Orchard Park Senior Center

Greetings Everyone!!

April is National Stress Awareness Month.

Stress is difficult to define or measure. Some people strive on a busy lifestyle and are able to cope well with daily stresses. Other people feel tensed or stressed by the slightest change from their set daily routine. Most people fall somewhere in between, but many have periods when levels of stress increase telltale signs of stress building up include:

- Not being able to sleep properly with worries going through your mind
- Being impatient or irritable at minor problems
- Not being able to concentrate due to many things going through your mind
- Being unable to make decisions
- Drinking or smoking more
- Not enjoying food so much
- Being unable to relax, and always feeling that something needs to be done
- Feeling tense. Sometimes 'fight or flight' hormones are released causing physical symptoms. These include: feeling sick (nauseated), A knot in the stomach, feeling sweaty with a dry mouth, or a thumping heart.

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Ongoing Activities

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

Tuesdays:
8:15 am Ease into Fitness
9:00 am Restorative Dance
12:00 pm Pool Tournaments: 8 ball (2nd & 4th Tuesdays) 9 ball (1st, 3rd & 5th Tuesdays)
12:15 pm Duplicate Bridge

Wednesdays:
8 & 9 am Co-ed Low Impact Aerobics
9:45 am Wii Bowling
10:30 am Bingo for Groceries
10:30 am Computer Lab
11:00 am Spades
12:00 pm Open Pool Tables
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
9:00 am Wii Bowling
10:30 am Stretch & Tone Chair Exercises
12:00 pm Open Pool Tables

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, April 6
8:30 – 10:15 a.m., Courtesy of Sandpiper Bay Healthcare & Rehabilitation

Advisory Council Meeting:
Monday,April 11, 11:30 a.m.

Birthday Celebration:
The monthly birthday celebration will be Friday, April 15 at 11:15 a.m.

Lunch Out:
Tuesday, April 12, 11:30 a.m.
Wichita Fish Co, 1601 W Douglas

Breakfast Out:
Tuesday, April 26, 8:30 a.m.
Egg Crate, 8606 W 13th St N

Foot Care:
Foot Care provided by Michelle Steinke on Wednesday, April 20. Please call 946-0722 for an appointment. Michelle does nail trimming, corns, calluses and foot massages.

Tax Appointments

We are taking appointments for taxes. Taxes will be done on Wednesdays, Thursdays, and Fridays through April 14th.

Driver Safety Classes

AARP Driver's Safety Classes will be held on April 21st and 22nd at 12:30 p.m. Please call 942-2293 for reservations for this class

SPECIAL EVENT DAILY
LISTENING FOR LIFE... A PRACTICE FOR ALL AGES
the Center for Better Hearing
Listening for Life
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Linda Parmiter-Jacobs, M.A. CCC, Audiologist and
Carol Jared-Brown, M.S. CCC, Audiologist
Phone: 316-858-3334
www.thecenterforbetterhearing.com
3500 North Rock Road, Bld 1200
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Orchard Park Educational Opportunities

April

April 1st @ 1:30 p.m.
Introduction to Diabetes Self-Management
Carolyn Earnest/Lisa Hott

April 4th @ 11:15 a.m.
Attitude of Gratitude
Laura Voegeli – Motivating Mondays

April 8th @ 11:15 a.m.
Various Senior Dental Presentations
WSU Dental Students

April 8th @ 1:30 p.m.
Problem Solving & Plan Development
Carolyn Earnest/Lisa Hott

April 11th @ 11:15 a.m.
Attitude of Gratitude Part II
Laura Voegeli – Motivating Mondays

April 15th @ 1:30 p.m.
Healthy Eating & Low Blood Sugar Prevention
Carolyn Earnest/Lisa Hott

April 18th @ 11:15 a.m.
Eating Well but Cooking Less
Shirley Lewis – Sedgwick Co. Extension Office

April 22nd @ 1:30 p.m.
Fitness/Exercise Techniques with Complication Prevention
Carolyn Earnest/Lisa Hott

April 25th @ 11:15 a.m.
"Hope or Optimism of Life" How important is this?
Mark Pennington – The Legacy on College Hill

April 29th @ 1:30 p.m.
Relaxation Techniques: Stress Management
Carolyn Earnest/Lisa Hott

May

May 2nd @ 11:15 a.m.
Lunch & Learn PEMF Therapy for Neuropathy Pain Workshop
Dr Todd Eck DC – Eck Chiropractic

May 6th @ 1:30 p.m.
Positive Thinking, Communication, & Medications
Carolyn Earnest/Lisa Hott

May 9th @ 11:15 a.m.
Role Models…People that accomplished amazing things in their older adult years
Mary Corrigan- Sedgwick Co. Dept. on Aging

May 13th @ 1:30 p.m.
Working with Your Health Care Provider & Health Care System
Carolyn Earnest/Lisa Hott

May 16th @ 11:15 a.m.
Enjoy Healthy Food that Taste Great
Shirley Lewis – Sedgwick Co. Extension Office

May 20th @ 11:15 a.m.
How To Promote Your Own Positive Mental Health
Mary Corrigan – Sedgwick Co. Dept. on Aging

May 26th @ 11:15 a.m.
"Pass It On" - Dealing With Imposter Scams, Charity Scams, & Identity Theft
Teresa Hatfield – Sedgwick Co. Extension Office

Orchard Park Senior Center

Participants enjoyed the Valentine exchange at Orchard Park.

Director's Note

(continued from page 16)

- Headaches and muscle tension in the neck and shoulders

Sometimes stress builds up quickly, for example, the unexpected traffic jam. Sometimes it is ongoing – for example, with a difficult job. Ongoing stress is thought to be bad for health. Here is a list of suggestions that may be useful to try to combat stress:

- Try simple relaxation techniques – deep breathing and muscular tensing and stretching
- Positive relaxation – Set specific times to relax positively- A long bath, a quiet stroll, sitting and just listening to a piece of music, etc.
- Time out – try to allow several times a day to 'stop' and take some time out. For example, getting up 15-20 minutes earlier to take time and plan your day, take a regular and proper lunch break. Once or twice a week, try to plan some time just to be alone and unobtainable.
- Exercise – If you have difficulty sleeping this may improve if you exercise regularly
- Hobbies – Many people find that a hobby which has no deadlines, no pressures, and which can be picked up or left easily, takes the mind off stresses.
- Treatment – Some people find that they have times in their life when stress or anxiety becomes severe or difficult to cope with. See a doctor if stress or anxiety becomes worse. www.patient.co.uk Participating in activities in the Senior Center can help us all reduce stress!

Happy Birthday!

Ball, Carol 4/18
Bayer, Kay 4/5
Boothe, Susan 4/4
Burroughs, B 4/2
Carlton, June 4/20
Carnes, Harold 4/11
Cassity, Peggy 4/18
Cloud, Winnie 4/20
Colver, Bruce 4/27
Echols, Evelyn 4/15
Fair, Carolyn 4/27
Fetherston, Mary 4/20
Heyen, Sherry 4/14
Jones, Richard 4/3
Layton, Sue 4/28
Little, K. Jane 4/5
McCullough, Joseph 4/17
McQueary, Diana 4/19
Meyer, Shirley 4/30
Miller, Hugh 4/8
Orr, Carol 4/11
Parsons, Linda 4/26
Peters, John 4/7
Quinias, Web 4/7
Sailor, Delores 4/22
Seiwert, Linda 4/20
Stanley, Kathy 4/26
Tribelhorn, Betty 4/24
Van Fleet, Fran 4/11
Wright, Jean 4/5