

# Bel Aire Senior Center

Ph: 316-744-2700 Option 4

## Have an e-mail address?

Consider signing-up for our weekly e-mails they contain:

- Activity Reminders
- Community Info
- Virtual Activities
- Updates about Scheduled Events

E-mails are sent out each Friday morning.



To sign-up contact Sarah at  
316-744-2700 ext. 304  
schristenson@belaireks.gov



## Community Resources

Central Plains Area  
Agency on Aging (CPAAA) Ph:  
855-200-2372

United Way Ph: 211

Sedgwick County  
Transportation  
Ph: 855-200-2372



## Activity Locations

Senior Center & Community Room  
(located inside Bel Aire City Hall)  
7651 E. Central Park Ave

Bel Aire Rec Center  
5251 E. 48<sup>th</sup> St N

## September Special Events & Monthly Activity Descriptions

### Sequence Gameplay

Open Sequence gameplay. Sequence is an easy to learn game that is a combination of card game and strategy board game. The object of the game is to form rows of five on the game board by placing chips corresponding to cards played from the player's hand. **September 5<sup>th</sup> 10am Senior Center**

### Library Group

Library group meets each month to put away returned books and sort through donations. Donated books that can be used are labeled and added to the bookshelves in the Senior Center.

**September 6<sup>th</sup> at 10:15am Senior Center**

### Musical Hats Game

Join us for a game played with music and hats that is very similar to hot potato without the potato. Please feel free to wear a fun hat to this activity.

**September 8<sup>th</sup> at 2:30pm Community Room**

### Game: Movie Quote Matchup

Join us for a fun version of trivia that tests participants knowledge of classic movies. A great way to reminisce about favorite films and discover new ones.

**September 11<sup>th</sup> at 2:15pm Senior Center**

### Crafting Bookmarks (RSVP)

We will be crafting unique bookmarks using a variety of materials. These bookmarks also make great gifts for friends and family. If you would like to attend, please RSVP by phone 316-744-2700 option 4 or e-mail no later than September 7<sup>th</sup>. **September 14<sup>th</sup> at 10am Senior Center RSVP**

### Snack & Chat

A fun opportunity to socialize with other members and enjoy a snack.

**September 15<sup>th</sup> at 2:15pm Senior Center**

### Open Play Pitch

Open pitch gameplay. Cards will be provided however there will be no leader.

**September 18<sup>th</sup> Starting at 2pm Senior Center**

### Painting with Marbles (RSVP)

Des from Oxford Villa will be here to teach us how to paint using marbles. This painting style utilizes marbles to create unique works of art. If you would like to attend, please RSVP no later than September 12<sup>th</sup> by phone 316-744-2700 option 4 or e-mail. **September 19<sup>th</sup> at 10am Senior Center RSVP**

### Free Blood Pressure Checks

The Catholic Care Center provides free blood pressure checks every 3rd Wednesday of the month. **September 20<sup>th</sup> from 8:30am-9:30am Rec Center**

### Book Club Meeting

This month we will be discussing the book *Between the World & Me* by: Ta-Nehisi Coates **September 20<sup>th</sup> at 1:30pm Senior Center**

### Cornhole (RSVP)

Join us for this fun version of bean bag toss. If you would like to attend, please RSVP no later than September 14<sup>th</sup> by phone 316-744-2700 option 4 or e-mail.

**September 21<sup>st</sup> at 1pm Rec Center RSVP**

### Speaker: Independent Living Resource Center (RSVP)

Harley Anderson with the Independent Living Resource Center will be here to give a presentation on the organization and its mission in our local community. The center works to help individuals with disabilities live as independently as possible in the housing of their choice. If you would like to attend, please RSVP no later than September 15<sup>th</sup> by phone 316-744-2700 option 4 or e-mail.

**September 22<sup>nd</sup> at 11am Senior Center RSVP**

### Lunch & Speaker (RSVP)

We will be having a pizza lunch provided at no cost. Then representatives from the Wichita Area Metropolitan Planning Organization will be giving a presentation on planning and improvements they are looking to make to future Wichita transportation options. Seats are limited if you would like to attend, please RSVP no later than September 18<sup>th</sup> by phone 316-744-2700 option 4 or e-mail.

**September 26<sup>th</sup> at Noon Rec Center RSVP**

### Outing: Senior Expo (RSVP)

We will be taking a group outing to the PBS Senior Expo. The expo highlights resources and educational opportunities in our community. There will be food trucks, entertainment, and much more. We will meet at the Rec Center at 9:30am and carpool. I will drive the city van as well. *If you would like a ride or are willing to carpool, please let me know. Seats on the van are limited so please RSVP as soon as possible by phone 316-744-2700 ext. 304 or e-mail.*

**September 28<sup>th</sup> at 9:30am Meet at Rec Center RSVP**

### **Ongoing Programs:**

#### Pickleball

Monday, Wednesday,  
Friday 9am-12:30am  
\$3 Rec Center

#### Novice Pickleball

Friday 5-7pm \$3  
Rec Center

#### Bel Aire Walkers

Monday-Friday  
8am-9am Rec Center

#### Yoga

Mondays &  
Wednesdays 5:30pm  
Yoga mats are provided by the  
participant. See Rec website or  
call for pricing. 316-744-2700

#### Bridge

Tuesdays 1pm RSVP  
Senior Center

#### Senior Aerobics

Wednesdays 9am  
Rec Center

#### Sew 'N' So More

Wednesday  
12pm Rec Center

#### Line Dance

Mondays & Fridays  
1pm Community  
Room

#### Folk Dance

Thursdays 2pm \$2  
Rec Center

#### Open Play Pitch

1<sup>st</sup> & 4<sup>th</sup> Thursdays  
1:30pm Senior Center