



# Linwood Senior Center

*“One way to keep momentum going is to have constantly greater goals.” ~Michael Kord~*

Hi Friends,

“Building Momentum” is the theme for September and National Senior Center Month! And our goal here at Linwood is to do just that! We have been working on a variety of activities that celebrate you and your senior center. This month brings a “Walk-A-Bout,” an open house that celebrates our 50th birthday, and a little dancing. How’s that for FUN!?! We are also encouraging you to attend the Senior Expo to find resources that will help you with any needs you may have. You can also win a great prize of a gift certificate to Cracker Barrel, one of our favorite places to eat. So, what’s to lose if you don’t come by the Linwood Center? The answer is MOMENTUM!

I really want to thank our people for their support at the county commissioners budget meeting and for the success of the garage sale. We also are able to keep the library for another year with all the support of our terrific customers.

Blessings to you,  
~Cherise and the Linwood Team~

## Flu Shots Available

By Hart Pharmacy

September 28 - 9-10:30 a.m. Please sign up at the LW desk!

## 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

- 8:30 Tai Chi
- 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)
- 3:15 Chair Yoga

### 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

### National Senior Center Month

You are cordially invited to the following four events for our Building Momentum theme for Celebrating National Senior Center Month:

**“Walk-A-Bout”** or aka “The Selfie Scavenger Hunt Game” - We will be having a lot of fun, walking and playing a game at Towne East Mall. Join us on Wednesday, September 5, at 10 a.m. We will meet at Linwood and caravan to the mall. Bring along some money for lunch. RSVP by the 4th at 263-3703.

**“Senior Services Open House - 50 Years of Serving Seniors, Families and the Community”** - Join us on September 13 for a grand tour of the new building at the Downtown Senior Center. We will have a booth displaying the events and activities of the Linwood Center and all the centers. Find

out about our other resources!!!! Refreshments provided. If you find our booth, you can register 10 extra times to win the gift certificate from Cracker Barrel.

**“Let’s Dance - Building Momentum for the next 50 years!!!!”** - September 20 from 1 - 3 at the Downtown Senior Center. Let’s get those dancing shoes on. We will have some wonderful eats and treats. Great prizes for National Senior Center Month!

To conclude the month we have **Senior Expo!** You won’t want to miss the fun as the Sedgwick Co Dept on Aging is having a resource fair that will blow your mind. They have everything you need with regard to information on aging gracefully. That will be on Thursday, September 27, from 9 - 4 at the following locations: Botanica, the new Advanced Learning Library, and The Wichita Art Museum.

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West of Maize Road.





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## 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!

September 10, 2018

#### **“Fireball - The Triumph & Tragedy of Isaiah Jackson”**

Gerald McCoy

(See Write Up on the next page)

September 14, 2018

#### **“What is Hospice & What Can It Do For You & How You Can Help!”**

Jamie Farrelly, Heart & Soul Hospice

September 21, 2018

#### **“Senior Bullying - What It Is & How to Prevent It”**

Paulette Johnston of Lakepoint

September 24, 2018

#### **“Battling the Aging Brain”**

Shannon Cook of Humana

September 28, 2018

#### **“Medicare 101”**

This is a general overview of Medicare and the basics

United Healthcare, Kevin Herrington

### 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. September 7, 2018 at 3 p.m.

### Water Color & Art Classes Starting

Call 263-3703 for more information.

### Writing Craft

We will meet September 11, 2018 from 2 - 4 p.m. Topic - “Focus on Anthology.” Please call Starla Criser, our author, at 393-8195 for more information.

### Win A Cracker Barrel Gift Card

Win a Cracker Barrel \$30 gift card! Register at Linwood to win the card once daily (or if you come to the open house, building momentum dance you get 10 extra chances for a total of 20 extra chances). Be in it to WIN it! Sponsored by our Linwood Angel.

### Day Trip!!! Price Change!!! Centennial Celebration Trip

This November is significant as it marks the 100th year anniversary of “The Great War.” WWI was outstanding in many ways, one of which was the dedication and honor of the people who fought and died for our many freedoms here in the US and abroad. Join us as we travel to Kansas City November 9, 2018 to see and learn about the war. We will travel to the WWI National Monument & Museum; we will get to tour the museum and have a nice lunch. In the afternoon 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; they have great Swedish meatballs and get in some shopping. Estimated \*Cost \$89.00. Please call Cherise 263-3703 for more information.

### Be Smarter Than Your Smart Phone!

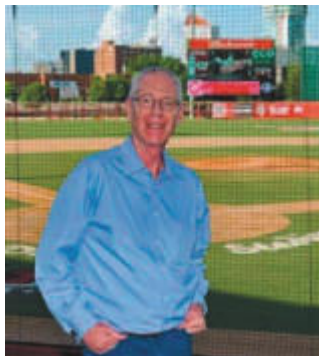
If you are having some challenges with your phone and need some advice, please give us a call. We have Shannon Cook from Humana who would love to try and help you. Just give us a call and we will schedule a time for her to meet with you. RSVP to 263-3703



## Linwood Senior Center

**Special Event**  
**Monday, September 10 at 2 p.m.**  
**“Fireball - The Tragedy & Triumph**  
**of Isaiah Jackson”**  
**Gerald McCoy, Author & Presenter**

Our own Gerald McCoy's latest book is hot off the press and you can be the first to hear about it! This book chronicles the life of Isaiah Jackson. Jackson had a troubled life. He was abandoned by his parents at three years of age and never had been formally adopted.



Isaiah became a dominating pitcher; he was a promising prospect for the Pittsburgh Pirates. He had a major league fastball and it earned him the nickname of “Fireball.”

But a Kansas City crime spree resulted in long prison sentences in Kansas and Missouri. His pitching exploits with the prison team at Lansing are the stuff of legend. He dominated the semi-pro baseball circuit, but remained out of the reach of frustrated major league scouts. Come and find out more about this fascinating and multi-talented man! Gerald will bring books with him for purchase.

Don't miss this great history lesson!

### **Eat Smart Live Well Cooking Class**

Join us September 10 at 1:30 p.m. as KS Extension Office Specialist, Shirley Lewis demonstrates how to cook (and taste) a delicious recipe at “Enjoy Healthy Foods That Taste Great.” RSVP needed.

### **Movie Time!!!**

Wednesday, September 12, from 1:30 - ? “Going in Style” (Comedy - old men trying to get their retirement back). The popcorn is on us! Join us for some fun!

### **Craft Time**

We are making an angel craft September 18. Cost \$5. Please RSVP.

### **Living Well Support Group**

Discussion Topic- “Battling the Aging Brain.” Presented by Shannon Cook of Humana September 24 at 10:15 a.m.

### **Late Morning Bookclub**

Join us on Monday, September 10, at 11 a.m. Book to be discussed: “Turn Right at Machu Picchu” by Mark Adams.

### **Bible Study**

Bible Study is cancelled for September due to the Labor Day holiday.

### **Grief Support Group**

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. September 17 and let us encourage one another.

### **Scrap Book Class**

Thursday, September 20, from 10 to noon.

### **Happy Birthday!**

Peggy Barnett	Cheryl Hill
Debra Boone	Janice Holtsclaw
Dorothy Bowlin	Matthew Knoblauch
Gay Briggs	Charlotte Kuhn
Phyllis Cauley	Gene Lies
Harlin Cornelison	Janet Lister
Edith Dilsaver	Susan Maddox
Allison Edwards	Carolyn Jo Mayfield
Larry Fager	Carol McClintock
Glen Fisher	Leo Peterson
Jenita Harris	Elaine Reid