



Senior Association News



Issue 119, August 2026

Valley Center Senior Association 314 E. Clay St.

Hello everyone! The Valley Center Senior Association, with the City of Valley Center and the Sedgwick County Mill Levy Grant, invites anyone 55 and older to join our activities. There is no membership fee. For details about our events, programs, and services, contact Senior Services Coordinator Scharlene Porchia-Washington, at sporchia.washington@valleycenterks.gov or call 316-755-7350, Ext. 409.

My office hours are Monday through Friday, 8:00 AM– 4:30 PM.

Tea with Miss Teen Kansas USA Dia Kearney

Tuesday, August 11th, 11:00 am– 12:30 pm, Sunflower Rm.

Join us for tea with Dia Kearney, the 2026 Wichita Heights High School Valedictorian and the newly crowned Miss Teen Kansas USA. Dia will share her journey and discuss her platform, "Hospitality Through Tea," highlighting how the simple act of sharing tea can foster connection, kindness, and community.





Ongoing Activities

All activities are at the VC Community Bldg. unless stated otherwise

Mondays

By appt. only

10:30-11:00 AM

11:00 AM-12:00 PM

1:30-2:30 PM

2:00– 3:00 PM

Hermes Footcare Clinic (Call 316-260-4110 to schedule an appt.)

(Next clinic: September 28th)

Chair Yoga (Video)

ABCD Tech Computer Class (2nd Mon. of the month)

Line Dancing

Bridge (Offsite)

Tuesdays

10:30-11:15 AM

11:00-11:15 AM

11:30 AM

5:30-8:00 PM

6:00-8:00 PM

WellREP Exercise (Video)

Senior Lunch Drive Thru

Senior Lunch Indoor Dining

10 Point Pitch

Pickleball (Intermediate School Small Gym)

(Pickleball resumes on August 18th)

Wednesdays

10:00 AM– 12:00 PM

12:00–12:45 PM

Commodities Distribution (4th Wednesday every other month)

(Next distribution: August 26th)

Common Ground Mobile Farmers Market (Sunflower Gardens,
460 N. Emporia, Community Room)

(Next market: August 19th)

Thursdays

10:30-11:15 AM

11:00-11:15 AM

11:30 AM

12:15-1:15 PM

6:00-8:00 PM

WellREP Exercise (Video)

Senior Lunch Drive Thru

Senior Lunch Indoor Dining

Bingo (4th Thurs. of the month)

Pickleball (Intermediate School Small Gym)

Fridays

10:30-11:00 AM

11:00 AM-1:30 PM

Chair Yoga (Video)

Movie Matinee (1st Fri. in the month)

Saturdays

9:00-11:00 AM

Pickleball (Intermediate School Small Gym)

Upcoming Events



Early Voting

August 1st, 9:00 AM– 1:00 PM

VC Community Bldg., Combo Rm.

Primary Election

August 4th, 7:00 AM– 7:00 PM

VC Community Bldg., Combo Rm.

August 6th

Senior activities resume

August 7th (1st Fri. of the month)

Pirates of the Caribbean: Dead Men Tell No Tales (2017) 2h 15m

11:00 AM, Meadowlark Rm.

Captain Jack Sparrow searches for the Trident of Poseidon to rule the sea while being pursued by old rival Captain Salazar and a crew of deadly ghosts who have escaped from the Devil's Triangle. Starring Johnny Depp. Free popcorn. **RSVP by August 6th.**

August 10th

ABCD Tech Computer/Smartphone Class

11:00 AM– 12:00 PM, Bison Rm.

Smartphone got you baffled? Bring your device and your questions.

August 11th

Tea with Miss Kansas Teen USA 2026

11:00 AM– 12:00 PM

Join Dia Kearney for tea as she discusses her platform, "Hospitality Through Tea." Details on pg. 1

August 18th

Pickleball

6:00-8:00 PM

Pickleball resumes at the Intermediate School Small Gym.

August 19th

Common Ground Mobile Farmer's Market

12:00– 12:45 PM, Sunflower Gardens

460 N. Emporia, Community Rm.

Fresh fruits and vegetables available. Open to the public. All forms of payment are accepted.

August 21st

VC Veterans and Caregiver Resource Fair

10:00 AM– 12:00 PM

VC Community Bldg., Cottonwood Rm.

Join us for a resource fair hosted by the Kansas Veterans Administration. Details on page 6.

August 26th

Commodities (TEFAP)

10:00 AM-12:00 PM, VCCB, 314 E. Clay

Emergency food assistance. You must meet income guidelines. For more information call Scharlene at 316-755-7350, Ext. 409.

August 27th

Bingo (4th Thursday of the month)

12:15 PM, Sunflower Rm.

The winner of the blackout round will receive a gift basket donated by Oxford Vista.

August 28th

Finding TITANIC: The Secret Mission

12:00 PM, Exploration Place, 300 N.

McLean Blvd. Cost \$20.00 per person. Free to Exploration Place Members

Details on pg. 5

Educations

August 13th

Fall Prevention Presentation

11:45 AM, Sunflower Rm.

Olivia Worsham from CPAAA will discuss strategies to reduce your risk of falls, improve balance and mobility, and make your home safer.

August 18th

Older Adult Medication Safety and Adherence

11:45 AM, Sunflower Rm.

Mechelle Caprez from DCCCA will discuss why medication safety and adherence matters.

August 25th

Caregiving Presentation

11:45 AM, Sunflower Rm.

LaVonda O'Day from AARP will discuss key AARP caregiving resources.

Cancellations

Monday, August 3rd: No Chair Yoga or Line Dancing

Tuesday, August 4th: No WellREP or Senior Lunch (**We will have Pitch in the Meadowlark Rm**)

Thursday, August 20th: No WellREP

Friday, August 21st: No Chair Yoga

August Birthdays

Current Members– Individuals who have been to the center in the last 6 months

Receive a **Free Senior Lunch** on the day of your choice during your birthday month.

Jerry Ann Haug & Sharon Nelson	08/01
Linda Woodring	08/02
Nancy Lafferty	08/03
Jeannine Nordstedt	08/04
James Schueler	08/06
Dean Schultz	08/08
Troy Stewart	08/09
Pat Lutz	08/13
Lynda Woods	08/14
Margie Bray	08/15
Steve Holmes	08/16
Joni Peterson & Sandy Duling	08/18
Donna Schuessler	08/19
Greg Weible	08/20
Peg Arnold	08/24
Glenda Schueler & Enid Albrecht	08/25
Jeff Cullop	08/28
Sandy Quandt	08/29
Roy McFarland, Donald Leiker, & Sheila Warren	08/31

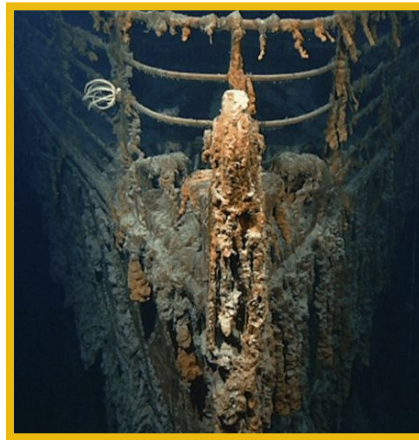
Voice Connect

If you receive a call from **855-512-4399, Massachusetts (new phone number)** and the caller ID says unknown number, spam likely, or fraud, it is **NOT** a fraud call, it's a recorded message from the senior center.

Please listen to any voicemails from this number.

August Outing
Finding TITANIC: The Secret Mission
Friday, August 28th, 12:00 PM, Exploration Place, 300 N. McLean Blvd.
Cost \$20.00 per person. Free to Exploration Place Members

Wichita Native, Dr. Robert Ballard was about to embark on a top-secret Navy mission to locate and survey two sunken Cold War nuclear submarines using advanced underwater research technology. To the world, his expedition was presented as a search for the RMS *Titanic* – but that is only a cover for the true objective. With the classified mission complete, he has just twelve days left to search for history's most famous shipwreck. The twist? He found it, leading to one of the 20th century's most significant maritime discoveries.



What you will experience

Step into Dr. Ballard's shoes and experience the mission as it unfolded—through his own words, hands-on interactives, authentic artifacts, and the cutting-edge technology that made history possible.

If you are interested, call Scharlene at 316-755-7350 ext. 409 by **3:00 PM on Tuesday, August 25th**. Please let me know in advance if you need a ride. We can carpool to Exploration Place.



Special Event
VC Veterans and Caregiver Resource Fair
10:00 AM– 12:00 PM, VC Community Bldg., 314 E. Clay, Cottonwood Rm.

Join us for a resource and comprehensive health fair.

We are offering:

VA Healthcare enrollment and VA Medical Center Services

VA Disability claim information and filing

By Law Pact Act Information

Surviving spouse benefits and information

Obtaining Military Records/DD214

Representatives from the Kansas Office of Veterans Services will be available to assist with all state and federal benefits.

The event will be held inside the community building in the Cottonwood Rm. where veterans can visit resource tables while they await their claim processing. There will be various medical departments from the VA's medical center present, including but not limited to Women's Health Care, Caregiver Respite Support, Whole Health program, Suicide Prevention, Eligibility and Enrollment, Physical Therapy, the Sedgwick County Register of Deeds (for VA ID cards), WSU Tech, and the Veterans Benefits Office (the regional office responsible is for processing claims).



A mobile unit will also be outside of the community building in the parking lot.

VC SENIOR ASSOCIATION MENU

Lunch Specials

**VC COMMUNITY BUILDING & LIBRARY
314 E. CLAY**

MONTH OF AUGUST

TUESDAYS & THURSDAYS, COST \$5.00

DRIVE-THRU: 11:00- 11:15 AM

INDOOR DINING: SERVING @ 11:30 AM

TUESDAY, AUGUST 4TH

NO SENIOR LUNCH: VOTING

THURSDAY, AUGUST 6TH

HAM & BEANS

TUESDAY, AUGUST 11TH

MEATLOAF

THURSDAY, AUGUST 13TH

CHICKEN ENCHILADAS

TUESDAY, AUGUST 18TH

PORK TENDERLOIN

THURSDAY, AUGUST 20TH

LASAGNA

TUESDAY, AUGUST 25TH

TATER TOT CASSEROLE

THURSDAY, AUGUST 27TH

BBQ