



## Downtown Senior Center

Summer is winding down and Fall is right around the corner. Please remember to stay hydrated and cool to beat the heat. We have a lot of fun things coming up in the near future be on the lookout. As a friendly reminder be sure to RSVP to 267-0197 for any classes/events you would like to attend.

- Jennifer

### Ongoing Activities

#### Monday

8:00 am Billiards  
 8:00 am Fitness Equipment  
 8:00 am 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  
 Late August/Early September  
 Students Return  
 1:00 pm Grand Slam Bridge  
 1:00 pm Senior Employment Orientation  
 1:00 pm Pitch  
 1:00 pm Pickleball  
 6:30 pm KS Ringleaders (3rd Monday)  
 6:30 pm Recovery Group  
 7:00 pm Monday Night Round Dance  
 7:00 pm Wichita Hi Leaders  
 (2nd & 4th Monday)

#### Tuesday

8:00 am Billiards  
 8:00 am Fitness Equipment  
 9:00 am Senior Employment Job Club  
 10:00 am Self Defense Class  
 11:00 am Balance & Cardio Dance Class  
 11:00 am Dining in Delano -  
 Resume in Sept  
 12:30 pm Dominoes: Mexican Train  
 1:00 pm Mahjong  
 2:00 pm Bible Study  
 7:00 pm Sunflower Woodworker Guild  
 (4th Tuesday)

#### Wednesday

8:00 am Billiards  
 8:00 am Fitness Equipment  
 8:00 am Pickleball  
 9:00 am Advanced Spanish: \$5/class  
 10:00 am Wanda's Exercise Class: \$10/mo  
 11:00 am WSU Well Rep Exercise Class  
 12:30 pm Intermediate Spanish: \$5/class

12:30 pm Billiards Tournament  
 1:00 pm Pickleball  
 1:30 pm Senior Legal Advisor: 2nd Wed  
 2:00 pm Wichita Area Senior Author's  
 Critique Group(4th Wed): Aug 28

#### Thursday

8:00 am Billiards  
 8:00 am Fitness Equipment  
 8am-12pm Pickleball (besides the last Thurs)  
 9:00 am Foster Grandparents -  
 Last Thursday  
 9:30 am Flying Saucers Porcelain  
 Painting Club (1st Thursday) -  
 RESUME IN SEPTEMBER  
 10:00 am Advisory Council (2nd Thurs)  
 - AUGUST 8  
 1:00pm Birthday Celebration -  
 4th Thursday - AUGUST 22  
 2:00 pm Senior Financial Advisor-  
 3rd Thursday - August 15  
 2:00 pm Writing Craft (1st Thurs) Aug 15

#### Friday

8:00 am Billiards  
 8:00 am Fitness Equipment  
 8:00 am Competitive Pickleball  
 10:00 am Nat'l Active/Retired Federal  
 Employees - 3rd Friday of Even  
 month  
 10:00 am Rock Painting  
 10:00 am Wanda's Exercise Class: \$10/mo  
 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 -  
 NO AUGUST MEETING  
 1:00 pm Pickleball  
 1:30 pm Hand and Foot Cards  
 (2nd, 4th, 5th Friday)

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

### Monthly Activities

**NO AUGUST MEETING** - SECA  
(Seniors Exploring the Cultural Arts)

**Monday August 5th, 10:00am**  
Prairie Moon Book Club: A Man Called Ove by Fredrik Backman

**Thursday August 8th, 10:00am**  
Advisory Council Meeting

**NO AUGUST CLASS** - DIY CRAFTS

**Thursday August 22nd, 2:00pm**  
Birthday Celebration

**Wednesday August 28th, 2:00pm**  
Wichita Area Senior Author's Critique Group

### Announcements

**NO AFTERNOON PICKLEBALL - FRIDAY, AUGUST 16TH**

**Future Class: AARP Safe Driver Course September** - Date has not been decided yet

**Future Class: September 5th @ 1:00pm:** It's in the Air: Problem with Pollen?

**Future Event: September 8th @ 8:00am:** Heartland Game's 5k/1-Mile Walk/Race

**Future Class: September 12th @ 1:00pm:** Coping with Loss

**Future Event: September 19th:** 4 - Center BINGO: Time TBD

➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

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

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## Downtown Senior Center New/ Special Events

### Birthday Celebration

Starting in July we will be celebrating birthdays on the 4th Thursday of the month at 1:00pm. Come sing happy Birthday and enjoy a snack.



### Mark Your Calendars: Heartland 5K Run/1 Mile Walk



In September we are having the Heartland 5K/1 Mile Walk on Sunday, September 8th on Grandparents Day. This is a fundraiser to support the senior centers and will be a great way to start a new tradition with family, friends and grandchildren. If you are a member of the centers, you get a lower fee in registering. Remember this is a GREAT way to support your center. If you are interested, please talk to Jennifer.

### Future Day Trip: Osage Casino in Ponca City Oklahoma - Friday, September 20

The bus will leave from the Wal-Mart parking lot at Kellogg and Dugan Rd. @ 9:00am.



Cost: \$25 for members and \$30 for non-members.

All money will be due by August 23rd.

You will receive \$10 FREE PLAY and a FOOD VOUCHER upon arrival at the casino.



### Future Day Trip: Wild & Wilder Safari - October 10

We will be visiting the Martin & Osa Johnson Safari Museum followed by a lunch, then head to the Safari Zoological Park. Estimated prices are \$95 for members and \$105 for non-members.



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## Downtown Senior Center Educational Opportunities

### August 2019

Wednesday August 7th, 14th, 21st,  
28th @ 10am

**A Shepard Looks at Psalm 23: 6**  
**Week Series:**  
Martha Williams Prentice

Thursday August 8th @ 1:00pm  
**We Honor Veteran's Program**  
Serenity

Tuesday August 13th @ 1:00pm  
**Cardiac Disease and Pneumonia**  
**Risk in Diabetic Patients**  
Sam's Pharmacy West Kellogg  
Free Blood Glucose and Hearing  
Screenings

Wednesday August 14th @ 1:30pm

**Medicaid: Divisions of Assets**  
Legal Advisor:  
Andrew Rowe, P.A

Thursday August 15th @ 2:00pm

**Editing**  
Writer's Craft



Thursday August 15th, 2:00pm  
**Financial Advisor - TBD**  
Stan Webb

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



There was a nice turnout at our Father's Day Barbeque! We had several people join us for lunch from all four centers! Thank you to everyone that decided to stop by and join us for lunch! We hope that you can join us at any of our next special events that we have lined up!