



# Senior Association News



Issue 110, November 2025

## 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](mailto:sporchia.washington@valleycenterks.gov) or call 316-755-7350, Ext. 409.

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

### Dates to Remember Early Voting and Election Day Voting



#### Early Voting Dates and Hours:

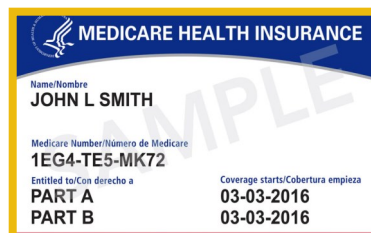
Saturday, November 1st: 9:00 AM– 1:00 PM

#### General Election Day Hours:

Tuesday, November 4th: 7:00 AM– 7:00 PM

**Please check your newsletter for any cancellations or adjustments to the senior schedule.**

### Open Enrollment Medicare Open Enrollment October 15th– December 7th



I offer one-on-one counseling to seniors on their **Medicare Part D only**. Together, we can compare the price of your current plan to the price of others. If you would like to see if you could be saving more, call Scharlene at 316-755-7350 Ext. 409 to schedule an appointment.



## **Ongoing Activities**

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

### **Mondays**

11:00 AM-12:00 PM

2:00– 3:00 PM

**1:00-2:00 PM**

1:30-3:00 PM

By appt. only

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

Tai Chi for Arthritis w/Al Fleming

Line Dancing **(Time change)**

Bridge (Offsite)

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

**(Next clinic: November 10th) date change due to the election**

### **Tuesdays**

TBA

10:30-11:15 AM

11:00-11:15 AM

11:30 AM

12:30-2:30 PM

5:30-8:00 PM

Pickleball (Intermediate School Small Gym)

WellREP Exercise

Senior Lunch Drive Thru

Senior Lunch Indoor Dining

Pegs & Jokers (Please RSVP. Call Shelly Mapes, 316-616-8100)

10 Point Pitch

### **Wednesdays**

10:00 AM– 12:00 PM

Commodities Distribution (4th Wednesday every other month)

**(Next distribution: Nov. 5th (rescheduled Oct. 22nd distribution))**

### **Thursdays**

TBA

10:30-11:15 AM

11:00-11:15 AM

11:30 AM

12:15-2:15 PM

Pickleball (Intermediate School Small Gym)

WellREP Exercise

Senior Lunch Drive Thru

Senior Lunch Indoor Dining

Bingo **(3rd Thurs. of the month in Nov. only)**

### **Fridays**

11:00 AM-1:30 PM

12:00–1:00 PM

12:30-2:30 PM

Movie Matinee (1st Fri. of the month)

Tai Chi for Arthritis w/Al Fleming **(Last day of class Nov. 7th)**

Pegs & Jokers (Please RSVP. Call Shelly Mapes, 316-616-8100)

### **Saturdays**

9:00-11:00 AM

Pickleball (Intermediate School Small Gym)

## Upcoming Events



### **October 15th—December 7th Medicare Open Enrollment**

Call to schedule an appointment on Medicare Part D only.

### **November 5th Commodities (TEFAP)**

**10:00 AM-12:00 PM, VCCB, 314 E. Clay**  
Emergency food assistance. Must meet income guidelines. For more info, call Scharlene, 316-755-7350, Ext. 409. **This distribution is the rescheduled Oct. 22nd distribution.**

### **November 6th Senior Activities Resume**

### **November 7th Night At The Museum: Secret of the Tomb (2014) Run time: 1h 38m 11:00 AM, Meadowlark Rm.**

Larry Daley and his heroic friends embark on the greatest adventure of their lives, as they travel to London to save the magic that, after dark, allows the museum's exhibits to come to life. Starring Ben Stiller and Owen Wilson. Free popcorn. **RSVP by November 6th.**

### **November 10th Hermes Footcare Clinic- By appt. only Sunflower Rm.**

### **November 10th ABCD Tech Computer/Smartphone Class 11:00 AM– 12:00 PM, Bison Rm.** Smartphone got you baffled? Bring your device and your questions.

### **November 20th Bingo (3rd Thurs. of the month in Nov. only) 12:15 PM, Sunflower Rm** The winner of the blackout round will receive a gift basket donated by Oxford Vista.

### **November 24th VC Library Presents Wichita War Dancer 3:00 PM, Combo Rm. Free Presentation**

**November is Native American Heritage Month.** Explore some of the rich cultures and history of Native tribes. Experience Native American Dances, participate in a dance and learn the meanings of symbolic dance regalia.

### **November 25th Senior Thanksgiving Dinner. Cost \$5.00 Drive thru: 11:00-11:15 AM Indoor Dining: 11:30 AM, Sunflower Rm.** Please join the VC Senior Association for its 9th Annual Thanksgiving Dinner. A traditional Thanksgiving Dinner will be served through the drive-thru and indoor dining.

## Educations

### **November 13th Brain Health 11:45 AM, Sunflower Rm.** Take charge of your brain health. Learn 10 healthy habits for your brain. These habits can lower the risk of developing cognitive decline and possibly dementia.

### **November 18th Be Salt Smart 11:45 AM, Sunflower Rm.** Learn tips on how to choose food options that are full of nutrients and limited on sodium.

## Cancellations & Closings

**Monday, Nov. 3rd:** No Line Dancing or Tai Chi (Voting)

**Tuesday, Nov. 4th:** No Senior Lunch, WellREP or Pegs and Jokers (Voting) **Pitch will move to the Meadowlark Rm.**

**Tuesday, Nov. 11th:** City Offices Closed. No Senior Lunch, WellREP or Pegs and Jokers. **The building will be open for Pitch only.**

**Monday, Nov. 24th:** No Line Dancing

**Thursday Nov. 27th and Friday, Nov. 28th:** City Offices Closed. Thanksgiving.

## **November 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.

Bonnie Cowles	11/02
Linda McFarland	11/03
Pam Peppard	11/06
Stan Cochran	11/07
Michael Fonaker	11/09
Cathy Baker & Melinda Green	11/11
Kathy Huschka & Jill Stackley	11/15
Janice Sharp	11/16
Linda St. Clair	11/17
Linda Junrgensen & Joy Page	11/19
Darlene Wright	11/22
Mary Edwards	11/27
Jon Flinn	11/29
Larry Nordstedt	11/30

## **VC Library Presents Wichita War Dancer**

**Monday, November 24th, 3:00 PM, VCCB, Sunflower/Cottonwood Rm.**

**November is Native American Heritage Month.**

Greg Victors, Wichita War Dancer, is a Native American performer dedicated to preserving traditional Native American culture through the War Dance. Victors has traveled across the globe to provide cultural education, interactive learning opportunities, and tribal entertainment.

**All ages are welcome. Free presentation.**



## **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.**

## RSVP Transportation Program



**AmeriCorps  
Seniors**

Volunteers Needed! Volunteer your time to provide transportation to an older adult in need. For more info call Scharlene.

**Need a ride?** The RSVP Transportation Program is available in Valley Center. The program offers rides anywhere throughout Sedgwick County to seniors 60 and over.

**To schedule a ride, call Scharlene, Senior Services Coordinator, 316-755-7350, Ext. 409  
Mon. -Fri. 8:00 AM– 4:30 PM.**

**Rides must be scheduled at least 3 days in advance.**



The Senior Association regrets to announce the passing of Gordon Williams and Fred Nibarger. We extend our condolences and ask you to keep their families in your thoughts and prayers.



**Gordon Williams**  
September 17, 1933– September 14, 2025



**Fred Nibarger**  
March 30, 1932- October 12, 2025



Donald and Mary Leiker are celebrating 70 years of marriage on Wednesday, November 26th.

Happy Anniversary, you two lovebirds! Wishing you many more years of love and happiness.



**VC SENIOR ASSOCIATION MENU**

*Lunch Specials*

**VC COMMUNITY BUILDING & LIBRARY**

314 E. CLAY

**MONTH OF NOVEMBER**

**TUESDAYS & THURSDAYS COST \$5.00**

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

**INDOOR DINING: SERVING @ 11:30 AM**

**TUESDAY, NOVEMBER 4<sup>TH</sup>**

**NO SENIOR LUNCH- ELECTION DAY**

**THURSDAY, NOVEMBER 6<sup>TH</sup>**

**HAM & BEANS**

**TUESDAY, NOVEMBER 11<sup>TH</sup>**

**NO SENIOR LUNCH- VETERANS DAY**

**THURSDAY, NOVEMBER 13<sup>TH</sup>**

**CHICKEN ENCHILADAS**

**TUESDAY, NOVEMBER 18<sup>TH</sup>**

**MEATLOAF**

**THURSDAY, NOVEMBER 20<sup>TH</sup>**

**POTATO SOUP**

**TUESDAY, NOVEMBER 25<sup>TH</sup>**

**SENIOR THANKSGIVING DINNER**

**THURSDAY, NOVEMBER 27<sup>TH</sup>**

**NO SENIOR LUNCH- THANKSGIVING**

