



## Downtown Senior Center

Hello all,

Well its fall y'all. Don't forget to set your clocks back an hour on November 4th for daylight savings time. I know the time change always messes with my sleep patterns and I get a little down when I wake up when it's dark and go home when it's dark but I will always look forward to seeing your bright faces here. We have a lot of fun activities planned for you this month and a lot of great educational opportunities. If you are looking for a way to help the Downtown Senior Center consider volunteering an hour or so of your time helping out in the office. Make sure to pick up a calendar at a glance at the center office, this will help you keep organized on all the fun stuff

*(continued on page 5)*

### 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  
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) -  
will resume in January  
12:30 pm Dominoes: Mexican Train  
1:00 pm Billiards Tournament  
2:00 pm Bible Study  
2:00 pm Family Tree Group (2nd Tuesday)  
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

### Downtown Dates To Remember:

November 4th: Daylight Savings Time ◊  
**DON'T FORGET TO SET YOUR CLOCKS BACK**  
 November 7th: No Recreational Pickleball  
 November 7th: 1:00 p.m. Mini Pickleball Clinic -  
 SPACE IS LIMITED. PRE-REGISTRATION IS  
 REQUIRED \$4  
 November 7th: 10:30 a.m. Blood Pressure  
 Checks  
 November 9th: 11:00 a.m. - 1:00 p.m. Chili  
 Cook-Off Contest  
 November 9th 1:30 p.m. Recreational Pickleball  
 will start late  
 November 15th: 8:00 a.m. - 10:30 a.m.:  
 Recreational Pickleball will end early  
 November 15th: 11:00 a.m. - 1:00 p.m.  
 Thanksgiving Lunch  
 November 21st: Downtown Senior Center will

close at 2:00 p.m.

November 22nd and 23rd: Downtown Senior Center will be closed for Thanksgiving



Some of the Wichita State University women's basketball team joined us for rock painting.

## White Chapel Gemetry

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\* Opening and Closing Included\*

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## Downtown Senior Center

### Downtown New or Special Events:

We will be taking a break from Dining in Delano for November and December and will resume in January

November 7th @ 1:00 p.m.: Mini Pickleball Clinic - Mary Desch will be teaching our mini pickleball clinic again. This is a great time to learn the basics of pickleball. This class is \$4 and the space is limited so register early as our last mini clinic filled up fast.

November 9th @ 11:00 a.m. - 1:00 p.m.: Chili Cook-Off Contest - Have you ever been told you have the best chili around? If so, why not enter it in our Chili Cook-Off Contest. We will have all the fixings to go along with chili so even if you don't want to try your hand at winning, come enjoy and vote for your favorite chili. Be sure to bring your money and a hungry belly.

November 13th & 14th @ 8:30 a.m. - 12:30 p.m.: AARP Safe Driver Course-- Did you miss our first safe driver course and still need to get that discount on your insurance? Be sure to get signed up for our class this is open to all ages. AARP members will pay \$15 and non-AARP members will pay \$20 for the 2 day long course. Space is limited; pre-registration is required. Let Jennifer know that you want to get signed up 267-0197.

November 13th @ 2:00 p.m.: Mike Neustrom, the owner of Prairie Lavender Farm in Bennington, will be at the Downtown Senior Center doing a presentation on his farm and displaying different products he makes with the lavender.

November 13th @ 2:00 p.m.: Family Tree Group. Have you ever wondered what is involved in putting together a family tree? This group was formed to have a designated place to gather and work on your projects. Please join us the second Tuesdays' of the month. Led by Rebecca McKanna.

November 15th @ 11:00 a.m. - 1:00 p.m.: Thanksgiving Lunch: We have a lot to be thankful for; why not enjoy a good home cooked meal with friends? Please join us during this time for lunch and entertainment from the Threadbare Theatre. Jennifer will be providing the turkey and we will have a sign up for you to help with sides and desserts.

November 15th @ 11:30am: Threadbare Theatre: A Readers Theatre sharing laughter through jokes and stories since 1992. We are looking forward to having them perform for our entertainment during lunch.

Downtown Senior Center is looking for volunteers to help in the office. Do you know how to answer phones? Can you direct people where to go? Can you explain what the Compass newsletter is? Or are you really good at customer service and want to help? Let Jennifer know what days and hours you are available to help.

Open Enrollment Medicare Part D is in full swing, if you have not scheduled your time to meet with Jennifer be sure to do so. Everyone should check their drug plans each and every year to make sure they are still getting the best deal. Open Enrollment ends December 7th.

### Director's Notes

*(continued from page 4)*  
happening. Open enrollment is in full swing and if you haven't had a chance to get your Drug Plan checked make an appointment to stop in and do so. Each and every year it is always a good idea to check even if your medication didn't change your insurance may have. As always please RSVP 267-0197 or stop in the office and sign up for the special events or education that you would like to attend.

Thanks, Jennifer



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## Downtown Senior Center Educational Opportunities

### November 2018

- Thursday, November 1st @ 10:00 a.m.  
**Open Advisory Council - Room 1**  
RSVP: 267-0197
- Thursday, November 1st @ 1:00 p.m.  
**What is CBD?**  
American Shaman  
RSVP: 267-0197
- Thursday, November 1st @ 2:00 p.m.  
**Eating Smart Moving More Series**  
**Part 1: Fix It Safe**  
Shirley Lewis - K-State Research & Extension  
Sedgwick County  
RSVP: 267-0197
- Thursday, November 1st @ 2:00 p.m.  
**Writer's Craft: "Publishing"**  
Starla Criser, Author  
RSVP: 267-0197
- Friday, November 2nd @ 1:00 p.m.  
**SECA-Seniors Exploring Cultural Arts**  
Starla Criser, Author  
RSVP: 267-0197
- Monday, November 5th @ 10:00 a.m.  
**Station Eleven** by Emily St. John Mandel  
(Wichita Big Read)  
Prairie Moon Book Club - Teresa Reiter  
RSVP: 267-0197
- Tuesday, November 6th @ 1:00 p.m.  
**Dignity Memorial Smart & Safe Living Series**  
**Part 1: Home Invasion**  
Dignity Memorial  
RSVP: 267-0197
- Wednesday, November 7th @ 1:00 p.m.  
**Mini Pickleball Clinic**  
Mary Desch-Ambassador  
USA Pickleball Association  
Space is limited PRE-REGISTRATION IS  
REQUIRED 267-0197

Thursday, November 8th @ 1:00 pm

**Super Foods**  
Oxford Villa-Nathan  
RSVP: 267-0197

November 13th & 14th @ 8:30 a.m. - 12:30 p.m.

**AARP-Safe Driver 2 Day Class**  
AARP Members \$15, Non-AARP Members \$20  
SPACE IS LIMITED PRE-REGISTRATION IS  
REQUIRED

Tuesday, November 13th @ 1:00 p.m.  
**Strategies for an Effective Doctor's Visit**  
Angels Care Home Health - Vanetta Thatcher  
RSVP: 267-0197

Tuesday, November 13th @ 2:00 p.m.

**Prairie Lavender Farm**  
Mike Neustrom-Owner  
RSVP: 267-0197

Wednesday, November 14th @ 1:30 p.m.

**Estate Planning: Wills**  
Cathleen Gullede, MBA, CPA, JD, LLM Taxation  
RSVP: 267-0197

Thursday, November 15th @ 1:00 p.m.

**Super Strength**  
Oxford Villa-Nathan  
RSVP: 267-0197

Thursday, November 15th @ 2:00 p.m.

**TBD**  
Stan Webb - Financial Advisor  
RSVP: 267-0197

Tuesday, November 23rd @ 1:00 p.m.

**Mental Health for the Holidays**  
Paulette Johnston  
Lakepoint Wichita  
RSVP: 267-0197

Thursday, November 29th @ 1:00 p.m.

**Super Smarts**  
Oxford Villa-Nathan  
RSVP: 267-0197