

# April 2010

## Dallas L. Winchester Senior Center

(260) 563-4475

Operated by

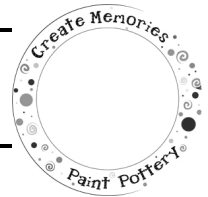
**Wabash County Council on Aging, Inc.**

A Wabash County United Fund Agency



Winchester Senior Center  
Open Monday—Friday  
8 a.m.—4 p.m.

### Make it Your Own



#### Inside this issue:

Senior Easter Egg Hunt 2

Paper Cutting 2

Sign Team 2

Birthday Party 2

Fitness Classes 3

Grandma's Fudge 3

On Thursday April 15 at 1:00 p.m. join us at the Winchester Senior Center to create memories by painting your own pottery.

The cost of the session is \$15 per person.

Christie, from Make It Your Own Art Studio, will provide various pieces of pottery including bowls, mugs, plates, trivets and decorative dishes for you to choose from. There are pictures and descriptions of the pottery pieces available at the Winchester Senior Center, 239 Bond Street.

Paint, brushes and firing of the pottery will be included in the \$15 cost of the session.

There is no limit to how many may attend, yet we must know how many will be attending along with which piece of pottery you will be painting.

Please make your reservation, by calling the Winchester Senior Center at 563-4475 on or before Monday April 5.

### Enjoy a Girls Night Out at Beauty is Ageless

Enjoy a Girls Night Out with pampering at the Winchester Senior Center. Terri Ahlfeld's Mary Kay makeup team will be available to assist anyone that would like assistance with make up along with a station to get your hair styled by cosmetology students of Heartland Career Center. Photos will be taken by Susan Stewart of Captured Moments, 217 S Wabash Street. Up to 3 people are allowed in each photo. All for just \$20 per person you will receive one 5x7 photo and eight wallets. Additional packages are available for an additional cost.

Appointments will begin at 4:00 p.m. and be scheduled until 7:00 p.m. on Thursday May 6. There will be five appointments scheduled every half hour.

**Winchester Senior Center  
Closed**

**Good Friday April 2**  
Wabash County Transit  
Closed, No Lunch Served,  
Food Pantry Closed

**Wabash County  
Transit  
Will be Closed  
Tuesday April 6, 2010**

## **Annual Easter Egg Hunt Scheduled for April 1**

Thursday April 1st the Winchester Senior Center will host it's Annual Seniors Easter Egg Hunt. It will begin at 10:00 a.m. with the rules of Chocolate, then we will break up into the Easter egg hunt.

Lunch will then be served at 11:00 a.m. To make your reservation for lunch please call 563-4475 and ask for the Kitchen Team. Reservations must be in by 12:00 noon on Wednesday March 31.

## **Paper Cutting to begin April 12**

Connie Squires of Wabash will be teaching the art of paper cutting. She has been snipping and cutting creatively for over 25 years making works of art from paper. She creates and designs her works of art onto card stock, parchment paper, or rag paper that may be glued or stitched to create a 3 dimensional piece of art.

The class will begin on Monday April 12. The classes will be offered every Monday and Wednesday at 10:00 a.m. for the month of April. The class is free yet limited on space therefore a reservation is required. During the 3 weeks participants will learn different techniques. The main focus will be on creating Spring Flowers.

There are different techniques to paper cutting such as silhouettes and Scherenschnitte. Scherenschnitte is a Pennsylvania Dutch Folk Art while silhouettes originated from France. Both art forms rely on what the eye sees to form shapes.

Call to make your reservation today at 563-4475.

## **Abundant Life Tabernacle Sign Team to Perform April 23**

The Abundant Life Tabernacle Sign Team of Wabash will be putting on a program on April 23 at 1:00 p.m. They have been performing sign language to music for 4 years. Lisa Wilcox, the director, plans practices weekly and has the team perform every other week during their services. There are 7 members to their team and they will be performing 5 different songs. The program will last approximately 30-45 minutes.

The program is free and no reservations are needed to attend.

## **Norwood Health and Rehab. to host April Birthday Party**

Spring is finally here! Claudia Ward of Norwood Health and Rehabilitation, located in Huntington County, will be hosting a Spring Birthday Party on Thursday April 29 at 1:00 p.m. at the Winchester Senior Center, 239 Bond Street. They have the afternoon planned with a Spring Game complete with prizes and tasty refreshments. If you aren't celebrating a birthday in April—Come help celebrate those that do!

Make your reservation today by calling 563-4475.

## Yoga Class for Active Adults

Mondays and Wednesdays at 5:30 p.m.

### Did You Know?

There are many health benefits associated with yoga. Yoga increases flexibility, increases the lubrication in joints, ligaments and tendons, tones muscles and provides a complete detoxification for your body.

Lauren Urschel, Certified Yoga Instructor would like to invite anyone interested in either learning about yoga or furthering your experience with Yoga to her class on Mondays and Wednesday evenings.

No reservation is needed. Each session is \$7 per person.

## DROP-IN Wii

Mondays and Wednesdays 10:00—11:00 a.m.

Come and experience the latest craze in video games. The Nintendo Wii system along with the Wii Fit program will let you enjoy your favorite sports and exercise routines. The system includes Golf, Bowling, Tennis, Baseball, Boxing, Ping Pong, Billiards, and many more.

The Wii Fit program allows you to check your Body Mass Index and create a stimulating workout based on your preferences. Work on your balance, posture hand eye coordination, or just play a game and have fun.

### Walk `n Talk

Tuesdays at 4:00 p.m.

Stay refreshed and active with the new Walk `n Talk group offered through the Dallas L. Winchester Senior Center. Nancy Givens and Nancy Kolb meet the group on Tuesdays at 4:00 p.m. Both fast and slow walkers are welcome. When the weather permits Walk `n Talk will meet at Charley Creek Trails.

This is the same group as the “Golden Gaits”. We have just refreshed the name to “Walk `n Talk”. The more you talk the more you don’t realize how much you are exercising!

For more information please call the Winchester Senior Center at 563-4475.

### Low Impact Fitness Class

Mondays and Wednesdays 4:00 p.m.—5:00 p.m.

Simple exercises increase your circulation and help with flexibility, balance and coordination. Lauren Urschel, certified senior fitness instructor, leads this class, provided free of charge by the Wabash County Hospital Foundation. Lauren offers many different examples of exercises that can be done in your own home along with adapting exercises to fit your needs and abilities. Most movements are done from a seated position or by standing behind a chair. No advance registration is required, just come, enjoy and feel better.

## Best Fudge Around

Made right here in Wabash, Grandma’s Fudge is the best around! Made strictly by dedicated volunteers.

You can find the fudge at the following stores around Wabash County: Modoc’s Market, Nordman’s Nook, Red Brick Bakery, Goodfella’s Pizza, Winchester Senior Center, First Merchants Bank, Chippewa Branch, Family Chiropractic, Friermood Tire and Alignment, Wabash.

There are many flavors available for only \$5: Chocolate, Chocolate Nut, Vanilla Bean, Peanut Butter, Peanut Butter Crunch, Chocolate Peanut Chunk, Maple Nut Also for \$6: Variety Pack - Includes 6 different flavors.

## Tailgate Giveaway Dates

Tailgate Giveaway:

April 9 from 11:00-1:00

Please enter through the Hill Street Park entrance.

Future Dates:

May 14, June 11, July 9

Pantry Hours

**CLOSED FRIDAY APRIL 2**

Monday-Tuesday 3:00-5:30 p.m.

Wednesday—Friday 9:00-11:30

For more information please call Megan McKillip at the Winchester Senior Center, 563-4475.

**APRIL 2010**

**Dallas L. Winchester Senior Center**

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**Operated by Wabash County Council on Aging, Inc.**

A Wabash County United Fund Agency

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**WINCHESTER SENIOR CENTER DAILY PROGRAM/SERVICES SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
11 – Lunch * 12-Euchre \$1 3-5:30 Food Pantry 4-Senior Fitness 5:30-Yoga \$7	9-Bingo \$1 11-Lunch * 12-Pinochle 12-Penny Bingo 3-5:30 Food Pantry 4:00 Walk `n Talk	9-11:30 Food Pantry 11-Lunch* 12-Euchre \$1 4-Senior Fitness 5:30-Yoga \$7 *Foot Care by Appt.	9-11:30 Food Pantry 11-Lunch *	9-11:30 Food Pantry 11-Lunch * 12-Euchre \$1

**SPECIAL EVENTS / SERVICES SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday
			1)10:00 *Senior Easter Egg Hunt *SHIP *Prescription Assist.	2) SENIOR CENTER , TRANSIT, PANTRY CLOSED NO LUNCH SERVED
5)	6) <b>Wabash County Transit Closed</b>	7) 9:00 Brkfst for your Brain Hearing Serv. by appt.	8) 10:00 Craft Corner	9) Tailgate Giveaway 11-1 <u>Pantry Closed</u>
12) 10:00 *Paper cutting 10:30 Eye Glasses Adjust.	13) 10:00 BP Chk *SHIP 1:00 Senior Club	14) 9:00 Brkfst for your Brain 10:00 *Paper cutting 10:30 Sing-a-long	15) 1:00 * Make it your Own Pottery \$15 6:00 pm Alz./Dem. Support Group	16)
19) 10:00 *Paper cutting	20) 10:00 Left, Right, Center	21) 10:00 *Paper cutting	22) 10:00 Craft Corner 1:00 AARP	23) 10:00 BP Chk 1:00 p.m. Abundant Life Tabernacle Sign Team
26) 10:00 *Paper cutting	27) 10:00 BP Chk 1:00 Senior Club	28) 9:00 Brkfst for your Brain 10:00 *Paper cutting 10:30 Sing-a-long	29) 1:00 *Norwood Health and Rehab Spring Birthday Party	30)

**\* By Reservation/Appointment Only**