



Downtown Senior Center

Hello all. We have a lot of fun things coming up for June. As always be sure to RSVP for events/activities at 267-0197. June marks our 1 year anniversary being re-open. So I want to thank each and every one of you that have made that happen. We have a great FREE series starting on Thursdays at 1:00pm in June: Living with Chronic Conditions: Self-Management workshop. We are also going to have a Father's Day BBQ so be sure to sign up for what you would like to bring to help out having a great BBQ. Do you like to play games? During the BBQ we will be playing lots of lawn games. Come have some fun.

- 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
 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) -
 Will Resume in September
 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:

Saturday June 1st: Pickleball Tournament - Heartland Games at Chicken N' Pickle

Thursdays in June @ 1:00pm: Living with Chronic Conditions Workshop Series

Tuesday June 11th @ 2:00pm: Bingo: Advantage Plan

Friday June 14th @ 1:00pm: DIY No Sew Apron

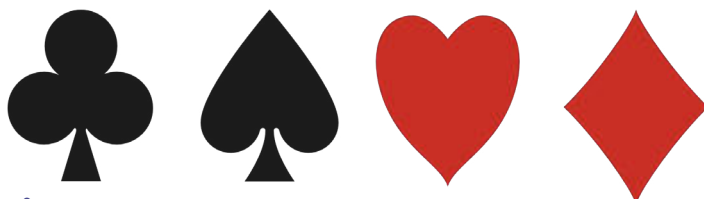
Monday June 17th @ 12:00pm: Father's Day BBQ and Lawn Games

Tuesday June 25th @ 1:00pm: Container Gardening 101

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.

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Tia Ligon to place an ad today!
tligon@lpiseniors.com or (800) 950-9952 x5835

BOHEMIA
healing spa

611 W Douglas Ave, Wichita, KS
316-262-7888
www.bohemiahealingspa.com

10% off up to \$10 off
First Service

Mennonite Housing
NeighborWorks® CHARTERED MEMBER
EQUAL HOUSING OPPORTUNITY

Main Office: 2145 N. Topeka, Wichita
316.942.4848

More information is available about our Apartment communities on our website www.mhrsi.org.

SIMPLIFYING LIFE TRANSITIONS

Alleviate the stress of downsizing and estate preparation

Creating Custom Solutions for your personal property & real estate

(316) 683-0612 | www.McCurdyAuction.com

McCurdy AUCTION LLC
REAL ESTATE SPECIALISTS

BROADWAY CBD **DERBY CBD**

HOURS:
M-F 10-7 | Sat 10-5 | Sun 10-3

2570 S. Broadway St. #104 200 N. Baltimore #900
Wichita, KS 67216 Derby, KS 67037
(316) 201-4186 Derby CBD **(316) 440-3371**



Downtown Senior Center New or Special Events

Dining In Delano

With summer approaching we will be postponing Dining in Delano. We will resume on the 3rd Tuesday in September.

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.

Rock Painting Every Friday @ 10am

Join us to paint a rock or two. No experience necessary. All supplies provided. If you haven't had a chance to stop by and check out our rock garden, do so. We have a nice collection of rocks. All ages welcome for rock painting. If you are a summer babysitter, feel free to bring those grandkids in to get crafty.

Book Club: June 3

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

BINGO: Advantage Plan: June 11th @ 2:00pm

Have you heard of Advantage Plans? Did you know that many offer \$0 premiums, dental care - including dentures? Come play BINGO win a prize or two and learn about all the benefits that Allwell has with their Advantage Plan. Please RSVP 267-0197 so we know how many to expect.

Father's Day BBQ Monday, June 17

@ 12:00pm: Father's Day BBQ and Lawn Games: RSVP Required 267-0197: Please call and let us know if you would like to join us for our Father's Day BBQ and a fun afternoon of Lawn Games. What a fun way to recognize all those DAD's.

Container Gardening 101 : June 25

Have you ever wondered how to get started with container gardening? Please join Karen Sanders-West from the Master Gardeners to teach us all about what you would need and tips and tricks to keep those plants alive. Please RSVP 267-0197

Future Event: August/September: 6 week Interactive Series: A Shepard Looks at Psalm 23

This series will be led by Martha Williams Prentice a local published artist and member of the senior centers. In this series you will go through and discuss all 12 chapters of the book and how it relates to everyday life. This is open to any and every one that would like to join in. Be on the lookout for the dates this will start.

Wild & Wilder Safari - October 10th

Join us as we venture into the wild and have a FUN adventure. We will be heading on the bus to the Martin & Osa Johnson Safari Museum. As you may recall we had a Final Friday presentation at Downtown Center a few years ago about this unique couple. The Martins travelled the world photographing numerous animals and tribal people in the early 20th Century. Their filming allowed explorers, naturalist and audiences around the world some unique vision and inspired many people to pursue dreams in the natural world. Then our hope is to get a little 'wilder' as we then head on to the Safari Zoological Park in Caney, KS which will afford us to get an up-close look at some exotic animals. Plan on having a 'wild' time! Cost is **ESTIMATED** at this time at \$95 for members and \$105 for non-members. All food/snacks included in price. Call DSC or Linwood for more information.



Downtown Senior Center Educational Opportunities

June 2019

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

Monday, June 3rd @ 10:00am
Outlander by Diana Gabaldon
Prairie Moon Book Club – Teresa Reiter

Tuesday, June 4th @ 1:00pm
Healthy Aging and Becoming A Healthier You
Jennifer's Rejuvenations

Thursday, June 6th @ 1:00pm
Living with Chronic Disease Self - Management Workshops: 6 Week Series
Jennifer Fox and Riley Hazard

Thursday, June 6th @ 2:00pm
Writer's Craft: The First Draft
Starla Criser, Author (316)393-8195

Tuesday, June 11th @ 1:00pm
Diabetes and Healthy Eating: Free Glucose Checks
Sam's Pharmacy West Kellogg

Tuesday, June 11th @ 2:00pm
BINGO: ADVANTAGE PLAN
Isaac Dull: Allwell

Wednesday, June 12th @ 1:30pm
Estate Planning: Trusts
Andrew Rowe, P.A.

Friday, June 14th @ 1:00pm
DIY No Sew Apron-Be sure to call for a supplies list
Jennifer Fox

Tuesday, June 18th @ 1:00pm
Breathing While Caring
Rhonda Custard-Sedgwick County Department on Aging

Thursday, June 20th @ 2:00pm
Psychology of Money and Why You Make Decisions About Money
Stan Webb- Financial Advisor

Tuesday, June 25th @ 1:00pm
Container Gardening 101
Karen Sanders-West: Master Gardener

Wednesday, June 26th @ 2:00am
Wichita Area Senior Author's Critique Group
Starla Criser, Author (316)393-8195

AARP Safe Driver Class

Our next Safe Driver Class is on July 8th 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 No Sew Apron

This month we will be getting creative by making an apron out of an old button down shirt. There is no charge for this class-but you will need to supply your own button down shirt and ruffle/ribbon – this allows you to pick your own colors/sizes. Please RSVP to 267-0197 and be sure to ask what you will need to bring to class.

