



Downtown Senior Center

Hi all, 2020 is here and we have a few changes at the Downtown Senior Center. We will be saying goodbye to the paper sign-in sheets for each activity and requiring you to use the computer to sign-in

(continued on page 7)



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)- Jan 13,27

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): Jan 14: Ty's Diner
 12:30 pm Dominoes: Mexican Train
 1:00 pm Mahjong
 2:00 pm Bible Study
 7:00 pm Sunflower Woodworker Guild
 (4th Tuesday): January 28

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
 January 15
 2:00 pm Wichita Area Senior Author's
 Critique Group(1st Wed): Jan 8

Thursday

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

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):No Meeting
 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 January 2nd, 9:30am
Flying Saucers

NO MEETING - SECA (Seniors Exploring the Cultural Arts)

Monday January 6th, 10:00am
Prairie Moon Book Club: "American Duchess" by Karen Harper

Wednesday January 8th, 10:30am
Blood Pressure Checks- Serenity

Wednesday January 8th, 2:00pm
Wichita Area Senior Author's Critique Group

Thursday January 9th, 10:00am
Advisory Council

Tuesday January 14th, 11am
Dining with Jennifer: Ty's Diner - 928 W. 2nd St. N. - Be sure to let us know if you are planning on coming to have lunch

Tuesday January 28th, 7:00pm
Sunflower Woodworking Guild

Thursday January 30th, 9:00am
Foster Grandparents

Please Note Holiday Closing

Downtown Senior Center will be **CLOSED ALL DAY Wednesday, January 1st (New Year's Day)** and **CLOSED ALL DAY Monday, January 20th (Martin Luther King, Jr. Day).**

➤ Reach the Senior Market
ADVERTISE HERE

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Duane Budelier to place an ad today!
dbudelier@4LPi.com or (800) 950-9952 x2525

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Mennonite Housing
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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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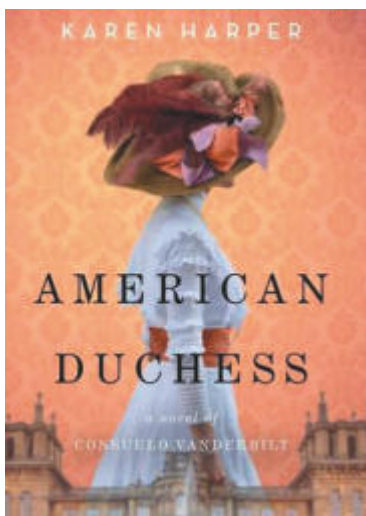
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(316) 201-4186 Derby CBD **(316) 440-3371**



Downtown Senior Center Announcements

Prairie Moon Book Club

Join us on the first Monday of the Month. The book for January 6th will be: "American Duchess" by Karen Harper



Announcements

WELL-REP WSU Exercise Class - The student instructors will return on January 27th for Exercise Class

Balance and Cardio Dance - Will resume Tuesday January 28th at 11:00am

Future Class: February Legal Advisor: Powers of Attorney: Planning ahead for emergencies



WSU OFFERS METEOROLOGY

Location: Downtown Senior Center • 200 S Walnut, Wichita, KS 67213

Dates: Tuesdays • March 17, 24, 31 & April 7 Time: 1:00 - 3:00 p.m.

Wichita State University will be offering a 0.5 credit course entitled:

INTRODUCTION TO METEOROLOGY

It has been said that, "Everyone talks about the weather, but nobody does anything about it." In this course, we will discuss the weather and understand what meteorologists and atmospheric scientists do to make the world a safer and keep the public more informed.

Objectives:

- Describe the history of meteorology and the instrumentation used by meteorologists.
- Analyze weather charts and numerical models and why they are used in weather forecasting.
- Discuss structures of different severe weather phenomena and their impact on life and property.
- Understand what a climatologist does and the strengths and weaknesses of climate forecasting.

Instructor: Augustine Iacopelli, Lecturer, Department of Geology, Wichita State University

Pick up your registration form from one of the Senior Centers, or visit www.wichita.edu/LifelongLearning to download the registration form.

For questions, call 316-978-3264

FREE for students 60+ years of age who enroll prior to February 13, 2020



WICHITA STATE
UNIVERSITY

WORKFORCE, PROFESSIONAL
AND COMMUNITY EDUCATION

Students enrolling after February 13 will pay a workshop fee of \$7.50.

Students enrolling after February 13 will also be subject to an application fee of \$25 if they have not previously been enrolled at WSU.



Downtown Senior Center Educational Opportunities

January 2020

Wednesday January 9th @ 10:30am
TBD
Angels Care Home Health

Thursday January 9th @ 2:00pm
Writing Craft: TBD

Wednesday January 15th @ 1:30pm
Living Trust: Is a Trust for me?
Legal Advisor: Andrew Rowe, P.A.

NO MEETING - WILL RESUME IN FEBRUARY

Financial Advisor: Stan Webb



DIY Vision Boards - Friday, January 10@1pm

Come learn to make a Vision Board for 2020. We will be using lots of magazines, glue and a little creativity. If you need an example, stop by my office and take a look at the one on my wall. That was the class we did last year. This is an example put those dreams/goals down on paper and look at it often. This can help you remember and focus on what you would like to see happen for yourself in 2020.



Director's Notes (Continued)

for your activities. I know most of you already use the computer but this is just a friendly reminder. We need you to use the computer for signing in for our funding - so please stop as you are coming in and either swipe your card or enter your name and phone number to check in. If you need a refresher on how to do this please stop at the office and we will be glad to show you how to sign-in.

We are also looking for volunteers to be on different committees to help around the center. If you have an interest in volunteering a few hours a month to help our senior center become the best it can be, please see Jennifer in the office. A few examples would be: planning events, decorating, advisory council, mini library helper and a variety of other things.

As always please call 316-267-0197 or stop by the office if you plan on attending an education class or special activity here at the center.

Jennifer