



# Linwood Senior Center

*"A Perfect Summer Day, is when the sun is shining, the breeze is blowing,  
the birds are singing, and the lawnmower is broken."  
~James Dent~*

Hi Linwood Friends,

We are in the thick of HOT! So we need you to stop by and cool off at the Center! On the 2nd we will share with you a cool treat to celebrate National Ice Cream Sandwich day! This also is National Footcare Month, so we want you to stop and take a gander at the new healthy footwear that is recommended by Hart Drug for your tootsies. You may also want to come to Shirley Lewis' classes to talk about adding those crunchy, delicious cool veggies and fruits to your diet! You may also want to take in Jim Boot's National Parks photo journey, where you may see some "snow-capped" peaks to take your mind off of the heat! We also have COLD lemonade for our "movie time" on August 15th. So this month, come be cool and get refreshed with your friends here at the center! Then win the GRILL and get back outside to grill for Labor Day!

Sending "cool thoughts" your way,  
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

### Centennial Celebration Trip

This November is significant as it marks the 100th year anniversary of "The Great War." WWI was outstanding in many ways, some of which were the dedication and honor of the people who fought and died for our many freedoms here in the US and abroad.



Join us November 9 and 10 as we travel with Wichita's Photography Club to Kansas City to see and learn about the war. We will travel to the WWI National Monument & Museum and we will get to tour the museum. We then will head for our hotel, change and go to dinner for the first day.

In the morning we will head to the Steamship Arcadia Museum to see the "sunken treasure" that was found "stuck in the mud." To conclude the trip we will feast at IKEA and get in some shopping - shopping is always a wonderful way to end a trip.

Estimated \*Cost \$279.00. Please call Cherise at 263-3703 for more information.

### Win A New George Foreman Grill!!!

Come every day we are open in August to the Linwood Center and enter your name in our drawing to WIN a few great grill cookbooks and the grill! One entry per day. We will draw for the grill at noon on Friday the 31st. Must be a current member to win!!!! \*\*

We want to give a special thanks to our GENEROUS Angel donor for making this gift available!

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](http://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

# OXFORD VILLA

3031 N. Parkdale Cir.,  
Wichita, KS 67205

**(316) 665-7171**

[www.OxfordatNewMarket.com](http://www.OxfordatNewMarket.com)

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





---

## Linwood Senior Center Educational Programs

### August

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. Please be faithful in payment.

THANK YOU!

August 3, 2018

#### **“The Latest Fashions in HEALTHY Footcare - Diabetic & General”**

Kristen Longenecker, Hart Pharmacy

August 6, 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.

Back-to-back classes, and the topics for August (& July) are “Colorful Classic Favorites” & “Eat Smart, Spend Less.” We will be making up the class for July, which Shirley could not teach. Find out how easy it is to add fruits and veggies to your daily diet, without giving up your favorite foods. RSVP needed.

August 10, 2018

#### **“Falling - Prevention & Balance Exercises - & Learn Safe Ways on Getting Up”**

Our Own Exercise Expert, Elaine Kinder

August 13, 2018

Monday at 1:00

#### **“National Parks II - Travel To Places You Have Never Been, Without Having to Use Bugspray”**

One of our favorite photographers, 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 please!

August 17, 2018

#### **“Crimes Directed At Seniors & How To Avoid/Report Them”**

Don't miss this important topic; be wise and aware with critical information. Avery Eloffson, Atty, District Attorney's Office

August 24, 2018

#### **“Promoting Your Own Mental Health”**

We know how to live life by promoting a healthy body, but what about health for the mind?

Celia Easley, CPAAA

\*Monday, August 27, 2018 from 3 - 4:30 p.m.

#### **Living Well Support Group Meeting:**

Discussion Topic- “Our Healthiest Times in Our Lives - What We Did To Make A Difference!”

August 31, 2018

#### **“Public Benefits & Information You Should Know”**

Lisa Hott, Information & Assistance Coordinator from SR Services of Wichita

### Writing Craft

We will meet August 7, 2018 from 2 - 4 p.m. Proofreader Marks - Tips, Dashes, Ellipses, Points & Numbers (The best ways to utilize them). 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.

### National Ice Cream Sandwich & Coloring Book Day

National Ice Cream Sandwich Day & Coloring Book Day is Thursday, August 2, 2018 from Noon to 1:30 p.m.

RSVP by the 1st of August to 267-0302, and then stop by to color a page from a coloring book and have an ice cream sandwich to celebrate the day!



## Linwood Senior Center

### Later Morning Bookclub

Join us on Monday, August 13, at 11 a.m.

We all need to read one classic in our lives - let this be yours! Book to be discussed: "Jane Eyre" by Charlotte Bronte.

### Craft Time

CRAFT TIME on Wednesday, August 22, from 10 - 11:30 a.m. Look HOT for those HOT days! "BLING UP" a hat to wear for you or a friend. Our dear Kay Hood is going to help us look good. Straw Hat or Ball Cap available. Cost \$3 per hat. Call 263-3703 to RSVP by August 20, 2018. Join us for fun and fellowship!



### 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

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 August 3, 2018 at 3pm.

### Bible Study

Bible study Monday, August 6, at 10 a.m.

### Living Well Support Group

We are meeting Monday, August 27, from 3 to 4 p.m.

### 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. August 20 and let us encourage one another.

### Games Of Fame Friday!!

August 10, from 1 - 3 p.m. Anything goes! You bring a game and we will try it! Trust us, you will have some fun and laughs!

### Movie Time!!!

Join us Wednesday, August 15, from 1:30 -? "The Greatest Show on Earth." The popcorn and lemonade are on us. Join us for some fun!

### Happy Birthday!

Brunner, Esther  
Chappell, Peggy  
Clark, Ernest  
Dunn, Janice  
Germes, Claudia  
Hittle, Sara  
Jackson, Sheena  
Jordan, Mary  
Kelley, Michael  
Linenberger, Rene  
Loughmiller, Edith  
Murphy, Rita  
Payne, Linda  
Powell, Donna  
Schock, Jim  
Siemers, Lois  
Shockley, Shelby

