



HAYSVILLE SENIOR CENTER

LIVE YOUR LIFE & FORGET YOUR AGE



Haysville Senior Center & Haysville Hustle Closed:
Monday, September 7th
No Meals Served

Cancellations This Month:
Monday, September 7th: Chair Yoga & Golden Pens
Friday, September 18th- DrumFIT (Dinner Prep)
Monday, September 21st- Chair Yoga

Medicare Open Enrollment

It's that time again to sign up for an appointment to review your Medicare Part D- Drug Plans. Open Enrollment is from October 15th-December 7th. We will begin taking appointments September 15th to CURRENT Senior Center members. We will have very limited appointments available on a first come, first served basis. Friendly reminder: Kristen and Eula are certified SHICK counselors, not license insurance agents. We simply can input your prescriptions into the system to assist you with non-biased plan comparisons and enrollment. Even if you're happy with your plan this year, it's always good to review and check for changes for next year. Call us with any questions!

SEPTEMBER 2026

160 E. KARLA, HAYSVILLE
316.529.5903

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SENIOR-CENTER

LIKE US ON FACEBOOK!
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GREAT THINGS ARE HAPPENING IN HAYSVILLE!

TAI CHI WEDNESDAYS



Wichita State University- Lifelong Learning Class

Tai Chi for Balance, Mobility & Calming



Wednesdays- September 9th-November 11th

9:00am-10:00am

(The Last Session, Nov. 11th, Is The Veteran's Day Holiday. Kristen Will Open The Center For ONLY This Class On This Day. The Rest Of The Center Will Be Closed.)

Their In Person Class Is Full, So We Will Livestream From The Senior Center!
FREE PROGRAM. WSU REGISTRATION REQUIRED BY AUGUST 24-- WE ARE FULL!

Designed especially for adults who want to move with greater ease, confidence and calm, this 10-week beginner-friendly class introduces simple Tai Chi movements that support balance, coordination, posture, flexibility and overall mobility.

Often called "meditation in motion", Tai Chi combines slow, intentional movement with breath and focus to create a practice that is both calming and energizing. Participants will learn gentle, flow movements that are low-impact, accessible and easy to follow. No prior experience is required. Classes are performed standing with shoes on, and all movements can be modified to meet individual comfort levels and abilities. Whether your goal is to improve stability, reduce stiffness, support joint health, increase body awareness, or simply enjoy a peaceful movement practice, this class offers a welcoming environment to help you succeed.

Instructor: David Larsen, Tai Chi Instructor

Interchangeable Seasonal Home Sign

Friday, September 11th- 1:00 p.m.

Sign up beginning Aug. 1st

Join us in painting your own customized "Home" Seasonal Sign.

Members Only. \$10/Per Person- Due at sign up.

Signs have been purchased in advance when on sale,
so limited spots available. First come, first served.



Multi-Senior Center

PUZZLE TOURNAMENT

Wednesday, September 30th | 1:00 p.m.

Location: Valley Center Senior Center
314 E. Clay St.

In Celebration Of National Senior Center Month, Represent Your Home Senior Center In This Multi-Center Tournament! Each Team Will Race To Complete The Same Puzzle The Fastest. Each Team Shall Have No More Than Four Members Working On The Puzzle At One Time. Additional Members May Be Traded In. One Team Per Center- So If You're Interested, Sign Up With Your Home Center Quickly!
First & Second Place Prizes Will Be Awarded

Participating Senior Centers:
Park City - Linwood - Goddard
Haysville - Clearwater - Valley Center



70'S NIGHT

FRIDAY
18
SEPTEMBER

LOADED POTATO BAR- PULLED PORK/CHICKEN & FIXINGS

BREAK OUT YOUR FAVORITE 70'S OUTFIT AND BE READY TO DANCE!

6:00 PM

DOORS OPEN AT 5:30PM

\$13.00- MAX.1 GUEST PER MEMBER

SIGN UP BY 9/11- 4:00PM OR
PRIOR IF WE HIT OUR MAXIMUM





MEDICARE OPTIONS

PRESENTATION

Provided By
Sedgwick County Extension Office

**Thursday,
September 24th**

Haysville Senior Center
160 E. Karla, Haysville
6:00 p.m.



90-Minute long class is especially great for individuals approaching the age 65 and are getting ready to go onto Medicare or those that are already on Medicare and would like to better understand their options. Topics covered include Medicare Parts A, B, C & D, Enrollment Timelines, Supplemental Plans, Prescription Drug Coverage.

*This Free Class Is Open To The Public, But
Participants Must Register*

*Call The Senior Center At 529-5903 To Register
Name, Phone Number & Email Required*

AMERICAN STORYTELLER: 1911 COWBOY

**HAYSVILLE SENIOR CENTER
THURS, SEPT. 10TH 6:00PM**

The True Adventures of the Abernathy Boys — two brothers from Frederick, Oklahoma, who rode their horses to New York City in 1910. The children were nine years old and five years old, respectively. They arrived in New York City to watch U.S. President "Teddy" Roosevelt ride in a parade, and instead were invited to join him in it.



**Presented by:
Nicholas
Waters**

BOOK CLUB BRAINSTORM

WE ARE LOOKING AT STARTING A BOOK CLUB HERE AT
OUR SENIOR CENTER AND WE NEED YOUR HELP!
WE WANT TO KNOW:

INTEREST IN A MONTHLY MEETING

WHAT HAS AND HAS NOT WORKED FOR YOU AT OTHER
BOOK CLUBS?

TUESDAY, SEPT. 22ND

1:00 P.M.



FALL FESTIVAL PARADE

Saturday, October 24th - 9:00 AM

JOIN US IN REPRESENTING THE HAYSVILLE SENIOR CENTER IN THIS YEARS FALL FESTIVAL PARADE!!!!
WHAT BETTER WAY TO SHOW THE COMMUNITY THAT THE SENIOR CENTER IS AN ACTIVE & FUN FOCAL POINT OF HAYSVILLE!

WE WILL HAVE A CERTAIN AMOUNT OF SEATS AVAILABLE ON THE TRAILER. THE MOST FAIR WAY TO OFFER SEATS IS ON A FIRST COME, FIRST SERVED BASIS. PLEASE LET US KNOW IF YOU WANT TO JOIN US. WE ARE GOING TO MAKE OUR FLOAT "50'S THEMED", SINCE WE KNOW MOST OF YOU HAVE SOCK HOP APPAREL!

WE WILL MEET AT THE SENIOR CENTER AT 7:45 AM. AND DRIVE TO PARADE LINE START AT 8:00AM
(PLEASE NOTE: RESTROOM WON'T BE AVAILABLE AFTER WE LEAVE THE SENIOR CENTER UNTIL WE RETURN)



Haysville Senior Center– September 2026 Activities

MON	TUE	WED	THUR	FRI	SAT
	1 10:00am– Senior Fitness 11:00am- Cards 1:00pm- Mexican Train	2 1:00pm– \$3 Regular Bingo 3:00pm- Line Dancing	3 8:30am– OKC Day Trip Sign Up 10:00am– Senior Fitness 11:00am- Cards 1:00pm– Afternoon Gametime	4 10:00am- DrumFIT 12:30pm– Right Left Center Game	5
7 Senior Center & Haysville Hustle Closed No Meals Served	8 10:00am– Senior Fitness 11:00am- Cards 1:00pm- Mexican Train 2:00pm– Weight Loss 101	9 8:30am– Donuts, Coffee & Conversation 9:00am– Tai Chi 1:00pm- \$3 Card Bingo 3:00pm- Line Dancing	10 10:00am– Senior Fitness 11:00am- Cards 1:00pm- \$3 Bunco 2:00pm- Alzheimer’s Support Group 6:00pm– American Storyteller: 1911 Cowboy	11 10:00am- DrumFIT 12:30pm– Right Left Center Game 1:00pm– Seasonal Home Sign Painting 4:00pm- Deadline To Sign Up For Monthly Dinner	12
14 10:00am- Chair Yoga 1:00pm– Dominoes	15 10:00am– Senior Fitness 11:00am- Cards 1:00pm- Mexican Train	16 9:00am– Tai Chi 3:00pm- Line Dancing	17 10:00am– Senior Fitness 11:00am- Cards 1:00pm- \$3 Regular Bingo 2:30pm– Avoiding Scams	18 DrumFit Cancelled 12:30pm– Right Left Center Game 6:00pm- \$13 70’s Party	19
21 Chair Yoga Cancelled 1:00pm– Dominoes	22 10:00am– Senior Fitness 11:00am- Cards 1:00pm- Mexican Train 1:00pm– Book Club Brainstorm Meeting	23 8:30am– Donuts, Coffee & Conversation 9:00am– Tai Chi 1:00pm- \$3 Card Bingo 3:00pm- Line Dancing	24 10:00am– Senior Fitness 11:00am- Cards 1:00pm- \$3 Bunco 12:30pm- Crafting Club 6:00pm– Medicare Options Presentation	25 12:30pm– Right Left Center Game	26
28 10:00am- Chair Yoga 1:00pm– Dominoes	29 10:00am– Senior Fitness 11:00am- Cards 1:00pm- Mexican Train	30 9:00am– Tai Chi 1:00pm– Puzzle Tournament 3:00pm- Line Dancing			



Central Plains AAA

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	*Beef Taco Meat Charro Beans Sliced Carrots *Wheat Tortilla Fresh Fruit Milk Taco Sauce	Chicken w/Citrus Mojo Sauce Confetti Brown Rice Brussels Sprouts *Multigrain Bread Fruited Cherry Gelatin Milk Margarine	*Salisbury Beef w/ Mushroom Gravy Mashed Red Potatoes Broccoli *Multigrain Bread Fresh Fruit Chocolate Milk Margarine	~Labor Day Meal~ Hamburger Patty Lettuce/Tomato/Onion Baked Beans *Whole Grain Hamburger Bun *Apple Crisp Milk Mustard/Ketchup
	7	8	9	10
Closed for Holiday	*Salisbury Beef w/ Mushroom Gravy Oven Roasted Potatoes Sliced Carrots Wheat Bread Fresh Fruit Milk Margarine	<u>Special Birthday Meal</u> *Oven Fried Chicken Whipped Potatoes w/Gravy Green Peas w/Onions *Dinner Roll Sherbet Milk Margarine	*Sloppy Joe Baked Beans Cabbage *Whole Grain Hamburger Bun Fresh Fruit Chocolate Milk	Cheese Omelet Hashbrowns Hot Spiced Apples *Multigrain Bread Lemon Gelatin Milk Margarine
14	15	16	17	18
*Turkey Meatballs w/ Marinara *Penne Noodles Italian Vegetable Blend *Texas Bread *Fudge Cream Cookie Milk Margarine	Creole Steak Sweet Potato Puffs Broccoli *Multigrain Bread Fresh Fruit Milk Margarine	Honey Mustard Chicken Brown Rice Dilled Carrots *Wheat Bread Lime Gelatin Milk Margarine	*Cheeseburger Macaroni Cauliflower Glazed Beets *Multigrain Bread *Nuttty Buddy Chocolate Milk Margarine	*Turkey Taco Meat Shredded Lettuce Shredded Cheese Black Beans & Corn *Wheat Tortilla Peach Crisp Milk Taco Sauce
21	22	23	24	25
Lemon Pepper Chicken Dirty Brown Rice Green Beans *Wheat Bread Fresh Fruit Milk Margarine	*Spaghetti Torte Herbed Green Peas Parslied Carrots *Multigrain Bread Strawberry Craisins Milk Margarine	*Meatballs w/Rosemary Sauce Garlic Whipped Potatoes Broccoli *Wheat Bread *Cinnamon Sugar Cookie Milk Margarine	*Creamy Paprika Chicken *Macaroni & Cheese Northern Beans Brussels Sprouts *Multigrain Bread Fresh Fruit Chocolate Milk Margarine	*Tuna Salad Lettuce & Tomato Dill Potato Salad *Wheat Bread (2) Mixed Fruit Milk Mustard
28	29	30		
*Teriyaki Turkey Meatballs Brown Rice Chinese Cabbage *Multigrain Bread Raisins Milk Margarine	*Italian Shells and Cheese Green Peas Parslied Carrots *Texas Bread Fresh Fruit Milk Margarine	*Hamburger Patty w/ Balsamic Brown Sugar Sauce Mixed Vegetables *Wheat Bread *Fudge Cream Cookie Milk Margarine	Allergen Disclaimer: Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free. *Contains Wheat / Gluten	

WEIGHT LOSS 101 PRESENTATION

PROVIDED BY NUPUR THOMBARE
DIABETES EDUCATION & WELLNESS
COORDINATOR WITH CPAAA

TUESDAY, SEPTEMBER 8TH | 2:00PM

PLEASE SIGN UP BY
9/4/26



AVOIDING SCAMS

Thursday, Sept. 17th

2:30 P.M.

Join Us While We Learn About
The Most Recent Fraud & Scams
That Are Hitting Senior Citizens and Learn
Tips On How To Avoid Becoming A Victim
Please Sign Up By Sept. 16th



**Presentation Provided By
Angela Massions with
Home Health & Hospice of Kansas**



POTTERY PAINTING

At Paint The Towne!

Join us for Paint The Towne's Open Studio! You can pick from over a hundred pottery items- small to big! Prizes round from \$10 for small items to \$100+. There is a good range of items around the \$25 mark. First you'll pick your pottery, then pick your colors and paint however you wish!

Fall, Halloween, Christmas, Coffee Cups, Kitchenware, Animals....they have a little bit of everything! Staff will pick up all items a couple weeks after once they have gone through the kiln. Join for some fun!

Friday, September 25th

Ride the Hustle for \$1.00 or meet there
Paint the Towne
1625 S. Rock Road #135

Leave Senior Center at 09:30am
Arrive to Paint the Town at 10:00am
Paint from 10:00-12:00

Travel across street to enjoy lunch at
Meddy's Mediterranean Cuisine



SEPTEMBER POPCORN CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	 2	3	4	5
6	 7	8	 9	10	 11	12
13	14	 15	16	 17	18	19
20	21	22	 23	24	25	26
27	 28	 29	30			

Our popcorn machine is up and going! We are going to post each month the days that we will run the popcorn machine!

We will change up the days of the week to hit different activities/participants. Friendly reminder: there is a locked donation box next to the machine. These funds will help us purchase kernels, oil, seasoning powder, bags, etc. Enjoy!

IMPORTANT OCTOBER DAY TRIP UPDATE!

Due to our October Oklahoma Day Trip falling on a Saturday when the Senior Center is rented, **we will be departing from Haysville City Hall/Police Station to avoid filling our lot!**

PLEASE MEET US AT CITY HALL TO BOARD THE BUS!

City Hall is just around the corner from the Senior Center, located on the **northeast corner of Grand & Seneca.**

Parking Reminder: Please **DO NOT park directly in front of the Police Station.** Anywhere else in front of or along the side of City Hall is perfectly fine.

The Police Station end of the building will be open for restroom breaks **before and after the trip.**

If you live close to the Senior Center, we encourage you to **carpool down the street together!** ☐

Thank you for your understanding, and we'll see you bright and early for our Oklahoma adventure! ♥

OKLAHOMA CITY

Day Trip

\$60.00 PER PERSON

CURRENT MEMBERS ONLY

(THIS PRICE DOES NOT INCLUDE DRIVER TIP- OPTIONAL)

Leave **CITY HALL** at 7:30 a.m. Promptly. Please Arrive By 7:10 a.m.

*Arrive to National Cowboy Museum
(\$20/Person Senior Admission)*

Approx. 2 Hours

Lunch At Toby Keith's Grill

Approx. 2 Hours

*Arrive to Museum of Osteology
(\$13/Person Senior Admission)*

Approx. 1.5 Hours

Dinner at Smokey's Pokey in Stillwater

Approx. 2 Hours

Return To Senior Center Around 9:00 p.m.

Join us for our next day trip utilizing a Village Tour 56 passenger bus. This vehicle has a lift available to assist with getting onto the bus if necessary. There is plenty of space underneath the bus for light-weight folding mobility devices. All passengers will be required to complete a passenger transport liability waiver at time of sign up. We will also request a current phone number and emergency contact for each passenger.

August- Announce Trip

September- Sign Ups Available! Thursday, September 3rd from 8:30am-9:30am. No other sign ups during this hour. Any remaining seats may be booked anytime.

Trip- Saturday, October 10th

Day Trip Cancellation Policy

Reservations canceled more than two (2) weeks prior to the scheduled trip will receive a full refund.

Reservations canceled less than two (2) weeks before the trip will only be refunded if the vacant spot can be filled by another participant.

To ensure timely departures, we will not contact individuals on the waitlist to fill spots resulting from morning of cancellations or no-shows. Therefore, no refunds will be issued for same-day cancellations or no-shows.



Senior Center Hours Of Operation

Monday-Friday
8:00 a.m.—5:00 p.m.

Haysville Hustle Hours Of Operation

Monday-Friday
8:00 a.m.—4:30 p.m.

Annual Senior Center Membership

\$5.00/Year | 55+
Renewal Due
Each January

Center Reminders

- Memberships are valid from date \$5.00 fee is paid through the end of that calendar year. Renewals for all members are required each January. Our membership is tracked for funding-- checking in at the kiosk is **REQUIRED** for all events!
- Payments for all programs that require a fee are due at time of sign up. Fees are non-refundable and non-transferrable to another program AFTER the sign up deadline has passed as food/supplies have already been ordered and purchased. After a deadline has passed, you may give your ticket to another member if you wish.
- Sign ups will be accepted for all programs (fee or free) at the 1st of each month. If the 1st falls on a weekend or holiday, sign ups will be accepted the following business day.
- Day Trip Cancellation Policy- Reservations canceled more than two (2) weeks prior to the scheduled trip will receive a full refund. Reservations canceled less than two (2) weeks before the trip will only be refunded if the vacant spot can be filled by another participant. To ensure timely departures, we will not contact individuals on the waitlist to fill spots resulting from morning of cancellations or no-shows. Therefore, no refunds will be issued for same-day cancellations or no-shows.
- Credit card transactions are accepted for all programs, membership & rentals. Multiple transactions will be required if you wish to pay for more than one event at a time, as funds are submitted to different locations (this same policy goes for check payments as well). Please note that refunds for credit card transactions will be submitted through the City and can take up to two weeks before a check will be mailed to your home address.
- Monthly Dinner: Typically held on the 3rd Friday of each month. Reservations are due by the Friday prior, unless otherwise noted in newsletter. Members are not to arrive to the Senior Center until between 5:30 p.m.- 6:00 p.m. Due to limited seating space, members are only allowed to bring (1) guest each.
- We offer two different Bingo games:
 - Regular \$3.00 Bingo
 - \$3 Card Bingo. This game is played with playing cards and each player must bring (1) Dollar Bill & (8) Quarters. The center will not break change.
- The Game Room is open at all times during business hours.
- Want to be added to our monthly newsletter distribution list? Please let staff know. (email only, not residential mailing).
- We pride ourselves in having a clean facility and respectful members. All members are held to the Senior Center policies that they have agreed to follow when registering as a member. These policies are posted just inside the front entrance. Please see staff with any questions or concerns.
- The Haysville Senior Center is available for rental to current members outside of business hours. A \$100.00 deposit is required at time of reservation along with a \$75.00 fee. Please see staff with any questions or for availability.
- The Haysville Hustle is public transportation that is operated through the Haysville Senior Center. This service is available to all ages. Please see staff with any questions or to register for ride.