



## Downtown Senior Center

Hello all. Just a reminder that Daylight Saving Time Begins on March 8th - be sure to turn your clocks ahead. Spring forward, Fall back. The first day of Spring is on March 20th which is also our DIY class on making a cute Spring Door Hanger. *(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 Pickleball  
 6:00pm Alzheimer's Early Stage Support Group (1st Monday)  
 6:30 pm Recovery Group  
 7:00 pm Monday Night Round Dance (NO DANCE MARCH 16th)  
 7:00 pm KS Ringleaders (3rd Monday)  
 7:00 pm Wichita Hi Leaders (2nd & 4th Monday)

#### 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)  
 March 10: PourHouse  
 12:30 pm Dominoes: Mexican Train  
 1:00 pm Mahjong  
 2:00 pm Bible Study  
 7:00 pm Sunflower Woodworker Guild (4th Tuesday): March 24th

#### 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

10:30 am Blood Pressure Checks (2nd Wed)  
 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  
 2:00 pm Beginning Spanish: \$5/class  
 2:00 pm Wichita Area Senior Author's Critique Group (1st Wed)

#### Thursday

8:00 am Billiards  
 8:00 am Fitness Equipment  
 8am-12pm Pickleball (besides the last Thurs)  
 9:00 am Foster Grandparents (last Thursday) March 26th  
 9:30 am Flying Saucers Porcelain Painting Club (1st Thurs)  
 10:00 am Advisory Council (2nd Thurs)  
 2:00 pm Senior Financial Advisor (3rd Thurs) March 19th  
 2:00 pm Writing Craft (1st Thurs)

#### 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 (No Meeting)  
 10:00 am Wanda's Exercise Class: \$10/mo  
 10:30 am Blood Pressures (1st Friday)  
 11:00 am WSU Well Rep Exercise Class  
 12:30 pm Party Bridge  
 1:00 pm S.E.C.A. (1st Friday) March 6th  
 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](mailto:jenniferf@seniorservicesofwichita.org)  
**Registration Required for ALL Center Activities • Membership: \$25 per year**



## Downtown Senior Center Monthly Activities

**Monday, March 2nd 10:00am**

Prairie Moon Book Club: "Ordinary Grace"-William Kent Krueger

**Monday, March 2nd 6:00pm**

Alzheimer's Early Stage Support Group  
Please call 316-267-7333 if interested in joining.

**Wednesday, March 4th 2:00pm**

Wichita Area Senior Author's Critique Group

**Thursday, March 5th 9:30am**

Flying Saucers

**Friday, March 6th 10:30am**

Blood Pressure Checks- Kansas Masonic Home

**Friday, March 6th 1:00pm**

SECA (Seniors Exploring the Cultural Arts)

**Tuesday, March 10th at 11:00 am**

Dining with Jennifer: PourHouse 711 E

Douglas - Please RSVP to save a spot. We will meet at the Restaurant. Be sure to bring some \$ and invite a friend if you would like.

**Wednesday, March 11th 10:30am**

Blood Pressure Checks- Phoenix Home Care & Hospice

**Thursday, March 12th 10:00am**

Advisory Council

**Monday, March 16th**

No Monday Night Round Dance

**Tuesday, March 17th**

No Cardio Dance Class

**Friday, March 20th 1:00pm**

DIY Spring Door Hanger: \$7 due by March 18th

**Tuesday, March 24th 7:00pm**

Sunflower Woodworking Guild

**Thursday, March 26th 9:00am**

Foster Grandparents

➤ Reach the Senior Market  
**ADVERTISE HERE**  
CONTACT  
Duane Budelier to place an ad today!  
dbudelier@4LPi.com or (800) 950-9952 x2525



**BOHEMIA**  
healing spa

611 W Douglas Ave, Wichita, KS  
316-262-7888  
www.bohemiahealingspa.com

**10% off up to \$10 off**  
First Service



NeighborWorks<sup>™</sup>  
CHARTERED MEMBER

**Mennonite Housing**  
EQUAL 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.

**SIMPLIFYING LIFE TRANSITIONS**

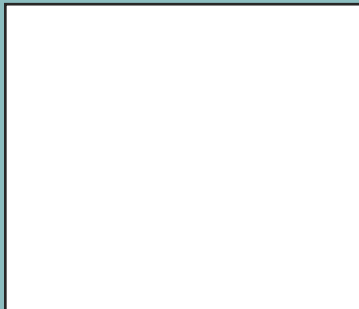


*Alleviate the stress of downsizing and estate preparation*

**Creating Custom Solutions** for your personal property & real estate

**(316) 683-0612 | www.McCurdyAuction.com**

**McCurdy**  
AUCTION LLC  
REAL ESTATE SPECIALISTS

**Thrive**  
Locally






## Downtown Senior Center Announcements

### Future Books for Prairie Moon Book Club 1st Monday of the Month at 10:00am:

April 6th: **The All-Girl Filling Station's Last Reunion** by Fanny Flagg

May 4th: **A Woman is No Man** by Etaf Rum

June 1st: **Clee's Odyssey** by Carl Fox

July 6th: **Turn off the Key** by Ruth Ware



### Future Events

April 8th @ 10:00am: **You Have the Power to Save Your Memory: Aubrey with Natural Grocers**

April 9th @ 2:00pm: **Advance Directives: Father Tom Harry with Hynes Memorial Hospice**

April 23rd @ 1:00pm: **Stroke Training: Dacia Home with Instead Senior Care**

May 14, 21, 28, June 4, 11, 18 @ 1:00pm: **Chronic Conditions Self-Management Workshop**

May 14 @ 2:00pm: **Pain and Suffering-What is the Difference?: Father Tom with Harry Hynes Memorial Hospice**

### Announcements

#### Sunday, March 8th

DAYLIGHT SAVING TIME BEGINS  
- BE SURE TO SET YOUR CLOCKS AHEAD

#### Friday, March 13th 12:00pm

Potluck: Potato Bar- RSVP REQUIRED 267-0197- PLEASE INCLUDE WHAT SIDE OR TOPPING YOU WILL BE BRINGING!

#### Saturday, March 14th

St. Patrick's Day Parade: If you are interested in walking with the Downtown Senior Center, please let us know in the office! There will be more information given closer to the date.

#### March 17th 9:00am-11am

Job Fair: MUST BE REGISTERED WITH SENIOR EMPLOYMENT TO ATTEND 316-267-1771

### CANCELED & STOPPING EARLY:

PICKLEBALL MARCH 12TH WILL END AT 10:45AM

NO AFTERNOON PICKLEBALL ON MARCH 13TH

NO MONDAY NIGHT ROUND DANCE MARCH 16TH

NO BALANCE AND CARDIO DANCE CLASS MARCH 17th



## Downtown Senior Center Educational Opportunities

### March 2020

Thursday, March 5th 2:00pm  
**Writing Craft- "Started"**

Tuesday, March 10th 12:00-4:00pm  
**AARP Driver Safety-RSVP  
REQUIRED 267-0197 SPACE IS  
LIMITED (\$15 FOR AARP  
MEMBERS/\$20 FOR  
NON-MEMBERS-PAY DAY OF CLASS)**

Wednesday, March 11th 10:30am  
**Dustin Avery-Humana: When Life  
Gives you Lemons**

Thursday, March 12th 12:00pm  
**Lunch & Learn: Posture and  
Mobility with Dr. Nathan Hands from  
Optimize Wellness  
RSVP REQUIRED BY MARCH 10TH  
267-0197**

Friday, March 13th 12:30pm  
**Michael Schwanke- KWCH News:  
Scams-Come and learn about all the  
new SCAMS that are out there now!  
PLEASE RSVP 267-0197**

Tuesday 17th, 24th, 31st, &  
April 7th 1:00pm  
**WSU Lifelong Learning:  
Meteorology- REGISTRATION  
REQUIRED THROUGH WSU  
316-978-3731**

Wednesday, March 18th 1:30pm  
**Legal Advisor: Andrew Rowe, P.A.:  
Demystifying Medicaid and  
Divisions of Assets**

Thursday, March 19th 2:00pm  
**Financial Advisor: Stan Webb: New  
Rules for Your Money in 2020- "Who  
qualifies for new required IRA  
minimum distributions starting at 72  
instead of 70 and a half?"**

### DIY Spring Door Hanger Friday, March 20th 1:00pm:

Your choice of either a Bunny or  
Chick- \$7 due by March 18th.  
Come learn how to make this  
adorable Spring Door Hanger!



### Director's Notes (Continued)

If you are interested in that class be sure to get signed up and turn in your Money by March 18th to reserve your spot. We have a lot of fun things coming up for March - we have a Lunch and Learn on Posture and Mobility by Dr. Nathan Hands from Optimize Wellness on March 12th at noon. You will need to RSVP for this so we know how many people to let the Doctor know so we have the correct amount of food. We are also having Michael Schwanke back to talk again on SCAMS- he did such a great and informative talk at our annual meeting we have asked him to come again. He will be here March 13th @ 12:30pm to present while we feast on the Potato Bar Potluck. Be sure to stop in or call 267-0197 to let us know what you would like to bring for the potluck. As always, please call 267-0197 to RSVP or stop by the office.

Jennifer