



Linwood Senior Center

Our theme for National Senior Center Month is "The Key to Aging Well." That is our goal at Linwood. We all want to age well, and you can when you look at several categories of your life. Body, mind and spirit are the "keys" and are important in everyone's' life. At Linwood we have many exercise classes to promote a healthy body, from Stretching & Dynabands, to Arthritis Exercise, and Line Dancing (you will have so much fun at Line Dance, that you won't realize you are exercising!) In regard to keeping your mind busy, we have educational classes that teach you many things like how to live well, healthy cooking classes, and memory exercises to help you live your life in wellness. We also have programs and people that promote positive living, from encouragement classes to Bible classes and gratefulness classes. So don't forget to put the "right keys" in the door for aging well. This month we have some great programs from a seminar called "Coffee & Caregiving" for caregivers in the "thick" of it. We also have 9x13 Day! And we will even celebrate National Cheeseburger Day and celebrate National Senior Center day with a 4-Center Bingo Game with great prizes at the Downtown Senior Ctr! And finally, to top it all off, we have Senior Expo on the 26th! Whew, now to inspire you, the following quotes: "When you are dissatisfied and think you would like to go back to youth, think of ALGEBRA" ~ Will Rogers. And remember this when exercising...

"No matter how slow you go, you are still lapping everyone on the couch..."
Grab your keys (& Compass newsletter) to AGE WELL.

~Cherise



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 - You're Cordially Invited

Movie Time

We will continue to watch the TRAIL OF TEARS DOCUMENTARY & VOICES OF THE LAND on the following days, September 4, & 5 & 11th from 10am to noon. *Please note we will NOT start from the beginning, as we have watched some of the documentary prior*

Get Out To Senior Expo

Sponsored by the Sedgwick Co Dept on Aging on September 26, 2019 from 9am - 3pm.

There are GREAT RESOURCES for you. It will be at Botanica, the Wichita Art Museum & the Advanced Learning Library. Don't forget to stop by the Senior Services Booth. Plan on staying all day.

National Cheeseburger Day

Wednesday, September 18, 2019 at 11:00am. Meet us at Braums on 444 E Pawnee, bring some \$ and we can "CELEBRATE" the CHEESBURGER TOGETHER.



National 9 x 13 Day (Potluck)

On Friday, Sept 13, 12:30 to 2pm We are celebrating the pan! Bring something good to eat (casserole, dessert, salad, etc.) you make in your 9x13 pan! No need to tell us what. But you must RSVP by 9/11.

Please Note: Holiday Closing on Monday, September 2nd. Linwood will be closed in Observance of the Labor Day Holiday.

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Linwood Senior Center Educational Opportunities

September

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, September 6, 2019

Immune Support – Go Into the Fall With Confidence

Aubrey Verecke, National Grocers

**Thursday, September 12, 2019, 9:30 to 11:30am

Care Giving & Coffee Seminar – Find out all the forms and information you need as you provide care for your family and friends**Special Gift for those who RSVP.

Snacks provided

Jennifer Campbell, Via Christi Hope/
Ascension Senior Living

Friday, September 13, 2019

Durable Power of Attorney

Theresa Hatfield, Sedgwick County
Extension Office

**Monday, September 16, from 1-2pm

Eat Smart Move More Cooking Series Topic – Choosing to Move Throughout the Day

Shirley Lewis, Sedgwick County
Extension Office

Friday, September 20, 2019

Fun Brain Exercises, Games & Riddles

Fun Instigator, Cherise Langenberg

****Monday, September 30, 2019 from 1-2pm

Too Close for Comfort – Living With Your Children, an Honest Discussion

Kara Tipton, Home Instead

Linwood SECA

SENIORS EXPLORING THE CULTURAL ARTS will meet on Friday, September 6 at 3pm. Meet new friends, have fun!

Craft Time with Kay & Pat is on hiatus due to classes happening at the center. They will be back in October.

Save The Date: Wild & Wilder Safari - October 10th

Still Seats Available. Headed to Osa Martin Museum in Chanute, Opies Bar & Grill for lunch and the Zoological Park in Caney Ks. Cost is \$95 for members, call Cherise for more info!

Sedgwick Plaza Spotighting Linwood Senior Center This Month

On Friday, September 27th at 1:45pm. Transportation provided for the first 12 people to sign up 263-3703! Party happenings are BINGO, Music Food & Fun ~Oktoberfest Style~

Grief Support Group

Chaplain Greg Schmidt from Heart and Soul Hospice. If you have lost a friend or loved one, this may be a helpful group for you. Chaplain Greg Schmidt leads the group. September 16, from 2-3pm. Call 263-3703 to confirm.

Fireside Chat With Brandon Johnson, City Council Rep

Join our fireside chat with Brandon Johnson, City Council Rep for District One, from 2 - 4pm on September 23, 2019.

Four Center Bing-O!

At the Downtown Senior Center; Thursday, September, 19 from 2-4pm. Win prizes, have snacks to celebrate National Senior Center Month!

Special Event - Walk With Linwood

We are having the Heartland 5K/1 Mile on Sunday, September 8. 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 (Note Time Change): September 9 at 10am

We will be discussing the book “I Married Adventure” by Osa Martin (this is a great read for those going on the Wild & Wilder Trip in October).

KICK OFF PARTY for the BIG READ is September 28 from 2 - 4pm at the Advanced Learning Library. We will be participating in the Big Read in October by discussing the book “Lab Girl” by Hope Jahren. We have a few copies we can pass around to the book club members, or you may be able to get a copy at the KICK OFF PARTY! Discussion will be on October 14, at 10am at Linwood. JOIN US.

Come into Linwood daily & find our hidden “Key” (to aging well)

AND THEN REGISTER FOR A CHANCE TO WIN A NEW COMFORTER & BEDSHEET SET THAT OUR “Angel” Benefactor purchased for us. NOTE: DRAWING WILL OCCUR ON Friday, September 27 at 1:30pm. Also, if you can find and circle how many times the word “Linwood” appears in the September Compass, & bring in your newsletter for review, we will give you 20 extra chances to put your name in the drawing jar!

AARP Tax Aide

DO YOU LIKE COMPUTERS & TAXES? IF so, AARP TAX AIDE is looking for VOLUNTEERS! We are looking for compassionate and friendly people to join our tax preparation this tax season. You can make a big difference in someone’s life. We’ll show you how! Find out more at the Tax-Aide New Volunteer Orientation, September 24 from 10am to noon. Third floor Conference Room of the Ronald Reagan Building 271 W. 3rd St., Wichita For more info, send an e-mail to kstaxhelp@gmail.com



| | |
|----------------------|-------------------|
| Linda Bennett | Janet Lively |
| Henry Blasé | Margaret Marshall |
| Bonnie Brown | Robert McAuley |
| James Brown | Pamela Mingauw |
| Frances Campos | Milea Molina |
| Maudyne Cline | Joan Morrison |
| Jerry Cochran | Phyllis Neice |
| Bonnie Creekmore | Jan Nomer |
| Robert Delk | Dale Rausch |
| Connie Fletcher | Don Roe |
| Deborah Gattenby | Rita Roets |
| Sara Hittle | C.J. Saboe |
| Gayle Hodges | Carol Sawyer |
| Lola Jackson | Will Shores |
| Jon Jenkins | Janice Tindall |
| James Kerschen | Ruthie Van Dyke |
| Marilyn Loux-Brumley | Travene Ware |

There will be no Bible Study Class due to Holiday.

Drawing & Watercolor Classes

Tuesdays, September 17 and the 24th from 3 - 4:30pm. Joan Morrison will be leading the class. Call for more info.

Writing Craft: September 10, 2-4pm

Program: WC 9 Focus On Third Anthology

Exercise Words: gondola - monkey - sun - man - watch

Prompt: Finish the thought: There was a strange wailing sound coming from the next room.

Sept - 25 - 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. *If you want to submit writing for the 3rd Anthology, by the 15th of September, there are some guidelines, please call 263-3703 for more information.