



Linwood Senior Center

*“And now let us believe in a long year given to us, new, untouched, and full of things that have never been...”
~Rainer Maria Rilke~*

Dear Friends,

HAPPY NEW YEAR! My question to you is what are you going to do with your NEW year? This is a great month to start “new beginnings” we have many options to do just that, with our exercise programs and educational programs. From Arthritis Exercise to Chair Yoga, we have the right range of exercise. We offer Beginning Line Dance and Advanced. And a specialty is Beginning Belly Dance for Women. These are classes that will help you keep in shape. Our desire is to keep you BALANCED, and HEART & MIND HEALTHY! This month we have a special presentation about Kansas History, you won't want to miss, and ways you can make some money for the new year, and finally information about the “new” tax laws (play ominous music here) - you need to be aware of! For more FUN, we are having scrapbooking classes, to help you keep your family history organized. Our craft classes and drawing and water color class are meeting with fun ideas as well.

So don't stay at home - get going for a GREAT start to the new year. Happiest of happies to you and yours!

~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 Video
- 9-11 Pickleball
- 10-12 Scrapbooking
(Third Thursday)
- 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.

Holiday Closings

Linwood will be closed on January 1st in observance of New Year's Day and January 21st in observance of Martin Luther King Jr. Day.

Linwood Senior Center • 901 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

Pickleball Players Potluck



Come and meet some new faces in the new year. We are having a Pickleball Player's Potluck on Tuesday, January 29, after we play from 9-11.

The Linwood Center is sponsoring the ham, and drinks and plates, etc. You are to bring a side. We may have a few fun games on the side. Join us for food and fellowship. Call to RSVP by January 24, 263-3703.

Tax Appointments

Please call 263-3703, the week of January 14th to start scheduling your tax appointments. Our schedule has changed a little this year, and we will be doing taxes Mondays and Thursdays this year.

Movie Time!

Wednesday, January 16, from 1:00 -? "National Parks."*We may substitute if we cannot get the movie above* The popcorn is on us! Join us for some fun!



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Linwood Senior Center Educational Opportunities

January

All events are on Fridays at 10:15am unless otherwise * noted. Please make sure your membership is current otherwise there is a \$2 fee. Please be faithful in payment. PLEASE RSVP for all EDUCATIONAL events, as with the weather we may have unexpected cancellations. Call 263-3703 THANK YOU!

January 4, 2019

“Goal Setting in 2019”

Presenter -Paulette Johnston of Lake Point

January 11, 2019

“How To Deal With Difficult People & Heal”

Presenter - Our own Stephne Hockenull, from Serenity Hospice

January 18, 2019

“Find Out About How You Can Help Others Through Research Studies & Make Some \$ in 2019”

Presenter - Alyson Fry, Patient Referral Specialist, Heartland Research Assoc, LLC

January 25, 2019

“Getting Your Financial House in Order for 2019 - YOU CAN!”

Presenter- Jeff Witherspoon, E.D, Certified Financial Counselor, Educational Director for Consumer Credit Counseling

Monday, January 28, 2019 at 1pm,

Find Out the New Tax Laws,

presenter Tracy Wilnerd
Tax Payer Advocacy

Bible Study

We are meeting on Monday, January 7 at 10am. Join Us!

Drawing & Watercolor Classes

Joan Morrison, our delightful teacher, is leading the classes. Classes are on the 3rd & 4th Mondays of the month. However, they are changing this month due to the holiday, of Martin Luther King Day.

This month they are meeting January 14th and the 28th at 3:00pm. Come and join us!

Special Presentation



As we celebrate Kansas’ B-day, we have the Executive Director, Tiya Tonn, from the Kansas Oil & Gas Museum, El Dorado, Kansas here on *Monday, January 14 at 1pm. Tiya will talk about the preservation of history from the Native American tribes to the pioneers and the ranches of Kansas.

Don’t miss this event! We are planning a day trip on March 28, with lunch and tour to the Kansas Oil & Gas Museum. Come to the presentation and find out more!

Attention! Attention!

The new “Write Again: A collection of stories, articles, memoirs and poems” is available for you to purchase. We have hardback and softback copies available. This is the anthology, that 30+ of our members submitted writings for. “Write Again” is also available on Amazon and Barnes & Nobles online.



Author and Writing Craft Instructor, Starla Criser, edited and compiled them and organized and developed the book. It is a GREAT GIFT for family members, they can keep a part of the authors with them.

All proceeds of the book are donated to Senior Services Inc., of Wichita to support our Senior Center programs. We will be doing a special event in January.

Please call for more information 263-3703. And SPECIAL CONGRATULATIONS TO ALL OUR WONDERFUL AUTHORS - You deserve it!



Linwood Senior Center

Late Morning Bookclub

Join us on Monday, January 14 at 11am.
Book to be discussed: "A Man Called Ove"
By Fredrik Backman

Writing Craft

Tuesday, January 8, 2019 from 2-4pm
I.The Pre-Writing Process - "Writing Basics"
*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.

Exercise Words: *curiosity - cake - brooch - freedom - lighthouse*

Prompt: *Write about your happiest childhood memory.*

Craft Time With Kay & Pat

Join us on January 9 from 2-4pm to make a SNOWMAN or two, without the cold snow, of course! Cost is \$5. Stop by the office to get a look of the crafts, and call to RSVP by January 7.

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. We will not be meeting in January.

Special Event

Our favorite photographer, Jim Boots is having his "debut" of his wonderful photos for Final Friday on January 25 from 6-9pm at L'Image. Stop by and see his wonderful work! L'Image is located in the Delano District at 615 W Douglas. Please go and support Jim!

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. Please join us and let us encourage one another and bear one another's burdens!

Please call for 263-3703 for date and time, as the meeting has been changed due to the Center not being open for Martin Luther King Day.

Centennial Trip To WWI Museum, the Steamship Arabia & IKEA



Happy Birthday!

James Anderson	Juanita Paulmann
Carolyn Arnold	Rosemary Phelps
Robert Cairns	Marti Prentice
Charles Campbell	Maria Rangel
Irma Darlington	Eva Rey
Sharon Alice Davis	Patricia Rinearson
Dan Goodvin	Sharon Ybarra
George Gragg	Rockne Welborn
Adolphus Hayes	Rick Ware
Mary Huber	Marilyn Waddell
Linda Komornicki	Victoria Venskus
Wayne Mason	Donald Trumpp
Bob McAllister	Carol Sullivan
Betty Mosteller	Irene Soto
Karen Nance	Jr Speer