



# Linwood Senior Center

*"I am so glad I live in a world where there are Octobers." ~Anne of Green Gables~*

Hi Linwood Friends,

I have to confess, that I have a "love affair" with the fall. I enjoy the chilly evenings, and like to cozy up with family, under a blanket, watching a football game. I love the leaves crunching under my feet, and yes, my kiddos still like to jump in those leaves. The oranges and browns of the pumpkins and prairie excite me, as well as a drive up Highway 77. A cup of hot chocolate, just does the trick to relax me, as well as a scary movie, so stop by the senior center and join us for just that!

This month I want to say "thanks" to all who have given faithfully to the Linwood Center. Some have given items to the center for the gift shop and to the garage sale. Others have given of their time with going and speaking at city council meetings, or offering to share your \$ to help with various needs. From picking up supplies and donuts, driving other members to events, washing towels to setting up chairs, to answering phones, helping customers, donating mulch to share, and even bagging the mulch, and, sharing your jokes and quotes with me, and bringing in flowers from your garden to set at the front desk ---I am so thankful for your giving from the heart! I also want to especially thank the teachers for volunteering to teach the exercise classes, from belly dancing to beginning guitar to craft classes, and writing classes we have at the center. WHEW! That is quite a list, and you are quite the volunteers. My prayer is that you will be blessed, and you will know how truly special all of you are!

With HUGS, Cherise

## 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 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

### Halloween Party

Come in your costume and share your "BOO-tiful" self at the Linwood annual Halloween Party, and you may win a prize. We will be having our Halloweenies! \*Please bring a spooky snack to share!



Wednesday, October 31, 2018 from 2-4! Sign up at the Linwood front desk!

### Halloween Trivia Bingo

Presented by Jessica Reyes of Sedgwick Plaza on Tuesday, October 30 from 10:30-11:30 a.m.

### Creature Feature

Join us Monday, October 29, from 1-2 p.m. for a special presentation by Naturalist Rachel Roth from the Great Plains Nature Center. She will be chatting with us about "Back Yard Birding" and bringing a spooky creature to share with us! Don't miss it!

### Fall FUN Day

We will be going on a fun excursion on Friday the 12th. We may pick a pumpkin and stop off for a delicious treat as we caravan together! Please plan on spending about \$15 - \$20 for the afternoon. We will leave Linwood at 1:00 p.m.

RSVP to Cherise by Oct 10.

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## Linwood Senior Center Educational Programs

### October

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!

October 5, 2018

#### **“Finishing Strong- Getting Things in Order”**

Presenter - Stacy Gladfelter

October 12, 2018

#### **“Reverse Mortgages - How to Age in Place”**

Presenter - Tammy Gonzales

October 19, 2018

#### **“Inca Art - Inspirations in Color & Verse”**

Presenter - Judith Eguino-Humerez

October 26, 2018

#### **“Put Some Music in Your Life - Beginning Guitar”**

Presenter and Teacher - Greg Golding

#### **SPECIAL SEMINAR**

#### **“How to Draw Up A Will”**

\*\*Come and join us on Wednesday, October 17 & 24 from 1 - 2:30 p.m. as Danielle M. Saunders from Kansas Legal Services takes us on a step by step journey in how to make a will. Also, we need a person to help in the demonstration, so if you need to get a will completed this would be a great help to show others in the seminar. Please RSVP to Cherise.

### Walking Group

We are starting our Walk-tober walking group. Come on M-W-F am's at 8:15 and we will walk 30 minutes together!

### Scary Movie Time!!!

Join us on Wednesday, October 10, from 2 -4 p.m. for “Hocus Pocus.” The popcorn and candy corn are on us. Join us for some fun!

### 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. October 5, 2018 at 3 p.m.

### Writing Craft

October 2, 2018 from 2-4 p.m. “The Writing Process: Finalizing.” 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.

### 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 and get in some shopping. Cost \$89.00. Please call Cherise 263-3703 for more information. Payment is due by October 5th.

### Medicare Open Enrollment

Part D Medicare open enrollment is starting on October 15 and goes through December 7, so if you need to look for a cheaper drug plan, call for an appointment!



## Linwood Senior Center

### Craft Time

We have great crafts this month, we will be pumpkin painting, and mummy making. Price will be \$10.

Water color classes are also going on; please call for more info.

### Living Well Support Group

Living Well Support Group meeting is on hiatus this month

### Late Morning Bookclub

Join us on Monday, October 8, at 11 a.m. Book to be discussed: "Station Eleven" by Emily St. John Mandel. This is the Big Read - All City Book that we will read.



### Beginning Belly Dancing Classes

Please join us on Wednesdays from 1-2 p.m. as instructor Judie Dansby shows us how to have fun and strengthen our core. This is great exercise.

### Grief Support Group

Chaplain Greg Schmidt leads the group sponsored by Heart and Soul Hospice. October 15, 2018 at 2 p.m.

### Thanks Expressed

Thank you all for your generous giving to our last rummage sale. YOU helped us purchase art supplies, dry markers, 3 new fans, tools, a mirror, CD stereo, projector screen, dominoes, first aid supplies, and a blood pressure cuff.

Due to the success we will have another sale on Nov. 2, and we will need donations to support our gift shop. Also plan to come to get some wonderful new items from the gift shop or sale.

### Bible Study

Bible Study is on Monday, Oct 1 at 1 p.m

### Scrapbooking Recipe Book

Bring your treasured family recipes and we will show you how to make a custom recipe book. Sara Hittle will share her ingenious ideas on October 18 from 10 - 12 p.m., call to RSVP.

### Happy Birthday!

- |                       |                   |
|-----------------------|-------------------|
| Phillis Allen         | Hattie Hubbard    |
| Lucille Basart        | Bill Kelley       |
| Jeanne Berg           | Tanya Secondine   |
| Oneita Bollig         | Marida Mare       |
| Betty Boyd            | Buelah Martin     |
| James Brennan         | Linda Matthews    |
| Harold Brunner        | Gertia McPherson  |
| Louis Buhrl           | Juanita Norris    |
| Robin Cochran         | Mickey O'Donnell  |
| Karen Gammon          | Glorius Polite    |
| James Garner          | Norman Ritter     |
| Mary Jane Gerstenkorn | Connie Saladin    |
| Charlotte Grebe       | Randy Sawyer      |
| Marie Griffie         | Elvina Sexton     |
| Theresa Guillaume     | Shirley Stout     |
| Tim Gwaltney          | Edna Velazque     |
| Raymond Hardy         | Kimberly Vreeland |
| Michael Harmon        | Lisa Wang         |
| Evelyn Hendrickson    | Jane Wasinger     |
| Beverly Henline       | Joan Welborn      |