



Linwood Senior Center

"Many of us have excuses to last a lifetime. The sooner we let go of them and get on with living, the better off we are." ~Tim Hansel

"I was looking for something to do this summer and a walk to Oregon seemed like the best thing." (She started the walk in Independence, MO, and walked the Oregon Trail through to Portland) ~Grandma Gatewood

Dear Friends, I want to ask you a question. Who inspires you? I have several people that inspire me. Some of you know I worked for a first round draft pick for the New England Pats in the later 80's. Ron Burton was his name, and he ran an Athletic Training Village for Young Women (& Men) athletes. When I was there my cousin, introduced me to Tim Hansel, a great writer of inspirational books. Tim worked hard to recover from an injury that the Dr's said he may not ever walk again. "Holy Sweat" is a great read for you if you are recovering from an injury. Also, my new "hero" is Grandma Gatewood, she walked the Appalachian Trail, 2,190 + miles, when she was 65 years old, with a raincoat, blanket, some food and her Ked tennis shoes. *And she did this 3 times! We are discussing her in this month's bookclub! My other hero is our own "Starla Criser" who just finished another book titled "Life's Twists & Turns", in the book, one of my favorite stories is "A Quilt from the Heart." It is about memory, grief, and new beginnings. Here is what I know, YOU can have some "new beginnings" too! You just have to look around, and challenge yourself! This month, brings some fun options, from our Ice Cream Social to our Encouragement Talk, checkout what we have to do! Don't quit!

~Cherise & Company



Ongoing Activities

Monday

9:00 Stretching
9:30 Dynabands
10:00 Bible Study
(First Monday)
10:00 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
1:00- 3:00 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

Movies On Mondays

Monday, August 5 & 26 from 2-4pm
"When Calls The Heart - Series"

Come and join us for some good, clean, pioneer programs. One of the director's favorite programs.

Coloring In The Cool

Just come by on Thursdays in August from 11am - 12:30pm and we can color together! It is a great stress reliever. We have all the supplies.

Grief Support Group

Chaplain Greg Schmidt shares some great topics and he leads the group sponsored by Heart and Soul Hospice. If you have lost a friend or loved one, this may be a helpful group for you. August 19, at 2pm.

Bible Study: Monday, August 5 at 10am

Special Event - Ice Cream Social & Sentimental Music Journey - Sing-A-Long : Wednesday, August 21

Join our own DONNA BROZ on Wednesday, August 21, 2019 from 2-4 pm!
Entrance Fee: YOUR FAVORITE TOPPING TO SHARE! RSVP by August 19! sponsored by Progress Home Health & Hospice



Casino Trip To Osage Casino

There will be a center trip to the Osage Casino on September 20th. Cost is \$25. You will receive \$10 in Free play and a food voucher. RSVP by August 23 at any Center.

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Linwood Senior Center Educational Opportunities

August

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!

Friday, August 2, 2019

Feed Your Brain - Nutrition for Concentration & Focus

Aubrey Verecke, National Grocers

Friday, August 9

Senior Bullying

Mindy Harris, Lakepoint

Friday, August 30, 2019

Hearing Well - Healthy Tips for Enhancing & Protecting Your Hearing

Holly Hayes-Kiker & Renee Vermillion
from Hearing Life

Monday, August 19, 2019 at 1pm

Eat Smart Move More Cooking Class Shop for Value & Check the Facts

Shirley Lewis, KState Extension Service

*Monday, August 19, 2019 from 2—3pm

* Call to RSVP & confirm program

Grief & Mental Health - What You Need To Know

Greg Schmidt, Heart & Soul Hospice

Monday, August 26, 2019 from 1-2pm

40/70 Rule : This is a guide to conversation starters for adult children and their senior parents. Great class for caregivers and future caregivers.

Kara Tipton, Home Instead Senior Care

*August 23, at 3pm in the REC CENTER GAMEROOM

MEDICARE 101

Shannon Cook, Humana

Come and find out about Medicare & Changes with Humana Customers

*This program will be repeated on August 23, & Sept 27, at 3pm

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.

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 \$95 for members and \$105 for non-members. All food/snacks included in price. Date is scheduled for October 10, 2019. Payment due by September 6, 2019. *No refunds, unless someone is found to take your place.

Belly Dancing - No August Meeting

Due to summer break. However, if you are interested please call us to get ready for the September class.

Special Event - Walk With Linwood

In September we are having the Grandparents 5k/1mile walk. It is a fundraiser to support the senior centers. We want to have a "TEAM" of walkers to represent the LINWOOD SENIOR CENTER. 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. Those that register from LW will get a special gift from Cherise.



Linwood Senior Center

Late Morning Bookclub

Join us on Monday, August 12, at 10am, we will be discussing the book "Grandma Gatewood's Walk, The Inspiring Story of the Woman Who Saved the Appalachian trail." By Ben Montgomery.

On Deck for September, "I Married Adventure" by Osa Martin (this is a great read for those going on the Wild & Wilder Trip in October)

BIG READ IS COMING IN OCTOBER

This year we are participating in the Big Read in October, with the book, "Lab Girl" by we have a few copies to share, so please ask for them, if you want to be a part of the All - City Read Discussion & Celebration!

Craft Time With Kay & Pat

Wreath, Wednesday, August 7, from 2-4pm

Garden Angel, Wednesday, August 14, from 2-4pm

Apple Craft, August 28, 2-4pm

Cost for each is \$5, RSVP by August 5, for wreath, and by August 12 for the Garden Angel and by August 26 for the apple craft.

Coming Soon - Special Event - 4 Center Fundraiser

Drawing & Watercolor Classes

Tuesdays August 20, & the 27th from 3-4:30pm. Joan Morrison will be leading the class! Call for more info!

Linwood SECA

SENIORS EXPLORING THE CULTURAL ARTS will not be meeting in August, but don't forget to stop and get the info guide for theatrical events at Linwood's front desk! Keep in the know!



Janice Dunn
Jim Culbertson
Esther Brunner
Wayne Calvery
Peggy Chappell
Ernest Clark
Bruce Cooper
Larry Fager
Jennine Fraley
Claudia Germes
Marcia Helton
Sara Hittle
Edith Loughmiller
Sheena Jackson
Mary Helen Jordan

Michael Kelley
JoAnn Lingvai
Rene Lineneberger
Edith Loughmiller
Az Molina
Glenda Munn
Rita Bette Boop
Murphy
Dollie Neece
Mary Nicholson
Linda Payne
Donna Powell
Shelby Shockley
Lois Siemers

Writing Craft: August 13 2pm - 4pm

(Note day change to 2nd Tues in Month)

Program: WC 8 Editing

Exercise Words: hope - train - flute - computer - castle

Prompt: Write about a train journey

August 28th - 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.

Starla Criser's New Book: Life's Twists & Turns

Short stories for finding happiness as we age. Get copies at Linwood for \$5 for a soft back and \$10 for a Hardback.

