



Orchard Park Senior Center

Greetings Everyone!!

February is National Snack Food Month—Grrrr, Grrrrrr, it is 2:00 in the afternoon and you find that your stomach is growling and your energy is fading. Time for a snack. Where do you go but to a vending machine, who has time to prepare snacks? Snacks provide you with an extra little boost in the late morning or late afternoon. To keep energy levels going, and avoid weight gain, steer clear of foods with lots of simple carbohydrates (sugars) like candy bars or soda. It is best to buy snacks that contains both protein and carbohydrates, so that you are able to better maintain your blood sugar level and stave off your hunger until the next real meal.

Tips for Celebrating National Snack Food Month:

- Get good at reading. Don't trust the claims of the food's manufacturer on the front of the package. Judge whether a food is healthy for you by reading the ingredients and the nutrition information on the food label.
- Get the right tools. You need a good food carrier. Insulated bottles are good for hot or cold foods, like chilled fruit or soups. Pack a fanny pack for those who move around a lot.
- Prepare healthy snacks in advance. When you make something yourself, you get to control the ingredients. Keep plenty of fresh fruit and veggies in the refrigerator. Cut up melons or vegetables like celery and carrots in advance.

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Ongoing Activities

Mondays:

8 & 9 am Co-ed Low Impact Aerobics
9:00 am Pickleball
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 Moving and Grooving
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

12:00 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 Moving and Grooving 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
12:30 pm Painting Class

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 - February 7
8:30 - 10:15 a.m., Courtesy of Sandpiper Bay
Healthcare & Rehabilitation

Advisory Council Meeting:

Monday - February 12, 11:15 a.m.

Birthday Celebration:

Friday, February 23, 11:15 a.m.

Lunch Out:

Tuesday, February 13 @ 11:30 a.m.
Spears, 4323 W Maple

Breakfast Out:

Tuesday, February 27 @ 09:00 a.m.
Village Inn, 7020 W Central Ave.

Foot Care:

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

Center Hours

Please note that the Senior Center is open
Monday thru Friday 8:00 a.m. until 4:30 p.m.
We are not open on weekends and holidays.

Holiday Closing

Orchard Park Senior Center will be closed
Monday, February 19 in observation of
President's Day.

our SENIOR CENTER

A convenient source for local services

Found 10 results while browsing "Dentist" near Bainbridge Island, WA

- Reveler Dental**
18258 State Route 410 E Ste 300, Borney Lake, WA 98291, USA
253-874-8600
View Profile
- Bonney Lake Family Dental Care**
21515 State Route 410 E Ste A, Bonney Lake, WA 98311, USA
253-826-9330
View Profile
- Healthy Smiles of Skippoose**
190 Dix 400, Skippoose, OH 91254, USA
603-543-4849
View Profile
- Summit Creek O...**
14411 NE 20th Pl, ...
206-495-2400
View Profile
- Phantom Dental Ca...**
12001 NE 117th Pl, ...
950-944-2800
View Profile

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SEARCH SUPPORTERS OF OUR CENTER to find trusted services in our area!

Sign up to have our newsletter emailed to you! ourseniorcenter.com



Orchard Park Educational Opportunities

February 2018

February 2 @ 11:15 a.m.
Habits of Healthy People
Toni Tucker - Humana

February 5 @ 11:15 a.m.
Preventing Falls with TUG Testing
Angels Care Home Health

February 26 @ 11:15 a.m.
Paint & Sip
Oxford Grand
(Please RSVP for this event; space limited)

Tax Appointments!!!

We are now taking appointments for tax preparation. Taxes at Orchard will take place Wednesday through Friday, starting February 1st thru April 12th. Please call 942-2293 for your appointment.

What you should bring for taxes:

- Social Security Cards (or ITIN document) for all people that you are filing on your taxes
- Picture ID for yourself (and spouse if filing jointly), such as valid driver's license or other government issued ID
- Both spouses should be present if filing jointly
- Copy of previous year's tax returns
- All W-2's, 1099 forms, or other tax related forms
- If expecting a refund and you want it to be direct deposited, please bring a check, or debit card direct deposit form with issuer printed routing and account numbers (not hand written).

AARP Tax-Aide Volunteers Can Not Prepare:

- Schedule E - Rental Property
- Form 2106 - Employee Business Expenses
- Form 3903 - Moving Expenses
- or Schedule C - Business with an Operating Loss or Expenses over \$10,000

Thank You in advance for being prepared to help as much as possible to make your tax appointment run smoothly.

March

March 5 @ 11:15 a.m.
Food, Movement and Mood
Toni Tucker - Humana

March 12 @ 11:15 a.m.
Reach Your Goals Step by Step
Shirley Lewis - Sedgwick Co.Extension Office

March 26 @ 11:15 a.m.
Keep Your Kidneys Healthy
Angels Care Home Health

Director's Notes

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- Make it interesting. Try whole-wheat pretzels with spicy mustard, rice cakes with peanut butter and raisins, or low-fat fruit yogurt.
- Satisfy cravings with healthier approaches. If you're a chocolate lover, try a hot chocolate drink instead of a chocolate bar. An 8-ounce mug of hot chocolate has only 140 calories and 3 grams of fat. A chocolate bar, on the other hand, has 230 calories and 13 grams of fat. Substitute non-fat frozen yogurt or sorbet for ice cream. If you're craving munchies, snack on baked tortilla chips and pair them with salsa instead of sour cream. Or satisfy salt cravings with pretzels instead of chips.
- Go the caveman way. If you are not familiar with the paleo diet, also known as the Stone Age diet, it is based on how humans ate before the Agricultural Revolution. Try: fresh fruit - fruit is healthy, but many people seldom eat it. Salad and vegetables - greens always make a healthy snack. You can also add fish, eggs or meat. Dried nuts & fruits - nuts are very high in protein and healthy fats. Peanuts are the least healthy of nuts, so try to stick to other nuts such as almonds, walnuts and cashews.

(Taken from worksmartlivesmart.com)

Enjoy your healthy snacks, and remember exercise is also important.

-Diane Nutt, Center Director



Orchard Park Senior Center



Orchard Park members collected blankets for the homeless.

Kudos to Orchard Park Members!

Congratulations on collecting so many blankets for the homeless. If anyone truly exemplifies the spirit of the season, it is all of you!



Members enjoyed the Christmas lights tour December 8.

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!

Adamson, Cheryl 2/5
Barnes, Cindy 2/20
Dickson, Bruce 2/20
Fletcher, Lee 2/4
Hayes, Walter 2/13
Jones, Linda 2/28
Kimball, Maureen 2/3
Koon, Edwin 2/27
Lofton, Lois 2/10
Marker, Mike 2/7
Martin, Judith 2/17
Matheny, Judith 2/10
Maxey, Ginger 2/25
McCloud, Tim 2/5
Mertes, Judy 2/22
Norfleet, Rhonda 2/12
Olmsted, Cindy 2/21
Orchard, Cathie 2/25
Pankratz, Dolores 2/1
Paugh, Marvin 2/28
Ramos, Felisa 2/21
Smith, Betty 2/6
Spiker, Margaret 2/4
Spriggs, Betty 2/6
Widener, David 2/18
Wolfe, Vernon 2/27