



## Downtown Senior Center

Hello all,

I am excited for all the fun things that we have coming up for you in September. We are planning to start a monthly potluck and may just start it in September, so be on the lookout for flyers posted for a date. As always please remember to RSVP for events and education so I can make sure to continue to have new and exciting topics and events for you.

-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 Class - \$10/month  
10:00 am Prairie Moon Book Club (1st Monday)  
\*\*\*date adjusted due to holiday\*\*\*  
11:00 am WSU Well Rep Exercise Class  
1:00 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 - 12:00 Open Billiards  
8:00 - 12:00 Open Fitness Equipment  
9:00 am Senior Employment Job Club  
11:00 am Dining in Delano (3rd Tuesday) -  
The Fusion Restaurant, 1812 W Douglas  
12:30 pm Dominoes: Mexican Train  
1:00 pm Billiards Tournament  
2:00 pm Bible Study  
7:00 pm Sunflower Woodworker Guild (4th Tues)

#### Wednesday

8:00 am Open Billiards  
8:00 am Open Fitness  
8:00 am Competitive Pickleball  
9:00 am Advanced Spanish - \$5/class  
10:00 am Wanda's Exercise Class - \$10/month  
10:30 am Blood Pressure Checks (1st Wednesday)

11:00 am WSU Well Rep Exercise Class  
12:30 pm Intermediate Spanish - \$5/class  
1:00 pm Recreational Pickleball  
1:30 pm Senior Legal Advisor (2nd Wednesday)  
2:30 pm Beginning Spanish - \$5/class

#### Thursday

8:00 - 12:00 Open Billiards  
8:00 - 12:00 Open Fitness Equipment  
8:00 - 12:00 Recreational Pickleball (besides the last Thursday)  
9:00 am Foster Grandparents (last Thursday)  
10:00 am Open Advisory Council (1st Thursday)  
1:00 pm Billiards Tournament  
2:00 pm Senior Financial Advisor (3rd Thursday)  
2:00 pm Writing Craft (1st Thursday)

#### Friday

8:00 am Open Billiards  
8:00 am Open Fitness Equipment  
8:00 am Competitive Pickleball  
10:00 am Nat'l Active/Retired Federal Employees (3rd Friday of even month)  
10:00 am Rock Painting  
11:00 am WSU Well Rep Exercise Class  
12:30 pm Party Bridge  
1:00 pm Wanda's Exercise Class - \$10/month  
1:00 pm S.E.C.A. (1st Friday) - Seniors Exploring the Cultural Arts  
1:00 pm Recreational Pickleball  
1:30 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](mailto:Jenniferf@seniorservicesofwichita.org)

**Registration Required for ALL Center Activities • Membership: \$25 per year**



## Downtown Senior Center



Mary Desch conducted a Pickleball Clinic July 18. In addition to teaching the basics of Pickleball, she gave attendees tips and tricks.



Members of the Downtown Senior Center enjoyed celebrating National Hot Dog Day with hot dogs and all the trimmings July 18.

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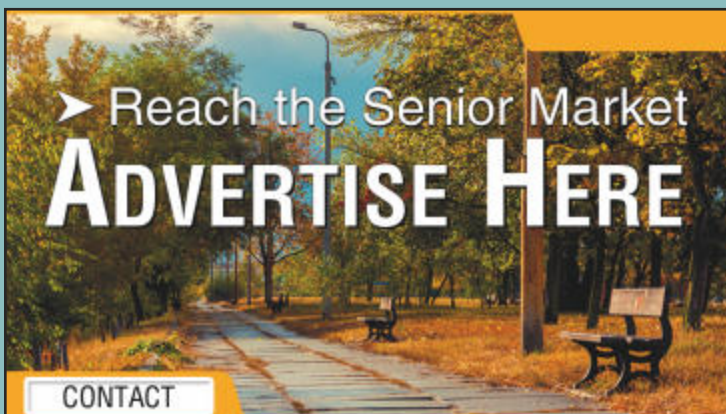
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## Downtown Senior Center

### Downtown Dates To Remember

Monday, September 3rd - Closed due to Labor Day Holiday

Friday, September 7th - Competitive Pickleball and WSU Well Rep Class Cancelled

Friday, September 28th - Recreational Pickleball Cancelled

### Downtown New or Special Events:

**Recreational Pickleball** has grown significantly here at the Downtown Senior Center and we want to provide another time for our recreational players to come in. We will be having Recreational Pickleball every Thursday besides the LAST Thursdays of the month from 8:00 a.m. - 12:00 p.m.

**Mobile Farmers Market:** Wednesday, September 5th & 19th @ 11:30 a.m. - 12:15 p.m. - They will be in the back parking lot. All forms of payments accepted.

**Open House:** Thursday September 13th @ 1:00 - 3:00 p.m. - Come have a tour of the newly renovated Downtown Senior Center along with getting information about all the different programs that Senior Services Inc. of Wichita offers. This will be a fun event for all with light refreshments provided.

**Dining in Delano:** September 18th @ 11:00 a.m.: The Fusion Restaurant, 1812 W Douglas: Come join us for lunch. We will meet at the restaurant for a fun fused meal. Please RSVP: 267-0197 so we know how many seats to save.

**Annual Senior Services Inc. of Wichita Board Meeting:** Tuesday September 18th @ 3:00 p.m.: This board meeting is open to the public to attend and will be attended by all staff of Senior Services Inc. of Wichita.

**Senior Dance:** Thursday September 20th @ 1:00 p.m. - 3:00 p.m. - Come on out for an afternoon of dancing, snacks and prizes.

There is sure to be fun for everyone.

**CPAAA Senior Expo:** Thursday September 27th @ 9:00 a.m. - 3:00 p.m. - Located at three different locations throughout Wichita with a variety of presentations and activities.

**WSU Health Fair:** Friday September 28th @ 1:00 p.m. - 4:00 p.m. - We are excited to partner with WSU school of Health Professions to provide a health fair for our members. There will be FREE screenings and lots of information on a variety of health topics.

**Final Friday Senior Art Exhibit:** Friday, September 28th @ 6:00 p.m. - 8:00 p.m. This is open to all artists - writing, woodworking, crafts, painting, photography, beadwork, sewing, etc. - if you would like to display your items, please sign up with Jennifer or Ed no later than Monday, September 24th, so we can make arrangements for how to set tables up in the gym. Final Friday Senior Art Exhibit is open to the public as part of the Delano Art Walk on the Final Friday of the month. What a fun way to show off your talent.

### Open Advisory Council Meeting

Thursday September 6th @ 10:00 a.m. 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.

### 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 or contact WSU.





## Downtown Senior Center

### Educational Opportunities:

#### September 2018

Tuesday, September 4th @ 1:00 p.m.

**Part 2: Living with Alzheimer's for Caregivers:  
Early Signs/Stages**  
Alzheimer Association  
RSVP: 267-0197

Thursday, September 6th @ 1:00 p.m.

**Medicare 101**  
Dustin Avery, Humana  
RSVP: 267-0197

Thursday, September 6th @ 2:00 p.m.

**Writer's Craft: Focus on Second Anthology**  
Starla Criser, Author  
RSVP: 267-0197

Friday, September 7th @ 1:00 p.m.

**SECA- Seniors Exploring the Cultural Arts**  
Starla Criser  
RSVP: 267-0197

Monday, September 10th @ 2 p.m.

**The Prairie Moon Book Club Meeting**  
\*\*\*Presentation done by Gerald McCoy—  
Meeting at Linwood Senior Center\*\*\*  
Theresa Reiter  
RSVP: 267-0197

Tuesday, September 11th @ 1:00 p.m.

**Part 3: Living with Alzheimer's for Caregivers:  
Middle Signs/Stages**  
Alzheimer Association  
RSVP: 267-0197

Wednesday September 12th 1:30 p.m.

**Legal Advisor: Power of Attorney:  
Healthcare and Financial**  
Christine Gullede, MBA, CPA, JD, LLM Taxation  
RSVP: 267-0197

Thursday, September 13th @ 11:00 a.m.

**Diabetes: Monitoring Blood Glucose**  
SAMs Pharmacy  
RSVP: 267-0197

Tuesday September 18th @ 1:00 p.m.

**Part 4: Living with Alzheimer's for Caregivers:  
Late Signs/Stages**  
Alzheimer Association  
RSVP: 267-0197

Thursday, September 20th @ 2:00 p.m.

**Annuities - The Good, the Bad and the Ugly!**  
Stan Webb- Financial Advisor  
RSVP: 267-0197

Tuesday & Wednesday, September 25th & 26th  
@ 12:00 p.m. - 4:00 p.m.

**AARP: Safe Driver Course**  
AARP- \$15 for AARP Members and \$20 for  
Non-AARP Members  
Please call to reserve your spot there are only  
25 seats -267-0197

Tuesday, September 25th @ 1:00 p.m.

**Mindful Meditation**  
A Better Solution In Home Care  
RSVP: 267-0197

### Book Signing

Joann Kilgore of Moxi Junction in Maize has invited the members of the Writer's Craft classes to have another book signing at her wonderful coffee shop. We are to be there by 6:30 p.m. on September 14. She is providing some musical entertainment. Everyone is welcome, including children. The address is 319 S. Park, Maize. The cinnamon rolls and other pastries are to die for! They are on Facebook. They close at 9:00 p.m. that Friday evening.



**Monday Night Round Dance dancers.**