



Downtown Senior Center

Summer is here. With the warmer temperatures be sure to drink plenty of fluids throughout the day. Dehydration is nothing to play with. Signs of dehydration can be: dizziness or light-headedness, headache, tiredness, dry mouth, lips and eyes, and passing small amounts of urine infrequently (less than three or four times a day).
(continued on page 7)



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
 1:00 pm Grand Slam Bridge
 1:00 pm Senior Employment Orientation
 1:00 pm Pitch
 1:00 pm Pickleball
 6:30 pm Recovery Group
 7:00 pm Monday Night Round Dance

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 - last day for summer classes will be July 23rd
 11:00 am Dining in Delano - Resume in Sep
 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)
 ***July 24th

Thursday

8:00 am Billiards
 8:00 am Fitness Equipment
 8am-12pm Pickleball (besides the last Thursday)
 9:00 am Foster Grandparents - last Thurs
 9:30 am Flying Saucers Porcelain Painting Club (1st Thurs) - RESUME IN SEPTEMBER
 10:00 am Advisory Council (2nd Thurs) -JULY 11th
 1:00pm Birthday Celebration - 4th Thurs
 2:00 pm Senior Financial Advisor-3rd Thurs
 2:00 pm Writing Craft (1st Thurs)- NO JULY CLASS

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 JULY 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

Monday July 1, 10:00am - Prairie Moon Book Club: "Call the Midwives" - Jennifer Worth

NO JULY MEETING: SECA (Seniors Exploring the Cultural Arts)

Thursday July 11, 10:00am - Advisory Council Meeting

Wednesday July 24, 2:00pm Wichita Area Senior Author's Critique Group

Thursday July 25th, 1:00pm Birthday Celebration

New & Special Events Advisory Council

We are working on restructuring our Advisory Council - be on the lookout for more information. The date will also change to the 2nd Thursday of the month starting with July 11th @ 10am.



The Downtown Senior Center will be closed on July 4th and July 5th in observance of the Fourth of July holiday.

➤ Reach the Senior Market
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CONTACT

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

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Downtown Senior Center New & Special Events

Dining In Delano

Will be taking a break for the summer. We will resume in September.

Billiard's Tournament

Billiard's Tournaments have been moved to Wednesday's at 12:30pm.

Flying Saucers

Will be taking a break for the summer. They will resume in September.

National Hot Dog Day - July 17

Join us as we celebrate National Hot Dog Day with some hot dogs on Wednesday, July 17. It will be \$3.00/person. Please RSVP 267-0197 so we know how many hot dogs to make.



Recovery, Inc. Group

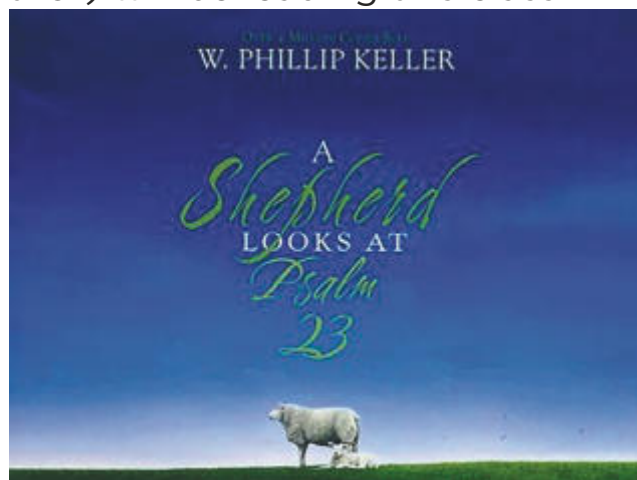
Recovery, Inc. Group meets Mondays at 6:30pm in Room 2. Recovery, Inc. is a group that meets to discuss different coping mechanism for Mental Health. They focus on Mental Health through will-training, which is more of a self-help resource for dealing with different aspects of mental health. No book is required but they do use an outline from the Mental Health through will-training by Abraham A. Low M.D the founder of Recover, Inc. This meeting is led by Donita Davis a current member of our Downtown Senior Center.

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.

Future Class: A Shepard Looks at Psalm 23: 6 Week Series

This class will meet on Wednesday's starting August 7th at 10 am - 12 pm for 6 weeks. Please join us as we discuss the 12 chapters. Martha Williams Prentice (a local published author) will be leading this class.



Future Class: AARP Driver Safety Course - September

Date has not been decided yet



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/members and \$105/non-members.



Downtown Senior Center Educational Opportunities

July 2019

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

Thank you

NO JULY MEETING

Writer's Craft

Tuesday July 9th @ 1:00pm

Cardiac Disease and Pneumonia Risk in Diabetic Patients:

Sam's Pharmacy West Kellogg
Free Blood Glucose and Hearing Screenings

Wednesday July 10, 1:30pm

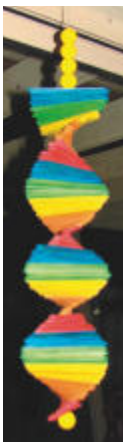
Power of Attorney:

Healthcare and Financial

Legal Advisor: Andrew Rowe, P.A

Thursday July 11th & 18th @ 1:00pm

Finishing our 6 week - Chronic Conditions Class



Friday July 12, 1:00pm

DIY: Wind Spinner -

\$5/person be sure to sign up and pay by July 10th

Tuesday July 16th, 1:00pm

S.E.N.I.O.R.S Program: Sheriff's Elderly/Disabled Notification Intensive Outreach Response System

This program uses a secured database that allows law enforcement and other emergency services to make contact with caregivers or family in case of an emergency.

Deputy Jamie Converse

Thursday July 18, 2:00pm
Financial Advisor - TBD: Stan Webb



Pictured is the class for the DIY tie-dye silk scarf class with their tie-dyed scarves! Come join in on the craft fun and call 267-0197 to participate in a class!

Director's Notes Continued

If you feel you may be suffering from dehydration be sure to increase your fluids and talk with your doctor. We are changing up a few things here at the DSC. Be aware of the day change for advisory council. We have decided to move this to the 2nd Thursday of the month at 10:00am. We will be celebrating National Hot Dog Day on July 17th at Noon - please sign up in the office, charge will be \$3.00 per person. We have also added in a Birthday Celebration which will be held the 4th Thursday of the month at 2:00pm. As always be sure to RSVP 267-0197.

-Jennifer