



Senior Association News



Issue 118, July 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 sporchia.washington@valleycenterks.gov or call 316-755-7350, Ext. 409.

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

Gubernatorial Election

The Valley Center Community Building will serve as a polling site for the upcoming election. From **July 27th to August 5th**, the Sunflower and Cottonwood Rooms will be unavailable, which will impact scheduled senior activities. Please refer to the newsletter's cancellation section for details on affected activities.



July Outing: Ad Astra Mobile Planetarium

Tuesday, July 7th, 2:30-3:30 PM, Park City Public Library, 2107 E. 61st Street N.

Free program. Registration is required. Only a few tickets left.

Ad Astra Mobile Planetarium provides astronomy and science education for students and adults.

Using a 6-meter inflatable dome and 4k digital projection system, they create an immersive environment that can display the night sky as it appears from any location on Earth at any time in history—or from any vantage point in the solar system! Through high-resolution visuals, narration, and music, the audience learns about constellations, planets, the structure of the universe, and more. There is a **40 person limit. Registration is required. Register on Eventbrite** on the Park City Public Library website or call **Scharlene at 316-755-7350 Ext. 409** for assistance registering.

We will carpool to the library. If you need a ride, let me know in advance.



Ongoing Activities

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

Mondays

By appt. only

10:30-11:00 AM

11:00 AM-12:00 PM

1:30-2:30 PM

2:00– 3:00 PM

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

(Next clinic: July 20th)

Chair Yoga (Video)

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

Line Dancing

Bridge (Offsite)

Tuesdays

10:30-11:15 AM

11:00-11:15 AM

11:30 AM

5:30-8:00 PM

TBA

WellREP Exercise (Video)

Senior Lunch Drive Thru

Senior Lunch Indoor Dining

10 Point Pitch

Pickleball (Intermediate School Small Gym)

(No pickleball. Play will resume in August)

Wednesdays

10:00 AM– 12:00 PM

12:00–12:45 PM

Commodities Distribution (4th Wednesday every other month)

(Next distribution: August 26th)

Common Ground Mobile Farmers Market (Sunflower Gardens,
460 N. Emporia, Community Room)

(Next market: July 15th)

Thursdays

10:30-11:15 AM

11:00-11:15 AM

11:30 AM

12:15-1:15 PM

TBA

WellREP Exercise (Video)

Senior Lunch Drive Thru

Senior Lunch Indoor Dining

Bingo (4th Thurs. of the month)

Pickleball (Intermediate School Small Gym)

(No pickleball. Play will resume in August)

Fridays

10:30-11:00 AM

11:00 AM-1:30 PM

Chair Yoga (Video)

Movie Matinee (2nd Fri. in the month of July)

Saturdays

TBA

Pickleball (Intermediate School Small Gym)

(No pickleball. Play will resume in August)

Upcoming Events



July 3rd
City Offices Closed- Independence Day

July 4th
AMERICA

July 7th
Ad Astra Mobile Planetarium
2:30-3:30 PM, Park City Library, 2107 E. 61st St. N. , Free Program
(Only a few tickets left)

Ad Astra Mobile Planetarium is a 6-meter inflatable dome and 4k digital projection system that provides astronomy and science education for students and adults. There is a **40 person limit. Registration is required.** Register on Eventbrite on the Park City Public Library website or call **Scharlene at 316-755-7350 Ext. 409** for assistance registering.

July 8th
VC Library Presents The Wichita Symphony
11:15 AM, Cottonwood Rm.
Free program. All ages are welcome.

July 10th (2nd Fri. in the month of July)
Pirates of the Caribbean: On Stranger Tides (2011) 2h 16m
11:00 AM, Meadowlark Rm.

Jack Sparrow and Barbossa embark on a quest to find the elusive fountain of youth, only to discover that Blackbeard and his daughter are after it too. Starring Johnny Depp. Free popcorn. **RSVP by July 8th.**

July 13th
ABCD Tech Computer/Smartphone Class
11:00 AM– 12:00 PM, Bison Rm.
Smartphone got you baffled? Bring your device and your questions.

July 14th
VC Library Presents Sean Gaskell on the Kora
2:00 PM, Cottonwood Rm.
Sean Gaskell features songs on the kora-a 21 string West African harp. **Details on pg. 5**

July 15th
VC Library Presents Mad Science of KC
9:00 and 11:00 AM, Cottonwood Rm.
Free program. All ages are welcome.

July 15th
Common Ground Mobile Farmer's Market
12:00– 12:45 PM, Sunflower Gardens
460 N. Emporia, Community Rm.
Fresh fruits and vegetables available. Open to the public. All forms of payment are accepted.

July 20th
Hermes Footcare Clinic- By appt. only
Sunflower Rm.

July 22nd
VC Library Presents Dan, Dan the Magic Man
9:00 and 11:00 AM, Cottonwood Rm.
Free program. All ages are welcome.

July 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.

July 27th
Red Cross Blood Drive
12:00 PM– 6:00 PM
121 S. Meridian, City Hall Council Rm.
To schedule an appointment, go to www.redcrossblood.org or 1-800-REDCROSS. The blood drive for the month of July only will be at City Hall.

Early Voting
July 28th-July 31st, 10:00 AM– 6:00 PM and
August 1st, 9:00 AM– 1:00 PM
VC Community Bldg., Combo Rm.

No Commodities for the month of July.

Educations

July 2nd
Healthy Skin and the Sun
11:45 AM, Sunflower Rm.

Sara Kealy with Natural Grocers will discuss how to keep your skin healthy while out in the summer sun.

July 16th
Respite Care
11:45 AM, Sunflower Rm.

Amer Rashid with Home Instead will discuss the different types of respite care.

Cancellations and Closings

Friday, July 3rd: No Chair Yoga– City Offices Closed– Independence Day

Thursday, July 9th: No WellREP

Monday, July 27th: No Chair Yoga or Line Dancing

Tuesday, July 28th: No WellREP or Senior Lunch (We will have Pitch in the Meadowlark Rm.)

Thursday, July 30th: No WellREP or Senior Lunch

Friday, July 31st: No Chair Yoga

July 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.

Steve Barnes	07/03
Del Wilson	07/06
Betty Collins	07/08
Vince Marshall	07/09
Linda Konzelman	07/12
Jeff St. Clair	07/13
Marilyn Blevins & Larry Papps	07/14
Marsha Collins	07/15
Julia Lusk & Jannel Mallernee	07/18
Paul Bryan	07/23
Rick Quandt	07/24
Robert Albrecht	07/25
Tammy Pasteka	07/27
Mark Cozine, Aeche Paquette, & Cherie Shields	07/28
Ella Temple	07/30

VC Library Presents Sean Gaskell on the Kora

Tuesday, July 14th, 2:00 PM, VC Community Building, 314 E. Clay, Cottonwood Rm.

Free program. All ages are welcome.

Sean Gaskell features songs on the kora— a 21 stringed West African harp. The kora is traditionally played by oral historians known as Griots. Many songs featured on the kora preserve a 800 year history dating back to the founding of the Mande empire. Gaskell has presented adult, youth, and family programs at over 400 libraries and a multitude of k-12 schools, colleges, universities, and assisted living facilities in the United States and Canada. He hails from Tacoma, Washington.



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.**

VC SENIOR ASSOCIATION MENU

Lunch Specials

VC COMMUNITY BUILDING & LIBRARY
314 E. CLAY

MONTH OF JULY

TUESDAYS & THURSDAYS, COST \$5.00

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

INDOOR DINING: SERVING @ 11:30 AM

THURSDAY, JULY 2ND
HAM & BEANS

TUESDAY, JULY 7TH
LASAGNA

THURSDAY, JULY 9TH
CHICKEN ENCHILADAS

TUESDAY, JULY 14TH
MEATLOAF

THURSDAY, JULY 16TH
TATER TOT CASSEROLE

TUESDAY, JULY 21ST
BBQ

THURSDAY, JULY 23RD
PORK TENDERLOIN

TUESDAY, JULY 28TH
NO SENIOR LUNCH: VOTING

THURSDAY, JULY 30TH
NO SENIOR LUNCH: VOTING