



Linwood Senior Center

*"Some old-fashioned things like fresh air and sunshine are hard to beat"
~Laura Ingalls Wilder~*

Hi Linwood Friends,

I have to confess, that I am an "old soul". I love old things, like old books, antiques, old stone houses and barns, and most importantly, old friends. These are the treasures of life! My volunteers laugh at me, because I still like my "old flip phone". I also love traditions, and this month we have our traditional "Mother's Day Tea". This is a time we can "celebrate" mothers and fellowship together. So, bring out the hats and gloves, and we will let our gentleman serve the ladies with their cute aprons on!

Also, I want to let you know, the city is thinking they may move our Linwood Library to another location. This is too bad, as we think the library is a treasure to this location. If they close the library (supposedly, to move it), many of us are wondering, if the city will actually put the library in the mall or build another building at the golf course, or just not reinstate it at all, like they did with the pools. If you are interested in this situation, please let us know at the front desk, so we can look at ways to keep our library, and this location vibrant and active for our future. Also, we have Brandon Johnson, our City Councilman for District 1 coming and chatting with us at the center. He will be here this month, so stop by and find out what is happening with our community.

Lastly, I want to thank all of you who donated to the rummage sale and gift shop, and also to those of you giving at Bingo. Your kindness keeps us going! Thanks for all the generosity, blood, sweat and tears to keep our center blessed. You are all the BEST!

With HUGS, Cherise



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
1 - 3 Dominoes
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 • 1901 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



Please Join Us For A Special Event

“You are cordially invited to our

Mother’s Day Breakfast Tea”

Join us on **Friday, May 10, 2019**

From 9am - 10:30am

Menu: Breakfast Casserole, Cinnamon Rolls, Fruit & Tea

Cost: \$3.00

Special Music by Donna Broz
Speaker & Sponsor is Terry Stewart
from Home Health of Kansas
Seating is limited, **RSVP is a must by
Wednesday, May 8, 2019.**

Movie Time: Director’s Choice

Join us on Monday, May 6 from 2 pm until the end of the movie. Don’t forget, the popcorn is on us.

Please Note: Holiday Closing

Linwood Senior Center will be closed on Monday, May 27 in observance for Memorial Day.

Footcare By Michelle Steinke

The appointments are Tuesday and Thursdays at the Linwood Sr Center. She does nail trimming, corns, calluses and foot massages. Please call 946-0722 (please leave a message) to set an appointment. If you are a current member (thank you) the cost is \$25, if you are not a current member it will be \$30.

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Linwood Senior Center Educational Opportunities

May

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!**

Friday, May 3

“Find Out Ways To Help With Weatherization for Your Home By Improving Your Siding Window & Water Heaters With Minimal or No Cost”

Erynne Farney, South Central Kansas Economic Development District (SCKEDD)

Friday, May 17

“Normal Aging Processes”

Paulette Johnston, Lakepoint

Monday, May 20

“Eating Smart Moving More Class Topic: PLAN : Know What’s For Dinner”

Shirley Lewis, K-State Research & Extension Center

Wednesday, May 29

from 1-3pm

FIRESIDE CHAT WITH BRANDON JOHNSON

Come and talk with Brandon Johnson our District 1 City Councilman about what our wonderful city is doing. Questions and concerns welcomed.

Drawing & Watercolor Classes

May 13th and 20th from 3 - 4:30pm. They are FREE, we even have supplies for you. Just come and have some fun, or call for more info. Joan Morrison is our lovely instructor.

Self Defense Class Starting May 2

From 10-11am, the instructor is Tom Tarkman who is a 9th degree Blackbelt, author of two self help books, part time instructor of management, karate and dancing. The class will be “self-defense taught in an easy format”. Tom came last month and shared with us some excellent techniques for self preservation and defense. Please call 263-3703 to RSVP for the class.

Bible Study: May 6 at 10am. Join Us!

A Matter OF Balance

What is a Matter of Balance? A matter of balance is a program designed to reduce the fear of falling and increase activity levels among older adults.

Who should attend?

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained a fall in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 55 or older, community-dwelling and able to problem solve

What do participants learn?

The program enables participants to achieve significant goals. They gain confidence by learning to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

We will start the class in June on Monday & Wednesday afternoons (8 sessions), RSVP for the class a must. Cost \$5 per member.



Linwood Senior Center

Late Morning Bookclub: May 13

Join us on Monday, May 13, at 11am. This month we have 2 books to read: "Great Plains" by Ian Frazier and "Hotel at the Corner of Bitter & Sweet" by Jamie Ford

Linwood SECA

SECA stands for "Seniors Exploring the Cultural Arts". We are growing and we want YOU to join us. This is a neat way to have fun and provide a safe, friendly way for people 55+ to attend theatrical events together. **Please note SECA will be meeting the 2nd Friday of this month, on Friday, May 10, 2019 at 3pm.

Writing Craft: May 9 from 2pm-4pm

Program: Handling the Sagging Middle

Exercise Words: tree-necklace-gossip-rope-car

Prompt: Finish this thought: If I were invisible, I would,...

May 15 - DSC Critique Group 4th Wed from 2-4pm at Downtown Sr Ctr

**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

We will be decorating "pins" for Mother's Day, on May 8, 2019 from 2:30pm to 4pm.

Cost is \$5 please call to RSVP by May 6th.

Bling-ed out hats on May 15, same time. RSVP by May 13, 2019

Neck Wrap on May 22. RSVP by May 20. All costs are \$5. Join us for fun!

Beginning Belly Dancing Class For Women

Please join us on Wednesdays from 1-2 pm as Instructor Judie Dansby shows us how to have fun and strengthen our core. This is great exercise.



Leo Anderson

Jean Alder

Jeanne Lora Blase

Richard Brown

Kirk Burgess

Carol Byers

Hal Cumberland

Elizabeth Cummings

Judy Curry

Donald Davis

Jean Davis

Silver

Depperschmidt

Mary Lee Evans

Helen Ford

Colene Gelwick

Phyllis Henderson

William Hill

Rowena Hinshaw

Charlotte (Dee)

Jones

Dorothy Kennedy

Elaine Kinder

Claudia Lee

Leslie Lane

Steve Loy

Farmer's Market Checks Here In June

This is an income based program, which, if you are eligible, you can receive \$30 in fresh produce. Please call the last week in May to find out when they will be coming in to the center.

Grief Support Group

Chaplain Greg Schmidt shares some great topics and he leads the group sponsored by Heart and Soul Hospice. May 13 at 2pm *We needed to change for scheduling conflicts. Please note it is on the 2nd Monday instead of the third!

Goodbyes For Now

We had several people pass recently, we will miss them Alta Sawyer, our dear friend, who loved Pinochle and of course, Bruce Lingenfelter who loved horse shoes and the outdoors and Michael Watson, who loved to travel. Prayers and condolences to the families. WE will miss them!