



Downtown Senior Center

Hello all,
Well the holidays are fast approaching. Take a look at all the classes we have this month on teaching you new and simple ways to make handmade gifts. Please be sure to pre-register for those classes as I will need to know how many supplies to get. **We will be closing at 12:00pm on December 14th for our holiday staff party. Just a reminder we will also be closed on December 24th and 25th for the holiday.**

Thanks, Jennifer

Ongoing Activities

Monday

8:00 am Open Billiards
8:00 am Open Fitness Equipment
8:00 am Open Pickleball
10:00 am Wanda's Exercise Class - (\$10/month)
10:00 am Prarie 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 Open Pickleball
6:30 pm Recovery Group
7:00 pm Monday Night Round Dance

Tuesday

8:00am - 12:00pm Open Billiards
8:00am - 12:00pm Open Fitness Equipment
9:00 am Senior Employment Job Club
11:00 am Dining in Delano (3rd Tuesday) - will resume in January after the holidays
12:30 pm Dominoes: Mexican Train
1:00 pm Billiards Tournament
2:00 pm Bible Study
7:00 pm Sunflower Woodworker Guild (4th Tuesday) - December 18th

Wednesday

8:00 am Open Billiards
8:00 am Open Fitness Equipment
8:00 am Open 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 Open Pickleball
1:30 pm Senior Legal Advisor (2nd Wednesday)
2:30 pm Beginning Spanish - \$5/class

Thursday

8:00am - 12:00pm Open Billiards
8:00am - 12:00pm Open Fitness Equipment
8:00am - 12:00pm Open Pickleball (besides the last Thursday)
9:00 am Foster Grandparents (last Thursday) - December 20th
9:30 am Flying Saucers Porcelain Painting Club (1st Thursday)
10:00 am Open Advisory Council (1st Thursday)
1:00 pm Billiards Tournament
2:00 pm Senior Financial Advisor (3rd Thurs) - will not meet in Dec
2:30 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 Nat'l Active/Retired Federal Employees (3rd Fri of even month)
10:00 am Wanda's Exercise Class - (\$10/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 Open Pickleball
1:30 pm Hand & Foot Cards (2, 4 & 5)

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

Registration Required for ALL Center Activities • Membership: \$25 per year



Downtown Senior Center

Downtown Dates To Remember:

- December 5th: 10:30am Blood Pressure Checks
- December 10th: 12:00pm - 1:30pm Holiday Lunch
- December 10th: 2:00pm Cookie Exchange
- December 10th: 1:00pm Open Pickleball Cancelled
- December 11th: 2:00pm Essential Oil 101 and Make Shower Melts \$4/person-**PRE-REGISTRATION REQUIRED**
- December 12th: 2:00pm Marbled Coffee Mug \$4/person-**PRE-REGISTRATION REQUIRED**
- December 13th: 2:00pm Etched Glass \$10/person-**PRE-REGISTRATION REQUIRED**
- December 14th: Center will close at Noon**
- December 17th: 10:00am Christmas Selfie Scavenger Hunt
- December 18th: 7:00pm Sunflower Woodworking Guild
- December 20th: 9:00am Foster Grandparents
- December 24th: Closed**
- December 25th: Closed**

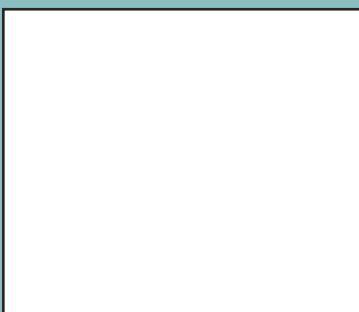
Downtown New or Special Events

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

Bags/Boxes for Children with Cancer: Jan Paulmann, a member of the senior center, has started a project to gift 30 boys and 30 girls with cancer either a bag or box full of goodies for Christmas in remembrance of her late husband. We are accepting donations. Bring in a bag full of items you would like to donate or Jennifer will accept cash donations to help gather items/supplies that we need. Some suggested items would be; socks, gloves, stocking hats, crayons, coloring books, toys, wrapping paper and tape. We will be putting together and wrapping the items on December 5th at 10:00am. Please join us at this time, the more the merrier.



**White Chapel
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Plot Available.
** Opening and Closing Included**
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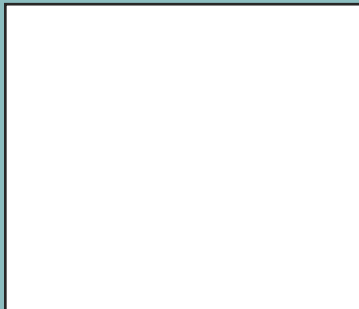
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Downtown Senior Center

Downtown New or Special Events

Adopted Family: Salvation Army: The Downtown Senior Center has adopted a family from the Salvation Army. If you would like to help we are accepting cash donations to purchase all the requested gift items. We have been given a family of 3. Mom: 39, Son: 5, and Daughter: 1. All donations will need to be submitted no later than December 3rd by 4:30pm.

Dance/Rhythm Class: WSU Well-Rep students are planning on starting a Dance/Rhythm class here at the DSC in late January. We are looking at Tuesdays at 11:00am but dates and times are still in the planning process. Please let Jennifer or Ed know if you are interested in attending this class, we'd like to see how many people are interested to decide either yes or no on the class.

Pickleball: Starting in December the DSC will only have Competitive Pickleball on Friday mornings. We will have OPEN Pickleball for all other Pickleball times. With that being said, Open Pickleball will be M and W 8am-10am and 1pm-3pm and Thursday 8am-12pm (besides last Thursday of the month). Competitive Pickleball will be F 8am-10am only.

Mahjong Class: 4 week class December 11th, December 18th, January 15th, and January 22nd @ 2:00pm. We will be having a 4 week class on how to learn how to play Mahjong which is a tile based game. If you think this might be something you would like to learn please join us. Pre-registration is required. \$8 for entire 4 week session-this is to purchase you a tile. Taught by Theresa Corle.

Upcoming Book Club Books: January 7th @10:00am-Dish: The Inside Story on the World by Jeannette Walls, February 4th @ 10:00am-109 E Palace: Robert Oppenheimer and the Secret City of Los Alamos by Jennet Conant, March 4th @10:00am-Altitude Adjustment: A Quest for Love, Home and Meaning in the Tetons by Mary Beth Baptiste

Garten's Music: "Music Makes You Feel Better!" Thursday January 10th @1:00pm: Free entertainment, Door Prizes, Learn about the equipment and classes and come enjoy some of the great music.

Oil Painting Class: Friday's in January @ 9:30am-11:30am: This class will be taught by Joan Morrison. You will be completing 2 projects during these times. If you are interested in signing up for this class please let Jennifer or Ed know as space is limited. There is a fee associated with this class for supplies which will be determined at a later date.

December 10th @ 12:00pm-1:30pm: Holiday Lunch. Come join us for our Holiday Lunch. Jennifer will be providing the Ham. There is a sign-up sheet in the office for you to help with sides and desserts. What a great time to spend with friends for conversations and good food.



December 10th @ 2:00pm: Cookie Exchange Party: It's a fun way to get a variety of cookies for gifts, friends, family or even just for yourself. Bring at least 2 dozen cookies. Preferably hand-made. Each person that brings cookies will leave with cookies. Please RSVP 267-0197 with the type of cookie you are planning on bringing so we don't have a lot of duplicated cookies.



December 17th @ 10:00am: 4-Center "Christmas Selfie Scavenger Hunt": We want to have some fun on Monday, December 17th, 2018. We will be meeting inside Towne West Mall at the Dillard's Clearance Store entrance at 10am! We will start looking for items and people to take pictures of, so there will be lots of walking! Bring your phone, or camera, for pictures and some \$ to eat at the food court after the hunt. Call the Downtown Senior Center at 267-0197 to RSVP!

Open Enrollment Medicare Part D is coming to an end. 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.



Downtown Senior Center Educational Opportunities

December 2018

Monday, December 3rd @ 10:00am
Aftershock- by Andrew Vachss
Prairie Moon Book Club – Teresa Reiter
RSVP: 267-0197

Tuesday, December 4th @ 1:00pm
Smart & Safe Living Series
Part 1: Home Invasion
Dignity Memorial
RSVP: 267-0197

Tuesday, December 4th @ 2:00pm
Wichita's Oldest Cemetery
Barb Myers-Author
RSVP: 267-0197

Thursday, December 6th @ 10:00am
Open Advisory Council- Room 1
Downtown Senior Center
RSVP: 267-0197

Thursday, December 6th @ 11:30am
Lunch and Learn: Hearing Health and Meet and Greet with Dr. Patrick
Dr. Patrick-Hearing Group
Pre-registration required.
Please RSVP 267-0197

Thursday, December 6th @ 2:00pm
Eating Smart Moving More Series Part 2: Choosing More Fruits and Vegetables
Shirley Lewis -K-State Research & Extension – Sedgwick County
RSVP: 267-0197

Thursday, December 6th @ 2:30pm
Writer's Craft: "Promotion"
Starla Criser, Author
RSVP: 267-0197

Friday, December 7th @ 1:00pm
SECA-Seniors Exploring Cultural Arts
Starla Criser, Author
RSVP: 267-0197

Tuesday, December 11th @ 11:30am
Get Help for Depression and Anxiety lunch and learn
Angels Care Home Health – Vanetta Thatcher
Pre-Registration is required.
RSVP: 267-0197

Wednesday, December 12th @ 1:00pm
CBD Oil: The Calm after the Storm- Stress and Anxiety relief
The Health Connection-Natalie
RSVP: 267-0197

Wednesday, December 12th @ 1:30pm
Transfer on Death Deeds and Beneficiary
Cathleen Gulledge, MBA, CPA, JD, LLM Taxation
RSVP: 267-0197

Thursday, December 13th @ 1:00pm
Stress Relief for the Holidays
Precious Gems and Fusion Senior Care Home Plus
RSVP: 267-0197

Downtown Special Education Events

December 11th @ 2:00pm: Essential Oils 101 - Make and Take: Shower Melts \$4 for supplies: Come learn the basics of essential oils and all the different ways you can use them. We will also be learning how to make Shower Melts using essential oils. The class is \$4 per person. Pre-registration is required 267-0197 to be able to provide supplies for all that would like to attend.

December 12th @ 2:00pm: Marbled Coffee Mug Class \$4 for supplies: Have that hard to buy for friend or family member? Come learn a fun technique in making a marbled coffee mug. You will go home with a finished coffee mug. After taking this class you will have learned how to do this for everyone on your Christmas gift list. The class is \$4 per person. Pre-registration is required 267-0197 to be able to provide supplies for all that would like to attend.

December 13th @ 2:00pm: Etched Glass Class \$10 for supplies: Have you ever been to a potluck and someone has their name or initial on their glass pan? You will learn 2 different techniques on how to etch. You will complete an 8x8 glass pan and glass cup. The class is \$10 per person. Pre-registration is required with the exact spelling of your last name (or last name of person you are gifting to) 267-0197 to be able to provide supplies for all that would like to attend.