



Linwood Senior Center

"May your joys be as deep as the ocean, your troubles as light as its foam, and may you find sweet peace of mind, wherever you may roam..." ~Irish Blessing~

"May good luck be with you wherever you go, and your blessings outnumber the Shamrocks that grow!" ~Irish Blessing~

Dear Friends, I don't know about you, but I am ready for the Spring! This year as I have passed the milestone of 50+2 I have noticed this winter that "Arthur" has been hanging around, "Arthur-itis" that is! So, I think it's time for him to go and he can take the cold weather with him. With March comes our St. Pat's Day Parade in Delano. This month we are planning on some fun things, the Lunching Lovelies & ROMEO Group are celebrating St. Pat's day with some Corned Beef & Cabbage at Fat Ernies. We'd love you to join us! Also, we are having some great educational programs, from "Older Drivers Issues & Concerns: Are You Safe on the Road?" And the Great Plains Nature Center's Naturalist will be here to talk about local birds and help celebrate World Sparrow Day! So, we will be having fun and feathers this month, be sure you don't miss out!

With Irish Eyes a Smiling, Cherise, & the Great Volunteer Staff at Linwood



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

St. Patrick's Day Parade

If you are interested in walking in the St. Patrick's Day Parade, give us a call at Linwood! You will need to wear "GREEN" and need to be able to stand/walk for a while. The parade is on the 14th, but please RSVP by the 6th. Reminder, it is sometimes a little cold for this event, so you will need to wear warmer clothes.



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

March 2020

All events are on Fridays at 10:15am unless otherwise noted*. **Please RSVP** 263-3703, for events below, by the Wednesday before the event, as weather and cancellations do occur. Current memberships appreciated, otherwise there is a \$2 fee. Thanks!

*Tuesday, March 5, 2020

Writer's Craft 2-4pm

Program: Started

Exercise Words: invisible - steak - swan - convertible - pink

Prompt: What would you do if you woke up one morning to find yourself invisible?

(Note DSC Critique Group at Downtown 3/5/20 from 2-4)

Friday, March 6, 2020

"Older Driver Issues & Concerns; Are You Safe on the Road?"

Cynthia Calaway, Ks Dept of Transportation

*Wednesday, March 11, 2020 at 9am to noon

"Free Hearing Tests with Hearinglife"

Renee Vermillion, Audiologist at the Central Wichita location will be here for Free Hearing Screenings.

Call us at 263-3703 to schedule your appointment.

March 20, 2020

"World Sparrow Day & KS Birds"

Great Plains Nature Center, Naturalist Rachel Roth

March 27th at 10:15 am

"Great Ways to Manage Medication"

Presenter - Mary Beth McAlastar, from Great Plains Pharmacy

6 - WEEK "DIABETES SELF MANAGEMENT WORKSHOP"

Starting on Monday, February 24 from 1:30 - 3:30pm and will be every Monday in March.

***You can still get in on this course, but call soon!**

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!

DINING DIVAS & 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 **Fat Ernie's**, and **"corned beef and cabbage"**

is on the menu, but you can order whatever your heart desires! Please RSVP, by March 13. We will be dining on Tuesday, March 17, leaving Linwood at 11am.





Linwood Senior Center News/ Events

Early Morning Bookclub (Note Time Change)

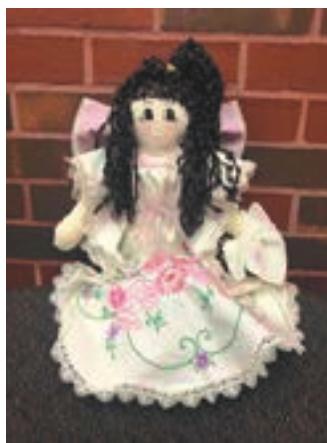
March 9 at 9am
Book to be discussed is: **"The Help"** by Kathryn Stockett

Bible Study Class Monday March 2 at 10am, Join us!

Grief Support Group is meeting on March 16, call ahead on this meeting for RSVP!

Craft Time With Kay & Pat

March 18 from 2-4pm, and on March 25.
Please note the cost is \$10 for the class and you will need a dresser scarf or pillowcase to make the angel. Please call for more information, Pay and RSVP by March 13! No refunds unless you find someone to take your place.



Movie Monday will be changing to Thursday, March 12 at 10am.

We will be celebrating **"Popcorn Lovers Day"** with the movie **"Singing in the Rain"**

*Movies are subject to change with regard to availability!

Linwood SECA (Seniors Exploring the Cultural Arts) is on March 6 at 3pm.

Come and join us to find out about the upcoming theatre productions, and other interesting events in Wichita, and some we can attend together!



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|-----------------------|------------------|
| Fatema Aghakani | Elizabeth Harms |
| Katherine Ann Allison | Sharon Hodges |
| John Ashworth | Rowena Keller |
| Harold Aylworth | Robert Lee |
| Lance Brown | Ludwig Martell |
| Pat Collins | Darlene Mason |
| Florence Conner | Howard Mercer |
| Caroline Contreras | Rochell Payne |
| Thomas Curry | Linda Richardson |
| Ronald Davis | Daniel Royce |
| Hatsue Donnelly | Verda Ryel |
| Tom Elman | Lynn Sell |
| Carolyn Gerstenkorn | Nancy Stotler |
| Janice Gregg | Ramon Velazque |
| Kaye Gruver | |

Joke of the Month

(Just because you don't get enough jokes from Cherise already)

A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."

"Really," answered the neighbor. "What kind is it?"

"Twelve thirty," the man replied.

