



Linwood Senior Center

"Winds of March, we welcome you, There is work for you to do, Work and play and blow all day, Blow the winter cold away" - Unknown

Dear Friends,

This month brings many things, from "National Oreos Day" and "What Your Name Means Day" to making sure you have a Durable Power of Attorney in Place. It is our desire that you have fun and take care of business. Shirley Lewis is back sharing some cooking classes with us and we will also have Brandon Johnson, city Councilman here to have a "Fireside Chat", so be sure you mark up your calendars for the events you want to attend. Many of you know I always consider it a joy to work with all of you, and I learn so very much from the wisdom of the ages, and the stages! This past month was a tough month for us as James (Jim) Mendenhall passed away. Jim taught me many things as he was an entrepreneur and really had the ability to brain storm and share great ideas for looking for opportunities. Jim was a giver, and he liked to give to the center, he was the go behind our "Going to the Dogs" Fundraiser, in which he gave us stuffed animals and then we put a bow on them and sold them at Christmas. He also made us aware of a grant to get our computer program called My Senior Center system in. And he was diligently trying to get a high def TV in the Derby school system so the children could have even greater tech ability to learn. He also founded the National Coffee Day Consortium, and wanted a National Veteran's Day Weekend to celebrate the veterans. Jim was a "muse" for me and I believe everyone needs a Jim in their life! I hope you can find a "Jim" in your life!

Blessings, 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.

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

Come Celebrate!

You are cordially invited to Celebrate: Wednesday, March 6 from 2 - 4:30pm "What Does Your Name Mean" & "National Oreos Day" We will have some Oreo's and Milk/ Lemonade and discuss your name, and play a few games. Come for some fun! RSVP by Monday, March 4, 2019 to 263-3703.



Movie Time : "Secondhand Lions"

Wednesday, March 27, from 2:00 -? *we may substitute if we cannot get the movie above* The popcorn is on us! Join us for some fun!

Tax Appointments

This is a great and FREE 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.

"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.

Courtside Homes **Call Now**

5224 W Elm Circle • 316-295-4796
Call for a tour or visit us at courtsidehomes.com

Let us take the worry out of your transportation needs.

Our drivers must pass national background checks, drug screen, motor vehicle records check, and have extensive customer service training. Our vehicles are clean and maintained according to manufacturer recommendations. *Most trips can be scheduled with 24-48 hrs notice.*

316-260-3441
transprowichita.com

It's not just a ride, it's an experience!

"We will shop all of the top Insurance companies for you. You just save."

Burial Expense | Life Insurance

- No health questions or medical tests
- Nobody can be turned down for medical reasons
- Face amounts \$5,000 to \$25,000
- Issue ages 50 - 85

Call us today for a FREE 5 minute Quote
316-992-7412 or 833-467-7526

www.eseniorplan.com
550 N. 159th St. East | Wichita, KS 67230

Medicare Supplements *Final Expense Life Insurance* *Long Term Care Insurance* *Dental & Vision
eSeniorPlan is an independent Insurance broker.
All products are underwritten and serviced by 3rd party insurance carriers.
KS License # 82278887-000

Independent
Medicare Supplement Agent
theresanewby@aol.com

Theresa Newby

Medicare Supplements - Life Ins
Dental Policies - Cancer Policies

316 655 5943
Call for a quote

Active Senior Apartments near NewMarket Square

3031 N. Parkdale Cir.,
Wichita, KS 67205
(316) 665-7171

On 29th St. North, just West of Maize Road.

www.OxfordatNewMarket.com





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!**

March 1, 2019

“DNR (Do not resesitate) & DPOA (Durable Power of Attorney) – What YOU need to Know!”

Terry Stewart of Home Health of Kansas

March 8, 2019

“Safety & Safety Devices in the Home”

Marsha Hills, of Home Technology Solutions

*Monday, March 18, 2019 from 1-2pm

Start of New Series called “Eating Smart Moving More Classes” the first class is “Fix it Safe”

Presenter – Shirley Lewis, K-State, Sedgwick County Extension Service

March 22, 2019

“Tornado & Fire Prevention”

Paulette Johnston, Lakepoint

SPECIAL EVENT

March 25 from 1-2pm

“Fireside Chat With City Councilman Brandon Johnson”

Please come and find about City/District 1 updates

Smart Phone One on One Help on Fridays. Please call to schedule your appt 263-3703

ATTENTION! Garage Sale - April 12

We are intending to have a garage sale, if you have the goodies, we would love the donations. Charlotte Kuhn is our amazing coordinator! So bring in your items and we will get them tagged! THANK YOU for ALL YOUR GIVING, YOU MAKE OUR CENTER BETTER!

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:
Downtown Senior Center – Tuesday, March 12th at 11:00 a.m.
Linwood Senior Center – Thursday, March 21st at 10:00 a.m.
Northeast Senior Center – Friday, March 29th at 1:00 p.m.

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

Drawing & Watercolor Classes

Classes are on the 3rd & 4th Mondays of the month. This month they are March 18 th and the 25th at 3:00pm. Joan Morrison is our instructor, and she has wonderful ideas. Come and join us!

Interested In Self Defense Class?

If interested, call us at 263-3703, we are planning on having expert Tom Tarkman come and talk about ways you can defend yourself. Call to RSVP your spot.



Linwood Senior Center

Late Morning Bookclub

Join us on March 11 to discuss “I Am Malala” by Malala Yousafzai. Read for April is “The Sweetness In the Bottom of the Pie” it is a mystery by Alan Bradley

Bible Study: March 4, 10am. Join Us!

Attention: Dime Bingo Time is Changing

We moved 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!

Writing Craft: March 5 from 2-4pm

Program: “Digging Deeper into Story Development”

Exercise Words: school - table - crow - spider - forgiveness

Prompt: Finish this thought: If I could change one thing about myself...

**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 March 13, from 2:30-4pm to make a votive candle holder. Cost is \$5. We will also be making the “cutest” spring wreaths to hang on your door to brighten it up, please call for the cost, on March 20th from 2:30-4pm. Stop by the office to get a look of the craft, and call to RSVP by March 8th.



Grief Support Group: March 18, 2-3pm

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!

Happy Birthday!

Fatemeh Aghakani
Dottie Ott
John Ashworth
George Rebarchek
Lance Brown
Linda Richardson
Barbara Cairns
Daniel Royse
Teresa Chapman
Verda Ryel
Pat Collins
Alta Salyer
Florence Conner
Patsy Sandlin
Caroline Contreras
Darlene Sherrod
Thomas Curry
Judy Stanton
Lucille Daley
Nancy Statler
Ronald Davis

Ramon Velazque
Hatsue (Sue) Donnely
Frances Williams
Tom Elam
Carolyn Gerstenkorn
Janice Gregg
Kaye Gruver
Gerald Hall
Carol Hirsh
Sharon Hodges
Gisela Hughes
Brenda Ingram
Priscilla King
Haruko Lee
Robert Lee
Martin Maddox
Ludwig Martell
Leota McQuilliams
Smita Mihta
Beatrice Northcutt
Mark Oetenger



Linwood SECA

Meeting March 8 at 3pm. 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, have made available for us.

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!