



# Senior Association News



Issue 117, June 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.**

### The Wichita Children’s Theatre & Dance Center presents **Goldilocks and the Three Bears**

**Tuesday, June 2nd, 10:00 AM, Cottonwood Rm.  
Sponsored by the Valley Center Public Library  
Free performance**

Goldilocks and the Three Bears is a classic fairy tale about a young girl with golden hair who wanders into the forest, finds a house belonging to three bears (Papa, Mama, and Baby), and samples their porridge, chairs, and beds, finding one of each "just right" before falling asleep and fleeing when the bears return. **All ages are welcome.**

### **Wichita War Dancer**

**Wednesday, June 3rd, 9:00 and 11:00 AM (2 shows), VCCB, Combo Rm.  
Sponsored by the Valley Center Public Library  
Free performance**

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.**





## **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

Commodities Distribution (4th Wednesday every other month)

**(Next distribution: June 24th)**

### **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 **(1st Fri. of the month)**

### **Saturdays**

TBA

Pickleball (Intermediate School Small Gym)

**(No pickleball. Play will resume in August)**

## Upcoming Events



**June 2nd**

**The Wichita Children's Theatre & Dance Center presents Goldilocks and the Three Bears**

**10:00 AM, Cottonwood Rm.**

**Free Performance. All ages are welcome.**

Goldilocks and the Three Bears is a classic fairy tale about a young girl with golden hair who wanders into the forest, finds a house belonging to three bears (Papa, Mama, and Baby), and samples their porridge, chairs, and beds, finding one of each "just right" before falling asleep and fleeing when the bears return.

**June 3rd**

**VC Library Presents Wichita War Dancer 9:00 and 11:00 AM (2 shows), Combo Rm.**

**Free Performance. All ages are welcome.**

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.

**June 5th (1st Fri. in the month)**

**Pirates of the Caribbean: At World's End (2007) 2h 48m**

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

Will Turner, Elizabeth Swann, Hector Barbossa, and the crew of the Black Pearl try and rescue Jack from Davy Jones's locker, and prepare to fight Lord Cutler Beckett, who controls Davy Jones and the Flying Dutchman. Starring Johnny Depp and Orlando Bloom. Free popcorn. **RSVP by June 4th.**

**June 8th**

**ABCD Tech Computer/Smartphone Class 11:00 AM– 12:00 PM, Bison Rm.**

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

**June 10th**

**Kansas Senior Farmers Market Nutrition Program (KSFMNP) Card Distribution**

**10:00-11:30 AM, VCCB, 314 E. Clay**

15 farmers market cards are available on a first-come, first-served basis. **Details on pg. 4**

**June 17th**

**Goddard Puppet Ladies– Edwina, the Dinosaur Who Didn't Know She Was Extinct**

**9:00 and 11:00 AM (2 shows) Combo Rm.**

**Free Performance. All ages are welcome.**

The story follows a friendly, cooking baking dinosaur and a boy who is determined to scientifically prove she cannot exist.

**June 18th**

**Bingo (3rd Thursday for the month of June)**

**12:15 PM, Sunflower Rm.**

The winner of the blackout round will receive a gift basket donated by Oxford Vista.

**June 19th– City Offices Closed**



**June 21st**



**June 24th**

**Commodities (TEFAP)**

**10:00 AM-12:00 PM, VCCB, 314 E. Clay**

Emergency food assistance. Must meet income guidelines. For more information call Scharlene at 316-755-7350, Ext. 409.

## Educations

**June 11th**

**Information about Matter of Balance Class 11:45 AM, Sunflower Rm.**

A Matter of Balance (MOB) is a program specifically designed to reduce the fear of falling and improve activity levels among older adults.

## Cancellations and Closings

**Tuesday, June 2nd:** No WellREP

**Friday, June 19th:** No Chair Yoga– **City Offices Closed– Juneteenth**

**Tuesday, June 23rd:** No Senior Lunch-Volunteer Vacation (We will have WellREP and Pitch)

**Thursday, June 25th:** No Senior Lunch-Volunteer Vacation (We will have WellREP)

## Announcement

### **Kansas Senior Farmers Market Nutrition Program (KSFMNP)**

**Farmers Market Card Distribution**

**June 10th, 10:00– 11:30 AM, VCCB, 314 E. Clay**

Eligible seniors will receive a \$50 card to purchase fresh fruits, vegetables, herbs, and honey at participating farmers markets, including the Common Ground Mobile Farmers Market at Sunflower Gardens, Valley Center. Only 15 cards are available in Valley Center on a first-come, first-served basis. To qualify, you must be 60 or older, meet income guidelines, complete an application, and not have received a card from another agency for 2026. To apply, please visit the community building on **June 10th, 10:00-11:30 am**. If cards run out, you will be placed on a waiting list.

**Please note:** Placement on the waiting list does not guarantee additional cards will become available.

## June 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.

|                                  |       |
|----------------------------------|-------|
| Ron Colbert                      | 06/01 |
| Bill Page & David Weishaar       | 06/02 |
| Bill Stein                       | 06/07 |
| Larry Bray                       | 06/09 |
| Twila Laughlin & Charlotte Bales | 06/10 |
| Gary Freed                       | 06/11 |
| Larry Strelow & Jim Richmond     | 06/14 |
| Rick Thornton                    | 06/15 |
| Sue Sill & Karen Nightingale     | 06/16 |
| Debbie Truman & Elena Recinos    | 06/19 |
| Marce Mossberg                   | 06/22 |
| Reece Woodring                   | 06/24 |
| Vicki Anderson & Delcie Malcom   | 06/26 |
| Rebecca Preston                  | 06/27 |
| Carolyn McCune                   | 06/29 |
| Wilma Niemann & Dixie Swindle    | 06/30 |

## July Outing: Ad Astra Mobile Planetarium

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

**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, tell me in advance.



### 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 JUNE**

TUESDAYS & THURSDAYS COST \$5.00

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

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

**TUESDAY, JUNE 2<sup>nd</sup>**  
CHICKEN ALFREDO PASTA

**THURSDAY, JUNE 4<sup>th</sup>**  
HAM & BEANS

**TUESDAY, JUNE 9<sup>th</sup>**  
CHICKEN POT PIE

**THURSDAY, JUNE 11<sup>th</sup>**  
TATER TOT CASSEROLE

**TUESDAY, JUNE 16<sup>th</sup>**  
MEATLOAF

**THURSDAY, JUNE 18<sup>th</sup>**  
CHICKEN ENCHILADAS

**TUESDAY, JUNE 23<sup>rd</sup>**  
**NO SENIOR LUNCH- VOLUNTEER VACATION**

**THURSDAY, JUNE 25<sup>th</sup>**  
**NO SENIOR LUNCH- VOLUNTEER VACATION**

**TUESDAY, JUNE 30<sup>th</sup>**  
BBQ