



## Downtown Senior Center

Hello all,

It's October - my favorite month of the year. Not only are the leaves changing colors, the weather is getting cooler. We have a lot of fun activities and educational topics this month. Please RSVP for the events you would like to participate in. We are doing a Building Momentum Fundraiser. If you would like a jar to help collect change, checks, or cash stop by and see Jennifer or Ed and we will get you one. We will be collecting all the jars by November 1st. All the money collected will stay with your designated Senior Center to help with the cost of items the center may need.

-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)  
 11:00 am WSU Well Rep Exercise Class  
 1:00 pm Grand Slam Bridge  
 1:00 pm Pitch  
 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) -  
 Picasso's Pizzeria, 621 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)  
 9:30 am Flying Saucers Porcelain Painting Club (1st Thursday)  
 10:00 am Open Advisory Council (1st Thurs.)  
 1:00 pm Billiards Tournament  
 2:00 pm Senior Financial Advisor (3rd Thurs.)  
 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 Wanda's Exercise Class - \$10/month  
 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 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

### Movie Day

“Hocus Pocus,” Tuesday, October 30th, at 1:00 p.m. After three centuries, three witch sisters are resurrected in Salem on Halloween night, and it is up to two teenagers, a young girl, and an immortal cat to put an end to their reign of terror once and for all.

### Halloween Themed Potluck Party

Please join us at our Halloween-themed potluck party from 11:30 a.m. to 1 p.m. October 31. Please sign up with Jennifer or Ed on what you would like to bring for lunch. We will have lots of goodies and fun music playing for all. Costumes are optional. We will also be announcing our winners for the pumpkin carving/decorating contest during this time.



**Our Rock Garden is growing - come join us Fridays at 10:00 a.m. We provide all the supplies to paint rocks.**

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## Downtown Senior Center

### Downtown New or Special Events:

#### Lifelong Learning Series: Special Topics in Astronomy

October 4th, 11th, 18th and 25th from 2:00 p.m. - 4:00 p.m.: You have to be registered with WSU to attend this series.

#### Flying Saucers Porcelain Painting Club

1st Thursday of the month at 9:30 a.m.

Flying Saucers is a porcelain painting club. Our meetings are open to the public and start with a business meeting, then a demonstration and everyone paints until around noon. We paint a variety of subjects and do not paint on pottery or ceramics, but useful and decorative porcelain (china) items that are fired several times in kilns.

We are one of two local clubs that belong to the Kansas Federation of Porcelain Artists, Inc., an educational nonprofit.

Thanks, President Karen Wiley

#### Pitch

Mondays at 1:00 p.m.

The Downtown Senior Center has started a Pitch group. If you like to play or would like to learn how to play, please join us on Mondays at 1:00 p.m.

#### Senior Center Fundraiser: September 10th - October 31st

We are doing a Building Momentum Fundraiser. You can pick up a jar at your local Senior Center. Directions are included. We are hoping to fill a lot of jars with your extra change, checks, or even cash. The idea is take a jar home and throw that extra change, etc. into the jar and return it when it is full and/or return it by November 1st. The funds will be used to help with the cost of your senior center.

#### Jack-O-Lantern Spectacular

Located at Botanica, 701 Amidon Street  
Wednesday October 10th at 6:00 p.m.:

Come meet Jennifer at Botanica for their Jack-O-Lantern Spectacular Event. Cost is \$9.00 for non-Botanica members and \$6.00 for Botanica members. There will be 500 carved pumpkins lit up on display throughout their gardens. What a fun event to get us in the Halloween spirit.

#### Flu/Pneumonia Shot Clinic

Monday October 15th at 11:00 a.m.

Hart Pharmacy will be at our center providing flu/pneumonia shots for those who would like to get one. Be sure to bring your Medicare/Insurance cards for this clinic as they will need those to process the shot.

#### Pumpkin Carving/Decorating Contest

Tuesday October 23rd at 11:00 a.m.

Come carve or decorate a pumpkin for our Halloween Party. Please let Jennifer or Ed know that you want to participate so we have enough pumpkins available. This will be a contest and a winner will be announced on Wednesday, October 31st, at our Halloween Potluck Party. We will display your pumpkin on the stage with a bag beside it for votes up until Oct. 30th, then we will tally up the votes. We will then use your pumpkin for decorating for our Halloween Party and if you choose to take your pumpkin home afterwards you can.

#### Delano Safe Treat

Friday October 26th from 6:00 - 9:00 p.m.:  
The Downtown Senior Center has decided to participate in the Delano Safe Treat hosted by the Delano Neighborhood Association. This is a great time to come see the all the little ghosts and goblins. Please let Jennifer know if you would like to help pass out candy during this time. Location will be on Douglas street between McLean and Vine.



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## Downtown Senior Center

### Educational Opportunities:

#### October 2018

Monday, October 1st @ 10:00 a.m.  
**A Prayer for Owen Meany by John Irving**  
Prairie Moon Book Club – Teresa Reiter  
RSVP: 267-0197

Tuesday, October 2nd @ 1:00 p.m.  
**Medicare 101**  
United Health Care  
RSVP: 267-0197

Thursday, October 4th @ 1:00 p.m.  
**Turning 65**  
Futurity First - Cathy McCalmant  
RSVP: 267-0197

Thursday, October 4th @ 2:00 p.m.  
**Writer's Craft: "Finalizing"**  
Starla Criser, Author  
RSVP: 267-0197

Tuesday, October 9th @ 1:00 p.m.  
**Protect Against Breast Cancer**  
Angels Care Home Health – Vanetta Thatcher  
RSVP: 267-0197

Wednesday, October 10th  
**Medicaid: Division of Assets**  
Cathleen Gulledge, MBA, CPA, JD,  
LLM Taxation  
RSVP: 267-0197

Thursday October 11th @ 1:00 p.m.  
**CBD - What Is It? Information Class**  
The Health Connection-Vern  
RSVP: 267-0197

Monday, October 15th @ 11:00 a.m.  
**Flu/Pneumonia Shot Clinic**  
Hart Pharmacy  
Please be sure to bring your Medicare/  
Insurance cards  
RSVP: 267-0197

Tuesday, October 16th @ 11 a.m.  
**Dining in Delano: Picasso's Pizzeria**

Tuesday, October 16th @ 1:00 p.m.  
**Downsizing Made Easy - Includes A Free  
Workbook To Help Guide You**  
Keller Williams - Laurie Ungles  
RSVP: 267-0197

Thursday, October 18th @ 2:00 p.m.  
**Investing To At Least Beat Taxes And Inflation  
Or You're Losing Money!**  
Stan Webb – Financial Advisor  
RSVP: 267-0197

Tuesday, October 23rd @ 1:00 p.m.  
**Humana Options for Medicare 2018**  
Humana - Dustin Avery  
RSVP: 267-0197

Thursday, October 25th @ 1:00 p.m.  
**Healing and Energy Touch  
with Demonstrations**  
Bohemia Healing Spa – Sharon Wilson, RN  
Certified Healing Touch Practitioner  
RSVP: 267-0197

### Downtown Dates To Remember:

Monday October 15th, 11:00 a.m.  
Flu/Pneumonia Shot Clinic  
Tuesday October 23rd, 11:00 a.m.  
Pumpkin Carving/Decorating Contest  
Wednesday, October 24th - Wanda's  
Exercise cancelled due to conflict  
Wednesday October 31st, 11:30 a.m. - 1:00 p.m.  
Halloween Themed Potluck Party  
Wednesday, October 31st - WSU Well Rep will  
end at 11:30 a.m.  
Wednesday October 31st  
Recreational Pickleball will start at 2:00 p.m.  
instead of 1:00 p.m.

### Open Advisory Council

Thursday October 4th @ 10:00 a.m. This is  
a great time to come and voice your opinion  
on activities, classes or anything concerning  
the Senior Center.