



# Linwood Senior Center

*"The April winds are magical, And thrill our tuneful frames; The garden-walks are  
passional, To bachelors and to dames" ~Ralph Waldo Emerson~*

*Joke (it's a moaner): "Why are people so tired on April 1st?" --  
"Because they just finished a 31-day March."*

Happy April,

Spring and rain is in the air! This is the month that can be inspiring, the trees getting their leaves, flowers that are blooming, and new life! What a joyous time. If you have not noticed, we have been getting a little joyful "face lift" at Linwood. We are trying to do some painting, and bringing in some new furniture, and wall hangings to give us a "fresh look". Freshing up is so very important to keeping our warm and welcoming environment. And we want to thank those who have helped by "elbow-grease" and by donating items and purchasing from our gift shop. These help us to get the updates we need. We also have been blessed to have many new members here at Linwood, and we certainly want to welcome you to join us in our fun adventures and activities, because Linwood is all about our customer's needs!

Check out your newsletter, we will be getting together to do a sing-a-long, so if you want to come and bring your instruments and join us, we would love it. Also, we want you to come down and work an Easter puzzle with us, and if you finish you can get a fun treat. We will be having an EGG-STRAVAGANZA where we will be decorating eggs and maybe even an Easter Egg Hunt! Our favorite Jim Boots will be here to take us armchair travelling to Australlia and New Zealand, so join us as we travel along, singing our song, day by day!

*Blessings, Cherise & Co~*



## Ongoing Activities

### Monday

- 9:00 Stretching
- 9:30 Dynabands
- 10:00 Bible Study  
(First Monday)
- 11:00 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
- 3:00 SECA (First Friday)

### 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

### EGG-STRAVA-GANZA

You are cordially invited to Our EGG-STRAVA-GANZA: Wednesday, April 10 from 2pm -4:30pm. Join us for Egg Decorating, a few games, and an EASTER EGG HUNT.



Entrance Fee: Bring a snack, or cookies, or candy or whatever you want! RSVP by Monday, April 8, 2019 to 263-3703

### National Pretzel & Movie Day

Friday, April 26, from 2:00 -? "TEXAS RANGERS - the Greatest Lawmen the World Has Ever Known". The pretzels and popcorn is on us! Join us for some fun!

### Easter Egg Game!

Come by the center this month, and get our Easter Puzzle Worksheet, work it out, and bring it back for a treat! This is an EGG-cellent way to keep your mind in shape!

### Memorials, Memories, & 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 antiques 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 will be 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 \$100.00 for the day for current members. Price is \$110.00 for non-members. 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](http://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](http://transprowichita.com)

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

**KansasTruckMobility**  
KS TRUCK EQUIPMENT COMPANY, INC.

**Stay Independent**

▶▶▶▶▶

- New/Used Wheelchair Vans
- Van Rental
- Adaptive Equipment
- Fast Affordable Service

8846 W. Monroe Circle - 2 Blocks south of Kellogg & Tyler  
(316) 722-4291

[www.kansatruck.net/mobility](http://www.kansatruck.net/mobility)

Independent Medicare Supplement Agent  
[theresanewby@aol.com](mailto: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

**OXFORD VILLA**

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

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

[www.OxfordatNewMarket.com](http://www.OxfordatNewMarket.com)





## Linwood Senior Center Educational Opportunities

### April

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!**

April 5, 2019

#### **“Retired Senior Volunteer Program & Information & Assistance For Seniors”**

Jennie Benitez, Central Plains Area on Aging

April 12, 2019

#### **“Heart Health – You Need It!”**

Paulette Johnston, Lakepoint

\*Monday, April 15, 2019 from 1-2pm

#### **“Eating Smart Moving More Classes – ‘Choosing More Fruits & Veggies”**

Shirley Lewis, K-State, Sedgwick County Extension Service

April 19, 2019

#### **“Yummy & Healthy Smoothies”**

MUST RSVP and Suggested Donation \$1 to help with costs – THANKS!  
Pat Collins & Cherise Langenberg

April 22, 2019

#### **“SENIORS Program”**

Find out about this important program for people who live alone! The Sheriff's Department had a program to keep your emergency information in a comprehensive data base, so if you are critically ill, they can notify your friends or loved ones. Don't miss this IMPORTANT presentation by Jamie Converse, of the Sheriff's Dept.

April 26, 2019

#### **“Spring Into Action With Your Garden!”**

Learn how to make the most of your garden. Call to Confirm & RSVP 263-3703  
Kathy Huschks, Master Gardener

**Bible Study: April 1, 10am. Join Us!**



Friday, April 12 & Monday April 15, from 8:30am to 3:30pm. We will be having a plethora of items, including lawn and garden décor, plants and garden-related pictures/items for the

inside of your home, which have been donated by a Wichita Garden Club. We have a great selection, so come on down and take a gander! First come, first serve, and please no checks. Thank you for all of your generous donations! You help us make Linwood a better place!

#### **Field Trip - Coffee With The Curator**

Join us for “Coffee With the Curator” at 9:00pm, on Thursday, April 18, 2019 at the World Treasures Museum. Program: “When the Amber Waves Wave Blue- ‘Oceans of Kansas” The speaker is, Mr. Mike Everhart who is a Special Adjunct Curator of Paleontology at the Sternberg Museum of Natural History in Hays, Kansas. He also will be selling his book titled “Oceans of Kansas: A Natural History of the Western Interior Sea.” Cost \$4 **\*Sign Up at the Linwood Front Desk by April 11\***

#### **“Armchair” Travel Program with Photographer Jim Boots: To Australia & New Zealand**

Monday, April 8, 2019 from 1-2:30pm Come join us for some magnificent travel pictures! Please RSVP.

#### **Drawing & Watercolor Classes**

Classes are on the 3rd & 4th Mondays of the month. This month they are April 15th and the 22th at 3:00pm. Joan Morrison is our instructor, and she has wonderful ideas. Come and join us!

#### **“Wichita’s First Amusement Park”**

Monday, April 28, 2019 from 1-2pm, RSVP Please! Join us as Film maker Sara Harmon, shares her short film about Wichita’s Ackerman Island, and all the great images of the era. This is a great opportunity for you history buffs out there.





## Linwood Senior Center

### Late Morning Bookclub: April 8

Join us to discuss "The Sweetness In the Bottom of the Pie" it is a mystery by Alan Bradley. Book for May is "Great Plains" by Ian Frazier

### Linwood SECA - Meet April 5 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, has made available for us.

### Writing Craft: April 2 from 2-4pm

**Program:** Beginning to Write

**Exercise Words:** holiday - pencil - hammock - attic - fortune

**Prompt:** Imagine that you are an animal in the zoo.

\*\*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.

\*\*\*Also Starla and some of the members will be featured on KPTS this month, call us for more info.

### Craft Time With Kay & Pat

Join us on April 10, from 2pm - 4pm to for the EGG Decorating. April 17th is the Can Bunny. April 24th is YOU Bring IT & We'll Help Bling IT! (Jeans, t-shirts, tennis shoes.) Stop by the office to get a look of the craft, and call to RSVP by March 8th. There may be a slight cost involved. CALL!

### Grief Support Group: March 18, 2-3pm

April 15 from 2-3pm, RSVP Please! 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!



Bangert, Dennis  
Barham, Alice  
Barnes, Janette  
Besand, Joyce  
Brown, Joann  
Carter, Rosanne  
Ford, Helen  
Guoladdle, Lorene  
Hale, Marjorie  
Hammann, John  
Harris, Belva

Holley, Patsy  
Leeper, Nina  
Louderback, Odell  
Martinez, Mary  
McPhail, Shirley  
Morris, Mike  
Payne, Paul  
Revell, Sharon  
Rich, Amy  
Watts, Jamie  
Zordel, Helen



Photos from 'Biscuits, Books & Love Stories' party.



### Attention Domino Players!

Come on out and have some fun! Paul Payne is going to be coordinating our games on Friday from 1-3 on Fridays. Call for more info!

### Belly Dancing: Wednesdays, 1pm-2pm

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!