



Senior Association News



Issue 120 September 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.

Beginning American Mahjong Classes Sponsored by VC Library and VC Senior Association

**September 3rd, 10th, 17th, and 24th
VC Community Bldg., Meadowlark Rm.**



For adults and teens aged 16 and older

Beginning American Mahjong is a 4-week class held on Thursday nights from 6:00-8:00 PM on September 3rd, 10th, 17th, and 24th

There is a limit of 16 people. (There is a waiting list)

You must have already pre-registered with the library to participate.

Players must purchase an American Mahjong card for \$15 at sign up to hold your place.

Instructor will provide game supplies for class use while learning.

Open Mahjong play on Thursday evenings from 6:00-8:00 PM beginning on October 1st if enough people are interested.



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: September 28th)

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

12:00–12:45 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)

(Next market: September 16th)

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)

4 week Mahjong Classes (September 3rd-24th. 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



September 3rd, 10th, 17th, and 24th
Beginning American Mahjong Classes
6:00-8:00 PM, Meadowlark Rm.
Details on pg. 1

September 4th (1st Fri. of the month)
Back to the Future (1985) 1h 56m
11:00 AM, Meadowlark Rm.
Marty McFly, a 17-year-old high school student, is accidentally sent 30 years into the past in a time-traveling DeLorean invented by his close friend, the maverick scientist Doc Brown. Starring Michael J. Fox. Free popcorn.
RSVP by September 3rd.

September 14th
ABCD Tech Computer/Smartphone Class
11:00 AM– 12:00 PM, Bison Rm.
Smartphone got you baffled? Bring your device and your questions.

September 16th
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.

September 21st
Red Cross Blood Drive City Challenge
Valley Center vs. Park City
12:00-6:00 PM
VCCB, 314 E. Clay, Combo Rm.
To schedule an appointment, go to www.redcrossblood.org or 1-800-REDCROSS.

No commodities for the month of September
The next distribution is delayed until
Wednesday, November 4th.

September 24th
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.

September 28th
Hermes Footcare Clinic– By appt. only
Sunflower Rm.

September 30th
Multi-Senior Center Puzzle Tournament
1:00 PM, VCCB, 314 E. Clay, Sunflower Rm.
Details on pg. 4. Happy National Senior Center Month. Valley Center needs a 4-person team with 1 alternate to compete. **You must RSVP by September 16th by 4:00 PM to join the team.**

Educations

September 1st
Dementia Presentation
11:45 AM, Sunflower Rm.
CeCe Leahey with St. Croix Hospice will discuss common dementia symptoms.

September 8th
Humanities Kansas: Life in Kansas During the Dust Bowl
2:00 PM, Sunflower Rm., Free program
Details on pg. 4

September 15th
Register of Deeds Presentation
11:45 AM, Sunflower Rm.
Chief Deputy Kenly Zehring with the Sedgwick County Register of Deeds will discuss how to avoid real estate and property ownership fraud.

Cancellations

September 7th: City Offices Closed. Labor Day. No Chair Yoga or Line Dancing.

September 11th: No Chair Yoga

September 24th: No WellREP.

September 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.

Al Schmidt and Vicky Kunkel	09/02
Janice Panzer	09/03
Bernie Smith	09/05
Glenda Baldwin and Charles Smith	09/06
Mary Carlson	09/07
Wendy Yates and Mary Honeck	09/08
Marilyn Faus and Kathy Ditty	09/11
Wesley Hostetler	09/13
Sandra Flinn	09/16
Karen Roth	09/17
Marge Ramsey and Susan LaForge	09/18
Gerald Wedel	09/19
Gary Goertz	09/20
Martha Brawley and Silka Bulleigh	09/21
Liz Smith	09/22
Nancy Holmes and Billie Strunk	09/23
Patty Finley	09/26
Becky Oliver	09/28
Larry Hopp	09/30

Humanities Kansas Life in Kansas During the Dust Bowl

Tuesday, September 8th, 2:00 PM

VCCB, 314 E. Clay, Sunflower Rm.

Free program

The Valley Center Public Library and Valley Center Senior Association present a free program, Life in Kansas During the Dust Bowl by Katie Keckeisen.

Black Sunday– April 14, 1935– is an unforgettable moment in history. The photographs from that day of the dust storm in southwest Kansas made headlines across America. How did Kansans respond to this challenging moment in history? Using eyewitness accounts and photographs, this presentation explores the impact and the legacy of the drought and the “Dust Bowl” on life in Kansas during the 1930’s and beyond.





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



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 3 days in advance.

VC SENIOR ASSOCIATION MENU

Lunch Specials

**VC COMMUNITY BUILDING & LIBRARY
314 E. CLAY**

MONTH OF SEPTEMBER

TUESDAYS & THURSDAYS, COST \$5.00

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

INDOOR DINING: SERVING @ 11:30 AM

TUESDAY, SEPTEMBER 1ST

BIEROCK CASSEROLE

THURSDAY, SEPTEMBER 3RD

CHICKEN ENCHILADAS

TUESDAY, SEPTEMBER 8TH

POTATO SOUP

THURSDAY, SEPTEMBER 10TH

MEATLOAF

TUESDAY, SEPTEMBER 15TH

HAM & BEANS

THURSDAY, SEPTEMBER 17TH

PORK TENDERLOIN

TUESDAY, SEPTEMBER 22ND

CHILI

THURSDAY, SEPTEMBER 24TH

BBQ

TUESDAY, SEPTEMBER 29TH

CHICKEN POT PIE