



Senior Association News



Issue 121, October 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, 7:30 AM– 3:30 PM.

I will be out of the office **Monday, October 26th– Sunday, November 1st.**
I will return at **7:30 AM on Monday, November 2nd.**



Dates to Remember

Early Voting and Election Day Voting
Valley Center Community Building



Early Voting Dates and Hours:

Tuesday, October 27th– Friday, October 30th: 10:00 AM– 6:00 PM
Saturday, October 31st 9:00 AM– 1:00 PM

No Voting at the community building on Monday, November 2nd

Election Day Hours:

Tuesday, November 3rd: 7:00 AM– 7:00 PM

Please check your newsletter for any cancellations or adjustments to the senior schedule.



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: November 23rd)

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

6:00-8:00 PM

WellREP Exercise (Video)

Senior Lunch Drive Thru

Senior Lunch Indoor Dining

10 Point Pitch

Pickleball (Intermediate School Small Gym)

Wednesdays

10:00 AM– 12:00 PM

12:15–12:45 PM

Commodities Distribution (4th Wednesday every other month)

(Next distribution: delayed until November 4th)

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

(Last market of the season: October 21st)

Thursdays

10:30-11:15 AM

11:00-11:15 AM

11:30 AM

12:15-1:15 PM

6:00-8:00 PM

6:00-8:00 PM **(new)**

WellREP Exercise (Video)

Senior Lunch Drive Thru

Senior Lunch Indoor Dining

Bingo (4th Thurs. of the month)

Pickleball (Intermediate School Small Gym)

3 week Mahjong Classes (October 1st, 8th, and 22nd) You must have already pre-registered with the library to participate)

Fridays

10:30-11:00 AM

11:00 AM-1:30 PM

Chair Yoga (Video)

Movie Matinee (1st Fri. in the month)

Saturdays

9:00-11:00 AM

Pickleball (Intermediate School Small Gym)

Upcoming Events



October 1st

Senior Association Meeting– Election of Officers

12:15 PM, Sunflower Rm.

Hello, Valley Center Seniors. Join us after lunch for the Election of Officers meeting and vote for the new officers that will serve for the next 2 years.

October 1st, 8th, and 22nd

Beginning American Mahjong Classes

5:30-8:30 PM, Cottonwood Rm.

The October class is full. The next class will be offered in January. Call the library to join the waitlist.

October 2nd (1st Fri. of the month)

Back to the Future 2 (1989) 1h 48m

11:00 AM, Meadowlark Rm.

After visiting 2015, Marty McFly must repeat his visit to 1955 to prevent disastrous changes to 1985, without interfering with his first trip. Starring Michael J. Fox. Free popcorn. **RSVP by October 1st.**

October 12th

ABCD Tech Computer/Smartphone Class

11:00 AM– 12:00 PM, Bison Rm.

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

October 13th

Leekers Vaccine Clinic

1:00 PM, Cottonwood

Come and get your Flu, COVID, and RSV shots before cold and flu season peaks. Details on pg. 6

October 15th—December 7th

Medicare Open Enrollment begins.

October 21st

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.

Last market of the season. Make sure you use any money left on your farmers market card.

October 22nd

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.

No commodities for the month of October

The October distribution is delayed until

Wednesday, November 4th.

Educations

October 1st

Medicare Basics

11:45 AM, Sunflower Rm.

With open enrollment upon us, Benjamin Brown with American Senior Benefits will discuss Medicare basics and safety tips.

October 6th

Quilt Bingo Presentation

11:45 AM, Sunflower Rm.

Details on pg. 4

October 15th

Budgeting with Intrust Bank

11:45 AM, Sunflower Rm.

Trisha Schmidt, VC Intrust Bank Manager will discuss simple budgeting, safe payment methods, and trending banking scams.

October 15th

Humanities Kansas: A History of the American Indian Boarding Schools

7:00 PM, Cottonwood Rm., Free program

Details on pg. 4

October 20th

VC Rec Q&A

11:45 AM, Sunflower Rm.

Brittani Poland, Director of Facilities, will answer any questions about senior memberships through Silver Sneakers and Optum Renew Active programs. She will also help you check your eligibility and connect with your insurance company.

Cont. Educations

Quilt Bingo Presentation

Tuesday, September 6th, 11:45 AM, Sunflower Rm

Karen Roth of Quilts of Valor will discuss the history of quilt bingo and invite you to play

on Sunday, October 11th at St. Jude Church, 3030 N. Amidon,

Lunch is at noon, and Bingo starts at 1:30 PM. Play 20 games for \$25.00.

The winner of each game will win a quilt.



(This quilt is only an example and not one of the prizes)

Humanities Kansas

A History of the American Indian Boarding Schools

Thursday, October 15th, 7:00 PM

VCCB, 314 E. Clay, Cottonwood Rm.

Free program. Sponsored by the VC Public Library

Renewed calls for investigations into abuses against American Indian children have brought new scrutiny to the boarding school system. This talk by Eric P. Anderson will examine the thinking behind the creation of federal schools for youth, including Haskell Indian Nations University, originally known as the United States Indian Industrial Training School, and how this system affected Native communities in the short and long term. The American Indian story is one of cultural survival, but what are the next steps for reckoning with this difficult and painful part of our national history?



Cancellations

October 26th: No Dancing or Chair Yoga (Early Voting)
October 27th: No WellREP or Senior Lunch (Early Voting)
(We will have Pitch in the Meadowlark Rm.)
October 29th: No WellREP or Senior Lunch (Early Voting)
October 30th: No Chair Yoga (Early Voting)

October 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.

Mark Williams	10/03
Eric Carlson & Kathy Marshall	10/04
Jill Lipke	10/05
Alan Tigard	10/07
John Holmes & Rick Miller	10/12
Jerry Regehr	10/16
Diane Boese	10/18
Earl Griffin	10/19
Deb Bernstein	10/20
Pam Browning	10/21
Yvonne Bryan & Shelly Mapes	10/22
Linda McCormick	10/23
Paul Shaw & Scharlene Porchia-Washington	10/27
Rebecca Hill	10/28
Evelyn Widick	10/29

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

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. 7:30 AM– 3:30 PM. Rides must be scheduled 3 days in advance.

Stay Healthy This Season

LEEKERS
FAMILY PHARMACY
& VC SENIOR ASSOC.

Seniors, come and get your Flu, COVID, & RSV Shots!

Protect yourself, your family, and your community by getting your annual shots. It's quick, safe, and the best defense against respiratory illnesses.



**Tuesday,
October 13**

Valley Center Community
Bldg., 314 E. Clay,
Cottonwood Rm.
1:00 pm
OPEN TO THE PUBLIC



**Stop it
before it
starts!**

PATIENT REMINDERS

1. RSVP required. RSVP by Thursday, October 8th.
2. Bring your ID and Medicare Card to ensure \$0 out-of-pocket cost. Younger than 65, bring your insurance card.

**CALL SCHARLENE TO SECURE YOUR SPOT:
316-755-7350 EXT. 409**

VC SENIOR ASSOCIATION MENU

Lunch Specials

VC COMMUNITY BUILDING & LIBRARY
314 E. CLAY

MONTH OF OCTOBER

TUESDAYS & THURSDAYS, COST \$5.00

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

INDOOR DINING: SERVING @ 11:30 AM

THURSDAY, OCTOBER 1ST
BIEROCK CASSEROLE

TUESDAY, OCTOBER 6TH
HAM & BEANS

THURSDAY, OCTOBER 8TH
TATER TOT CASSEROLE

TUESDAY, OCTOBER 13TH
CHICKEN ENCHILADAS

THURSDAY, OCTOBER 15TH
MEATLOAF

TUESDAY, OCTOBER 20TH
POTATO SOUP

THURSDAY, OCTOBER 22ND
BBQ

TUESDAY, OCTOBER 27 & THURSDAY, OCTOBER 29TH
NO SENIOR LUNCH- EARLY VOTING