



Orchard Park Senior Center

Greetings Everyone!!

February is Heart Healthy Month, so I would like to share some information with you.

Heart disease is any disease that affects the heart or blood vessels. Even though there has been an effort to make people aware of causes, and prevention, heart disease is still the leading cause of death in America for both men and women. In fact, heart disease kills someone every 39 seconds in the United States—that's nearly 2,200 people a day. Heart disease is responsible for more deaths in America than cancer, chronic lower respiratory disease, and accidents combined.

The human heart can be compared to the engine of a car—both are power units that keep bodies moving. Your heart works as a pump that pushes blood to the organs, tissues, and cells of your body. The blood pumped by the heart delivers oxygen and nutrients to every cell and removes the carbon dioxide and waste products made by those cells. But if blood flow to the heart is slowed or stopped or the heart beats irregularly, your life may be in danger. Like your car engine, how you treat your heart will determine how long and how well it will continue to work for you.

Exercise—or a lack of it—plays a key role in our health. Research has shown that we need to exercise aerobically (such as brisk walking, jogging, or cycling) at least three times a week for 30 minutes to condition our hearts. Short bouts of exercise that add up to 30 minutes a day are just as good for you as a continuous 30-minute workout. (Denton A. Cooley, MD)

So join us at Orchard any day of the week, or every day if you like, for a short exercise workout that can help to keep the heart healthy.

-Diane Nutt, Center Director

Ongoing Activities

Mondays:

8 & 9 am Co-ed Low Impact Aerobics
9:15 am T.O.P.S. (Taking Off Pounds Sensibly)
9:00 am Pickleball
10:30 am Stretch & Tone Chair Exercise
12:30 pm Mexican Train Dominoes

Tuesdays:

8:15 am Ease into Fitness
9:00 am Moving and Grooving with Otis
12:00 pm Open Pool Tables (no tournaments)
12:00 pm Duplicate Bridge (note new time)

Wednesdays:

8 & 9 am Co-ed Low Impact Aerobics
10:30 am Bingo for Groceries
10:30 am Computer Lab

11:00 am Spades

12:30 pm Party Contract Bridge

Thursdays:

8:15 am Ease into Fitness
9:00 am Crocheting with June
9:00 am Movin and Groovin Senior Aerobics
12:00 pm Open Pool Tables
12:30 pm Mexican Train Dominoes
1:00 pm Pickleball

Fridays:

8 & 9 am Co-ed Low Impact Aerobics
10:30 am Stretch & Tone Chair Exercises
12:00 pm Open Pool Tables
12:30 pm Social Coloring

Orchard Park Senior Center • 4808 W. 9th, Wichita, KS 67212 • (316) 942-2293
Hours: 8:00 a.m. - 4:30 p.m. • Director: Diane Nutt • DianeN@seniorservicesofwichita.org

Registration Required for ALL Center Activities



Orchard Park Monthly Activities

Blood Pressure Checks:

First Wednesday of the month, February 1, 8:30 - 10:15 a.m., Courtesy of Sandpiper Bay Healthcare & Rehabilitation

Advisory Council Meeting:

Monday - February 13th, 11:30 a.m.

Birthday Celebration:

Friday, February 24th, 11:15 a.m.

Lunch Out:

Tuesday, February 14, 11:30 a.m.
When Pigs Fly, 7011 W Central Ave #116

Breakfast Out:

Tuesday, February 28th, 09:00 a.m.
Copper Oven, 2409 W 13th St. N

Foot Care:

Foot care provided by Michelle Steinke on Wednesday, February 15. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

Holiday Closing

The Senior Center will be closed on Monday, February 20th in observance President's Day.

Center Hours

The Senior Center is open Monday through Friday 8:00 a.m. until 4:30 p.m. We are not open on weekends and holidays.

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Orchard Park Educational Opportunities

February

February 3rd @ 11:15 a.m.

Hospice 101

Reverend Leigh Burgess –
Encompass Home Health and Hospice

February 6th @ 11:15 a.m.

Hearing Health

Ashleigh Eddebuttel,
Mid Kansas Ear, Nose, Throat

February 13th @ 11:15 a.m.

Cooking for One

Shirley Lewis, Sedgwick Co. Extension Office

Social Coloring

Please join us on Friday, February 3rd at 12:30 p.m. for the first coloring class. Bring your coloring books or pages, crayons, colored pencils, markers, or paints and join us for some fun coloring and social relaxation. Coloring pages will be provided for special holidays, such as Valentine's Day. The center has some books and markers if you would like to come and try the class out on the first day.

Special Occasion & Memorial Tributes

Gifts given in honor, memory, or appreciation of someone special are a wonderful way to express admiration and esteem. When you give a tribute gift to Orchard Park Senior Center, a card is sent to the person you are recognizing or the family of someone being remembered. The amount is not mentioned. Donations in any amount are appreciated.

March

March 3rd @ 11:15 a.m.

Importance of Foot Care

Stan Thompson, Orchard Gardens

March 20th @ 11:15 a.m.

Healthy Eating Patterns

Shirley Lewis, Sedgwick Co. Extension Office

Taxes

Tax appointments are underway for the 2016 tax season. Please stop by the office or call 942-2293 to make your appointment. The office is open Monday – Friday, 8:00 a.m. – 4:30 p.m. Please do not call outside of office hours and leave messages for appointments. We will not return calls to make tax appointments.

Tai Chi

We will start a Tai Chi Video Class on Tuesday, February 7th. The video was donated in order for us to be able to fulfill the request for Tai Chi. One of the very active participants will help to lead the class with the video. The class will start at 9:45 a.m. on Tuesdays.

Party Contract Bridge

Attention all!!! The party contract bridge group that meets on Wednesdays at 12:30 p.m. is looking for more players. If you enjoy a laid back game of bridge, come in and join this group.

Lanyards

We are in the process of distributing lanyards to paid members. If you have not yet received your lanyard, please stop by the office to get it. Starting January 1st, it is a requirement to wear them while you are participating in senior center events.



Orchard Park Senior Center



Orchard Park members enjoyed the holiday meal December 9th. Meat was provided by Meridian Nursing Home, and everyone furnished their favorite side dishes.



Valentine's Day Music and Treats

Please join us on Friday, February 10, at 11:15 a.m. for a music treat from Garten's Music, and some sweet treats from your center director. Invite a friend and show them how much you are loved at Orchard Park Senior Center.



Happy Birthday!

- Adamson, Cheryl 2/5
- Arnold, Louise 2/6
- Brown, Mark 2/13
- Cheney, Peggy 2/16
- Denning, Julia 2/19
- Dickson, Bruce 2/20
- Ellis, Jean 2/27
- Fletcher, Lee 2/4
- Hamilton, Howard 2/22
- Hayes, Walter 2/13
- Kimball, Maureen 2/3
- Lofton, Lois 2/10
- Martin, Judith 2/17
- McCloud, Tim 2/5
- Mertes, Judy 2/22
- Orchard, Cathie 2/25
- Paugh, Marvin 2/28
- Ramos, Felisa 2/21
- Smith, Betty 2/2
- Spiker, Margaret 2/4
- Spriggs, Betty 2/6
- Tholen, Sandra 2/13
- Wachdorf, Frank 2/9
- Welch, Julia 2/16
- Widener, David 2/18
- Wolf, Don 2/6
- Wolfe, Vernon 2/27

