



## Linwood Senior Center

*"It is the month of June, The month of leaves and roses, When pleasant sights salute the eyes and pleasant scents the noses." ~Nathaniel Parker Willis~*

Hello Dear Friends,

Here comes June, the month of beauty, weddings, anniversaries and picnics! This is another of my favorite months. Because of the green! Mark Twain said, "it is better to be a young June bug, than an old bird of paradise". So let's be the young June bug! This month I want to invite you to our "Grazing in the Grass International Picnic Day". We are asking you to bring your favorite salad, and we are also going to cook some hotdogs in the park. We will also be having an "open mic" where you can come and tell your favorite joke, or story. As a finale, we will have our watermelon seed spitting contest, so you will need to eat some watermelon to get some practice. But you better find a melon with seeds first! LOL! I also want to get you, "in the mood" for telling some jokes so here goes.... There were 2 cannibals dining on a clown. One cannibal said to the other, "does something taste funny to you?" Also, for something else punny, for Father's Day.. What did ET's father say to him when he got back home? He said "Where on Earth have you been?" LOL!

*Laughter is what we're after, Cherise and the LW Crew*



### 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 Beginning Belly  
Dancing

#### Thursday

9:00 Tai Chi Video  
9-11 Pickleball  
10 Self-Defense Class  
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

### Grazing In The Grass: June 18



You are invited to our "Grazing in the Grass - International Picnic Day" Tuesday, June 18 from 11:30am to 1 pm. We will picnic in the park. Hot dogs are provided for the first 100

people, and please bring a side salad, or side to share. Watermelon for dessert. We will have a joke contest and seed spitting contest. MUST RSVP by Friday June 14. No walk ins after that time!!! \*Rain date June 25, 2019 same time, same place!

### Craft Time With Kay & Pat : We're Taking A Hiatus In June

### Bible Study: June 3 at 10am

### 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.

### Drawing & Watercolor Classes: Taking A Hiatus In June

### Special Event: Armchair Travel

With photographer Jim Boots. The 2nd part of his travels to Australia and New Zealand, Monday, June 3 from 1 - 2:30pm. Join us. You know Jim always has wonderful presentations. See places you have never seen before!

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## Linwood Senior Center Educational Opportunities

### June

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.

**Call 263-3703 THANK YOU!**

#### **MASTER OF MEMORY SERIES**

Presenter - Theresa Hatfield, Adult Development & Aging Agent of the Sedgwick County Extension Service  
Every Friday in June at 10:15am

June 7, 2019

#### **“General Introduction - Finding Your Learning Style”**

June 14, 2019

#### **“Nutrition & Exercise, How They Affect Your Memory”**

June 21, 2019

#### **“Medication & Memory Function”**

June 28, 2019

#### **“Health Conditions That Affect Your Memory - BP - Stroke- Dementia”**

\*Monday, June 17, 10-11am

#### **“Smart Phone Assistance”**

Sergio Padilla, Verizon Manager

\*Monday, June 17, 2019

#### **“Eating Smart Moving More Class”**

#### **Topic: Shop - Get the Best for Less!**

Shirley Lewis, K-State Research & Extension Center

### **Writing Craft: June 4, 2pm - 4pm**

**Program:** The First Draft

**Exercise Words:** cheese - slippers  
-club - stool - garlic

**Prompt:** Write about a special summer evening.

### **JULY 24th - 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.

### **A Matter OF Balance**

Join us for “A Matter Of Balance” class. This is a class that meets 2 times a week for 4 weeks. We will be sharing information and exercises to help improve your balance. **We will offer prevention techniques, encouragement and tips to help you not fall or to continue to live well after a fall.** This is a VALUABLE resource. Cost is only \$5 for the book. Snacks will be provided. Latasha Berry from Bel Aire Senior Center will be teaching, as well as, Cherise Langenberg of Linwood. Call 263-3703 to RSVP. Classes start the first week in June. We will be meeting Mondays & Wednesdays on June 3, 5, 10, 12, 17, 19, (no meeting on 24th) but longer meeting on 26th or potential change for that day. RSVP BY May 30th, 2019 to 263-3703

### **Save The Date: 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. Date is scheduled for October 10, 2019. Call DSC or Linwood for more information.



## Linwood Senior Center

### Late Morning Bookclub: June 10

This month we have 2 books to read: "Widening Waters" by Margaret Hill McCarter. We will have a neat presentation in July about Margaret Hill McCarter by retired school psychologist, Susan Newman. See write up below:

### Special Presentaion

Margaret Hill McCarter lived up where the Santa Fe Trail Started, many of her books are historical fiction. She was a well - known 20th century educator, novelist and orator. In 1894, she founded, Western Sorosis, a women's club. She was a staunch Republican who was invited to speak at the 1920 Republican National Convention in Chicago, thus becoming the first woman ever to do so. She was a suffragette believing that women's rights could best be expressed through the ballot. She became the best known and highest paid novelist in Kansas for her time. Her novels were historicalfiction tales about Kansas. During her career, she received an honorary masters from Baker University and was awarded honorary doctorates in literature from College of Emporia and Washburn College; all in Kansas. Margaret Hill McCarter Elementary School in Topeka memorializes this Kansas author.

Presenter will be Susan Newman, Retired educator/school psychologist of Derby USD 260. Susan is a member of Flores del Sol Chapter, National Society Daughters of the American Revolution.

### Linwood SECA: June 7 at 3pm

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.

### Grief Support Group: June 17 2pm

Chaplain Greg Schmidt shares some great topics and he leads the group sponsored by Heart and Soul Hospice.\*Please call to confirm the date!



Jerome Armstrong  
Walt Bilyew  
Sharon Buhrlé  
Carol Burnham  
Frances Caliendo  
Marilyn Campbell  
Judith Ehnen  
Peggy Farabough  
Donna Fisher  
Ceil Foster  
Edward Fuhrman  
John Gelwick  
Nina Good  
Maria Goodvin  
Barbara Graham  
June Halonen

Deborah Hanson  
Frank Heath  
Kay Hood  
Odean Moore  
Stephen Morris  
Linda Overman  
Betty Reeves  
Clay Ross  
Patricia Sloop  
Gregg Smith  
Kathryn Smith  
Jan Spivey  
Rodney Starchr  
Brad Stephen  
Dorothy Unruh  
Young Young

### Farmer's Market Checks Here In June

This is an income based program. 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 to the center.

### Photos From Our Mother's Day Tea

