



LINWOOD SENIOR CENTER

“The first week of August hangs at the very top of summer, the top of the live-long year, like the highest seat of the Ferris wheel when it pauses in its turning. The weeks that come before are only a climb from the balmy spring, and those that follow, a drop to the chill of autumn, but the first week of August is motionless and hot. It is curiously silent, too, with blank white dawns, and glaring noons, and sunsets smeared with too much color.”

~ Natalie Babbitt, from Tuck Everlasting ~

Hello Friends,

We are looking to August to bring in the heat, and give us those glowing red cheeks and brown tans. It is a peak as we let go of the summer swims and look toward the start of school and fall. Quite a crescendo in our lives! I hope you are enjoying life, starting to live and give again, looking for that silver lining. This month brings some special things. We are going to have a chat about old sayings and where they came from. We also will be having a “**WILLS & TRUSTS SEMINAR**” with legal services. This month brings our final class on “**NAIL PAINTING TECHNIQUES**” with our creative instructor Dawna Geiger, you will not want to miss it! We also are having a new 4 week class on the basics of learning how to draw animals. And a new class called Looming with Linda, where we learn how to make hats and other goodies to get ready for winter. Several craft classes are in the sights as well, with a magnetic message board, fabulous flag and handmade coasters to give to yourself or for a gift! Finally, we want to finish with an end of summer event called “**BANANA-RAMA**”! So mark up that newsletter, **RSVP** early so you can get in and have some fun!

Sending hugs your way,

~Cherise & the Linwood Team

Fun Upcoming Events & Activities

(RSVP for ALL to 263-3703)

Friday, August 27, from 2-3:30pm

You are cordially invited to our First “**BANANA-RAMA**” We will be playing games with BANANAS, and then eating a banana split later! Come have fun and celebrate the “ap**PEEL**ing” event to celebrate the end of summer. RSVP to 263-3703 by 8/25/21. **Entry fee** - Bring your FAVORITE topping!



MAKE IT TAKE IT WILL & TRUST SEMINAR, RSVP is a must by 7/30/21

Monday, August 2, from 1-3pm with Presenter Danielle Saunders from Kansas Legal Services.

Monday, August 9, from 1-3pm, and on August 23 we will schedule individual appointments to complete the will process.

Come and learn about what options you have in organizing your property and household. Danielle will be addressing wills, trusts and durable power of attorney items and information that is practical to us. You will also be **Continued on pg 9**

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



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

filling out the paper work for your personal will, if you wish to do so. This is a service for you, and there is not a cost at the present time. Don't miss this opportunity! Call now!

August 2 & 16, (Monday) Bible Study at 10am Pastor BJ Bennet leading. Substitute teacher occasionally filling in.

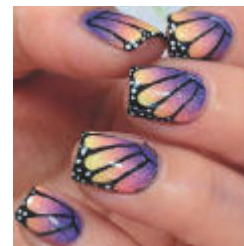
NEW CLASS! Drawing Class - The Basics of Drawing Animals (4 week session)

August, 3, 17, 24, 31 from 1-2:30pm

Join us as we put pencil to paper to learn to draw animals, our Jean Alder will be teaching the class. We have some supplies, but you will need to call to RSVP and find out more!

August 4, (Wed. 1-3pm) Summer Series: "Different Techniques of Nail Painting/

Dots & Designs" featuring Dawna Gieger. Come and join us for our final class in the series for our "Unique Nail Stamping and Other Techniques". This time we will be showing you how to paint cherry blossoms (doting) and stamping. You can choose the butterfly or cherry blossom design. Make sure you come to class with a base coat of a lighter color. Cost will be \$8.00. You will get a doting tool, fine print brush, and some rhinestones and glue. Don't miss this fun class! RSVP (8 people) and pay by Monday, August 2.



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Call **316-799-0639** (TTY: 1-800-766-3777) 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.



HOPE

ascensionliving.org/hope



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ONGOING ACTIVITIES: Please RSVP For ANY Activity To Reserve A Spot For You! Thanks! Call: 263-3703
We Are Open M-F From 9am To 3:30pm

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)
- 11:15 am - Friendship Lunch
- 2:00 pm - Grief Support Group (Third Monday)



Tuesday

- 8:30-10:30 - Pickleball
- 9:00 am - Stronger Seniors
- 11:15 am - Friendship Lunch
- 1:00 pm - Movie Madness or Crafts *see schedule*



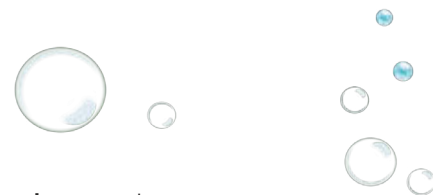
Wednesday

- 9:00 am - Arthritis Exercise
- 10:00 am - Bingo *Not 3rd Wed. due to Birthday Party*
- 11:15 am - Friendship Lunch
- 12:00 pm - Pinochle with Friends *no computer lab - room in use*
- 1:00-3:00 - Craft Educations *see schedule for FUN!*



Thursday

- 8:30-10:30 - Pickleball
- 9:00 am - Stretching & Dynabands
- 10:00 am - Sweating with the Oldies
- 11:15 am - Friendship Lunch
- 12:00 pm - Pinochle with Friends *no computer lab - room in use*
- 1:00 pm - Dime Bingo



Friday

- 9:00 am - Stronger Seniors
- 10:15 am - Special Educational Programs
- 12:00-3:30 - 13 Pitch Tournament (WELCOME BACK!)



Daily/Anytime: Walking and Computer Lab (RSVP)

Monthly 10:00 Advisory Council (Second Wednesday)

10:30 Birthday Party the third Wednesday of the month



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

August 9, (Monday) at 10am Early AM Bookclub – discussion on “Flight Girls” by Noelle Salazar.

August 10, at 1pm Movie Madness on this Tuesday with Agatha Christies Miss Marple Series “Murder at the Gallop”. The Popcorn is on us! Drinks are on you! RSVP please. *Movie subject to change, if unable to obtain.

August 12, Writing Craft *NOTE CHANGE FOR AM MEETINGS DUE TO HEAT! Will be on Thursday from 9:30-11:30am.*

Writing Craft, Starla Criser Instructor
Program: Setting a scene.

Exercise Words: tuba – fig – fish – baseball – squishy

General Prompt: EGG: Write about finding an odd-looking egg in the park.

Poem Prompt: GARAGE: Write a poem about a random item you might find in a garage.

Starting August 17 on Tuesdays from 10-12pm Looming with Linda! This is a new class where Linda Richardson will teach us how to use the loom to make some cool hats and other items. You will need to purchase 2 skeins of yarn, your choice and that will get us started. Linda will provide the looms. We will have fun keeping your fingers nimble and busy, and get ready for winter. Call to RSVP and for more information.

August 18, The Luncheon Lovelies & ROMEO Club will be celebrating “National Catfish Month” at FAT ERNIES at 11am. RSVP! About \$7 per meal. They have a blue plate special with catfish! Come and meet new people! RSVP to 263-3703.

CRAFT EDUCATIONS:

August 11, (Wed. 1-2pm) Pizza Pan Magnetic Note Holder – Crafting with Kay & Pat. Cost is \$5. Must RSVP and pay by

August 9th (8 limit) This is a stylish and great way to manage notes! Would be a neat gift for a college student for their door, or on an apartment door.

August 18, (1-3pm) Patriotic Flag – Crafting with Kay & Pat. This is a cool little flag made with ribbon and a dowel rod! It is great to display on Labor Day, Memorial Day or July 4th. RSVP by August 13, cost is \$5.

August 18, (Wed. 10am) Birthday Party Celebration, come and celebrate the August Birthdays!

August 25, (1-3pm) Cool Coasters – Jannita Paulmann is our teacher for this fun project! We will be making coasters, you can bring copies of your family’s pictures or choose some great prints from our collection. Cost is \$5 for a set of 4. RSVP and pay by 8/20/21. Make some just in time for football season!



EDUCATIONAL PRESENTATIONS:

***Must RSVP and let us know you are coming! THANKS!**

August 6, (10:15am) “Quotes and Antidotes”, Where did these old sayings, and oddities come from? Presenter, Cherise Langenberg.

August 16, (2-3pm) GRIEF SUPPORT GROUP - Join us as we bond together, share our stories, and learn how to navigate our grief. Chaplain Greg Schmidt will be leading the group. Call for more info!

August 20, (10:15am) “Resources for Seniors” Presentation by Lisa Hott, Information and Assistance Specialist for Senior Services. Come and find out how to access information for seniors.