



# Senior Association News



Issue 114, March 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](mailto:sporchiawashington@valleycenterks.gov) or call 316-755-7350, Ext. 409.

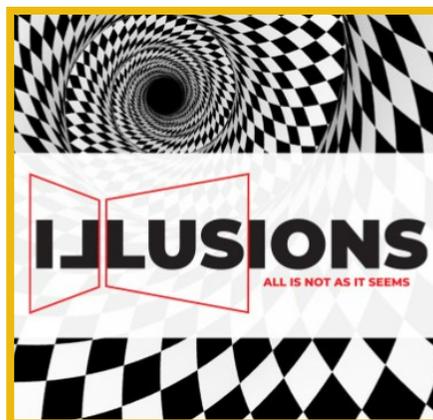
**My office hours are Monday through Friday, 8:00 AM– 4:30 PM.**

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### Exploration Place **Illusions. All Is Not As It Seems** Wednesday, March 18th, 11:00 AM 300 N. McLean, Wichita Cost: \$13.50 per person

Ready to flip your perspective? Step into a world where nothing is quite what it seems. Shapes shift, rooms stretch, pictures move and your eyes play tricks you won't believe. *Illusions* blends mind-bending visuals, surprising interactives and surreal moments that will have you wondering – can you really trust your eyes?

If you are interested, call Scharlene at 316-755-7350 ext. 409 by **3:00 PM, Monday, March 16th**. We will carpool to Exploration Place, meeting at the community building for a 10:30 AM departure. Please let me know in advance if you need a ride.





## 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

**TBA**

2:00– 3:00 PM

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

**(Next clinic: March 16th)**

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

**TBA**

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



### **March 3rd**

#### **View the Blood Moon**

Are you an early riser? A total lunar eclipse will be visible in Kansas on March 3rd with totality beginning around 5:04 am CST and the maximum eclipse (**best view**) occurring at 5:33 am CST. The moon will appear reddish-orange in the early morning hours before setting.



### **March 5th**

#### **Hungrytown Concert**

**6:30 PM, Library, 314 E. Clay. Cost: Free**

Join us for a free concert by folk duo Hungrytown.

### **March 6th (1st Fri. in the month)**

**Wake up Dead Man– A Knives Out Mystery (2025) 2h 24m**

**11:00 AM, Sunflower Rm.**

Detective Benoit Blanc teams up with an earnest young priest to investigate a perfectly impossible crime at a small-town church with a dark history. Starring Daniel Craig. Free popcorn. **RSVP by March 5th.**

### **March 9th**

**ABCD Tech Computer/Smartphone Class**

**11:00 AM– 12:00 PM, Bison Rm.**

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

### **March 16th**

**Hermes Footcare Clinic- By appt. only  
Sunflower Rm.**

### **March 17th**

#### **St. Patrick's Day**

Join us during senior lunch for corned beef and cabbage and **wear green!** Everyone is an honorary Irish lad or lass on St. Patrick's Day, so just go with it.

### **March 18th**

**Illusions. All Is Not As It Seems**

**11:00 AM, Exploration Place, 300 N. McLean Blvd. Cost: \$13.50 per person**

Details on pg. 1

### **March 20th**

**Easy DIY Craft: Pressed Flower Bookmarks  
11:00 AM, Meadowlark Rm.**

It's the First Day of Spring and National Craft Month. Join us and create your own unique bookmark. Details on pg. 5

**No commodities for the month of March.**

### **March 26th**

**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

### **March 5th**

**National Slam the Scam Day**

**11:45 AM, Sunflower Rm.**

National Slam the Scam Day is a joint effort from federal, state, and local government, non-profit organizations, and private companies to protect consumers from scams.

### **March 19th**

**I LO Senior Services**

**11:45 AM, Sunflower Rm.**

Senior Navigator, Shyla Goodnight will speak about the various services I LO has to offer.

### **March 24th**

**What is AI?**

**11:45 AM, Sunflower Rm.**

ABCD Tech owner, Crista Switzer will explain what AI is and how it is used in your daily life.

## Cancellations & Closings

No cancellations or closing in March.

## Announcements

### **Update: Tai Chi for Arthritis**

Eight individuals have enrolled in the 6-week Tai Chi for Arthritis program. The start date will be announced once confirmed, as the instructor had not responded before the newsletter was printed.

I will notify all enrollees by email or phone as soon as I receive an update from the instructor.

### **Update: WellREP Exercise**

I spoke with the coordinator of the exercise program. Instructor-led WellREP is expected to resume the first week of March. Unfortunately, I do not have an exact date. If the instructor is a no-show on Tuesday, March 3rd, we will continue to use the video. Sorry for the inconvenience.

## March 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.

Dennis Faus	03/02
Joan Sawyer, Erlene Morgan, Dave McCune & James Bunyan	03/04
Ed McCormick	03/05
Nancy Anderson	03/07
Jeff Yates	03/08
Martha Kresge	03/09
Betty Oler	03/11
Karen Hunsinger	03/12
Nancy Gordon	03/13
Cathy White & Sindie Haug	03/17
Charles Hill	03/18
Thad Davis & Tim Lipke	03/19
Jeanne Shove	03/20
Darrell Jarman	03/21
Darroll Williams	03/23
Renee Manriquez	03/24
Larry Boese	03/26

## Easy DIY Craft: Pressed Flower Bookmarks

Friday, March 20th

11:00 AM, Meadowlark Rm. Cost: Free

It's the First Day of Spring and National Craft Month. Unleash your creativity and add a touch of nature to your reading experience with a unique bookmark of your own. The bookmark design is similar to a small bottle, you will add dried flowers and a tassel for added charm and beauty. The bookmarks are suitable for marking your book or Bible for reading. If you are interested, call Scharlene at 316-755-7350 ext. 409 by **3:00 PM, Friday, March 13th.**



### 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 MARCH**

**\$5.00 ON TUESDAYS & THURSDAYS.**

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

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

**TUESDAY, MARCH 3<sup>RD</sup>**  
PASTA- CHEF'S CHOICE

**THURSDAY, MARCH 5<sup>TH</sup>**  
PORK TENDERLOIN

**TUESDAY, MARCH 10<sup>TH</sup>**  
CHICKEN ENCHILADAS

**THURSDAY, MARCH 12<sup>TH</sup>**  
CHILI

**TUESDAY, MARCH 17<sup>TH</sup>**  
CORNEB BEEF & CABBAGE

**THURSDAY, MARCH 19<sup>TH</sup>**  
HAM & BEANS

**TUESDAY, MARCH 24<sup>TH</sup>**  
MEATLOAF

**THURSDAY, MARCH 26<sup>TH</sup>**  
POTATO SOUP

**TUESDAY, MARCH 31<sup>ST</sup>**  
BBQ