



Orchard Park Senior Center

Greetings Everyone!!

“Roll out those lazy, hazy, crazy days of summer! I wish that summer would always be here!!” I believe it was Nat King Cole who sang that tune in the 1960’s. I hope you are enjoying the long daylight hours and the seemingly relaxed, casual times that summer is supposed to be. Are you going to family or school reunions? There is a neat little book by Bret Nicholaus titled “The Conversation Piece.” It is filled with creative questions to stimulate the mind. Pondering questions make times spent together even more interesting. You will get to know the secret little desires and wishes of the people you love. Try a few the next time you are together with family and friends.

1. If you could have a memento of any famous person, what would you want it to be?
2. Everyone hears discussions that they consider boring. What topic can put you to sleep more quickly than other?
3. If you could go back in time and somehow avert any tragedy in American history, what incident would you choose to prevent?
4. If drinking fountains could dispense another liquid, what would you want it to be?
5. If you suddenly became a star and had to choose a stage name, what name would it be?
6. If you had lived in the Old West, what do you think your occupation would have been?
7. What special feature that doesn’t yet exist would you like to see added to automobiles?
8. In a spelling bee, what word would you hope you would not have to spell?

Have a safe and enjoyable summer!!!!

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 (resuming Sept. 11)
- 10:30 am Stretch & Tone Chair Exercise
- 12:00 pm Open Pool Tables (new day)
- 12:30 pm Mexican Train Dominoes

Tuesdays:

- 8:15 am Ease into Fitness
- 9:00 am Moving and Grooving with Otis
- 9:45 am Tai Chi (video)
- 12:00 pm Open Pool Tables
- 12:00 pm Duplicate Bridge

Wednesdays:

- 8 & 9 am Co-ed Low Impact Aerobics
- 10:30 am Bingo for Groceries (10:00 for summer)

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
- 10:00 am Drawing Class
- 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
- 12:00 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 • Membership: \$25 per year



Orchard Park Monthly Activities

Blood Pressure Checks:

First Wednesday of the month – July 5
8:30 – 10:15 a.m., Courtesy of Sandpiper Bay
Healthcare & Rehabilitation

Advisory Council Meeting:

Monday – July 10, 11:30 a.m.

Birthday Celebration:

Friday, July 28, 11:15 a.m.

Lunch Out:

Tuesday July 11, 11:30 a.m.
Cinnamon's Deli, 209 S West St

Breakfast Out:

Tuesday, July 25, 09:00 a.m.
Riverside Café, 9129 W Central

Foot Care:

Foot care provided by Michelle Steinke on
Wednesday, July 19. Please call 946-0722 for
appointment. Michelle does nail trimming,
corns, calluses and foot massages.

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.

Holiday Closing

The center will be closed Tuesday, July 4th,
in observance of the Fourth of July holiday.

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Orchard Park Educational Opportunities

July

July 7 @ 11:15 a.m.
**Yellow Brick Road Series -
Setting the Foundation**
Wayne Cash - Oxford Grand

July 14 @ 11:15 a.m.
Med Manager
Mary Beth Steiner - Golden Plains Pharmacy
Services

July 17 @ 11:15 a.m.
Headaches Decoded
Kevin Herrington - Humana

July 21 @ 11:15 a.m.
YBR #2 - Basic Aging Issues
Wayne Cash - Oxford Grand

July 24 @ 11:15 a.m.
**Stroke Warning Signs &
Blood Pressure Checks**
Cindy Murphy - Wesley Medical Center

July 31 @ 11:15 a.m.
Managing Pain As You Age
Angels Care Home Health

Pickleball Changes

Reminder that there will be no Monday morning pickleball until Monday, September 11.

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.

August

August 4 @ 11:15 a.m.
**Yellow Brick Road Series
How Much are you Willing to Sacrifice?**
Wayne Cash - Oxford Grand

August 7 @ 11:15 a.m.
Battling the Aging Brain
Kevin Herrington - Humana

August 18 @ 11:15 a.m.
**Yellow Brick Road Series
Time for the tough conversation**
Wayne Cash - Oxford Grand

August 21 @ 11:15 a.m.
**Talking to Your Aging Relatives
About the Future**
Kevin Herrington - Humana

August 28 @ 11:15 a.m.
Keep Your Senses Sharp
Angels Care Home Health

Mobile Farmer's Market Coming To Orchard Park

Beginning June 19, the Common Ground Mobile Farmers' Market is bringing fresh produce to Orchard Park every other Monday from 10 to 11 a.m. If you enjoy fresh produce but can't afford it, please ask about the food vouchers available from the Kansas Department of Health and Environment.

Mary "Louise" Weitzel Memorial

Many thanks to the additional donors to the Mary "Louise" Weitzel Memorial:

Susan Boothe
Richard DuBois
Duplicate Bridge Center
Kay Hilger
Dolores Leon
Diane Warren



Orchard Park Senior Center



Orchard Park's pulled pork Mother's Day fundraiser was well attended.



Happy Birthday!

Allison, Viri 7/23
Beck, Mary 7/15
Brockleman, Katherine 7/3
Byram, Harold 7/17
Clark, Guy 7/3
Crawford, Margaret 7/2
Cromwell, Shirley 7/24
Denholm, Mildred 7/4
Gamblin, Louella 7/3
Gillett, Arianna 7/22
Goeller, Kay 7/21
Heffron, Marilyn 7/16
Hull, Christine 7/10
Johnson, Caroline 7/15
Kirkland, Mabelle 7/16
Kopper, David 7/1
Lathan, Paulette 7/15
Leiker, Irene 7/14
Miller, Becky 7/1
Nees, Albert 7/31
Ozbun, Harold 7/1
Pauler, Conne 7/1
Purkey, Nena 7/15
Rider, Bette 7/27
Rutledge, Arvel 7/3
Schneweis, Florena 7/23
Schraeder, Connie 7/10
Schulze, Ruth 7/13
Smith, Elrene 7/14
Stiner, Betty 7/7
Sullivan, Donald 7/27
Tamage, Fonda 7/22
Wachdorf, Michael 7/11
Watzig, Harry 7/31
Wellman, Carol 7/15
Winters, Robert 7/13
Woodard, Jerry 7/26
Youngmeyer, Maureen 7/4
Yuza, Mary 7/13

