



Senior Association News



Issue 115, April 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 sporchiawashington@valleycenterks.gov or call 316-755-7350, Ext. 409.

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

10 Year Anniversary



I am proud to celebrate 10 years of service as the Valley Center Senior Services Coordinator on April 27th.

Dear Valley Center Seniors,

It has been my absolute honor to serve you over the past 10 years. Your wisdom, strength, and sense of community are what make Valley Center such a special place. Thank you for allowing me to be a part of your lives, your stories, smiles, and friendships. It has meant more to me than words can express.

Here's to the memories we've shared and many more to come!

With love and gratitude,

Scharlene Porchia-Washington, Senior Services Coordinator



Ongoing Activities

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

Mondays

By appt. only

11:00 AM-12:00 PM

1:00-2:00 PM

Discontinued

2:00– 3:00 PM

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

(Next clinic: May 18th)

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

Line Dancing

Tai Chi for Arthritis w/Al Fleming

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

Senior Lunch Drive Thru

Senior Lunch Indoor Dining

10 Point Pitch

Pickleball (Intermediate School Small Gym)

Wednesdays

10:00 AM– 12:00 PM

Commodities Distribution (4th Wednesday every other month)

(Next distribution: April 22nd)

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

Senior Lunch Drive Thru

Senior Lunch Indoor Dining

Bingo (4th Thurs. of the month)

Pickleball (Intermediate School Small Gym)

Fridays

11:00 AM-1:30 PM

Discontinued

Movie Matinee **(1st Fri. of the month)**

Tai Chi for Arthritis w/Al Fleming

Saturdays

9:00-11:00 AM

Pickleball (Intermediate School Small Gym)

Upcoming Events



April 3rd (1st Fri. in the month)

Pirates of the Caribbean: The Curse of the Black Pearl (2003) 2h 23m

11:00 AM, Meadowlark Rm.

Blacksmith Will Turner teams up with eccentric pirate Captain Jack Sparrow to save his love from an undead pirate crew. Starring Johnny Depp and Orlando Bloom. Free popcorn. **RSVP by April 2nd.**

April 5th



April 9th

VC Public Library Presents Spring Gardening Workshop

6:30 PM, VC Community Bldg. Patio

Master Gardener Cindi McMurry will speak about Spring gardening. Connie Mann and Nancy Anderson will give a tour of the Butterfly Garden. If the weather does not cooperate, the workshop will be held in the Meadowlark Rm.

April 13th

Try it! You'll like it. Senior Shape Chair Yoga (Video)

10:30 AM, Cottonwood Rm.

This is an introductory class, where you'll get to experience Chair Yoga and determine if you enjoy it. **Details pg. 4**

April 13th

ABCD Tech Computer/Smartphone Class

11:00 AM- 12:00 PM, Bison Rm.

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

April 22nd

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.

April 23rd

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.

Educations

April 14th

Loneliness and Social Isolation

11:45 AM, Sunflower Rm.

Olivia Worsham with CPAAA will speak about how staying engaged and connected can help one's wellbeing, along with how to recognize signs of loneliness and isolation in others.

April 16th

Bone Builders and Bone Breakers

11:45 AM, Sunflower Rm.

Sara Keraly with Natural Grocers will speak about bone health. Support lifelong bone health by knowing how to get all the nutrients your bones need.

Cancellations & Closings

No cancellations or closing in April.

Announcements

Update: Tai Chi for Arthritis: I've reached out to the Tai Chi Instructor numerous times, but I have not received a response. Until further notice, Tai Chi is discontinued. If anything changes, I will reach out to everyone who signed up with an update.

Update: WellREP: As of 3/30 the start date of instructor led WellREP is unknown. Until further notice, we will continue to use the video.

Sorry for the inconvenience.

Announcement

Try it! You'll like it.

Senior Shape Chair Yoga (Video)

Monday, April 13th @ 10:30– 11:15 AM, VC Community Bldg., Cottonwood Rm.

This is an introductory class, where you'll get to experience Chair Yoga through an engaging video and determine if you enjoy it. Senior Shape offers a playlist of over 45 chair yoga videos, many designed specifically for seniors and beginners. We have the option to rotate between different videos, so you won't have to watch the same one repeatedly. The class will focus on improving mobility, building strength, and gentle stretching. No RSVP needed.

If enough people show interest in continuing the class, I will add it to the schedule.



Possible May Outing: Auntie Anne's/Jamba Juice Field Trip

Date and Time: TBA in May Newsletter

10209 W. 29th St. N. Suite B, Wichita. Cost: \$10-\$15 per person

You are responsible for the cost of your pretzel and beverage.

Get ready to roll up your sleeves and roll the perfect pretzel. Join us at Annie Anne's/Jamba Juice for a hands-on rolling activity. Get a behind-the-counter look at how to create pretzels, including how to roll your own pretzel. Learn how to make a smoothie.

Each participant will receive a delicious pretzel and a drink. The cost of \$10-\$15 per person covers the cost of ingredients used during the demonstration.

If you are interested, call Scharlene at 316-755-7350 ext. 409 by **3:00 PM, Friday, April 10th.**
RSVP is required to attend the field trip. More details to follow in the May newsletter.



April is National Garden Month



If the weather does not cooperate, the workshop will be held in the Meadowlark Room.

April Birthdays

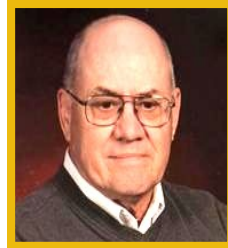
Current Members– Individuals who have been to the center in the last 6 months

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

Wayne Bormann	04/01
Alice Fraser	04/02
Terry Kalp	04/03
Shirley Glock	04/04
Terry Nantkes & Pat Heidebrecht	04/05
Marie Kester & Barbara Stockwell	04/07
Barbara Wiebe	04/14
Jerry LaForge	04/15
Peggy Lee	04/16
Jaime Capper & Lorrie Fansler	04/19
Mary Ann Fetherston	04/20
Phil Lampe	04/22
Mary Leiker, Michael Durkin, & Karla West	04/23
Nancy Kutz	04/25
Dorothy Colbert	04/27



The Valley Center Senior Association extends our heartfelt condolences to the family and friends of Larry Edwards who passed away on January 28, 2026. Our thoughts and prayers are with his loved ones during this difficult time.



April 27, 1941– January 28, 2026

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 and 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.

VC SENIOR ASSOCIATION MENU

Lunch Specials

VC COMMUNITY BUILDING & LIBRARY
314 E. CLAY

MONTH OF APRIL

\$5.00 ON TUESDAYS & THURSDAYS,

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

INDOOR DINING: SERVING @ 11:30 AM

THURSDAY, APRIL 2nd
CHICKEN ALFREDO PASTA

TUESDAY, APRIL 7TH
HAM & BEANS

THURSDAY, APRIL 9TH
CHICKEN POT PIE

TUESDAY, APRIL 14TH
PORK TENDERLOIN

THURSDAY, APRIL 16TH
CHICKEN ENCHILADAS

TUESDAY, APRIL 21ST
MEATLOAF

THURSDAY, APRIL 23RD
BBQ

TUESDAY, APRIL 28TH
TATER TOT CASSEROLE

THURSDAY, APRIL 30TH
BAKED CHICKEN

