



## Orchard Park Senior Center

Greetings Everyone!!

I probably should have touched on this subject a long time ago, but I think better late than never. I would like to share some information on Coping with Death and Grief.

Death is inevitable, yet the loss of a close friend or family always showers us with a range of emotions. One day we might desperately try to avoid the pain, anxiety and feelings of helplessness we feel when a loved one dies. Other days, we feel like life has returned to normal – at least until we realize that our life has changed irrevocably. Despite the gamut of emotions we feel, grieving for a loved one helps us cope and heal. The intense heart-breaking anguish indicates that a deep connection has been severed. Without a doubt, grieving is painful. But it is also necessary. Going forward doesn't mean forgetting about the loved one who died. Enjoying life again doesn't imply that the person is no longer missed. Piecing together your shattered emotions doesn't mean you, somehow, betray a friend or family member. It simply means that your grief has run its course. There is no structure or timetable for the grieving process. The death of a loved one is a shattering experience with far-reaching implications. As difficult as the loss may be, it is possible to move forward with hope for the future. (This article was taken from [www.focusonthefamily.com/lifechallenges](http://www.focusonthefamily.com/lifechallenges)).

If you need help dealing with grief, your senior center director can assist you in finding a grief group that will be suitable for you.

-Diane Nutt, Senior 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  
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

10:30 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  
12:00 pm Social Coloring (note new time)

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](mailto: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 – May 3rd  
8:30 – 10:15 a.m., Courtesy of Sandpiper Bay  
Healthcare & Rehabilitation

### Advisory Council Meeting:

Monday – May 8, 11:30 a.m.

### Birthday Celebration:

Friday, May 26, 11:15 a.m.

### Lunch Out:

Tuesday May 9, 11:30 a.m.  
Hog Wild, 8821 W 21st St N

### Breakfast Out:

Tuesday, May 23, 09:00 a.m.  
Village Inn, 7020 W Central

### Memorial for Mary “Louise” Weitzel

Saturday, May 13, 1-3 p.m.  
Orchard Park Recreation Center Lunch Room

### Foot Care:

Foot care provided by Michelle Steinke on  
Wednesday, May 17. 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.

The center will be closed for the Memorial  
Day holiday on Monday, May 29.

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## Orchard Park Educational Opportunities

### May

May 1 @ 11:15 a.m.

#### **Consumer Tips**

Denise – Better Business Bureau

May 5 @ 11:15 a.m.

#### **Emergency Devices for the Home**

Marsha Hills – Home Technology Solutions

May 8 @ 11:15 a.m.

#### **Overview of Power of Attorney, Wills, Transfer on Death Deeds, and Legal Questions**

Danielle – Kansan Legal Services

May 15 @ 11:15 a.m.

#### **Paperwork Review of Power of Attorney, Wills, Transfer on Death Deeds**

Danielle – Kansas Legal Services

May 19 @ 11:15 a.m.

#### **Execution of Legal Documents**

Danielle – Kansas Legal Services

May 22 @ 11:15 a.m.

#### **Eat Right for Healthy Aging**

Angels Care Home Health

### Community Membership

The board of Senior Services has approved implementing a “community membership” for those younger than 55 who want to come and play pickleball. The cost is \$50 per year or \$4 per 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.

### June

June 2 @ 11:15 a.m.

#### **World of the Jazz Guitar**

Greg Golding

June 5 @ 11:15 a.m.

#### **Positive Thinking when Life gives us Lemons**

Kevin Herrington – Humana

June 9 @ 11:15 a.m.

#### **Hoarding and Excessive Clutter**

Krista Lovette – CAAA

June 19 @ 11:15 a.m.

#### **Technology 101 – The Basics Of Computers And The Internet And How Smartphones And Tablets Work**

Kevin Herrington – Humana

June 26 @ 11:15 a.m.

#### **Lower High Blood Pressure for Better Health**

Angels Care Home Health

### Pulled Pork and Coleslaw Luncheon

We will have a pulled pork sandwich and coleslaw luncheon on Friday, May 12th, 11:00 a.m. until 2:00 p.m. We are currently selling tickets.

The price is \$5, so don't miss out on this Friday before Mother's Day event. We will have containers to take lunch with you if you would like to take lunch to deserving mothers or other loved ones.



Orchard Park members enjoyed participating in the St. Patrick's parade March 11.



## Orchard Park Senior Center



### Do You Have Concerns About Falling?

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. We will be holding this class at Orchard on Mondays and Fridays from 1-3 p.m., starting on June 5 through June 30. You must be 60 years old to sign up for this class. Please call 942-2293 if interested, as class size is limited.

### Pickleball Changes

The last Monday morning Pickleball will be on May 22, and will resume on September 11, due to the Summer Discovery Program at Orchard. We will have Thursday afternoon Pickleball during the summer.

### Happy Birthday!

Barnes, Gary 5/2  
Barnes, Jackie 5/23  
Barraza, Lucille 5/18  
Brees, Les 5/1  
Bugni, Donald 5/14  
Criman, Esther 5/10  
Cummings, Elizabeth 5/3  
Dunmire, William 5/5  
Fesler, Richard 5/16  
Hargraves, Crystal 5/22  
Helderman, Julia 5/4  
Helton, Forrest 5/28  
Kruse, Elaine 5/23  
McGough, Jean 5/23  
McLean, Ivy 5/3  
Parker, Laurie 5/16  
Payne, Mary 5/28  
Piland, Karla 5/30  
Riemen, Betty 5/26  
Schremmer, Deanna 5/13  
Van Fleet, Nelson 5/10



**Many thanks to the tax preparers who donated their time and talents to prepare tax returns for the members of Orchard Park Senior Center.**

### Kansas Legal Services

Do you need to get your legal matters in order? Danielle from Kansas Legal Services will be here in the month of May to help you get things in order. She will be here on Monday, May 8th, to get things started, and Monday, May 15th, to make sure that you have everything you need, and again on Friday, May 19th, for execution of your documents. You may need a Will, Power of Attorney, or Death on Deed transfer, and Danielle can help you get these done. Don't miss out on this chance to get your legal matters in order.