



Linwood Senior Center

"November is chill frosted mornings, with a silver sun rising behind the trees, cardinals at the feeders, and squirrels running scallops along the tops of gray stone walls..."
~Jean Hersey~

Dear Friends, November is a wonderful season, a time of thankfulness and giving. Todd Stocker says, "Thankfulness creates gratitude, which generates contentment that causes peace." I know I always need a little "peace" in my life---what about you!?! This month we are having our annual "Chicken Noodle Dinner aka Thankfulness Celebration". November is also a month in which we celebrate National Memoir Writing Month, and National Novel Writing Month, so we also are having a few guest speakers that "CELEBRATE LIFE & Writing"! So you will want to find out about some fun ways to celebrate memories and make memories with your children. Also this month brings national Raisin Bran Cereal Day, so breakfast is on us Come snuggle in for some fun!

~Cherise & CO



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
- 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.

Please Note Holiday Closing.
Linwood will be **closed on Monday, November 11. Wednesday, November 27** center closes at 3pm. **Thursday, November 28 and Friday, November 29** center is **closed** in observance for the Thanksgiving Holiday.

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 To Linwood's Annual "Thankfulness Celebration & Chicken Noodle Dinner" Thursday, November 21, 2019 from 12:30pm to 2:30pm. Cost is \$3 in advance. Please respond promptly by 11/15 (Thank You) ***We will be having some of our local talent. Let Cherise know if you want to perform**

Celebrate National Raisin Bran Day Friday, November 15, come have breakfast on us. Time is from 8-10am. Then it's MOVIE TIME! CALL TO RSVP by 11/13!



Senior center members went on a field trip to the Osa and Martin Johnson Safari Museum in Chanute.

THANKS TO ALL YOU BENEFACTOR'S IN YOUR GIVING TO THE LINWOOD SENIOR CENTER & SHOP & FOR VOLUNTEERING! YOU MAKE THE WORLD GO ROUND AND OUR SENIOR CENTER TOO! YOU MAKE MANY PEOPLE'S HEART'S HAPPY!!!

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Linwood Senior Center Educational Opportunities

November

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, November 1, 2019

Stress Relief

As the holidays draw closer sometimes we have a little stress. Come find out about natural ways to relieve it
Aubrey Verecke, National Grocers

**Wednesday, November 6, 2019,

HEARING SCREENINGS (FREE)

Audiologist, Renee Vermillion and Holly Hayes-Kiker with Hearing Life will be here to check your hearing. MUST RSVP for the scheduled appointments at 263-3703.

Wednesday, November 13, from 2-4pm

BIEROCK DEMONSTRATION

By Pat Collins. \$5 prepaid for the class. There will be samples and some for you to take home. This is not a cheap project, so you MUST RSVP and Pay before 11/8 to attend the class.
THANKS!

Four Center Holiday Collection

This year our centers will be collecting "New" blankets for the Forensic Nursing unit at Ascension Via Christi St. Joseph. Patients are usually victims of traumatic experiences such as sexual assault, domestic violence, child abuse, elder abuse, and human trafficking. The blankets provide some sense of comfort. The sizes that are needed are Twin on up to Oversized. Blankets can be dropped off at any of our four senior centers. Collections are from Monday, December 2nd - Friday, December 13th. Delivery of blankets will take place before Christmas.

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. November 21, from 2pm-3pm. Call 263-3703 to confirm!

Memories With Grandma Jan

If you are wanting something special to do for your grands or great grands you will want to come to this program.

Grandma Jan is a delightful benefactor and has been sharing her talent for writing books here at the Linwood Center. She has authored over

50 stories and has given them to us to share with others! They are not only for children, but they can be used with people who enjoy memories and stories from the past. Grandma Jan is an author, illustrator and will share with you how to stimulate interactive memories with others as you share these books. When you come you will receive a packet of books so RSVP is a must at 263-3703 by November 6!



Special Event: Friday, November 22 at 10:15 am

Local Author John Stewart will be here to share his book: "Look Mister, Write It Down" This is a book about pioneer life history, college life, family roots and loyalty, inter-racial experiences, sports, business dealings, WWII, Agricultural experiences, oil, neighbors and more. Come and join us, MUST RSVP 263-3703 by November 15



Linwood Senior Center

Late Morning Bookclub(Note Time Change)

We will be on a hiatus for November due to the Veteran's Day Holiday on Nov 11, 2019. But we will be back on December 9th at 10:00am as Starla Criser will come and share her newest book, "Life's Twists and Turns" this is National Novel Month, so join us for some fun. Starla will have some books available for purchase. Call for more information!

Four Center Christmas Lights

Tour We are having our Christmas Lights tour again. It is scheduled for Friday, December 13th, from 5:30pm-7:30pm. The cost will be \$10 per person. Please sign-up at your center, because space is limited. Payment is due by Wednesday, December 4th. The Party Bus will pick-up and drop-off at the Downtown Senior Center (200 S. Walnut). *Buses are not Handicap Accessible. (There will also be a box to collect blankets if you have not had a chance to get yours turned in)

Craft Time With Kay & Pat

We have lots of great crafts coming up all crafts are \$5 each time, must rsvp to 263-3703 a week prior to the event. Call for times!

November 6: "Jewelry Making"- by our volunteer instructor, Eliada Mora

November 13: Demo on Bierock Making see add 2-4pm

November 20: Make a Christmas Hand Towel Set, a great gift!

Scrapbooking Class To Start

On The Third Monday of the Month, November 18, from 10-11:30am. Call 263-3703 for more information!

Linwood SECA - November 1st

Seniors Exploring Cultural Arts. Meet new friends, have fun on Friday, November 1st at 3pm!



Mary Allen
Sulena Arellano
Joanna Barley
Ruth Ann Bond
Gordon Boody
Jeanice Boody
Theresa Bramblett
Donna Broz
Kathy Cash
Sharon Clark
Lea Ann Cloud
Evert Fletcher
Thomas Fraley
Edna Francis
Joan Fuhrman
Paul Garren
Melba George
Mary Guntly
Edgar Guoladdle
Dan Hill
Lori Hill

Kathy Huschka
Jerry Jones
Jeannine Joslin
Paul Kinderknecht
Judy Lowery
Arlene Mann
Bill Matney
Charles McSwan
Gordon Michel
Wyatt Long
Becke Parks
Eva Rhea
Janet Rice
Shirley Seminoff
William Schantz
June Spiess
Konard Stevener
Reitha Stevens
Maki Watson
Beth Whitehead
Grace Wolf

Writing Craft: November 5, 2pm-4pm

Program: All About Publishing

Exercise Words: violin - strawberry - cow - courage - nuts

Prompt: Turn an inanimate object into a character, something from your house.

Nov 20- DSC - Critique Group

**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.

Belly Dancing Class: Wednesdays From 1pm - 2pm With Judie

Dansby She will be showing you how to strengthen your core. Call for more information.

**Bible Study Class Monday
November 4, 10am - 11am. Join us!**