



Downtown Senior Center

Hello all, May is here. We have a lot of fun activities and classes for you this month. Our Driver Safety Class is full for May but we are filling spots for our July class. If you get a chance to stop by and support the Heartland Games participants, our Track and Field events will be on Saturday May 4th at the Friends University Track. We have some great people coming out to do presentations, I am really excited to listen to Cody from Sedgwick County Emergency Management presenting: Storm Fury on the Plains. I have a feeling he may have some pretty good footage of storms that have come through this part of Kansas.

(Continued on Page 6)

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
 10:00 am Self Defense Class
 11:00 am Balance & Cardio Dance Class
 Last Class May 7 until further notice
 11:00 am Dining in Delano (3rd Tuesday) -
 Meet at Downtown Senior Center
 ICT Urban Pop Up Park
 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 Wed)-
 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
 (No Class in May)
 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 Sunflower Porcelan Artist (3 Fri)
 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:

May 2 @ 10am: Open Advisory Council

May 3 @ 12pm: Taco Bar & Storm Fury on the Plains

May 3: NO AFTERNOON PICKLEBALL

May 4: Heartland Games Track & Field Events at Friends University Track

May 7 @ 11am: Last Day for Balance & Cardio Dance Class until further notice

May 7 @ 1 pm: Mother's Day Gathering

May 15 @ 12pm: Billiards Meeting

May 16 & 23 @ 10am: Intro to Pickleball Mini Clinic, Pre-Register

May 17 @ 1pm: DIY Tie-Dye Silk Scarf

May 21 @ 11am: Dining in Delano: ICT Pop-Up Urban Park-Food Trucks

May 24 CLOSING @ 3:00PM

May 27 CLOSED FOR MEMORIAL DAY

May 28 @ 12pm: National Hamburger Day

Downtown New or Special Events

Hand & Foot Card Group

They 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

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

Mahjong

Come learn how to play Mahjong. If you are brand new and decide that you would like to continue be sure to bring \$8 so you can get a playing/instruction card. They play Tuesdays at 1 pm.

➤ Reach the Senior Market

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CONTACT

Dave Hyde • dhyde@4LPi.com • (800) 950-9952 x5820

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Downtown Senior Center New or Special Events

Self Defense Class Tuesdays@10am

Have you ever wanted to learn easy self-defense techniques? This is the class for you. Our very own Tom Tarkman who is a 9th degree Black belt, author of two self help books, part-time instructor of management, karate and dancing will be leading this class. Tom stated that he will be using a variety of techniques including Tai Chi to teach this class. This class is focused for beginners/any level. Chairs will be available if needed. Please call 267-0197 to RSVP for this class.

Downtown Open Advisory Council

Are you looking for ways to help at the Downtown Senior Center, this is it. Please join us in our monthly meeting this is open to anyone, we do not currently have officers for this Advisory Council. We are looking for those people that like to come to activities here at the senior center or would like to see new activities. Maybe you have suggestions or complaints and would like to bring them up or have them resolved. There is no judgement here all the hard work is done for you just come and help make suggestions or put your two cents in, this is your Senior Center after all. We meet the 1st Thursday of the month at 10 am normally in Room 1, changes will be on the whiteboard.

Book Club: May 6 @ 10am

Book Club is the first Monday of each month. Radium Girls by Kate Moore, June 3rd: Outlander by Diana Gabaldon, July 1st: Call The Midwives by Jennifer Worth, and August 5th: A Man Called Ove by Fredrick Backman

Billiard's Meeting: May 15 @12pm

All that participate in the Billiards room are welcome. We will be discussing the tournaments, room and anything else we need to talk about. This is the time to bring your ideas to improve the area. We will be looking at the pool room rules etc. Light refreshments provided. Please let Jennifer or Ed know if you are planning on attending. Call 267-0197

Mother's Day Gathering: May 7

Join us for our Mother's Day Gathering at 1pm. Come enjoy some cookies and tea while learning how to make paper flowers. This is a great project to learn to give as gifts, to teach your grandchildren or just to enjoy for yourself.

Dining In Delano: May 21 @ 11am

We are trying something new this month: ICT Urban Pop-Up Park-Food Trucks. Please meet at the Downtown Senior Center at 11am. We will ride the trolley to and from. If you would like to drive and meet us there that is fine too. There is parking behind the food trucks.

National Hamburger Day: May 28

Come enjoy lunch on us at 12pm. We will be having hamburgers and chips for National Hamburger Day. We will have tables set up outside for lunch. If you would like you are more than welcome to bring a lawn chair to sit in. **PLEASE RSVP 267-0197 IF YOU WOULD LIKE LUNCH SO WE KNOW HOW MANY HAMBURGERS TO MAKE :)**

Director's Note Continued

He will also be informing us on what to do during severe weather. He will be here on May 3rd at 12:30pm. We are also doing a Taco Bar that day at Noon so might as well come have a taco or two and listen to the presentation. We have a new Self-Defense class starting Tuesday mornings, we are also hosting an intro to pickleball 2-day mini clinic (space is limited so pre-registration is required for this class). Have you ever rode on the Q-Line (Trolley) or eaten at a Food Truck - come join us for Dining in Delanoas we try out the ICT Urban Pop-Up Park for lunch. One last thing May 28th is National Hamburger Day-be sure to RSVP for a lunch on us. As always we would like you to RSVP by stopping by the office to RSVP or call 267-0197.

-Jennifer



Downtown Senior Center Educational Opportunities

May 2019

Please RSVP for all educational opportunities. Call 267-0197. Thank you

Thursday, May 2 @ 2:00pm

Eating Smart Moving More Series Part 6: Choosing to Move Throughout the Day

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

Monday, May 6 @ 10:00am

Radium Girls by Kate Moore

Prairie Moon Book Club - Teresa Reiter
RSVP: 267-0197

Wednesday, May 8 @ 1:30pm

Transfer on Death Deeds and Beneficiary

Cathleen Gullede, MBA, CPA, JD, LLM
Taxation and Andrew Rowe, P.A.

Thursday, May 9 @ 2:00pm

Writer's Craft: Handling the Sagging Middle

Starla Criser, Author (316)393-8195

Tuesday, May 14 @ 1:00pm

Understanding Your Blood Sugar Numbers & FREE Blood Glucose Screening

Sam's Pharmacy West Kellogg

Wednesday, May 15 @ 2:00am

Wichita Area Senior Author's Critique Group

Starla Criser, Author (316)393-8195

Thursday, May 16 @ 1:00pm

Medical Equipment Recycling Program: Where to donate, where to get items you may need

Nathan - Independent Living Resource Center

Thursday, May 16 & May 23 @ 10:00am

2-Day Intro to Pickleball Mini Clinic

Pre-Registration is Required \$10/person
Mary Desch. CALL TO RESERVE YOUR SPOT: 267-0197 SPACE IS LIMITED

Tuesday, May 21 @ 1:00pm

BINGO: Learn About Rehab Basics Amy-Victoria Falls

Thursday, May 30 @ 1:00pm

Tornado and Fire Prevention

Paulette-Lakepoint

Tacos & Storm Fury: May 3rd @ 12pm

At 12 pm there will be a Taco Bar: Come have lunch. Jennifer will provide the taco meat and there will be a sign up in the office for sides, drinks, and embellishments for the tacos. If you don't want to make anything you are still welcome we will have a donation jar you can help that way if you like. At 12:30pm, Cody Charvat will talk about Storm Fury on the Plains. He will be presenting on storm warnings and what they mean and what to do if you find yourself in an undesirable storm situation. So why not come enjoy some tacos and listen/watch his videos - I'm sure they will be good Kansas storms he will be showing.

AARP Safe Driver Class

Our Safe Driver Class on May 13th & 14th at 12:30pm is full. But our next class will be on July 8th and 9th 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.

DIY Tie-Dye Silk Scarf: May 17@1pm

\$7/Person- PLEASE RSVP IN THE OFFICE SPACE IS LIMITED-PAYMENT IS DUE NO LATER THAN MAY 15TH. Learn how to make tie-dye silk scarfs in a unique way you can recreate at home. You will leave with a completed scarf.

