



Downtown Senior Center

Make sure to stop by the office for an AT A GLANCE calendar for September. We have so many activities and special events, I don't want you to miss them. September is a great month - Fall is coming, cooler weather and leaves changing. As always be sure to stop by the office or call 267-0197 to register for events.

- 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(2nd Tuesday)
 Cheddars,535 Ridge Rd:Sep 10
 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): Sep 25

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) -
 September 5
 10:00 am Advisory Council (2nd Thurs)
 - September 12
 2:00 pm Senior Financial Advisor-
 3rd Thursday - September 19
 2:00 pm Writing Craft (1st Thurs) Sep 5

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 -
 September 6
 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

Thursday September 5th, 9:00am
Flying Saucers

Friday September 6th, 1:00pm - SECA
(Seniors Exploring the Cultural Arts)

Monday September 9th, 10:00am
Prairie Moon Book Club: Heartland by Sarah Smarsh

Thursday September 12th, 10:00am
Advisory Council Meeting

Tuesday September 24th, 7:00pm
Sunflower Woodworking Guild

Wednesday September 25th, 2:00pm
Wichita Area Senior Author's Critique Group

Thursday September 26th, 9:00am
NO FOSTERGRANDPARENTS MEETING

Announcements

**NO AFTERNOON PICKLEBALL
SEPTEMBER 20TH**

Future Class: AARP Safe Driver Course: Please call to register there is limited seating Oct. 1st at Noon

Future Class: Diabetes 6-Week class starting Oct. 3rd will be Thursdays at 1:00pm - 3:00pm

Future Event: Old Time Folk Sing Along: Oct. 10th at 1:00pm

Future Class: Lunch and Learn: Hearing Loss Oct. 17th at 12:30pm

Future Event: Health Expo: be on the lookout in October

➤ Reach the Senior Market
ADVERTISE HERE

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 Is Back

Join us as Dining in Delano is back! Have lunch with us on Tuesday September 10th at 11:00am at Cheddar's Scratch Kitchen located on 535 S Ridge Road, Wichita, KS 67209

Walk With Us At The Heartland 5K Run/1 Mile Walk



Have you signed up to walk/run with us?

The Heartland 5K/1 Mile Walk will be held 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. There's still time to sign up!

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. Deadline to pay is September 5th. No deposit, full amount. No refunds, unless your seat is filled by someone taking your place.

Senior Expo: September 26 9am to 3pm

Grab a friend and plan to spend the day at Senior Expo! There you will find valuable information, access to health screenings, new opportunities including volunteer and travel and local sales that interest adults 55+. Join us on September 26th, 9am-3pm in Wichita, KS.

Visit three of Wichita's fantastic locations: Botanica, the Advanced Learning Library and The Wichita Art Museum. Entrance to Senior Expo

Admission to all three locations is complimentary to anyone age 55 and older and to caregivers of all ages!

Visit over 120 local and national vendors. Enjoy the Casino Nights fashion show, interactive booths, free Park and Ride transportation between all locations and a delicious lunch at each site for \$7.00. For more information visit www.cpaaa.org.



Downtown Senior Center Educational Opportunities

September 2019

Thursday September 5th @ 1:00pm

It's in the Air: Problem with Pollen?

Natural Grocers

Wave goodbye to your problems with pollen by learning what nutrients and foods help support a balanced immune response to airborne irritants.

Thursday September 5th @ 2:00pm

Focus on Third Anthology

Writer's Craft

Wednesday September 11th @ 1:00pm

Immunizations recommendations for Diabetics

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

Wednesday September 11th @ 1:30pm

Estate Planning: Wills

Legal Advisor Andrew Rowe, P.A.

Thursday September 12th @ 1:00pm

Coping with Loss

Serenity Home Health

There are many types of loss - come learn about different strategies and techniques to help cope with loss

Thursday September 19th, 2:00pm

Financial Advisor-TBD

Stan Webb

Tuesday September 24th, 1:00pm

BINGO

Cancer Gene Testing

Information session to learn about the different types of Genetic Testing for Cancer.

Thursday September 26th,

9:00am - 3:00pm

Senior Expo

3 Locations with a variety of information. Pick up a flyer at the center

Senior Center Week: September 16 - September 20

Tuesday September 17th,

9:00am - 11:00am

Job Fair

MUST BE PRE-REGISTERED WITH SENIOR EMPLOYMENT

Tuesday September 17th, 3:00pm

Senior Services of Wichita

Annual Meeting

Come meet and mingle with the staff of Senior Services of Wichita.
OPEN TO MEMBERS

Wednesday September 18th, 1:00pm

DIY: Tie Dye Party

Bring your own white clothing/fabric items - shirts/socks/bags etc. We will be tie dying with Sharpie Markers - please wear old clothes or have an apron so we don't ruin any clothes with the dying process.

Thursday September 19th,

2:00pm - 4:00pm

BINGO - 4 CENTER EVENT

Come try your hand at winning some great prizes

Friday September 20th, 9:00am

Casino Trip to Ponca City

Pre-Registration Required

Friday September 20th,

1:00pm - 3:00pm

WSU Health Fair

Come help the students practice and prepare for after graduation
FREE SCREENINGS