



# Linwood Senior Center

*"Love is unselfishly choosing for another's highest good" CS Lewis*  
*"We love because it is life's truest adventure" Nicki Giovanni*

Dear Friends, This is our time to celebrate February and to remind ourselves how to "love one another." It is always good to reflect on your relationships in your life, and think about what they mean to you, and how you can share your love with them. Sometimes it is by giving a helping hand, cleaning or making dinner for someone, or sometimes it is by giving gifts, sometimes it is by giving a word of encouragement, sometimes it is by not getting mad, and sometimes it is by listening or crying with them. Often times it may be by giving them room to grow. This month brings a love of many things you can do! You chocolate lovers out there will love our "Chocolate Festival" on Valentines Day, and you that love to garden will love some indoor gardening tips about growing cacti. We have a book you will love for bookclub and other educational classes you will love! So, this month, give LOVE a chance!  
XXX's & OOO's!  
-Cherise & the Linwood Crew



## Ongoing Activities

### Monday

9:00 Stretching  
9:00 Early AM Bookclub  
(Second Monday)  
9:30 Dynabands  
10:00 Bible Study  
(First 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

**9:00 Advisory Council  
the second Wednesday  
of the month**

**10:30 Birthday Party  
the third Wednesday  
of the month.**

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



Forrest Gump says "Love is like a box of chocolates" And WE think so too!

YOU are cordially invited to be LOVED and come to our **"Chocolate Fest"** **Friday, February 14, from 2-4:00pm**

Entry Fee: Bring something with chocolate to share (Different kinds of treats, cupcakes, chocolate ice cream, box of chocolates, brownies, etc) Presentation by Aubrey Vereke of Natural Grocers "Health by Chocolate: Indulge & Be Well" Please RSVP to Linwood by 2/12

**REMINDER: RSVP means to "Respond If You Please" or Respond Promptly** We hope you will be considerate of this when we have various events throughout the year by letting us know when you are coming. This is a consideration we appreciate, as the events we put on have time, effort and expense put in to them. Those of you who do this already, "THANK YOU". Those of you who do not, please make a "concentrated effort" to do so this year!



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## Linwood Senior Center Special News & Events

### February 2020

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!

\*Tuesday, February 4, 2020

#### **Writer's Craft 2-4 pm**

**Program: Planning Ahead**

**Exercise Words: gum - halo - turtle - skydiving - purple**

**Prompt: Write an opinion to a friend who gave you onion and garlic flavored chewing gum.**

(Note DSC Critique Group at Downtown 2/5/20 from 2-4)

Friday, February 7, 2020

#### **Ways to Say, I Love You**

Cherise Langenberg, MS, Senior Services Inc.

Friday, February 14, 2020

#### **How to Have Positive Mental Health in a Love Challenged World**

Mark Pennington, Clearwater Nursing & Rehab

### **THE CENTER WILL BE CLOSED ON MONDAY, FEBRUARY 17th for PRESIDENT'S DAY**

Friday, February 28, 2020

#### **Growing Cactus to Love - Tips on different kinds and how to grow them**

Ron Hardesty, Cactus Grower

### **LUNCHING LOVELIES & THE ROMEO CLUB STARTING**

We have been toying with the idea of a fun club! Just sharing some time together by eating out! This month we will be eating at one of the new local restaurants around the Linwood location. We are planning a trip to the "Pasta Express". They are a newer restaurant, with affiliations to Sweet Basil. So, if you are in the mood for some Italian Romance food, like their excellent Manicotti, please call us to RSVP. Monday, February 10 at 11am. Also plan on coming back to watch the movie "Lady & the Tramp" after lunch! Love is IN the AIR!!!!

### **6 - WEEK "DIABETES SELF MANAGEMENT WORKSHOP" Starting on Monday, February 24 from 1:30 - 3:30pm**

Take control of your health challenges. This course is designed to help manage your diabetes and sugars, learn new ways of eating healthy, set and accomplish goals, problem solve and deal with depression, and difficult emotions. Sponsored by the Sedgwick Co Health Department. Call 263-3703 to find out more!

### **LINWOOD CENTER NEEDS**

Items that we can use at the center are paper towels, microwavable paper plates and napkins, so if you have any extra, and would like to gift some to us we would appreciate it! \*\*\*THANK YOU ALSO TO YOU GENEROUS DONORS for the coffee, books, napkins, papertowels, plates, and plastic table clothes that have been donated, you really BLESS your Linwood Senior Center!



## Linwood Senior Center News/ Events

**Early Morning Bookclub(Note Time Change)** February 10 at 9am  
Book to be discussed is: **“Sense & Sensibility”** by Jane Austen



**Bible Study Class Monday**  
**February 3 at 10am,** Join us!



**Grief Support Group** is meeting on a different day due to Holiday Change. Call for info!



### **Craft Time With Kay & Pat**

February 12, come make a “heart pillow” for you or your love! Class is from 2-4. PAY & RSVP by Monday, February 10. We will need you to be faithful in payment at the time you sign up. Cost is \$5. No refunds, unless you find someone to take your place.



### **MOVIE MONDAY**

**February 3 from 1-3:30pm** the Movie is a wonderful animated film of **“Lady & the Tramp”**\*

And on **February 10 at 1pm** **“Sense & Sensibility”** it has romance, and fun! (Director’s Favorite)

\*Movies are subject to change with regard to availability!



Kye Chon  
Arlene Conner  
Starla Criser  
Bob Curry  
Francis Elliott  
Eileen Fessenden  
Leland Fletcher  
Myron Frick  
Roberta Greenman  
Dorothy Hammett  
Coe Holden  
Connie Holt  
Charlie Hubbs  
Sue Ann Johnson  
Verna Jones  
Julie Lovelace  
Candee Manners  
Rose Mary Mounts  
Debbie Sauer  
Jan Story  
Linda Tucker  
Raymond Valadez  
Darla Vonada

### **Joke of the Month**

(Just because you don’t get enough jokes from Cherise already)  
Remember “It’s always exciting to get a Valentine’s Day card pushed through your door, with no stamp on it - just your name on the envelope,”  
\*\*“Except when you’re in prison!”  
HAPPY VALENTINES DAY!!!! Xxx’s & OOO’s  
~Cherise~