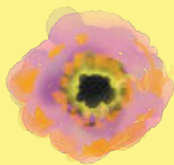
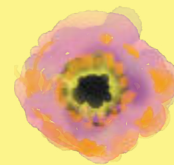




LINWOOD SENIOR CENTER



“May you grow up to be righteous, may you grow up to be true.
 May you always know the truth and see the lights surrounding you.
 May you always be courageous, stand upright and be strong,
 May you stay ‘forever young!’”
 ~Bob Dylan~



Hi Linwood Friends,

I appreciate the words above! And it is my heart’s desire to stay active and moving and “forever young” in my thinking anyway. I always want to learn more, I always want to keep seeking new horizons, and meeting new people. I think we can encourage each other to keep that mindset, we just have to set the pace and make a plan! This month, we will try to focus on the mind-body connections. We have a great 2 part program entitled **“Covid - Navigating Fear, Loss & Emotions of the Past Year.”** Our grief counselor/chaplain Greg Schmidt will be leading the program. And will have some excellent information to share about the challenges we have and are making it through. Take some time and destress by crafting, we have some things for you to take your mind off and just do some “easy concentrating”. We also are having a Mother’s Day Ice Tea, and starting our LUNCHING LOVELIES & ROMEO CLUB again, so look through the newsletter and start marking it up!

BIG HUGS!

~Cherise, and the volunteer team

Ongoing Activities

PLEASE RSVP TO ALL ON-SITE ACTIVITIES 263-3703

May 3, 2021 (Monday)

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

May 4, 2021 (Tuesday)

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

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

10:00-3:00 Walking

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

11:00-11:45 **“Medication Management”**
Mary Beth McAllistair Golden Plains Pharmacy

1:00-3:00 Writing Craft Program:

“Making friends with your characters.”

Exercise Words: bed - chili - gopher - skiing - spicy

General Prompt: DICTIONARY: Open up a dictionary to a random word. Define what that word means to you.

Poem Prompt: DIARY: Write a poem about a diary entry you’ve read or imagined.

May 5, 2021 (Wednesday)

10:00 BINGO! (RSVP-9 seats available)

10:00-3:00 Walking

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

Continued on pg 10

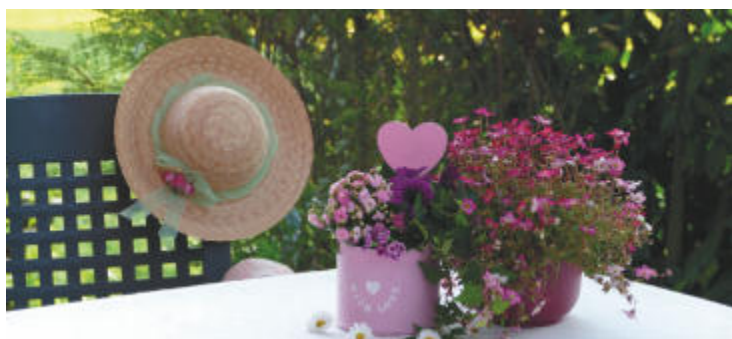
Linwood Senior Center • 1901 S. Kansas, Wichita, KS 67211 • (316)263-3703
 Hours: 8:00 a.m. - 4:30 p.m. • Director: Cherise Langenberg • CheriseL@seniorservicesofwichita.org
Registration Required for ALL Center Activities • Membership: \$25 per year



Mother's Day Tea & Hat Parade

You are cordially invited to our annual Mother's Day Ice Tea Parade of Hats. It is on **Thursday, May 6 from 2pm to 3pm.**

Suggested donation is \$3. We will still need to wear our masks, and appropriately socially distance. RSVP for 30 people. Please call **263-3703** to join us for the fun!



May 18 and May 25

"Jewelry/Victorian Collage with Pat" *RSVP for Cost @ \$5 to \$10 depending on if you use your own jewelry



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Ongoing Activities - Continued

PLEASE RSVP TO ALL ON-SITE ACTIVITIES 263-3703

11:00 BINGO! (RSVP-9 seats available)

1:00 "Covid - Navigating Fear, Loss & Emotion of Past Year" Part 1 Chaplain Greg Schmidt (RSVP by 5/4 *9 seats available)

May 6, 2021 (Thursday)

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

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

10:00-3:00 Walking

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

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

2:00-3:00 SPECIAL EVENT "Mother's Day Tea & Hat Parade" *see invitation (RSVP 30 count)

May 10, 2021 (Monday)

10:00 *Partyline Bookclub "Loving Frank" by Nancy Horan: It is a historical fiction about Frank Lloyd Wright and his mistress, and how they navigated the scandalous headlines, earlier in the 20th century. (Call 1-316-215-9366)

*Book on Deck: "The Hundred Year Old Man, Who Climbed Out the Window & Disappeared" by Jonas Jonasson

May 11, 2021 (Tuesday)

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

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

10:00-3:00 Walking

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

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

1:00-3:00 Diamond Dots Craft (Come and bring what you are working on, or

choose a new dot pattern to work on)
*NEW EVENT! (RSVP 5 spots available)

May 12, 2021 (Wednesday)

10:00 BINGO! (RSVP-9 seats available)

10:00-3:00 Walking

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

11:00 BINGO! (RSVP-9 seats available)

1:00 "Covid - Navigating Fear, Loss & Emotion of Past Year" Part 2 Chaplain Greg Schmidt (RSVP by 5/11 *9 seats available)

May 13, 2021 (Thursday)

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

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

10:00-3:00 Walking

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

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

12:00-1:30 Lunching Lovelies & Romeo Club at Spears to celebrate "National Apple Pie Day!" Join us for free slice of pie, with purchase of lunch! (Approx. \$10 + tip) RSVP by 5/10 to 263-3703

12:00-3:00 Pinochle With Friends (RSVP 8 players)

May 17, 2021 (Monday)

*Partyline "GRIEF SUPPORT" Call in to 1-316-215-9366

May 18, 2021 (Tuesday)

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

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

10:00-3:00 Walking

Continued on pg 11



Ongoing Activities - Continued

PLEASE RSVP TO ALL ON-SITE ACTIVITIES 263-3703

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

11:00-11:45 Birthday Celebration - Drop in, pick up a gift, and let us sing Happy B-day to you!

1:00-3:00 "Jewelry/Victorian Collage with Pat" *RSVP for Cost @ \$5 to \$10 depending on if you use your own jewelry, RSVP by 5/14 to 263-3703

May 19, 2021 (Wednesday)

10:00-10:45 Birthday Party! Birthdays in May can stop in a get a present! We will sing to ya!

10:00-3:00 Walking

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

May 20, 2021 (Thursday)

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

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

10:00-3:00 Walking

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

11:00-11:45 Tips for Getting a Better Night's Sleep! (RSVP - 9)

12:00-3:00 Pinochle With Friends (RSVP 8 players)

May 25, 2021 (Tuesday)

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

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

10:00-3:00 Walking

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

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

1:00-3:00 "Jewelry/Victorian Collage with Pat" - *RSVP for Cost @ \$5 to \$10 depending on if you use your own jewelry, RSVP by 5/21 to 263-3703 (5 spots)

May 26, 2021 (Wednesday)

10:00 BINGO! (RSVP-9 seats available)

10:00-3:00 Walking

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

11:00 BINGO! (RSVP-9 seats available)

1:00 MOVIE TIME: "My Big Fat Greek Wedding" (Director's Favorite, RSVP please) Can purchase soda and snack size popcorn for \$1

May 27, 2021 (Thursday)

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

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

10:00-3:00 Walking

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

11:00-11:45 Program, "Positive Mental Health" by Rachel Avila, RN Via Christi Health (RSVP by 5/14)

12:00-3:00 Pinochle With Friends (RSVP 8 players)

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!