



LINWOOD SENIOR CENTER

“Tough times don’t define you, they refine you!”

Hello Friends,

We have been refined, probably more than we would have liked this year! Welcome back to fellowship, friends and fun! We are so thrilled to be able to see your smiling faces in person. This month we are introducing, what we have defined as a “slow, safe opening” at our 4 senior centers. Much planning, thoughtfulness and love has gone into opening the centers again. We want you to know that our hope is that we will be able to serve you **safely**, as we manage Covid concerns. This involves much cleaning for the directors. Foremost, we ask that you review the information on the front page for opening. These rules we have in place, are so we can run programs safely. Masks and RSVP’s are required to fulfill the Covid guidelines the State has put in place. We will have some changes in the previous Tuesday/Thursday schedule, so please look at it closely. We are holding off on cards and in person Bingo for now, but we are hopeful to open this up in the coming months, so please be patient with us, but definitely let us know if you have any ideas, or suggestions! We also have to maintain the rooms with 6 feet between us so that limits how many people can be at certain events. If we have more participants for a particular event, we will schedule a second event to cover the people who didn’t get in the first one. We want to serve you WELL!

When you RSVP to come by and fill out the paperwork and pay member registration, we have an opportunity for you to pick out a gift to say “thanks” for supporting your Linwood Senior Center! So, call and let us know you are coming by SOON!

Blessings and Big Hugs,

-Cherise, and the volunteer team

Ongoing Activities

PLEASE RSVP TO ALL ON-SITE ACTIVITIES 263-3703

April 1, 2021 (Thursday)

- 9:00-11:00 Pickleball (28 limit)
- 10:00-3:00 Walking (National Walking Day)
- 10:00-10:45 Stronger Seniors (9 limit)
- 11:00-11:45 Stronger Seniors (9 limit)
- 10:00-3:00 Computer Room Open By Appointment Only (2 limit)
- 1:00-3:00 Laughter Therapy (Movietime: “It’s A MAD, MAD, MAD, MAD, World”) RSVP ASAP

to 263-3703 (9 limit)

April 5, 2021 (Monday)

*Partyline Bible Study (Call 1-316-215-9366) at 10:00am

April 6, 2021 (Tuesday)

- 9:00-11:00 Pickleball (28 limit)
- 10:00-3:00 Walking
- 10:00-3:00 Computer Room Open By Appointment Only (2 limit)

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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



For those of you who have computer access, I strongly recommend the following, as there are some great classes for you to attend virtually.

Central Plains Area Agency on Aging (CPAAA) has partnered with GetSetUp to provide **FREE** interactive online classes for anyone 55+ to help you stay active and engaged, learn new things, and support positive and healthy aging. You can access the site at <https://www.cpaaa.org/virtual-classes>. Every class is **FREE** – use Coupon Code **CPAAA** at: www.getsetup.io/partner/CPAAA. Make sure to use the Coupon Code for access to the free classes.

*Please call us if you need assistance in setting this up! You need to have an email address though to access.

Also the Mather classes are supposed to be exceptional as well. You do not need to have access to a computer for some of these classes, so please call Cherise at 263-3703 for more information. And we can get the list of classes to you. They are from A-Z, yoga, art classes, history and storytelling.

If you have any questions, please don't hesitate to call us 263-3703. We are here to serve you!



Safely providing services so you can stay in your home

Personalized coordinated services

- Medical care
- Medications
- Home care
- Rehabilitative therapies
- Medical transportation
- Dental, vision and hearing
- Social services
- Dietary services

Call **316-799-0639** today.

Participants must be at least 55 years old and live in Sedgwick County. All PACE participants agree to receive all services other than emergency services from HOPE staff and its network of providers, and may be fully and personally liable for the costs of unauthorized or out-of-network services.

 **Ascension Living**

HOPE

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Ongoing Activities - Continued

PLEASE RSVP TO ALL ON-SITE ACTIVITIES 263-3703

10:00-10:45 Stretching & Dynabands
(9 limit)

11:00-11:45 Stretching & Dynabands
(9 limit)

1:00-3:00 Writing Craft - Starla Criser
Instructor (9 limit)

April 8, 2021 (Thursday)

9:00-11:00 Pickleball (28 limit)

10:00-3:00 Walking

10:00-10:45 Stronger Seniors (9 limit)

11:00-11:45 Stronger Seniors (9 limit)

10:00-3:00 Computer Room Open By
Appointment Only (2 limit)

1:00-3:00 Movie Time: "Enola Holmes,
Sherlock Holmes Sister" (RSVP to 263-
3703 by 4/7) (9 limit)

April 12, 2021 (Monday)

10:00 *Partyline Bookclub "To Set A
Watchman" by Harper Lee (call 1-316-215-
9366) *Next book, will be about Frank
Lloyd Wright, please call for more info.
We are intending to visit his house in
Wichita in the future, as safety protocols
allow.

April 13, 2021 (Tuesday)

9:00-11:00 Pickleball (28 limit)

10:00-3:00 Walking

10:00-3:00 Computer Room Open By
Appointment Only (2 limit)

10:00-10:45 Stretching & Dynabands
(9 limit)

11:00-11:45 Stretching & Dynabands
(9 limit)

1:00-3:00 Diamond Dots Craft
(Purchase Kit for \$5) Call to RSVP by 4/9
*NEW EVENT! (6 limit)

April 14, 2021 (Wednesday)

11:00 *Party Line BINGO! Call 1-316-215-
9366 day of. *Please RSVP by 4/12 to
263-3703 (30 limit) *2 cards per person.

April 15, 2021 (Thursday)

9:00-11:00 Pickleball (28 limit)

10:00-3:00 Walking

10:00-3:00 Computer Room Open By
Appointment Only (2 limit)

10:00-10:45 Stronger Seniors (9 limit)

11:00-11:45 Stronger Seniors (9 limit)

1:00-3:00 Movie Time: "The Titanic &
Me" - histories of the descendants of the
Titanic and how the disaster affected
their lives. (It is National Titanic
Remembrance Day) RSVP by 4/12 to
263-3703 (9 limit)

April 20, 2021 (Tuesday)

9:00-11:00 Pickleball (28 limit)

10:00-3:00 Computer Room Open By
Appointment Only (2 limit)

10:00-3:00 Walking

10:00-10:45 Stretching & Dynabands
(9 limit)

11:00-11:45 Stretching & Dynabands
(9 limit)

1:00-3:00 "Art Escape With Jen"
(Painting Baby's Breath) *RSVP for Cost
@ \$7 by 4/14 to 263-3703 (6 limit)



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Ongoing Activities - Continued

PLEASE RSVP TO ALL ON-SITE ACTIVITIES 263-3703

April 21, 2021 (Wednesday)

10:00-10:45 APRIL BIRTHDAY PARTY!
Join us on the telephone for some fun jokes and trivia! Call 1-316-215-9366 (RSVP to 263-3703 by 4/19)

1:00 "FALL PREVENTION, from the Nurse's Mouth" PARTYLINE call 1-316-215-9366 (RSVP to 263-3703 by 4/19)
Presenter: Rachel Avila, LPN with Via Christ Ascension & Tiffany Holler, Certified Occupational Therapist Assistant

April 22, 2021 (Thursday)

9:00-11:00 Pickleball (28 limit)

10:00-3:00 Walking

10:00-3:00 Computer Room Open By Appointment Only (2 limit)

10:00-10:45 Stronger Seniors (9 limit)

11:00-11:45 Stronger Seniors (9 limit)

1:00-3:00 "Growing Succulents - Digging In & Celebrating Earth Day" (9 limit) Presenter Ron Hardesty, Succulent Growing Extraordinaire (RSVP to 263-3703 by 4/19)

April 27, 2021 (Tuesday)

9:00-11:00 Pickleball (28 limit)

10:00-3:00 Computer Room Open By

Appointment Only (2 limit)

10:00-3:00 Walking

10:00-10:45 Stretching & Dynabands (9 limit)

11:00-11:45 Stretching & Dynabands (9 limit)

1:00-3:00 National Story Telling Day - Cherise Will Share A Few & You Can Too! (RSVP to 263-3703 by 4/23) (9 limit)

April 28, 2021 (Wednesday)

11:00 *Party Line BINGO! Please call to RSVP by 4/21 (30 person limit) Call 263-3703 to sign up and pick up cards two cards for each person. Then call 1-316-215-9366 on 4/28 to play!

April 29, 2021 (Thursday)

9:00-11:00 Pickleball (28 limit)

10:00-3:00 Walking

10:00-3:00 Computer Room Open By Appointment Only (2 limit)

10:00-10:45 Stronger Seniors (9 limit)

11:00-11:45 Stronger Seniors (9 limit)

1:00-3:00 "Sweeter as the Days Go By" Gaither Homecoming DVD/Sing A Long (RSVP to 263-3703 by 4/26) (9 limit)

April 26, at 3pm FIRESIDE CHAT with City Councilman of District 1, Brandon Johnson, only there is no fire, only a chat. He will be sharing information about new events, and other things happening in Wichita. He is looking for your input, so please call and be a part of supporting our city and addressing community needs. Please call to RSVP 263-3703 for this event. *All people can participate as we will be discussing over the telephone.

Joke For The Month!



Do you know the difference between the bird flu and the swine flu?
For the bird flu there is "tweet-ment"
And for the swine flu there is "Oink-ment"

