

The Compass

Life's Directions



Senior Services, Inc.
of Wichita

Downtown • Linwood • Northeast • Orchard Park

December, 2015

Remember Your Senior Center This Holiday Season

It is that time of year! The holidays are around the corner and a new year awaits. It is also the time when local not-for-profit organizations request financial support from their supporters, clients and volunteers. All four senior centers rely on financial gifts from participants like you to help reduce deficits and to pay expenses.

A portion of our funding comes from Sedgwick County and from the United Way of the Plains but these sources do not cover the budget 100%. Often people mistakenly think we are a program managed by the City of Wichita, but we are not. This is common because “Wichita” is in our name and two senior centers are located in recreation centers. We do not receive funding from the City, but instead pay a rental fee to the City for the rooms we inhabit at Linwood and Orchard Park Recreation Centers.



Senior Centers offer a variety of opportunities to keep seniors active and engaged, from education programs to games and social events.

We are not a government agency; we are a private not-for-profit charity.

Each year senior centers operate with a deficit but are able to sustain services, programs and special events because of generous people just like you. If you donate to a specific center your money will stay with that center. Your donations are placed in the operations budget. That budget pays for things like utilities, staffing and rental costs. Operational costs also include toiletries, coffee, paper plates, napkins, sugar, tea, paper, pens and all other office maintenance needs.

In addition to membership dues and outright cash donations, there are a number of ways to support the programs and services offered by

(continued on page 3)



Information Central

Downtown Senior Center

200 S. Walnut, Wichita, KS 67213
(316) 267-0197
Hours: 8:00 a.m. - 4:30 p.m.
Director: Gerald McCoy
GeraldM@seniorservicesofwichita.org

Linwood Senior Center

1901 S. Kansas, Wichita, KS 67211
(316) 263-3703
Hours: 8:00 a.m. - 4:30 p.m.
Director: Cherise Langenberg
CheriseL@seniorservicesofwichita.org

Northeast Senior Center

2121 E. 21st, Wichita, KS 67214
(316) 269-4444
Hours: 8 a.m. - 4:30 p.m.
Director: Carnesha Tucker
CarneshaT@seniorservicesofwichita.org

Orchard Park Senior Center

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

Senior Services, Inc. Administrative Offices

200 S. Walnut, Wichita, KS 67213
(316) 267-03302
www.seniorservicesofwichita.org

The Programs of Senior Services, Inc. of Wichita CAN help you or a loved one today!

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In-Home Respite Care

267-1771, ext. 233

Information/Assistance on Aging

267-0122, ext. 201

Meals on Wheels

267-0122

Roving Pantry

267-4378

Senior Employment Program

267-1771

Senior Mentor Program

267-0302, ext. 203

Senior Services Inc. of Wichita is not a government organization. We are a not-for-profit charity which relies on several funding sources, including private donations, to operate our 10 programs.

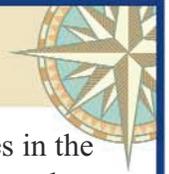
Beware Of New Scam

Many banks are issuing new debit and credit cards with an embedded chip for additional security. The new chips are meant to reduce fraud, but the hype around the new cards is having an unintended side effect... fodder for scams.

You receive an email saying that your new credit or debit card with the chip is on the way. But first you need to update your account. The message seems to be from your bank or credit card issuer. It may have the company's logo and even the reply email address. All you need to do, claims the message, is reply and confirm your personal and banking information. Or, in another version, the message instructs you to click on a link to continue the process.

Don't do it! If you share personal information, the scammer can use it to commit identity theft. If you click on the link, you may download malware to your device. Scammers use malware to steal your personal information, send spam and commit fraud.

Giving Opportunities



(continued from page 1)

Senior Services. This year, several third-party events raised some funds for Senior Services without costing the donor any additional money. Delano BBQ and Jason's Deli hosted give-back nights, donating a portion of their proceeds. Senior Services realized over \$245 from these nights.

Senior Services has enrolled in the Dillon's Community Rewards program. Dillon's will give up to \$500,000 each quarter to various charities. Nonprofits receive money based on the quarterly spending of the customers who pick them. It's EASY! Go to the Dillon's website at <https://www.dillons.com>, select the community tab at the top of the page, and then select Community Rewards. Once you're enrolled you will be able to select Senior Services, Inc. of Wichita (#72530) to support. Each time you shop and use your Dillon's Plus card money will go to Senior Services. This

program raised \$564.38 for Senior Services in the first two quarters of this year without costing the donors a cent! Amazon offers a similar program, donating to the charity of the shopper's choice. Again, there is no cost to the donor.

Other ways to support Senior Services include bequests, annuities, life insurance policies and memorials. For more information on planned giving, please contact the development department at Senior Services at 267-0302, ext. 216.

In the spirit of giving this holiday season, please donate to your senior center. Donations can be given to your senior center director, mailed to 200 S. Walnut, Wichita, KS 67213 or visit our website www.seniorservicesofwichita.org and click donate.

All of us at Senior Services, Inc. of Wichita wish you and yours a safe and joyous holiday season.

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Downtown Senior Center

Greetings from the Downtown Senior Center.

I hope you had a wonderful Thanksgiving holiday. As we enter the holiday season, I hope that each one of us can take a few moments to reflect on our many blessings and enjoy feelings of peace and joy.

I would like to thank each of you for helping us get through a difficult year. Recovering from the fire that closed our center during the first quarter of the year was a big challenge. The contributions of every staff member, volunteer, and participant was an invaluable part of the recovery process, and I personally don't think I could have weathered the storm if it hadn't been for the help and support of each one of you.

When we were finally able to get back on our feet, in addition to our regularly scheduled activities, we enjoyed some wonderful special events. The Moving and Aging Gracefully series provided valuable information to us as we go through our senior years. The people at the W.S.U. Continuing Education Department provided us with a great series devoted to Kansas history. Our thanks to Beccy Tanner and everyone else who participated in the production and presentation of the event. We also spent a great afternoon listening to Aaron Barnhart of Kansas City, who told us about the Kansas Mennonite war resisters in the World War 1 era.

In spite of our setbacks, we had a great year, and we couldn't have done it without you. We hope to continue these kinds of events and excitement throughout 2016, and we hope we can share it with you.

In the meantime, on behalf of myself, and everyone here at the Downtown Senior Center, I hope you have a great month, a Merry Christmas, and a Happy New Year.

Gerald McCoy
Downtown Senior Center Director



Aaron Barnhart presented a fascinating program on the Mennonite war resisters at the Downtown Senior Center October 24th.

A.A.R.P. Smart Drivers Class

Our A.A.R.P. Smart Drivers Class is always a popular event, and Kansas insurance companies will give discounts to drivers who satisfactorily complete the course. The December dates are the 14th and the 15th. Classes last from 12:30 to 4:30 on each afternoon. Seating is limited, so call us early to reserve your chair.

River City Walkers

The River City Walkers (formerly known as the Hip Hikers) will be joining the Senior Strollers group at the Linwood Senior Center. Our friend Glenn Shoemaker leads that group; if you have questions you can call the Linwood Senior Center at 263-3703.

Registration Required for ALL Center Activities

Downtown Senior Center



Fun With Scrapbooks

You are invited to join the Scrapbooking Group on December 17th at 9:30 am. Suggested albums include but are not limited to travel, family, sports, and baby. Whether you are new or a seasoned 'scrapbooker' you are welcome to attend our monthly events. With over twelve years as a Creative Memories advisor, Wichita/Riverside native Natalie Eaton Byrnes hosts a monthly class on the third Thursday of the month from 9 am to 4 pm. There is no charge for your introductory class. A workshop fee of \$8 is charged for day long crops along with \$10 current membership. Creative Memories products will be available for purchase or to order but are not required. For questions or to RSVP contact Natalie at njbyrnes@hotmail.com.

Senior Legal Advisor

Jennifer Stultz, who is our Senior Legal Advisor, will make her monthly presentation on December 9th at 1:30. Each month's talk is informative and timely. Call us here at the D.S.C. to reserve space.

Senior Financial Advisor

Each month our Senior Financial Advisor Stan Webb is here to discuss important financial issues of the day. This month's presentation will be on December 17th at 2:00. Stan is a newly published author who will talk about financial matters in a down to earth way. This is a great way to get answers to your questions in a conversational venue.

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Downtown Senior Center

Ongoing Activities

Groups & Clubs

Lewis Street Singers	
Monday	11:00 a.m.
Funtastics	
First Monday	5:00 p.m.
Clown Alley	
3rd Monday	6:30 p.m.
Recovery	
Monday	7:00 p.m.
MOPAR	
Third Tuesday	7:00 p.m.
Sunflower Woodworkers	
Fourth Tuesday	7:00 p.m.
Foster Grandparents	
Last Thursday	9:00 a.m.
S.E.C.A.	
First Friday	1:00 p.m.

Arts & Crafts

Beading Buddies	
Monday	1:00 p.m.
Prairie Quilters	
Second Tuesday	1:00/5:00
Drawing Club	
Thursday	9:30 a.m.
Quilters' Treasures	
Thursday	10:00 a.m.
Pottery Painters	
First Thursday	9:00 a.m.

Health & Wellness

Competitive Pickleball	
Monday, Wednesday, Friday	8:00 a.m.
Wanda's Exercises	
Monday, Wednesday, Friday	9:30 a.m.
Well Rep Exercises	
Monday, Wednesday, Friday	11:00 a.m.
Round Dance	
Monday	7:00 p.m.
Blood Pressure Check	
First Friday	10:30 a.m.
(Walk-ins are welcome)	
Massage by Ruth (648-2210)	
Wednesday	1:00 p.m.
Recreational Pickleball	

Wednesday	1:30 p.m.
On the second Wednesday of the month, recreational pickleball starts at 3:30 p.m.	
Foot Care	
Thursday	9:00 a.m.
The cost is \$25 for senior center members; \$30 for non-members. Call 946-0722 for an appointment.	
Gentle Fitness	
Thursday	9:30 a.m.
(Except the last Thursday)	
Good Time Dancers	
Saturday	5:00 p.m.
They meet on alternating Saturdays. The date for December is December 5th.	
Latin Dance	
Wednesday	11:30 a.m.

Education & Information

Prairie Moon Book Club	
First Monday	10:00 a.m.
AARP Smart Driver's Class	
Second Monday and Tuesday	12:30 p.m.
The fee is \$15.00 for AARP members and \$20.00 for non-members	
Bible Study	
Tuesday	2:00 p.m.
Spanish Class	
Wednesday	9 a.m./1 p.m.
Advanced at 9 a.m., Beginning at 1 p.m.	
Senior Legal Advisor	
Third Thursday	2:00 p.m.
Writing Craft	
First Thursday	2:30 p.m.

Fun & Games

Grand Slam Bridge	
Monday	1:00 p.m.
Dominoes	
Tuesday	1:00 p.m.
Bingo	
Tuesdays except the second one	1:00 p.m.
Party Bridge	
Friday	1:00 p.m.
Hand & Foot	
Friday	1:30 p.m.



Pottery Painters

On the first Thursday of each month at 9 a.m., Nancy Fricker leads a group that explores the art of applying paint to pottery. If you would like to know more about this art form, you can call Nancy at 650-6385. Join us December 3rd!

Prairie Moon Book Club

The Prairie Moon Book Club will meet on Monday, December 7th to discuss this month's selection for reading. Each month the club selects material from local authors, as well as national bestsellers. In December, the book club will be discussing "*Daisy Fay and the Miracle Man*" by Fannie Flagg. The novel takes place in 1952 and centers on an 11-year-old girl in Mississippi. Fannie Flagg's southern wit and charm are in fine form in this funny and heartwarming story. New members are always welcome, and ideas for books that would be an interesting read can be submitted at any time. If you would like to join this group, please feel free to attend the meeting.

Special Series from Stan Webb

Starting in January, Stan Webb, our financial advisor, will do a three part series. The first installment is entitled "How to Make Your Money Last." This is an issue that challenges us at all stages of life, but it becomes especially critical during our senior years. The remaining sessions will be devoted to the issues that surround care for loved ones in retirement years. These segments are entitled, "What to do when your loved one starts needing help with daily tasks?" and "Who do you call and what do you need to know before it happens!"

This three-part series is timely and important. Stan will invite guest lecturers to expand on key aspects of these topics. The series will be on January 21st, February 18th, and March 17th with a 2:00 pm start for each session. Please make plans to attend this series, and R.S.V.P. at 267-0197.

Drawing Class

The Drawing Class will meet on the first, second, and third Thursdays of December from 9:30 until 11:00. They will not meet on the fourth and fifth Thursdays due to the Christmas holidays. The plan is to be off in January and February, due to the winter weather, but the class will resume on the 2nd, 3rd, and 4th Thursdays of each month beginning on March 10th. You can call Sharon Revel at 316-264-8621 or Joan Morrison at 316-518-5106 for more information.

Blood Pressure Checks

On the first Friday of each month, you can get a free blood pressure check at the Downtown Senior Center. Amy will be here to provide this service on December 4th from 10:30 to 11:30. You are encouraged to take advantage of this opportunity.

Parkinson's Disease Exercise Class

The Parkinson's Disease exercise class concludes in December. The class is focused around exercises designed for person's with Parkinson's Disease. The areas of emphasis include cardio/endurance, balance, strength, flexibility, and cognition. Catholic Care Center partnered with the Aging Studies program at Wichita State University for the research and instruction of the class. Classes will be on Mondays and Thursdays from 3:30 to 4:30 at the D.S.C. The program will last until December 10th.

Spanish Class

Learning a second language is a great way to stay mentally fit. Each Wednesday, Judith Humerez teaches Advanced Spanish Class at 9:00 and Beginning Spanish Class at 1:00. Judith's teaching style takes the stress out of learning a new language. New students are always welcome, so join Judith and begin the adventure.



Linwood Senior Center

Christmas Blessings to You,

It is December! A time to hang the stockings, put tinsel in the tree, light the candles and celebrate the wonder of the season! It is a season to give and to love. It is also a time for remembering those loved ones who passed away. So, the holidays can also be a time of anxiety and stress. If you are having trouble missing someone who has passed away, I want to encourage you to remember those special times. You may even want to hang a stocking and put inside a letter to that special loved one, telling them how you are and some of the ways you are trying to cope. If things get too tough, you may want to talk with someone. We want you to know the Linwood Crew is here to help!

This month we have special gatherings from a "Holiday Party Cookie Exchange" to several crafts to help you decorate your table and some make it, take it gifts! Also, Santa will be in the house, so you better make sure you are not naughty but nice.

MERRY CHRISTMAS FROM YOUR LITTLE ELVES AT THE LINWOOD SR CTR!!!!



Caroling & Cookie Exchange

Join us for our "Holiday Party – Caroling & Cookie Exchange" Wednesday, December 9 from 2-4pm

We would ask that you bring 2 dozen of your favorite cookies to exchange! We will be sitting on Santa's knee and singing carols with our own Donna Broz. Wear your favorite Christmas sweater, and you may win a prize for the best dressed.

Let's celebrate the season with friends, hot cocoa and a roaring fire!

Craft Time

Craft Time with Barbara! Monday, December 7, from 2-4pm. Make a rustic Christmas centerpiece for your table. We will also be making 2 other gifts for giving or keeping. The cost is \$10 per person. This is a good deal, as centerpieces usually cost more. Call 263-2703 to reserve your spot! Let's craft together!

Ongoing Activities

Monday

- 9:00 Dynabands
- 9:30 Stretching
- 10:00 Bible Study (first Monday)
- 11:30 GNNP Lunch

Tuesday

- 9am-3pm Michelle's Foot Care
- 9:00 Brain Games
- 9-11 Pickleball
- 9:30 Fit & Balance
- 10:30 BINGO
- 11:30 GNNP Lunch
- 12:15 WSU Well-Rep
- 1:30 Dime Bingo!
- 2:00 Writing Craft (1st Tues)

Wednesday

- 9:00 Arthritis Exercise
- 11:30 GNNP Lunch
- 1:00 Pinochle with Henry

Thursday

- 9-11 Pickleball
- 9-9:45 Beginning Line Dance
- 10:00 Line Dance
- 11:30 GNNP Lunch
- 12:15 WSU Well-Rep
- 1:00 Pinochle w/Henry
- 2:00 Games of Fame (4th Thursday)

Friday

- 9:00 Stronger Seniors

- 10:15 Presentations
- 10:30 (1st Friday) Ancaire Blood Pressure check
- 11:30 GNNP Lunch
- 12:00 Tournament 13 pt Pitch

Daily/Anytime

- Walking
- GNNP Lunch (for reservations call 219-4020)
- 10 pt Pitch 12:30

Monthly

- 10:00 Advisory Council the last Wednesday of the month
- 10:30 Birthday Party the third Wednesday of the month

Registration Required for ALL Center Activities

Linwood Senior Center



Tax Volunteers Needed

You could be a GRRREAT volunteer! Have you ever considered being a tax volunteer? If you like working with numbers or don't like working with numbers, this may be the opportunity for you. We have several volunteer opportunities available. Please call the Linwood Senior Center 263-3703, or go to the Tax-Aide web site at www.kstaxaide.com. JOIN US in helping others!

Writing Craft

Writing Craft will be meeting on December 1, 2015 from 2:30 to 4pm. If you are a writer and are wanting to get ideas and get published, please join local author Starla Criser as she shares information to assist you. Please call 393-8195 for more information.

It's Medicare Part D Enrollment Time

We will be offering Medicare Part D counseling for our members through December 7. Please call for an appointment.

Support Group

Living Well Support Group Meeting will not be meeting this month due to the holidays.

Bible Study

Bible Study will be December 7, 2015 at 10am.

Book Club

Book Club is scheduled for December 14 at 8 am. Call for more information.

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Senior Services Inc. of Wichita, Wichita, KS.

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Linwood Senior Center

December 2015 Classes

All on Fridays at 10:15 unless otherwise noted

December 4, 2015

“How We Hear - Let’s HEAR Better”

Michelle Fedd, The Hearing Group

**Monday, December 7, 2015 at 1-2pm

“3 Common Eye Diseases for Vision Loss”

Deb Wetta, Envision

**Monday, December 14, 2015 from 1:30-2:30pm

“Fraud”

Legal Corner with Christy Campbell of KS Legal Services. Christy will be taking appointments for consultation, after her program, please call 263-3703 for an appointment.

December 18, 2015

“The Importance of Hydration—H2O!”

Brooklyne Johnson, Cypress Springs Wichita

January 2016 Classes

All on Fridays at 10:15 unless otherwise noted

January 8, 2016

“Exercise Mania- Find Out About Linwood’s Exercise Classes”

Cherise Langenberg, Director, LW SR CTR

January 15, 2016

“Managing Your Chronic Conditions”

Angie King from Mobile Medical

January 22, 2016

“Making Your Money Last”

Leann Smith, Financial Advisor, Edward Jones

January 29, 2016

Organize Thyself in 2016

Lunch Available

Aging Project Inc. Nutrition Site offers a meal served at 11:30 a.m. Monday through Friday. Please make reservations by 8:00 a.m. the day before you would like to receive a meal. Call 686-0074 to reserve your meal. Please leave name, site i.e. Linwood Park, that you will attend for the meal and the date that you are reserving the meal for.

Happy Birthday

- Stanley Allen 12/31
- Judith Belew 12/14
- Larry Bond 12/30
- Sharon Brown 12/20
- Ray Darlington 12/22
- Georgia Deatrack 12/19
- Irene Edgar 12/25
- Connie Eugea 12/8
- Kathy Ferry 12/26
- Marjorie Fredrickson 12/2
- Karen Holden 12/23
- Pete Konek 12/26
- Josephine Lewellen 12/2
- Carol Lewis 12/25
- Barbara McAuley 12/29
- Brian McDaniel 12/10
- Ernest Monk 12/24
- Meri Morris 12/24
- Marie Parker 12/10
- Sue Rose 12/21
- Patti Rouse 12/23
- Dee Swafford 12/13
- Donna Thorton 12/21
- Mary Turner 12/5
- John Watson 12/15
- Mike Zabel 12/23
- Herbert Zordel 12/26
- Dung Nhan 12/5



Delightfully Spooky Halloween

Everyone enjoyed our "delightfully spooky" Halloween party! We had Lady Godiva, Mother Goose, Butterfly, Rosie the Riveter, a pretty kitty, Tonto and the Lone Ranger, Scary Clown, and the Party Pooper (who didn't dress up).

Elvis (aka Tim Harjo) was in the house and he did a GREAT job, some of our little ladies requested more "shakin" though! We had a lot of FUN! Thanks to Tutera for sponsoring this event.



Participants show off their costumes while Elvis and the judges watch.





Northeast Senior Center

From The Director's Desk

Hello Everyone...Merry Christmas!!!
It's official, I have now been here at Northeast Senior Center for three years. I will say it has been interesting, challenging, and never a dull moment. I want to thank you for letting me in your world to help make it a better place. I am so blessed to be among a rich history of men and women (teachers, nurses, service men/women, and the list goes on...)

-Carnesha Tucker
Center Director

Food For Thought

We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty." ~ Maya Angelou

Medicare Open Enrollment

Medicare Open Enrollment ends December 7th. Open enrollment is when all people with Medicare can change their Medicare health plan and/or Part D prescription drug plans. It is not required that you change anything, however with rates going up from every direction this would be the opportunity to check for ways of saving, as well as making sure your plan is the best available for you. If you are interested in looking at your coverage plan and available options, please stop by the center or call to schedule your appointment. As your Center Director I am SHICK (Senior Health Insurance Counseling for Kansas) trained and available by appointment to help you with the basics of Medicare. - Carnesha

Ongoing Activities

Monday

- 9:30 WSU Exercise
- 10:30 Advisory Council
- 11:30 API - Friendship Meals
- 12:30 T.O.P.S. (Taking Off Pounds Sensibly)
- 1:30 Sing-Along

Tuesday

- 9:30 Keep It Moving (Exercise)
- 10:30 Bingo
- 11:30 API - Friendship Meals
- 1:00 Spanish Class

Wednesday

- 9:30 WSU Exercise
- 10:00 Special Events Committee
- 11:30 API - Friendship Meals
- 1:00 Line Dance (2nd and 4th Wednesday)
- 2:30 Drawing 101

Thursday

- 9:30 Cross-Stitching
- 10:30 Jewelry Class
- 11:30 API - Friendship Meals
- 12:00 Women's Bible Study
- 1:00 Spanish Class

Friday

- 9:30 WSU Exercise
- 10:00 Crochet Class
- 11:30 API - Friendship Meals
- 1:00 Bridge

Special Events Committee has moved to the 3rd Monday each month @ 10am
Advisory Council is every 2nd Monday each month @10:30am

Registration Required For All Center Activities



T.O.P.S. Winners

T.O.P.S. (Taking Off Pounds Sensibly) participants at Sedgwick County Fun Day were honored with seven awards. Two of them were for Chapter KS 1154 that meets at Northeast Senior Center. They received a third place award for the most pounds lost in their division. They won the first place award for the Best Average Loss Per Member at 8.41 pounds lost per person. Marge Sanger and Susan Meyer received individual awards for being Charter Members of the group. Susan Meyer also won an award for Perfect Attendance, and one for the Most Inspirational Member, which was determined by a vote of the membership.

Two raffles were won by Lisa Draper. We all came back energized to do even better next year. We welcome anyone interested in losing weight to visit our chapter on Mondays at 12:30 p.m. You can lose and have a good time along the way.

Lunch Program

If you are interested in receiving meals at the center, please call 316-686-0074 and leave your name, the day you want to reserve your meal, and the center site that you want to eat lunch.

Fall Festival Fun!

Participants at Northeast Senior Center enjoyed great fellowship at the Fall Festival Oct. 30. We played Word Scramble and Let's Make a Deal. The special events committee served the food.

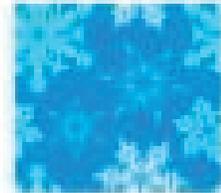


Educational Opportunities

Will resume in February.



Winter Wonderland



"Winter Wonderland" was written in 1934 and has been recorded by more than 150 artists. This popular winter song does not mention Christmas in the lyrics and some singers substitute "circus clown" for "Parson Brown."

Q Q J T H G I S L U F I T U A E B
 M R N N R L N G S N O W M A N M H
 B B Z L F A S G N I S E H D F G E
 G L J T M J W W R I G B N W L F R
 N N U O F H Q Q Q N K A H I F W E
 G O N E A W A Y I M L L S H T O T
 B H X R B N P R X R K T A Z K D O
 H P T T N I P R E T E N D W M A S
 A R G J M M R D F N S D K T Y E T
 P J K N H B N D I T L X K P O M A
 P I N K O O Q N X L L P M A U E Y
 Y D N K W S G L T F E G A R R H T
 T O X T P M E L T W B N R S E T N
 O T C H H Q H V G W H O R O I N D
 N H A T R E N C O W G L I N N I R
 I E N L M E L M K L I A E B T B E
 G J B N W G R A S Z E O D R O N T
 H O U B P R B T N D L G Z O W V N
 T B I W Z L W H O E S E D W N N I
 C R L J H R M R W T R W N N J M W
 D R D N L R L I S T E N I N G N K

SLEIGH BELLS
 RING
 LISTENING
 IN THE LANE
 SNOW
 GLISTENING
 BEAUTIFUL SIGHT
 HAPPY TONIGHT
 WALKING
 WINTER
 WONDERLAND
 GONE AWAY
 BLUEBIRD
 HERE TO STAY
 NEW BIRD
 HE SINGS
 LOVE SONG
 WE GO ALONG
 IN THE MEADOW
 CAN BUILD
 SNOWMAN
 PRETEND
 PARSON BROWN
 MARRIED
 NO MAN
 DO THE JOB
 YOU'RE IN TOWN



Come visit www.WordPuzzleForum.com for more fun word puzzles!
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Northeast Senior Center



Monthly Events

Advisory Council:
Monday, December 14, at 10:30am

Special Events Committee:
Monday, December 21, at 10am

Blood Pressure Checks:
First Tuesday of each month, at 11am
Courtesy of HealthBack Home Health

Foot Care by Michelle Steinke

First Wednesday of each month by appointment. Michelle does nail trimming, corns, calluses, and foot massages. Please call 946-0722 (leave a message)

Upcoming Events

Friday, December 18th
Christmas Snack and Fellowship
12:00pm-1pm (no cost)

Friday, December 18th
Senior Dance
5pm-9pm
St. Peter's Claver Center 1209 N. Indiana
Cost: \$10 per person (please call (316)-269-4444 for full details).

"V.I.P."/Volunteer Recognition Party
Friday, January 15th

2pm - 4pm
VIP stands for "Very Important People"
This party is to express our thanks to you for all that you do here at our center.

Foot Pain?

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Diplomate of the American Board of Podiatric Surgery
Board Certified in Foot Surgery

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- Wound Care



Todd G. Lewis, DPM
Podiatric Foot Surgeon /
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If you would like assistance in navigating the Medicare maze then we encourage you to attend one of our monthly Medicare Workshops hosted by LT Care Solutions.

RSVP at www.LTCareSolutions.com or call 316.733.1820



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Medicare and Long term care planning
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MLandwehr@LTCareSolutions.com

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Orchard Park Senior Center

Greetings Everyone!!

We are now into the holiday season. I know that I have often wondered how the Christmas tree and other holiday items came to be. Being the curious person that I am, I did some research.

The Christmas Tree

In the fourteenth and fifteenth centuries, pine trees were used in Europe as part of the miracle plays performed in front of cathedrals at Christmas time. The plays detailed the birth and fall of humanity, its salvation through the death and resurrection of Christ and Christ's promise of redemption. The pine trees, decorated with apples, symbolized the Tree of Life in the Garden of Eden.

Holly

In ancient times holly was thought to be magical because of its shiny leaves and its ability to bear fruit in winter. Some believed it contained a syrup that cured coughs; others hung it over their beds to produce good dreams. Holly was a popular saturnalia gift among the Romans. The Romans later brought holly to England.

Mistletoe

Mistletoe is a parasitic plant that grows on oak and other non-evergreen trees. Although, other greenery was also used in pagan festivals, mistletoe was actually worshipped. Both Druids and Romans considered the plant sacred, as a healing plant and a charm against evil. Ancient Britons hung mistletoe in their doorways to keep evil away. Those who entered the house safely were given a welcome kiss.

(continued on page 19)

Ongoing Activities

Mondays:

- 8 & 9 am Co-ed Low Impact Aerobics
- 9:00 am Pickleball (note time change)
- 9:00 am Wii Bowling
- 9:15 am T.O.P.S. (Taking Off Pounds Sensibly)
- 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
- 12:30 pm Duplicate Bridge
- 12:30 pm Pool Tournaments: 8 ball (2nd & 4th Tuesdays) 9 ball (1st, 3rd & 5th Tuesdays)

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
- 1:00 pm Craft Class (2nd and 4th Friday of Month)

Registration Required For All Center Activities

Orchard Park Senior Center



Monthly Events

Blood Pressure Checks:

First Wednesday of the month, December 2
8:30 – 10:15 a.m., Courtesy of Sandpiper Bay
Healthcare & Rehabilitation

Lunch Out:

None due to holidays.

Breakfast Out:

None due to holidays.

Advisory Council Meeting

Monday, December 14, 11:30 a.m.

Birthday Celebration

The monthly birthday celebration will be Monday,
December 21, at 11:15 a.m.

Foot Care:

Foot Care provided by Michelle Steinke on
Wednesday, November 18. Please call 946-0722 for
appointment. Michelle does nail trimming, corns,
calluses and foot massages.

Medicare Enrollment

Medicare open enrollment counseling is
available at Orchard Park through December 7.
Please call 942-2293 to make an appointment.

Center Holiday Closings

Center will be closed Friday, December 25th
and Friday, January 1st.
ENJOY THE HOLIDAYS!!

<p>SPECIAL EVENT DAILY</p> <p>LISTENING FOR LIFE... A PRACTICE FOR ALL AGES</p> <p>theCenter for Better Hearing — Listening for Life —</p>	<p>GO</p>	<p>with HOME BUDDY's ANYWHERE HELP now you can!</p> <p>Call us today to find out more. 316-262-8339 Homebuddy.org</p> 	<p>When A Nursing Home Isn't the Answer <i>HomeCare You Can Trust And Afford</i></p>  <p>24 HOURS A DAY, 7 DAYS A WEEK Call for a FREE Information Packet 316-721-6001 7348 W 21st St N., Suite 101 • Wichita, KS</p>
<p>Come experience 360 full circle of care where "Every Day... The Patient is The Special Event"</p> <p>Providing continuity of care at The Center for Better Hearing, Heartspring Hearing Center and Institute of Logopedics.</p> <p>Linda Parmiter-Jacobs, M.A. CCC, Audiologist and Carol Jared-Brown, M.S. CCC, Audiologist</p> <p>Phone: 316-858-3334 www.thecenterforbetterhearing.com 3500 North Rock Road, Bld 1200 Wichita, Kansas 67226</p>	<p>Your Ad Here</p> <p>SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING</p> <p>Contact Alex Nicholas to place an ad today! ANicholas@4LPI.com or (800) 950-9952 x2538</p> 		<p>Mt. Hope Nursing Center & Larsen Independent Living Apts.</p> <p><i>Making "Living Longer" Better</i></p> <p>By providing compassionate care to the elders we serve.</p> <p>www.mounthopenursingcenter.com 316-667-2431</p>
 <p>free area-wide delivery</p>	<p><i>ask us about solutions for aging safely in your home</i></p> <p>bath safety • mobility • daily living aids sales • rental • service • finance options</p> <p>full-service pharmacy</p>		<p>6217 E. 13th N. (13th & Woodlawn) Wichita, KS 67208 medical: 316.683.5330 pharmacy: 316.683.5621 www.hartrx.com</p>



Orchard Park Senior Center

Fall Festival

Participants at Orchard Park enjoyed a time of fellowship, food and fun at the Fall Festival Oct. 30.

Everyone had an opportunity to sample the delicious chili dogs and chips, along with some fun fall snacks. In addition, they enjoyed playing a game and getting to know each other better.



Orchard Park participants enjoyed the Fall Festival Oct. 30.



Please join us on Friday, December 4th
11:30 a.m.

For the annual Holiday Meal
Grassland Estates will provide the meat
for this event

Please sign up in the office or
call 942-2293 to sign up for this event
and indicate the side dish
that you will be bringing.

Come out for some holiday music,
good socialization, and games.
You will also get a chance to meet
the chef from Grasslands.



Attention Pickleball Players

There will be no pickleball on the following dates due to the upcoming holidays:

Thursday, December 24th

Monday, December 28th

Thursday, December 31st

Thank you in advance for your cooperation!!

Also, please note time change on Monday mornings, 9:00 a.m. until 11:00 a.m.

Education

Educational presentations will resume in February.

Aging Project Inc. / Friendship Meals

Aging Project Inc. Nutrition Site offers a meal served at 11:30 a.m. Monday thru Friday. Please make reservations by 8:00 a.m. the day before you would like to receive a meal. Call 686-0074 to reserve your meal. Please leave name, site i.e. Orchard Park, that you will attend for the meal and the date that you are reserving the meal for. There will be no meals served at Orchard Park on the 2nd Thursday of the month, September – May, due to the Golden Age Club monthly meals.

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.

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

Director's Notes

(continued from page 16)

I would like to wish you a Merry Christmas and a Very Happy New Year!!!!

Diane Nutt, Center Director



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Protect Yourself From Identify Theft

Many low-income seniors don't file a tax return because they do not meet the requirements to file a tax return. In other words, their income is less than the standard deduction and exemptions they are entitled to take, so the IRS does not require them to file a tax return. Many seniors live only on Social Security, and for them that could mean they have no tax liability at all. So, unless they are filing in order to claim the Kansas property tax Homestead Refund, they no longer make a tax appointment and file a return.

When a senior stops filing Federal and State tax returns, their social security number could be used by criminals to file fraudulent tax returns. This is happening more and more around the country. In response to this problem, the Kansas AARP Tax-Aide program is working on ways to minimize it. Now, low-income seniors can make an appointment during tax season at an AARP Tax-Aide site, often at their nearest Senior Center, and e-file their Federal and State tax returns. When a tax return is e-filed, the social security numbers of the taxpayer and everyone on the return – the spouse and dependents included – are locked so that they cannot be used again during that year. If someone were to try to use the social security number(s) again to file a fraudulent tax return, it would get rejected because the social security number(s) would have been already used. This helps protect their social security numbers from identity theft.

AARP Kansas Tax-Aide encourages all seniors to e-file their tax returns as a protection against identity theft, even those whose income is below the filing requirement. Contact your local Senior Services or Senior Center this coming January for more information about making an appointment for free tax help. AARP Tax-Aide is the nation's largest volunteer-run free tax service, established to assist low to moderate income taxpayers, with special attention to those aged 60 and over.

More information on the AARP Kansas Tax-Aide program can be found at www.kstaxaide.com