



Linwood Senior Center

*“Away in a meadow all covered with snow
The little old groundhog looks for his shadow
The clouds in the sky determine our fate
If winter will leave us all early or late.”
~ Don Halley~*

Dear Friends,

Here’s hoping you have a month of LOVE and HUGS! This month is a busy one. From our “Soup or Bowl Party” to our “Biscuits, Books & Love Stories” to our Day Trips, we have some great activities going on. We also have some great educational classes as well, many of them encourage you to take care and love yourself!

Last year we served 724 customers, you may have been one of them. I just want to remind you that Linwood is YOUR senior center. If you have suggestions about programs, crafts or events you would like to have, just put it in the suggestion box or let me know. We always want to serve and care for you WELL.

XXXX’s and OOOO’s
~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
- 1:00 Dime Bingo!
- 2:00 Writing Craft
(First Tuesday)

Wednesday

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

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
(Second 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
February 18th in observance
of President’s 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

Biscuits, Books, & Love Stories

You are cordially invited to 'Biscuits, Books, & Love Stories' on February 14th from 9a.m. - 10:30 am.



We are going to celebrate our love of biscuits and gravy, the authors of our newest book, "Write Again" and LOVE! RSVP to 263-3703 by Monday February 11th. Suggested donation per person of \$2 to help with costs. THANK YOU!

Tax Appointments

This is a great and no cost service to you from AARP Preparers and the Linwood Senior Center. Please call 263-3703 to schedule your Monday or Thursday appointment. Also, if we are full, we can send you on to other locations.

"Soup" or "Bowl"

Monday, February 4th from 11:00 to 1pm. As the days get colder, we need to get warmer! Sign up for our little get together. We are asking you to cook up your "FAVORITE" Soup and bring it in the crock to share. We will provide the service and drinks! If you are unable to prepare a soup we will charge you \$2 towards the cost. It will be fun and a good time to exchange a few recipes! RSVP a MUST by February 1st! Sorry about the quick turn around time.



Movie Time!

Wednesday, February 14, from 1:00 -? "The Trail Beyond" We can never get enough of "The Duke" aka, John Wayne, so join us! 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

February

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!**

February 1, 2019

“Roundtable Discussion – Old Tyme Remedies & Household Hints”
Facilitators, Elaine Kinder, Judie Dansby

February 8, 2019

“How to Manage Your Meds Easily”
Presenter – Mary Beth Steiner, Golden Plains Pharmacy of Augusta

February 15, 2019

“Balance, Coordination & Reducing Falls”
Presenter – Natalie Merton, PT, Life Care Center of Wichita

February 22, 2019

“How to Make An Emergency Preparedness Pack – You May Need It”
Presenter – Cherise Langenberg

Day Trip

Join us as we caravan to Eldorado, Kansas to go to the Kansas Oil & Gas Museum. This is one of the largest museums in the State and highlights the early 20th Century Oil Exploration. This is a customized trip and we will have a delicious lunch at the museum with Director Tiya Tonn. March 28, 2019. Leave Linwood at 9am. Cost is \$20.00 for admission & Lunch. RSVP is a MUST by March 7, call 263-3703

Bible Study

Meeting on February 4th at 10am. Join Us!

Drawing & Watercolor Classes

Classes are on the 3rd & 4th Mondays of the month. However, they are changing this month due to the holiday of President's Day. This month they are February 11th and the 25th at 3:00pm. Joan Morrison is our instructor, and she has wonderful ideas. Come and join us!

“Memorials, Memories, and Mementos Trip”

We are planning a trip to OKC on May 17, 2019. We will be heading to the OKC Memorial & Murrah Federal Building to see the Memorial and find out the history of one of the greatest tragedies in America. We then will have lunch and end the day on a “high” note as we tour the 2nd tallest building in America, Devon Tower.

Our hope is to do a little antique-ing and have a sweet treat afterward. So, this may be a trip for you. Keep in mind we will be doing some walking so wear some good walking shoes. Continental breakfast & snacks & light snack for dinner provided.

You only pay for your mementos you want to buy and a tip for the driver. Please call Linwood for more information, 263-3703. Price is \$95 for the day. All payments are due by April 17. **Refunds will only be given if you or we find another person to go in your place.

Special Event

“Photographing the Hidden Treasures of Kansas & It's History” Monday, February 11 at 1:00PM, please RSVP to 263-3703. Come and join us as local photographer, Neil Marcus makes his “debut presentation” at Linwood. Neil is in the Photography Club here in Wichita.

Attention! Listening Session on MARCH 21st from 10-11am

The Sedgwick County Division of Health is conducting a series of Community Listening Sessions in Sedgwick County. Responses from these listening sessions will help us identify key health needs in the community and guide the Community Health Improvement Plan. Listening session information will be included with additional health survey results in a 2019 report written by United Way of the Plains, Ascension Via Christi and Sedgwick County Division of Health. We will be having sessions at some of the Senior Services centers in Wichita. The dates, times and locations for the Community Listening Sessions are listed on the back page of The Compass.



Linwood Senior Center

Late Morning Bookclub Fieldtrip

Join us on Monday, February 11 at 11am We are invited to Al's Old & New Bookstore At 360 E William (across from the bus transfer station). Please join us as owner Anita Siemer will be our gracious hostess. She will be sharing some great reads for us to look at in the New Year and we can set our reading agenda for the year. Coffee & Snack provided, please RSVP to Cherise. Next month's discussion for March — "I Am Malala" by Malala Yousafzai

Writing Craft

February 5, 2019 from 2-4pm
Program: Developing an Idea; Basics of Characters and Settings
Exercise Words: angel — queen — mouse — gun — thrill
Prompt: She/he studied her/his face in the mirror

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.

Craft Time With Kay & Pat

Join us on February 20th from 2:30pm — 4 pm to make neat Angel Wooden Wall Plaque to hang in your home or give for gifts. Cost is \$5. Stop by the office to get a look of the craft, and call to RSVP by February 13th.

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 President's Day.

Attention: Dime Bingo Time is Changing

We are moving the time up to 1 p.m. for Dime Bingo on Tuesdays, starting in February. So we will start a little earlier. We are doing this to accommodate another group that is growing, so thank you for working with us!

Happy Birthday!

| | |
|-----------------------|-----------------------|
| Eurwin Brown 2/19 | Verna Jones 2/23 |
| Kye Chon 2/5 | Candee Manners 2/17 |
| Arlene Conner 2/9 | Tim Millspaugh 2/25 |
| Starla Criser 2/7 | William Morton 2/16 |
| Bob Curry 2/17 | Rose Mary Mounts 2/24 |
| Delores Dugger 2/9 | Iris Nova 2/27 |
| Francis Elliott 2/8 | Timothy Paul 2/9 |
| Eileen Fessenden 2/22 | Debbie Sauer 2/17 |
| Leland Fletcher 2/4 | Jan Story 2/15 |
| Myron Frick 2/27 | Linda Tucker 2/8 |
| Roberta Greenman 2/13 | Raymond Valadez 2/6 |
| Dorothy Hammett 2/11 | Whitney Vinzant 2/22 |
| Connie Holt 2/2 | Darla Vonada 2/1 |
| Charlie Hubbs 2/24 | Betty Wamsley 2/28 |
| Sue Ann Johnson 2/25 | |



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, has made available. Please call the center, 263-3703 to see the March 1, meeting date.

Belly Dancing

Wednesdays, from 1 p.m. - 2 p.m. Don't forget to try out our belly dancing class. You will meet an amazing teacher Judie Dansby, who has many years of experience. It has great health benefits and strengthens your core muscles. We dance with scarves, canes and when you get more experience, maybe even a sword!

Attention Android & Apple Phone Users!

We will be having a comprehensive class in the near future, presented by WSU students. Please call us for more information 263-3703.