



Downtown Senior Center

Hello all. November is here. Be sure to turn your clocks back an hour on November 3rd for Daylight Saving Time. We have a few of our normal once a month people that will be taking a break over the holidays. Our Financial Advisor, Stan Webb will be returning in February 2020 on the 3rd Thursday at 2:00pm
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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
 7:00 pm KS Ringleaders (3rd Monday)
 7:00 pm Wichita Hi Leaders
 (2nd & 4th Monday)- Nov 11, 25

Tuesday

8:00 am Billiards
 8:00 am Fitness Equipment
 9:00 am Senior Employment Job Club
 11:00 am Balance & Cardio Dance Class
 11:00 am Dining in Delano(2nd Tuesday)
 Will resume in January
 12:30 pm Dominoes: Mexican Train
 1:00 pm Mahjong
 2:00 pm Bible Study
 7:00 pm Sunflower Woodworker Guild
 (4th Tuesday)-November 26

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: 3rd Wed
 Will resume in January
 2:00 pm Wichita Area Senior Author's
 Critique Group(4th Wed): Nov 20

Thursday

8:00 am Billiards
 8:00 am Fitness Equipment
 8am-12pm Pickleball (besides the last Thurs)
 9:00 am Foster Grandparents -
 Last Thursday - November 21
 9:30 am Flying Saucers Porcelain
 Painting Club (1st Thursday)
 10:00 am Advisory Council (2nd Thurs)
 - November 14
 2:00 pm Birthday Celebration (4th
 Thursday- Quarterly:
 January, April, July, October)
 2:00 pm Senior Financial Advisor -
 Will resume in February
 2:00 pm Writing Craft (1st Thurs)- Nov 7

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) - Nov 1
 1:00 pm Pickleball
 1:30 pm Hand and Foot Cards
 (2nd, 4th, 5th Friday)
 November 8, 22

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

Friday November 1st, 1:00pm - SECA
(Seniors Exploring the Cultural Arts)

Monday November 4th, 10:00am
Prairie Moon Book Club: Heartland
-Sarah Smarsh

**NO Meeting - Dining in Delano: WILL
RESUME IN JANUARY**

Wednesday November 6th, 10:30am
Blood Pressure Checks- Serenity

Thursday November 7th, 9:30am
Flying Saucers

Thursday November 14, 10:00am
Advisory Council

Friday November 15th, 2:30pm
DIY Reversible Pumpkin/Snowman

Wednesday November 20th, 2:00pm
Wichita Area Senior Author's Critique
Group

Thursday November 21st, 9:00am
Foster Grandparents

Tuesday November 26th, 7:00pm
Sunflower Woodworking Guild

Please Note Holiday Closing

**Wednesday November 27th Center
Closed at 3:00pm**

**Thursday November 28th Center
Closed in observance of Thanksgiving
Holiday**

**Friday November 29th Center Closed
in observance of Thanksgiving
Holiday**

➤ Reach the Senior Market
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Downtown Senior Center Announcements

November 3rd: Daylight Savings Time

-Turn your clocks back an hour

November 14th: No Pickleball

November 20th: No WSU Well Rep Exercise Class

November 20th: No Pickleball Morning or Afternoon

November 21st: No Pickleball

November 20th @ 12:00pm in Gym: Eat, Drink & Be Thankful Potluck Lunch

- Main dish provided, please bring your favorite covered dish or dessert. Suggested donation of \$3 accepted.

Future Books for Prairie Moon Book Club 1st Monday of the Month:

December 2nd: Women in the Castle by Jessica Shattuck

January 6th: American Duchess by Karen Harper

Future Event December 2nd through December 13th: 4-Center Holiday Giveback BLANKET DRIVE-

Help for Abused Victims - Children and Adults. We will be accepting NEW blankets size Twin to Oversized during this time. Be on the lookout for the Christmas Wrapped Box to place your donation in.

Future Event December 13th @ 1:00pm: DIY Holiday Gnomes

\$7/person due by December 11th - hosted by Oxford Villa

Future Event December 13th @

5:00pm: Christmas Light Tour- \$10/ Person - pick up/drop off will be at the Downtown Senior Center - You will need to be able to go up/down 3-5 steps to enter/exit the bus. Be sure to get signed up. Space is limited. RSVP & Payment is DUE to your center by: December 4th

Future Event December 18th @

10:00am: Hot Tea and Sweet Treats Party-

please bring a treat to share and enjoy some hot tea or coffee. Natural Grocers will be here as well to let us sample different types of tea and learn the benefits of drinking tea with a presentation of "Taste-tea and Nourishing".



Director's Notes (Continued)

and our Legal Advisor-Andrew Rowe will be returning in January 2020 on the 3rd Wednesday at 1:30pm. We are having a special Veteran's Day Luncheon on November 14th. Lunch will be provided and you are welcome even if you are not a Veteran, but please RSVP 267-0197 or stop in the office to let us know if you plan on attending and if you are a Veteran or not for this lunch. Our Thanksgiving Potluck Lunch is on November 20th - Please RSVP by calling 267-0197 or stop by the office to let us know what dish or dessert you will be bringing - there will also be a suggested donation if you are not able to bring a dish- please still come enjoy lunch. We will also be doing a fun arts and craft project this month. Supplies will need to be paid on November 11th so if you plan on making either the reversible snowman, wreath or both be sure to get your money and RSVP in by that Monday so we can make sure to have enough supplies. Be sure to look through all the dates of closings and canceling of events due to the Holidays. As always make sure to RSVP so we don't have to cancel educations or activities.

Jennifer



Downtown Senior Center Educational Opportunities

November 2019

Tuesday November 5th @ 1:00pm

Smart Phone 101

Wichita Public Library

Come learn all the ins and outs on how to customize your device, install apps and useful ways to utilize it. Please bring your own phone already activated/with minutes/data.

Thursday November 7th @ 2:00pm
Writing Craft: All About Publishing

NO MEETING

WILL RESUME IN JANUARY

Legal Advisor: Andrew Rowe, P.A

Wednesday November 13th @
10:30am

Heart Health

Angel Care

Information given on Heart Health is important to everyone. Come learn simple tips and tricks on keeping your heart healthy.

Thursday November 14th @ 12:00pm

Honor Our Veteran's Lunch and Program

Serenity

Anyone is welcome but you must RSVP to 267-0197 or stop in office to get placed on list to eat Lunch. What a great way to honor our local Veteran's.

Friday November 15th @ 2:30pm

DIY Reversible Pumpkin/Snowman OR Wooden Wreath

\$12/person. Payment due by November 11th OR If you would like to make both you will need to pay

\$12 for each project. Please designate when signing up which you would like to do.



OR



Wednesday November 20th @
12:00pm

Delano Building Plan

City Manager Office

Come have Thanksgiving Lunch and learn about all the upcoming/current changes happening in Delano. This will be a great time to ask questions and voice opinions on the changes.

NO MEETING

WILL RESUME IN FEBRUARY

Financial Advisor-: Stan Webb