



## Downtown Senior Center

Hello all,

2019 is here! I hope you all had a wonderful year as we say goodbye to 2018. When the new year arrives I always look back on the year before and think about all the things I am grateful for and all those things that I want to continue to do or change in the new year. February is a busy time for the Downtown Senior Center. We are hosting another Lifelong Learning Class for Wichita State University. We also have some great upcoming presentations/classes. Be sure to get signed up for all those classes and fun things that we have scheduled. *(continued on page 7)*



### 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 Prairie Moon Book Club(1st Mon.)  
 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 Balance & Cardio Dance Class  
 11:00 am Dining in Delano (3rd Tuesday) - Merle's Place - 440 N. Seneca St.  
 12:30 pm Dominoes: Mexican Train  
 1:00 pm Billiards Tournament  
 2:00 pm Bible Study  
 7:00 pm Sunflower Woodworker Guild (4th Tuesday)

#### 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 Wed.)  
 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 Wed.)

2:00 pm Wichita Area Senior Author's Critique Group(4th 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)  
 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 Thursday)  
 2:00 pm Writer's 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 Friday of even month)  
 10:00 am Wanda's Exercise Class - (\$10/month)  
 10:00 am Rock Painting  
 10:00 am Sunflower China's Painters (3rd Friday)  
 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](mailto:jenniferf@seniorservicesofwichita.org)

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



## Downtown Senior Center

### Downtown Dates To Remember:

**February 5th @ 1:00pm:** Lotti Eichhorn - sharing her personal experience with the holocaust and WWII

**February 7th @ 10:00am:** Open Advisory Council

**February 8th 1:00pm:** Do it Yourself: Valentines Succulent Arrangement — pre-registration required \$10/person.

**February 18th: CLOSED FOR PRESIDENT'S DAY**

**February 19th @ 11:00am:** Dining in Delano - Merle's Place: 440 N Seneca St

**February 22nd: NO OPEN PICKLEBALL 1 PM — 3PM**

**February 22nd @ 2-4pm:** Final Friday Meet the Authors Event

### Downtown New or Special Events

**Friday, February 8th @ 1:00pm:**

Do it Yourself: Valentines Succulent Arrangement. Valentine's Day doesn't have to SUCC when you have a beautiful arrangement made with love.



Come learn how to put together the arrangement in a heart shaped container.

**PRE-REGISTRATION IS REQUIRED.**

**CLASS IS \$10 PER PERSON AND MUST BE PAID BY WEDNESDAY FEBRUARY 6TH TO HOLD YOUR SPOT.**

**REGISTRATION WILL CLOSE ON FEBRUARY 6TH. 267-0197**

**White Chapel Gemetry**  
**Plot Available.**  
*\* Opening and Closing Included\**  
**316-806-2968**



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 EQUAL HOUSING OPPORTUNITY  
 Main Office: 2145 N. Topeka, Wichita  
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 Wichita, KS 67216      Derby, KS 67037  
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## Downtown Senior Center

### Downtown New or Special Events

**Billiards Tournaments Tuesday's and Thursday's @ 1:00pm:** Come join the fun at the Downtown Senior Center for their Billiards Tournaments. We have 3 tables to play on and I have heard we have some of the best tables in Wichita. Bring \$1 to play: this helps provide new supplies for the billiards room.

**Upcoming Book Club Books: March 4th @10:00am-**Altitude Adjustment: A Quest for Love, Home and Meaning in the Tetons by Mary Beth Baptiste March 4th @ 10:00am-Fear by Bob Woodward.

**Dining in Delano: Tuesday February 19th @ 11:00am:** Please join us for lunch. We will meet at Merle's Place. 440 N Seneca St, Wichita, KS 67203. I have never eaten there but heard they have good portions and the price is right. Please RSVP: 267-0197 if you plan on attending so I know how many to save a seat for.

**Sunflower China Decorators will be meeting at the Downtown Senior Center.** They will be meeting the 3rd Friday of the Month from 10:00am-12:00pm. They do take June, July and August off so no meeting dates then. Sunflower China Decorators were the first China Painting Organization started in the state of Kansas. This group is open to the public with a yearly membership fee of \$30. Each meeting time consist of a demo and time to paint. Anyone is welcome to visit or join. President this year is Mary Blankinship. You can reach Mary at 316-260-1699 for more questions.

**Meet The Authors Final Friday Event: Friday February 22nd @ 2pm-4pm:** Come mingle and meet the authors for our book signing/recognition party. Write Again: A collection of stories, articles, memoirs, and poems will be available for purchase. Light refreshments will be provided.

**NO OPEN PICKLEBALL FRIDAY FEBRUARY 22ND FROM 1-3PM**

**Thursday's in February: Lifelong Learning: History of Noise 1-3pm:** You will need to be registered for this class through WSU Lifelong Learning.

**Tuesday February 5th @ 1:00pm: Personal Experiences of Lotti Eichhorn during her time in Switzerland during World War II and Holocaust.** Come listen to Lotti describe her childhood experiences. This presentation should be very interesting and a great way to discuss and learn about the time era and her personal experiences.

**Thursday February 7th @ 1:00pm: No Co-Pay Preventative Services:** This class will help you figure out what services you can ask for or get for \$0 co-pay at the doctor's office. This is always a good thing to learn with all the different ways doctor offices code services.

**Thursday February 7th @ 2:00pm: Eating Smart Moving More: Shop: Get the Best for Less:** Come join us for learning tips and tricks on shopping for meal planning - what a great way to help those New Year's resolutions.

**Tuesday February 12th @ 1:00pm: Decluttering Your Home:** Do you have a lot of stuff? Do you need help learning how to get rid of or what to do with all that stuff? This is the class for you. Based off the hit TV show "Tidying Up," come learn about decluttering.

**Tuesday February 26th @ 1:00pm: Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning:** When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This class provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss; going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.



## Downtown Senior Center Educational Opportunities

**February 2019**

Please RSVP for events at: 267-0197

Monday, February 4th @ 10:00am

**109 E Palace: Robert Oppenheimer and the Secret City of Los Alamos-Jennet Conant**

Prairie Moon Book Club – Teresa Reiter

Tuesday, February 5th @ 1:00pm

**Lotti Eichhorn-Shares her personal experiences with the Holocaust & WWII**  
Lotti Eichhorn

Thursday, February 7th @ 10:00am

**Open Advisory Council- Room 1**  
Downtown Senior Center

Tuesday, February 7th @ 1:00pm

**No Co-Pay Preventative Services**  
Angels Care Home Health

Thursday, February 7th @ 2:00pm

**Eating Smart Moving More Series Part 4: Shop Get the Best for Less**

Shirley Lewis -

K-State Research & Extension:  
Sedgwick County



Thursday, February 7th @ 2:00pm

**Writer's Craft: Developing an Idea; Basics of Characters and Setting**

Starla Criser, Author (316)393-8195

Tuesday, February 12th @ 1:00pm

**Decluttering Your Home**

Katherine Ambrose, SRES

Wednesday, February 13th @ 1:30pm

**Power of Attorney:**

**Healthcare and Financial**

Cathleen Gulledge, MBA, CPA, JD, LLM  
Taxation

Thursday, February 21st @ 2:00pm

**The New Year is here..... What do you do differently with your investing strategy?**

Stan Webb- Financial Advisor

Tuesday, February 26th @ 1:00pm

**Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning**

Alzheimer's Association

### AARP Tax Assistance

Appointments start in February. The DSC will be taking appointments for Tuesdays and Thursdays. Be sure to call or stop in to schedule your appointment and take the "What you should bring to your appointment" handout. You can talk with Anna at the front desk or Jennifer. The day of your appointment you will need to be here 15 minutes early to fill out the required paperwork.

### Director's Notes (continued)

We will be having a Book Signing/ Recognition Party for our authors of the Write Again book. If you have not picked up a copy, be sure to stop in and see if we have any left. There are a lot of talented people that attend our senior center and what a great time to show them off to the community. So mark your calendars for February 22nd, 2-4pm for our Meet the Authors Final Friday Event.

- Thanks, Jennifer