Orchard Park Senior Center

Greetings Everyone!!

The months have flown by and now the holiday season is upon us again. Sometimes the holidays can be very overwhelming, so I would like to share some information about stress management during the holidays.

The holiday season often brings unwelcome guests—stress and depression. And it's no wonder. Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression. The holidays present a dizzying array of demands—parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought.

Acknowledge your feelings – You can't force yourself to be happy just because of holidays.
Reach Out – Seek out community, religious or other social events.
Be Realistic – The holidays don't have to be perfect or just like last year.
Set Aside Differences – Try to accept family members and friends as they are.
Stick to a Budget – Don't try to buy happiness with an avalanche of gifts. Stick to budget.
Plan Ahead – Set aside specific days for shopping, baking, and visiting friends.
Learn to Say no – Saying yes when you should say no can leave you feeling overwhelmed.

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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
9:45 am Wii Bowling
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
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, December 7, 8:30 – 10:15 a.m., Courtesy of Sandpiper Bay Healthcare & Rehabilitation

Advisory Council Meeting:
Monday – December 12, 11:30 a.m.

Birthday Celebration:
Friday, December 16, 11:15 a.m.

Lunch Out:
No Lunch Out due to holidays.

Breakfast Out:
No Breakfast Out due to holidays.

Foot Care:
Foot care provided by Michelle Steinke on Wednesday, December 21. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

Attention, Pickleball Players!

There will be no pickleball on the following dates due to the upcoming holidays:
Monday, December 19th
Monday, December 26th
Monday, January 2nd
Thank you in advance for your cooperation!!

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Orchard Park Educational Opportunities

December

December 19 @ 11:15 a.m.
Plant Based Diet
Shirley Lewis – Sedgwick Co. Extension Office

January

Monday, January 16 @ 11:15 a.m.
Metabolism
Shirley Lewis – Sedgwick Co. Extension Office

Holiday Meal

Please note that the holiday meal has been moved to December 9th at 12:30 p.m. in the recreation center lunch room. Meat will be provided. Please sign up in the office for your favorite side, or call 942-2293. Donations will be accepted. So wear your favorite holiday colors and prepare for a good time.

Four Center Event at Mosley Street Melodrama

We will see the show "Holidays of Our Lives" on Sunday, December 11 at Mosley Street Melodramas, 234 N Mosley St. Doors open at 5:00 p.m.

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.

Holiday Drive for Veterans

Don't forget, we are collecting items for Veterans until Friday, December 9th. You may drop off your items or donations at any of the four senior centers. Items will be delivered to the VA the week of December 12th. See your senior center or page 3 of this newsletter for a list of the items being collected.

Taxes

We will start taking tax appointments on Monday, January 16th. Please stop by the office or call 942-2293 to make your appointment. The office is open Monday – Friday, 8:30a.m. – 4:30p.m. Please do not call outside of office hours and leave messages for someone to call you back. We will not have time to return calls for tax appointments.

Director's Notes

(continued from page 16)

Take a Breather – Spending just 15 minutes alone, without distractions, can be refreshing So don't let the holiday season get the best of you!! (mayoclinic.org)

Happy Holidays!!

-Diane Nutt, Center Director

Center Hours

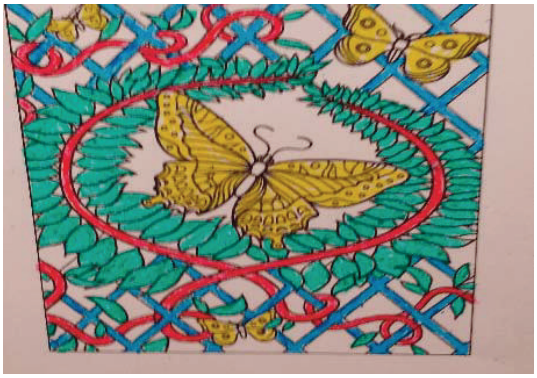
The Senior Center is open Monday through Friday 8:00 a.m. until 4:30 p.m. We are not open on weekends and holidays.

Holiday Closings

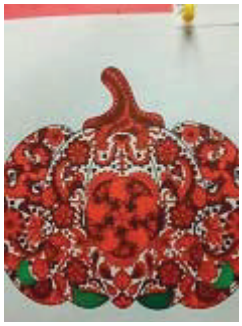
The four senior centers will be closed on Monday, December 26th, in observance of Christmas Day and Monday, January 2nd, in observance of New Year's Day.

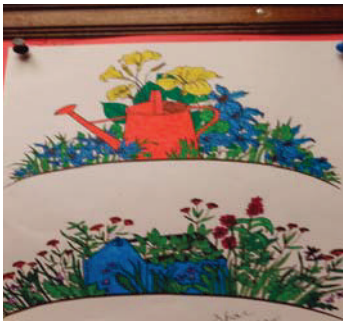
Happy Holidays!

Orchard Park Senior Center



Participants from Orchard Park Senior Center enjoyed the coloring exercise distributed by Diane Nutt, center director, recently. The results are beautiful!





Happy Birthday!

Bean, Charles 12/21
Brown, Rudy 12/7
Bush, Wes 12/30
Cottrell, Les 12/29
Die, Sharon 12/5
Earley, Dee 12/9
Evans, Mary 12/7
Fenske, MaryAnn 12/18
Galbraith, Karen 12/16
Gasche, Scott 12/5
Geiger, Donna 12/7
Haynes, Hazel 12/25
Hoshaw, Linda 12/10
Jacobs, Sy 12/23
Jones, Judy 12/6
Ladwig, Betty 12/13
Law, Henry 12/11
Link, Isabel 12/4
Lowe, Faye 12/4
Maak, Javonnie 12/10
Marshall, Mary 12/21
McCurry, Sharon 12/20
Monroe, James 12/13
Palmer, Mary 12/28
Parcel, Hazel 12/1
Reed, Val 12/5
Riffel, Ed 12/7
Russell, Tom 12/25
Sentel, Jack 12/24
Stroud, Patsy 12/3
Todd, Carl 12/4
Turner, Barbara 12/25
VanDyne, Robert 12/15
Veith, L 12/18
Wallis, Jimmy 12/22