

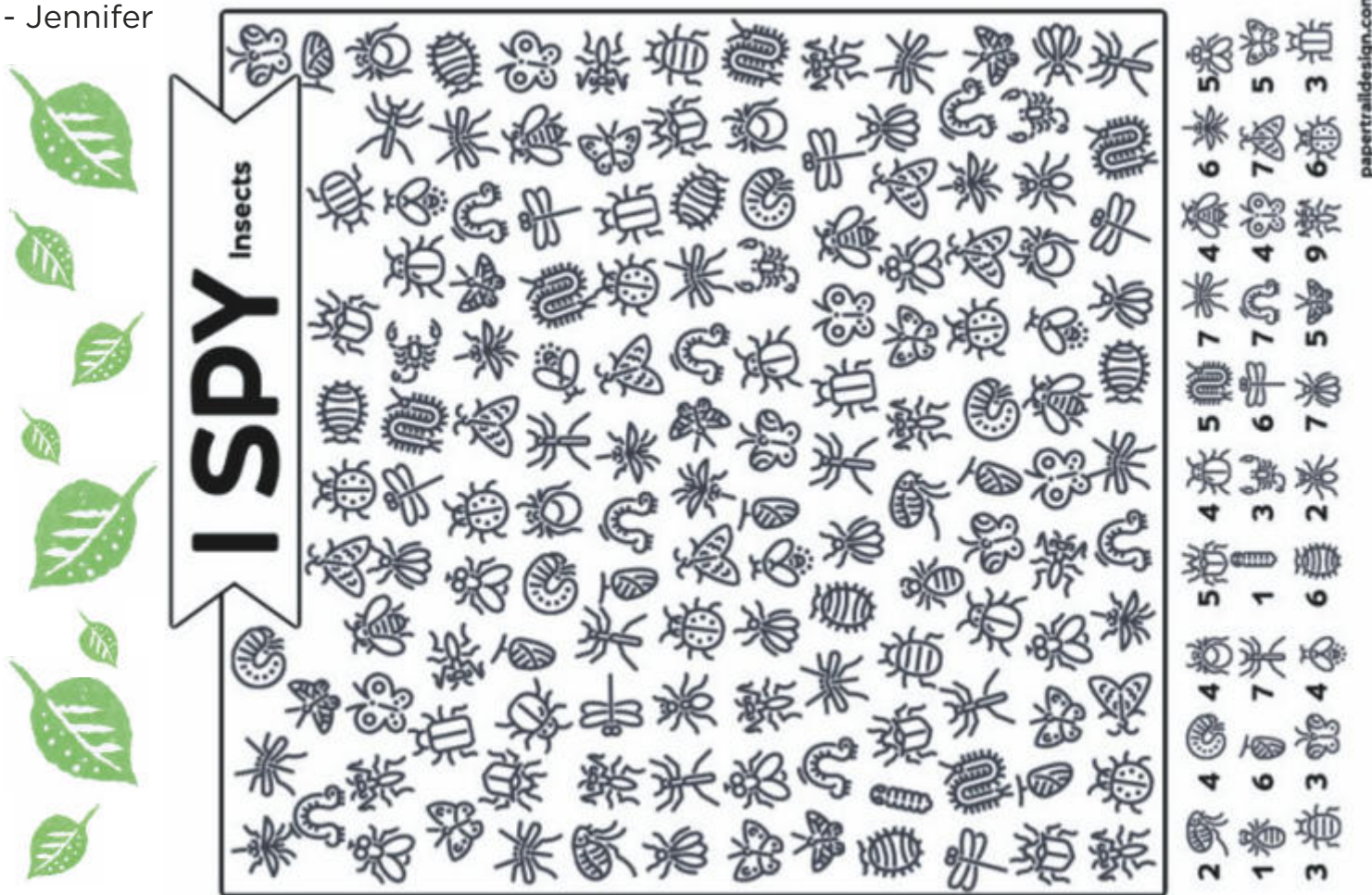


DOWNTOWN SENIOR CENTER

Hello all - It's August and I am looking forward to all the fun events that we have planned for you this month. We are not only having a tie dye party but celebrating grab some nuts day and banana split day. Be sure to get signed up for all the classes as well. You can RSVP by calling 316-267-0197 or stopping in the office to let us know you are interested in attending. We have designated Wednesday for our Chair Yoga/ Tai Chi exercise day and right afterwards come learn a couple line dances so you can show up all those grandkids at the next family gathering. I also wanted to let you know about our Indoor Flea Market coming up in September. We are planning to have booth spaces available for rent for \$20 this will include 1 table and 2 chairs. If you think you might have some stuff and you would like to participate in setting up be sure to stop by and get an application. You never know your junk could be someone else's treasures and you could make some \$\$\$\$. We are slowly but surely starting to add more and more activities in and if there is something you would like to see here at the Downtown Senior Center please don't hesitate to stop in and talk with me about it. In honor of national Mosquito Day we will be having a talk on Aug. 19th at 11:30am and on the next page is a list of a few Mosquito Facts.

***SPECIAL NOTE* WE WILL NOT HAVE EXERCISE IN THE GYM ON AUGUST 26TH**

- Jennifer



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Downtown Senior Center • 200 S Walnut, Wichita, KS 67213 • (316)267-0197
 Hours: 8:00 a.m. - 4:30 p.m. • Director: Jennifer Fox • jenniferf@seniorservicesofwichita.org
Registration Required for ALL Center Activities • Membership: \$25 per year



Mosquito Facts



FEMALE
42-56 DAYS
MALE
10 DAYS

FACT: Depending on location, species and temperature, mosquitos can live from one week to several months.



FACT: Female mosquitos extract blood from humans and animals in order to lay their eggs - drinking up to three times their weight in blood.



FACT: Mosquitos only need about 1 inch of standing water to lay their eggs.



FACT: Smelly feet are more attractive to mosquitos - so keep those tooties clean.



FACT: Mosquito larvae and pupae cannot survive without water. If a water source evaporates before they transform into adult mosquitos, the young will often die.



FACT: Mosquitos can bite through light-weight fabrics.



FACT: Mosquitos fly an estimated 1 to 1.5 miles per hour.



FACT: Depending on the species, mosquitos can be active throughout the day.

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Schedule Of Ongoing Activities

Monday

- 9:00-11:00 - Competitive Pickleball (24 people MAX) - Gym
- 9:00-3:00 - Open Billiards (12 people MAX)
- 9:00-3:00 - Open Fitness (2 people MAX)
- 10:00-11:00 - Wanda's Exercise (12 people MAX) - Room 3
- 1:00-3:00 - Open Pickleball (24 people MAX) - Gym



Tuesday

- 9:00-3:00 - Open Billiards (12 people MAX)
- 9:00-3:00 - Open Fitness (2 people MAX)
- 9:00-12:00 - Flying Saucers (1st) - Room 3
- 10:30-11:30 - Exercise - Gym
- 11:00-1:00 - Book Club (2nd) - See Jennifer for meeting place
- 11:30-12:30 - Tech Tuesday (4th) - Gym
- 12:00-3:00 - Dominoes (12 people MAX) - Room 2
- 1:00-2:00 - Legal Advisor (2nd) - Room 1
- 2:00-3:00 - Bible Study (12 people MAX) - Room 3



Wednesday

- 9:00-3:00 - Open Billiards (12 people MAX)
- 9:00-3:00 - Open Fitness (2 people MAX)
- 10:00-11:00 - Wanda's Exercise (12 people MAX) - Room 3
- 10:30-11:30 - Exercise - Gym
- 1:00-2:30 - Intermediate Spanish (12 people MAX) \$5/class due to instructor

Thursday

- 9:00-3:00 - Open Billiards (12 people MAX)
- 9:00-3:00 - Open Fitness (2 people MAX)
- 9:00-12:00 - Flying Saucers (1st Thursday of the month)
- 9:00-1:00 - Foster Grandparents (last Thursday of the month)
- 10:30-11:30 - Exercise - Gym
- 11:30-12:30 - Education (2nd & 3rd) - Gym
- 1:00-3:00 - Writing Craft 1st full week of month (12 people MAX) - Room 3



Friday

- 9:00-11:00 - Competitive Pickleball (24 people MAX) - Gym
- 9:00-3:00 - Open Billiards (12 people MAX)
- 9:00-3:00 - Open Fitness (2 people MAX)
- 10:00-11:00 - Wanda's Exercise (12 people MAX) - Room 3
- 12:00-3:00 - Party Bridge (12 people MAX) - Room 2
- 12:30-3:00 - Hand & Foot 2nd & 4th & 5th (12 people MAX) - Room 3
- 1:00-3:00 - Open Pickleball (24 people MAX) - Gym





Special Events

August 2nd: Stop by the lobby and **“Grab you some nuts” Day**. There will be a basket on the table with some nuts just for you! Be sure to sign the sign-in sheet beside it.

August 11th @ 1:00pm: Tie Dye Party – Bring your own clothing item or white item 100% cotton works the best for our tie dye party in the back lot. \$3 to participate. All items will be left for proper curation and washed and dried then able to be picked up by Monday August 16th.

August 17th @ 1:00pm: Truman Presidential Library and Museum – Come watch a live tour and information session on the Truman Presidential Library and Museum. Please RSVP by Friday August 13th.

August 25th @ 1:00pm: Go Banana’s – Come enjoy a Banana Split Pudding Cup for National Banana Spit Day. Please RSVP by Monday August 23rd so we know how many to make.

Craft Classes

August 20th @ 1:00pm: Pumpkins, Pumpkins, Pumpkins
Come make a fun Pumpkin for your Fall Décor. RSVP and \$7 due by Wednesday August 18th.



Education Classes

August 5th @ 9:00am – Flying Saucers Group

August 5th @ 1:00pm – Writer’s Craft – Setting A Scene

August 10th @ 11:00am – Book Club – **Meet at the Monarch** – “Where the Crawdads Sing”, by Delia Owens

August 10th @ 1:00pm – Legal Advisor – Power of Attorney: Healthcare and Financial

August 12th @ 11:30am – Understanding Your Medications

August 17th @ 1:00pm – Truman Presidential Library and Museum

August 19th @ 11:30am – Pesky Mosquitoes and What You Need To Know

August 24th @ 11:30am – Tech Tuesday – Tik Tok App

August 26th @ 9:00am – Foster Grandparents

NO EXERCISE IN GYM ON AUGUST 26TH

**BE SURE TO STOP BY THE DOWNTOWN SENIOR CENTER OFFICE
TO PICK UP OUR MONTHLY CALENDAR TO MARK AND
KEEP ALL YOUR ACTIVITIES STRAIGHT.**