



Linwood Senior Center

“Winter is an etching, Spring a watercolor, Summer an oil painting, and Autumn a mosaic of them all” ~Stan Horowitz~

“Anyone who thinks fallen leaves are dead, has never seen them dance on a windy day” ~Shira Tamir~

Hi Linwood Friends,

I hope you are well, busy and happy! This is a time we need to be happy and count our blessings. I know I have counted mine, and you are in them. I always consider it a honor to serve you, and I hope you feel that when you come in the center. Speaking of counting our blessings, we are going to have a “Blessing Bulletin Board.” It is where you can write down things you are thankful for, and share them with others. When we read those things we are thankful for, that may encourage another member.

We have some fun things going on this month. We are having our annual “Chicken Noodle/ Salad Thankfulness Get Together” so you need to RSVP.

Another special event is with Joe Stumpe, he will be with us to share about his new book “Wicked Wichita” and you won’t want to miss that.

Also, we want to thank our Veterans’s so we have a special gift if you want to stop by the senior center the week of November 5-9, because “WE LOVE OUR VETERANS”!!!

Take care, and come join us for some hot chocolate!
~Cherise & Co~

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.)

Wednesday

9:00 Arthritis Exercise
11:30 Friendship Lunch
1:00 Pinochle with Friends

Thursday

9:00 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



You Are Invited to Our "Thankfulness Celebration"

On Thursday, November 16, from 1-3 p.m. We will be having chicken & noodle soup, salad and dessert.

Join us to gather, sing and display our talents, crafts and handiwork. *If you have something to display, let Cherise know!

Cost is \$3 per person. Please RSVP at 263-3707.

Sponsored by our friends at Lakepoint

November Is National Indian Pudding Day

And we want to share some with you. Join us from 12:30 p.m. - 1:30 p.m., Tuesday, November 13, for some pudding. RSVP to us by November 9, 2018.

Movie Time!!!

"Planes, Trains & Automobiles" will be shown Wednesday, November 21 from 1:30 - ? (If we cannot find the movie a substitution may need to be made.)

The popcorn and lemonade are on us! Join us for some fun!



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Linwood Senior Center Educational Programs

November

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!

November 2, 2018

"Healthy Mental Health for the Holidays"

Presenter - Paulette Johnston

November 16, 2018

"A Grateful Heart is Good Medicine"

Presenter - Cherise Langenberg

November 30, 2018

"Get Up Off the Couch, 10 Ways to Improve Your Health"

Terry Stewart,
Home Health & Hospice of Kansas

Special Event

Our favorite photographer, Jim Boots, will present "A Smorgasbord of Pictures." Don't miss the fun on November 26, at 1 p.m.

Part D Counseling

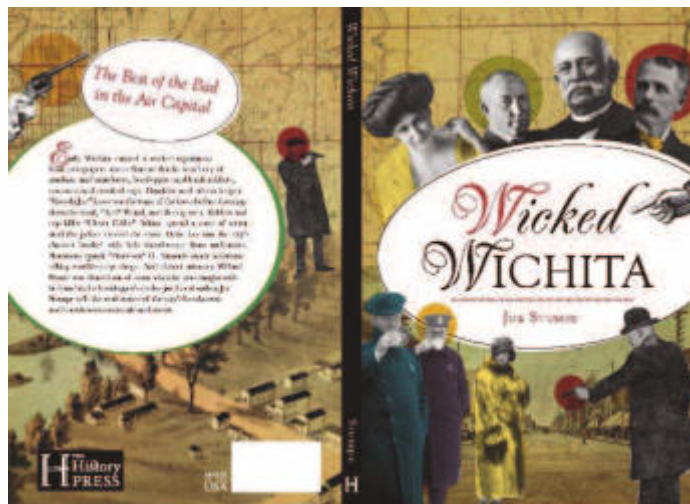
Don't forget to sign up for SHICK Medicare Part D (Drug) counseling. We still have a few spots left. Call for an appointment!!!!

Helping Children

We will be collecting socks for children ages 0-15 years for the Kids for Cancer Project. Please bring NEW socks to donate to the Linwood Senior Center. Jan Paulmann is leading the effort.

Rummage Sale

Don't forget the Linwood sale on Friday November 2. Come and see our goodies!



Special Event

Join us as Joe Stumpe, the editor of Active Age, premieres his book "Wicked Wichita" November 5 at 1:00 p.m. Joe is also the former food editor of the Eagle, and a longtime journalist who's written for everything from The New York Times to the College Hill Commoner.



He will share the history of a variety of people, from madams to murderers. Don't miss this exciting event. He will be bringing his book and signing them. This book would be a GREAT gift for the holidays!

Writing Craft

Nov 6, 2018 from 2-4 p.m. "Types of publishing; publishing pitfalls; self-publishing." 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.



Linwood Senior Center

Late Morning Bookclub

Join us on Monday, November 5, at 11 a.m. (note the day change - due to our being closed for Veteran's Day). This is our biography for the year that discusses the author of Winnie the Pooh, "AA Milne His Life" by Anne Thwaite.

Beginning Belly Dancing Classes

This is a great opportunity to have some fun, and get toned. Judie Dansby is our instructor, and she makes it fun and rewarding. The only thing you need is a willingness to try! Wednesdays from 1 - 2 p.m.

Craft Time With Kay & Pat

Many of you know that we are starting to do more crafts!

This month you can make custom necklaces on November 7 at 2:30pm. Price is \$3. On November 14 at 2:30 p.m. we will be making Angel Scrubbies. Price is \$3. We will also start making a Memory Tree for Christmas, all you have to do is bring material from your loved one's clothing. Please call for more information and to RSVP!



Games Of Fame Friday!!

Will be on Friday, November 30, from 1-3. We will play Sequence or you bring a game and we will try it! Trust us, you will have some fun and laughs!

Bible Study

Join us on Monday, November 9, at 10 a.m.!

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 November 2, 2018 at 3 p.m..

Grief Support Group

This is a support group that was started to support those who had lost friends and loved ones. Chaplain Greg Schmidt shares some great topics and he leads the group sponsored by Heart and Soul Hospice. November 19 at 2 p.m.

Happy Birthday!

Mary Rebecca Parks
Edna Francis
Ruth Ann Bond
Joanna Bailey
Maki Watson
Everett Fletcher
Lea Ann Cloud
Judy Lowrey
Mary Allen
Sulena Arellano
Gordon Boody
Jeanice Boody
Donna Broz
Joyce Cochran
Robert Emig
Thomas Fraley
Joan Fuhram
Paul Garren
Melba George
Alvin Gerstenkorn
Paul Greenman

Mary Guntly
Edgar Guoladdle
Gary Heath
Jerald Jones
Jeannene Joslin
Paul Kinderknect
William Matney
Charles Mc Swain
Gordon Michel
James Mendenhall
Eva Rhea
Janet Rice
Reitha Stevens
Konard Stevener
Jane Spiess
Shirley Seminoff
William Schantz
Beth Whitehead

Belated:

Carol Shockley