



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 sporchiawashington@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

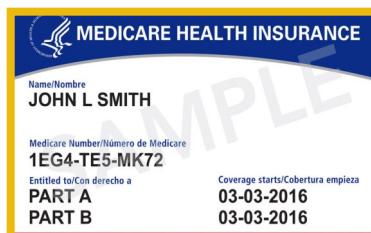


Early Voting Dates and Hours:
Saturday, November 1st: 9:00 AM– 1:00 PM

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	ABCD Tech Computer Class (2nd Mon. of the month)
2:00– 3:00 PM	Tai Chi for Arthritis w/Al Fleming
1:00-2:00 PM	Line Dancing (Time change)
1:30-3:00 PM	Bridge (Offsite)
By appt. only	Hermes Footcare Clinic (Call 316-260-4110 to schedule an appt.) (Next clinic: November 10th) date change due to the election

Tuesdays

TBA	Pickleball (Intermediate School Small Gym)
10:30-11:15 AM	WellREP Exercise
11:00-11:15 AM	Senior Lunch Drive Thru
11:30 AM	Senior Lunch Indoor Dining
12:30-2:30 PM	Pegs & Jokers (Please RSVP. Call Shelly Mapes, 316-616-8100)
5:30-8:00 PM	10 Point Pitch

Wednesdays

10:00 AM– 12:00 PM	Commodities Distribution (4th Wednesday every <u>other</u> month) (Next distribution: Nov. 5th (rescheduled Oct. 22nd distribution)
--------------------	---

Thursdays

TBA	Pickleball (Intermediate School Small Gym)
10:30-11:15 AM	WellREP Exercise
11:00-11:15 AM	Senior Lunch Drive Thru
11:30 AM	Senior Lunch Indoor Dining
12:15-2:15 PM	Bingo (3rd Thurs. of the month in Nov. only)

Fridays

11:00 AM-1:30 PM	Movie Matinee (1st Fri. of the month)
12:00–1:00 PM	Tai Chi for Arthritis w/Al Fleming (Last day of class Nov. 7th)
12:30-2:30 PM	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 4TH

NO SENIOR LUNCH- ELECTION DAY

THURSDAY, NOVEMBER 6TH

HAM & BEANS

TUESDAY, NOVEMBER 11TH

NO SENIOR LUNCH- VETERANS DAY

THURSDAY, NOVEMBER 13TH

CHICKEN ENCHILADAS

TUESDAY, NOVEMBER 18TH

MEATLOAF

THURSDAY, NOVEMBER 20TH

POTATO SOUP

TUESDAY, NOVEMBER 25TH

SENIOR THANKSGIVING DINNER

THURSDAY, NOVEMBER 27TH

NO SENIOR LUNCH- THANKSGIVING

