



Downtown Senior Center

Hi all. I hope all is well and the sickness bug hasn't gotten you. Just a reminder here at the Downtown Senior Center we have gotten rid of the paper sign in sheets. Be sure to use the computer to sign in. If you don't remember how or need help please ask in the office. We will be happy to show you. It's time to get back into the swing of things after all the holidays. We have some great educational classes planned for the month. Be sure to get signed up/RSVP for those classes you plan on attending by calling 267-0197 or stopping by the office. As always, if you have any suggestions for classes or activities, please stop in and let us know. *Thanks 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
 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 (No Meeting)
 7:00 pm Wichita Hi Leaders
 (2nd & 4th Monday)- Feb 10,24

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 with Jennifer
 (2nd Tues): Feb 11
 12:30 pm Dominoes: Mexican Train
 1:00 pm Mahjong
 2:00 pm Bible Study
 7:00 pm Sunflower Woodworker Guild
 (4th Tuesday): Feb 25

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
 Feb 19
 2:00 pm Wichita Area Senior Author's
 Critique Group(1st Wed): Feb 5

Thursday

8:00 am Billiards
 8:00 am Fitness Equipment
 8am-12pm Pickleball (besides the last Thurs)
 Feb 27
 9:00 am Foster Grandparents -
 Last Thursday - Feb 27
 9:30 am Flying Saucers Porcelain
 Painting Club (1st Thurs)- Feb 6
 10:00 am Advisory Council (2nd Thurs)
 - Feb 13
 2:00 pm Senior Financial Advisor -
 February 20
 2:00 pm Writing Craft (1st Thurs)-Feb 6

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 Feb 21
 10:00 am Rock Painting
 10:00 am Wanda's Exercise Class: \$10/mo
 10:30 am Blood Pressures (1st Fri) Feb 7
 11:00 am WSU Well Rep Exercise Class
 12:30 pm Party Bridge
 1:00 pm S.E.C.A. (1st Friday): Feb 7
 1:00 pm Pickleball
 1:30 pm Hand and Foot Cards
 (2nd, 4th, 5th Fri) Feb 14, 28

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

Monday Feb. 3rd , 10:00am

Prairie Moon Book Club: American Duchess by Karen Harper

Wednesday Feb. 5th, 2:00pm

Wichita Area Senior Author's Critique Group

Thursday Feb. 6th, 9:30am

Flying Saucers

Friday, Feb. 7th 10:30am

Blood Pressure Checks- Kansas Masonic Home

Friday Feb. 7th, 1:00pm

SECA (Seniors Exploring the Cultural Arts)

Tuesday, Feb. 11th at 11:00 am

Dining with Jennifer: HomeGrown 645 E Douglas. Please RSVP so we know how many to save a spot for. We will be meeting at the Restaurant for lunch. Be sure to bring some \$ and invite a friend if you would like.

Wednesday Feb. 12th, 10:30am

Blood Pressure Checks- Phoenix Home Care & Hospice

Thursday Feb 13th, 10:00am

Advisory Council

Tuesday Feb. 25th, 7:00pm

Sunflower Woodworking Guild

Thursday Feb.27th, 9:00am

Foster Grandparents

➤ Reach the Senior Market

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Mennonite Housing Rehabilitation Services, Inc.

LOCAL HOUSING OPPORTUNITY

Main Office: 2145 N. Topeka, Wichita
316.942.4848

COMING IN 2020

Mennonite Housings newest edition to affordable housing for seniors will be Fieldcrest. Fieldcrest will consist of one and two bedroom duplexes and be located in Valley Center at 77th and Dexter.

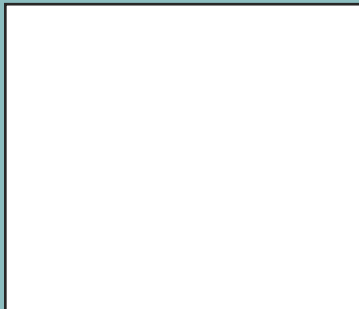
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Downtown Senior Center Educational Opportunities

February 2020

Thursday Feb. 6th @ 2:00pm
Writing Craft

Wednesday Feb. 12th @ 10:30am
Adult Day Care and Services-
Catholic Charities

Come learn about what adult day care is and what other services the Catholic Charities offers.



Thursday Feb. 13th at 1:00 pm
What is a Mental Health Tune Up? -
St Anthony's Sr. Care Hospital
Mental Health is a problem that no one likes to admit to or ask for help for - come learn about what a mental health tune up is - you never know it could help you or a loved one that might be struggling.

Friday Feb. 14th, 1:00pm
DIY Heart String Art - \$5 due by
Feb. 12th



Wednesday Feb. 19th at 1:30pm
Legal Advisor: Andrew Rowe, P.A. -
**Powers of Attorney: planning ahead
for emergencies**

Feb. 20th at 2:00pm
Financial Advisor: Stan Webb- tbd

Wednesday Feb. 26th @ 2:30 pm
Cable Alternatives
Wichita Public Library
Come learn about cutting the cord on cable. This class will be held at the Downtown Senior Center.

