



## LINWOOD SENIOR CENTER

“Spring, being a tough act to follow, God created June.”

~ Al Bernstein ~

Hi Friends,

June is here, full of sunshine and roses! I hope your gardens are growing well, and if you don't have a garden you will ask us about the Farmer's Market Checks we have available, to those that \*qualify to be able to shop at the Farmer's Markets, and get some fresh fruits and veggies! Also, we will be having a **“WELCOME BACK 4-CENTER PICNIC”** at Watson Park so don't miss the fun! We also have some great crafts, with Mandella Rock/Bag Painting, and Clothespin Dragon Flies and Angels. Hold on to your hats, as we are going to kick off a 3 part series on “Different Techniques on Nail Painting/Stamping” with Dawna Geiger. You women will not want to miss this!

We are extending our opening another day to be **open on Mondays!** So, with that we are excited to add in our other events to expand the events here at the center. Please make sure you **RSVP** for every event we have listed, we still are encouraging safe practices here at the center for preventing Covid! So keep working with us, so we can make sure we are protecting one another.

BIG HUGS!

~Cherise, and the volunteer team

### Joke Of The Month In Honor Of Father's Day:

Dear Dad, \$chool i\$ really great. I am making lot\$ of friend\$ and \$tudying very hard. With all my \$tuff, I \$imply can't think of anything I need, \$o if you would like, you can ju\$t \$end me a card, a\$ I would love to hear from you. Love, Your \$on

Dear Son, I kNOW that astroNOmy, econOMics, and oceaNOgraphy are eNOugh to keep even an hoNOR student busy. Do NOT forget that the pursuit of kNOWledge is a NOble task, and you can never study eNOugh.

Love, Dad

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**



## Welcome Back Picnic

**At Watson Park on Friday,  
June 18th from 10am to 1pm**

Come and join us as we celebrate, international picnic day and the fact that we can get together once again! We have a package deal where we are going to have lunch; cold soft drinks, hotdogs, chips, condiments and cookies! Then we will have the opportunity to ride the train and paddleboats! We will have BINGO and some fun, so bring your lawn chairs, a hat, and your smiling face to celebrate LIFE! **Cost is \$10, please RSVP and pay by June 14th.**



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*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.*



# HOPE

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**ONGOING ACTIVITIES: Please RSVP For ANY Activity To Reserve A Spot For You! Thanks! Call: 263-3703**

**Monday**

- 9:00 am - Stretching
- 9:30 am - Dynabands
- 10:00 am - Bible Study (First Monday/Third Monday)
- 10:00 am - Early AM Bookclub (Second Monday)
- 11:00 am - Friendship Lunch
- 1:00 pm - Movie Monday (Second & Fourth Monday)
- 2:00 pm - Grief Support Group (Third Monday)



**Tuesday**

- 8:30-10:30 - Pickleball
- 9:00 am - Stronger Seniors (A)
- 10:00 am - Stronger Seniors (B)
- 11:00 am - Friendship Lunch
- 1:00 pm - Tuesday Tai Chi Video \*but NOT on Writing Craft Tuesday 6/8\*
- 1:00 pm - Writing Craft (see date on page 11)

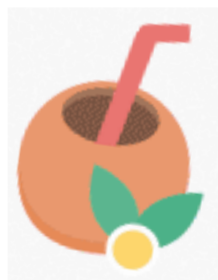
**Wednesday**

- 9:00 am - Stretching & Dynabands
- 10:00 am - Bingo
- 11:00 am - Bingo \*except not on 6/16 due to Birthday Party\*
- 11:00 am - Friendship Lunch
- 1:00 pm - Pinochle with Friends



**Thursday**

- 8:30-10:30 - Pickleball
- 9:00 am - Stronger Seniors (A)
- 10:00 am - Stronger Seniors (B)
- 11:00 am - Friendship Lunch
- 12:00 pm - Pinochle with Friends



**Daily/Anytime: Walking and Computer Lab (RSVP)**

**Monthly 10:00 Advisory Council the second Wednesday of the month 6/9**

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





## Cool Upcoming Events & Activities (RSVP for ALL to 263-3703)

### June 1, (Tuesday 10:30 - Noonish)

Summer Series: “Different Techniques of Nail Painting/Stamping” featuring Dawna Gieger, Dawna will teach us how to stamp/paint our nails in unique ways. Cost is \$10 for supplies, (less than a manicure) you will get several sets of polish and stamps and some bling! This is International Nail Day, so come and celebrate with us. Must RSVP and pay by May 28th! Series will be on the first Tuesdays in June, July and August.



**June 3, (Monday)** Bible Study at 10am  
Pastor BJ Bennet leading.

### June 7, (Monday 1-3pm) Mandala Rock/Bag Painting \$10, featuring Linda Overman, Instructor. Come and learn the ancient painting techniques of sanskrit painting, which is a circle or geometric design. It has symbolism and a meditative quality to the artwork. Please RSVP and pay by June 4th.



### June 8, (Tuesday 1-3pm) Writing Craft, Starla Criser Instructor

**Program:** Whose viewpoint to use.

**Exercise Words:** chair - lemon - pelican - hunting - salty

**General Prompt:** DISTRACTIONS: Write about how it feels when you can't focus.

**Poem Prompt:** DOLLHOUSE: Write a poem from the viewpoint of - someone living in a dollhouse.:

**June 10, (Monday) at 10am** Early AM Bookclub - discussion on “The Good Earth” by Pearl S Buck. Join us!

**June 14, (Monday) “Movie Monday”**  
Come and join us for “The Last Laugh” a movie about a manager and his comedian who are retired and want to

get back into the entertainment biz after 50 years! Pop/Popcorn \$1, truly the BEST movie deal in town! \*Movie subject to change, if unable to attain.

**June 16, Wednesday at 11am: Birthday Party Celebration,** come and celebrate the June Birthdays!

### June 16, (Wednesday 1-3pm)

Craft Time with Kay. Join us as we do a little “Clothespin Art” with angels and dragon flies. Cost is \$5. Must RSVP and pay by June 11th.



**June 17, (Thursday) ALL YOU FATHERS** out there, stop by the center to pick up a “Thank you gift” for ALL YOU DO!

**June 18, (Friday) from 10-1pm** is our **WELCOME BACK picnic.** Learn more on page 9!

**June 21, (Monday)** Is NATIONAL STRAWBERRY SHORTCAKE DAY and the **Lunching Lovelies and Romeo Club** are planning on eating at Jason's Deli East, where they have good shortcake! Call us to RSVP. Cost @ \$15.00 with dessert. \$10 without dessert.

**June 21, (Monday) GRIEF SUPPORT GROUP** from 2-3pm. Join us as we bond together and share our stories and learn how to navigate our grief. Chaplain Greg Schmidt will be leading the group. Call for more info!

**June 22, (Tuesday 2-3pm) Sun Cancer Awareness,** with Rachel Avila, RN, with Via Christi Health.

**June 28, (Monday) Movie Monday “One Hundred Foot Journey”** This is a great movie about food, chef style cooking, love and understanding! Join us. Pop/Popcorn is \$1, best movie deal in town! \*Movie is subject to change if unattainable.