



Downtown Senior Center

Hello all,

March is here: it's time to Spring Forward. Don't forget to set your clocks 1 hour ahead on Sunday March 10th. We have a lot of fun activities planned for March. Please make sure to sign up for a dish in the office or at 267-0197 and come enjoy lunch for our St. Patty's Day Pot Luck Lunch on March 15th at Noon. As always make sure to call and RSVP for all special events or educational opportunities at 267-0197.

- 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 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) - Delano Dinner 1220 W Douglas
 12:30 pm Dominoes: Mexican Train
 1:00 pm Billiards Tournament
 1:00 pm Mahjong
 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

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



Downtown Senior Center

Downtown Dates To Remember:

March 7th @ 10:00am: Open Advisory Council

March 8th @ 1:00pm: DIY Magnetic Board

March 10th: Daylight Saving Time - Don't forget to set your clocks forward 1 hour

March 12th @ 9:00am-11:00am : Senior Employment Job Fair - Must be an active participant of the Senior Employment Program to attend

March 12th @ 11:00am: Community Listening Session

March 15th @ 12:00pm: St. Patty's Pot Luck Lunch - Garten's Music as Entertainment

March 15th: NO AFTERNOON PICKLEBALL

March 18th: NO WANDA'S EXERCISE - due to scheduling conflict

March 16th @ 12:00pm: St. Pat's Parade

March 19th @ 11:00am: Dining in Delano - Delano Dinner 1220 W Douglas

Downtown New or Special Events

Hand and Foot Card Group: are looking for more players. They meet the 2nd, 4th and 5th Fridays of the month at 1:30pm. If you already know how to play, wonderful! If you don't, come on in and we will help you learn. Questions call Sue Carpenter at 316-260-2745.

Pitch Card Group: are looking for more players. They meet every Monday at 1:00pm. Come have some fun with this group. They are willing to teach you to play if you don't know how.

NO OPEN PICKLEBALL: WED. MARCH 6, FRIDAY MARCH 8 & FRIDAY MARCH 15TH FROM 1-3PM

NO WANDA'S EXERCISE MONDAY MARCH 18TH - DUE TO A SCHEDULE CONFLICT

**White Chapel
Gemetry**

Plot Available.

** Opening and Closing Included**

316-806-2968



NeighborWorks
CHARTERED MEMBER

**Mennonite
Housing**

Equal Housing Opportunity

Main Office: 2145 N. Topeka, Wichita
316.942.4848

More information is available about our Apartment communities on our website www.mhcsi.org.

BOHEMIA
healing spa

611 W Douglas Ave, Wichita, KS
316-262-7888
www.bohemiahelingspa.com

**10% off up to \$10 off
First Service**

Friesen Senior Placement LLC

Connie Friesen
Senior Marketing Specialist

When you can no longer care for yourself or your loved one at home, let me help you find the best possible option for quality and professional care. Call today!

316-303-4966
connie@friesenior.com
www.frieseniorplacement.com




SIMPLIFYING LIFE TRANSITIONS

Alleviate the stress of downsizing and estate preparation

Creating Custom Solutions for your personal property & real estate

(316) 683-0612 | www.McCurdyAuction.com

McCurdy AUCTION LLC
REAL ESTATE SPECIALISTS



BROADWAY CBD **DERBY CBD**

HOURS:
M-F 10-7 | Sat 10-5 | Sun 10-3

2570 S. Broadway St. #104 200 N. Baltimore #900
Wichita, KS 67216 Derby, KS 67037
(316) 201-4186 **(316) 440-3371**

 Derby CBD



Downtown Senior Center New or Special Events

Book Club Books: April 1st @ 10:00am-
Fear by Bob Woodward

Dining in Delano: Tuesday March 19th @ 11:00am: Please join us for lunch. We will meet at Delano Dinner 1220 W Douglas. Please RSVP: 267-0197 if you plan on attending so I know how many to save a seat for.

Pickleball League: Have you ever been interested in joining a Pickleball league? This league is open to anyone and any skill level. It is to have fun and improve your skill level. We will determine dates of play after 8 teams of 2 have signed up. This league will take 7 weeks to complete. Match will consist of 2 out of 3 games to 11. First 2 games win by 2, 3rd game if necessary win by 1. Teams call their own lines etc. Each week you will play a different team. So grab your partner and sign up as a team in the Downtown Senior Center Office.

Mahjong: Have you ever wanted to learn how to play Mahjong? Well it's your lucky month. This group meets every Tuesday at 1:00pm and they are getting ready to start another class. \$8 to get an explanation card. They will do instruction starting at 1:00pm and games afterwards. Please RSVP if you are wanting to sign up for the instruction class 267-0197.

Friday March 8th @ 1:00pm: DIY Magnetic Board: Come learn how to make a fun/decorative magnetic board. \$5 per person. Pre-registration is required. Payment and registration is due by March 6th.

Tuesday March 12th @ 9:00am-11:00am: Senior Employment Job Fair: You will need to be registered with the Senior Employment Program prior to the job fair to be able to attend. Call the Senior Employment Program at 267-1771 to get registered.

Tuesday March 12th @ 11:00am: Community Listening Session-Sedgwick County Division of Health: This is your time to come and voice your opinion and help this group identify key health needs in the community and guide the Community Health Improvement Plan.

Tuesday March 12th @ 1:00pm: Drawing Wichita: Starting in 2017, Ronda Corle Voorhis set out to draw historical buildings and beloved sites in Wichita. The result is Drawing Wichita, a self-published 12 x 9 inch art book with 97 pen-and-ink drawings. Along with each illustration is a short history describing people, dates, and stories that make these buildings significant.

Friday March 15th @ 12:00pm: St. Patty's Day Pot Luck Lunch with Garten's Music as Entertainment: Be sure to sign up in the office to bring your favorite dish and RSVP for lunch.

Saturday March 16th @ 12:00pm: St. Pat's Parade in Historic Delano: Please RSVP in the office or 267-0197 if you would like to walk in the parade with us. The parade will start at Douglas and Mclean to Douglas and Walnut. Participants will need to be able to walk the entire route, no scooters are allowed.

Monday and Tuesday March 18-19th @ 8:30am-12:30pm: AARP Safe Driving Course: Pre-registration is required as there are limited seats available. Please call 267-0197 to reserve your spot. Class is 2 days and will cost \$15 for AARP members and \$20 for non-AARP members.

Tuesday March 26th @ 1:00pm: Effective Communication Strategies-Alzheimer Association: Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.



Downtown Senior Center Educational Opportunities

March 2019

Please RSVP for events at: 267-0197

Monday, March 4th @ 10:00am
Altitude Adjustment: A Quest for Love, Home and Meaning in the Tetons by Mary Beth Baptiste
Prairie Moon Book Club – Teresa Reiter

Tuesday, March 5th @ 1:00pm
Weatherization Program - What is it and how to qualify?
South Central Kansas Economic District

Thursday, March 7th @ 10:00am
Open Advisory Council
Downtown Senior Center

Tuesday, March 7th @ 1:00pm
No Co-Pay Preventative Services
Angels Care Home Health

Thursday, March 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, March 7th @ 2:00pm
Writer's Craft: Digging Deeper into Story Development
Starla Criser, Author

Friday, March 8th @ 1:00pm
DIY Magnetic Board- \$5/person
Pre-registration required
Jennifer Fox
RSVP 267-0197 and payment by March 6th

Tuesday, March 12th @ 11:00am
Community Listening Session
Sedgwick County Division of Health

Tuesday, March 12th @ 1:00pm
Drawing Wichita - Wichita's Historical Pen and Ink Drawings
Ronda Corle Voorhis

Wednesday, March 13th @ 1:30pm
Medicaid: Divisions of Assets
Cathleen Gulledge, MBA, CPA, JD, LLM
Taxation

Thursday, March 14th @ 1:00pm
Healthier New You a Healing Touch Demonstration Class
Bohemia

Friday, March 15th @ 12:30pm
Music Makes Us Feel Better
Garten's Music

Monday and Tuesday, March 18th and 19th @ 8:30am-12:30 pm
AARP-Safe Driving Course
AARP - Tim
Pre-Registration is required - space is limited please call 267-0197 and reserve your spot

Thursday, March 21st @ 2:00pm
Financial Advisor-Topic TBD
Stan Webb- Financial Advisor

Tuesday, March 26th @ 1:00pm
Effective Communication Strategies
Alzheimer's Association