSVP: 267-0197

Tuesday August 28th @ 11:00 a.m.

Visual Perceptual Disruptions

Cathryn Hay, Irlen Clinic of Wichita
RSVP: 267-0197

Downtown Special Events:

August 1st @ 11:30 a.m. - 12:30 p.m.

Mobile Farmers Market

They will be set up in the back parking lot.
This farmers market accepts all forms of payment, including double SNAP values and farmer market coupons.

Wednesday August 8th @ 1:00 p.m.

Bridges and Barn Quilts of Cowley County

with Deb Firebaugh

We will be meeting at the Wichita Public Library Advanced Learning Library located at 711 West 2nd Street to learn about the 18 stone arch bridges and over 160 barn quilts that are in Cowley County. This will also give us a chance to check out the new library. We will meet at the library at 1:00 p.m.; the presentation starts at 1:30 p.m. FREE.
Please RSVP: 267-0197

Thursday August 9th @ 1:00 p.m.

Intro to Acting and Singing

Come learn about what it takes to become an actor/actress/singer in today's world. Get the chance to be on camera with lights and sound just like you were performing for an audience. Andrew Young is returning to teach this class again for us. Cost: \$5 Please RSVP: 267-0197

Tuesday August 28th @ 1:00 p.m.

Movie Day: Bucket List - Billionaire

Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. The men leave the hospital and set out on the adventure of a lifetime.
Bring your own drink and snacks to the gym.