



Downtown Senior Center

Hello all, it's April! Hopefully the weather starts to warm up a bit. Please join us in celebrating Charles's Retirement Party on April 12th at noon in the Gym. Light refreshments will be provided. Also, in the month of April our Tuesday's at 2:00pm have been designated for a great series that the Alzheimer's Association will be doing for us. If you missed our March AARP Safe Driver Class our next class will be held on May 13th & 14th at 12:30pm. Be sure to call 267-0197 and reserve your spot as they are already filling fast. As always, please RSVP for events either by stopping in the Center Office or calling 267-0197.

- Thanks 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/mo)
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
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/mo)
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)- April 10th
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 Thurs)
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/mo)
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:

April 4th @ 10am: Open Advisory Council

April 4th: NO PICKLEBALL

April 9th @ 1pm FREE Screenings for Hearing and Blood Glucose

April 12th @ 12pm: Retirement Party for Charles (Maintenance Man of 15+ years)

April 12th @ 1pm: DIY Spring Wreath

April 16th @ 11am: Dining in Delano: Merle's Place 440 N Seneca

April 22nd: Jelly Bean Day-Winner will be selected from the Guessing Game

April 24th: NO PICKLEBALL

April 24th: NO WSU EXERCISE

Downtown New or Special Events Hand & Foot Card Group

They are looking for more players. They meet the 2nd, 4th & 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

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

APRIL 12TH : LATE START FOR AFTERNOON PICKLEBALL- 2PM

➤ Reach the Senior Market
ADVERTISE HERE
CONTACT
Dave Hyde • dhyde@4LPi.com • (800) 950-9952 x5820

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Downtown Senior Center New or Special Events

Mahjong

Have you ever wanted to learn how to play Mahjong? Well it's your lucky month. This group meets every Tuesday at 1pm 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.



Alzheimer's & Dementia for Caregivers

Join us Tuesday's in April at 2pm. We are having the Alzheimer's Association out to give a series of talks on Alzheimer's and Dementia for Caregivers and/or family members that would like to learn about the disease. Please join us every Tuesday at 2:00pm.

SAM'S Pharmacy & Hearing

Join us on Tuesday April 9th @ 1pm. The Sam's Club on West Kellogg Pharmacy and Hearing Departments will be out to do FREE screening for Hearing and Blood Glucose and talk a little about some of the services that are offered to members and non-members of SAM'S Club. Be sure to RSVP at 267-0197 to let us know if you are attending.

Join us for Charles' Retirement Party

On Friday, April 12 at 12 pm. Come join us for Charles' Retirement Party.

- Charles has worked for Senior Services for 15+ years and has gotten to know so many people over the years. Please join us in our celebration. Light refreshments provided.



Dining In Delano: Merle's Place

Please join us for lunch on Tuesday April 16th @ 11:00am. We will meet at Merle's Place 440 N Seneca. Please RSVP: 267-0197 if you plan on attending so I know how many to save a seat for.

Guessing Game: April 15 - April 19

Can you guess how many Jelly Beans are in the containers? Try your hand and be sure to place your guess in the box. A winner will be drawn on April 22nd for National Jelly Bean Day. Winner will receive the container of jelly beans.



**APRIL 24TH : NO PICKLEBALL:
MORNING OR AFTERNOON**

**APRIL 24TH : NO WSU WELL REP
EXERCISE CLASS**



Downtown Senior Center Educational Opportunities

April 2019

**Please RSVP for events at:
267-0197**

Monday, April 1st @ 10:00am

Fear by Bob Woodward

Prairie Moon Book Club – Teresa Reiter

Tuesday, April 2nd @ 2:00pm

10 Warning Signs of Alzheimer's

Alzheimer's Association

Thursday, April 4th @ 2:00pm

Eating Smart Moving More Series Part 5: Shop for Value, Check the Facts

Shirley Lewis -K-State Research & Extension – Sedgwick County

Thursday, April 4th @ 2:00pm

Writer's Craft: Beginning to Write

Starla Criser, Author (316)393-8195
RSVP: 267-0197

Tuesday, April 9th @ 1:00pm

Sam's Pharmacy and Hearing-FREE SCREENINGS for Hearing and Blood Glucose

Sam's West Kellogg

Tuesday, April 9th @ 2:00am

Understanding Alzheimer's and Dementia

Alzheimer's Association

Wednesday, April 10th @ 1:30pm

Estate Planning: Wills

Cathleen Gullede, MBA, CPA, JD, LLM
Taxation

Tuesday, April 16th @ 2:00pm

Living with Alzheimer's for Early-Stage: Caregivers

Alzheimer's Association

Thursday, April 18th @ 2:00pm

Financial Advisor-Topic TBD

Stan Webb- Financial Advisor

Tuesday, April 23rd @ 2:00pm

Living with Alzheimer's for Middle-Stage: Caregivers

Alzheimer's Association

Tuesday, April 30th @ 2:00pm

Living with Alzheimer's for Late-Stage: Caregivers

Alzheimer's Association

DIY Spring Wreath: April 12@1pm

\$5/Person- PLEASE RSVP IN THE OFFICE AND PAY FOR SUPPLIES BY APRIL 10TH. Learn how to make a cute spring wreath from 2 of our very own members - Desi Larson and Sharon Sinclair.



AARP Safe Driver Class

Our next Safe Driver Class will be held on May 13th & 14th at 12:30pm. Our classes fill up fast so be sure to call and get your

name on the list if you need to take this class. 316-267-0197. The cost is \$15 for AARP members and \$20 for Non-AARP members- payment can be made the 1st day of class either check or cash. Space is limited so please call to request a spot.

