



## Orchard Park Senior Center

Greetings Everyone!!

Since April is National Stress-Awareness Month, I thought the best way to celebrate it would be by creating less stress in our own lives. Ironically, retirement is supposed to be the time when you relax and play golf, a time when you are older and wiser and now have the answers to many of life's questions. However with aging comes new concerns, such as managing your health, how to fund retirement, and a general sense of "loss." These new challenges can be worrisome and keep you up at night.

Orchard Park Senior Center offers many activities that can help to relieve stress, also included, are six ways to de-stress.

- Jot-it-Down - Find a Short-Term Solution to Your Worries- While distractions may help in the moment, they don't help to address the root cause of your stress. Identify what it is, write it down and find a tentative solution. It may be helpful to talk about it with a friend, confidante, or trained counselor to get a speedy resolution.
- Read Words of Inspiration or Just Read - Find a story that inspires you! Read a biography that shares the story of a hero, find a poem that quiets your soul, or enjoy a piece of classic literature. Make reading a regular habit and allow yourself to simply read because it gives you pleasure and enjoyment.

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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 (suspended until further notice)  
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](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 - April 4  
8:30 - 10:15 a.m., Courtesy of Sandpiper Bay  
Healthcare & Rehabilitation

### Advisory Council Meeting:

Monday - April 16, 11:15 a.m.

### Birthday Celebration:

Friday, April 27, 11:15 a.m.

### Lunch Out:

Tuesday, April 10 @ 11:30 a.m.  
Hog Wild, 8821 W 21st St N

### Breakfast Out:

Tuesday, April 24, 08:30 a.m.  
Egg Crate, 8606 W 13th St N

### Foot Care:

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

### Fall Seminar

Tuesday, April 10, 2018 2:00 P.M.  
Hosted By: Orchard Park Senior Center

Falls are a big deal, especially for older  
adults. Learn what puts you at risk for falls,  
ways to prevent falls, tips to fall proof your  
home and much more. Presented by Toni  
Tucker, Humana, and sponsored by Home  
Technology Solutions, Humana Market Point,  
and Oxford Villa Active Senior Apartments.

Call or email for reservations 265-1700 or  
marshah@HomeTS.org

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## Orchard Park Educational Opportunities

### April

April 2 @ 11:15 a.m.

#### **Latest Scams And Techniques Scammers Are Using**

Denise Groene - Better Business Bureau

April 6 @ 11:15 a.m.

#### **The Pressure To Be Everything To Everyone (Caregiving)**

Rhonda Custard - CPAAA

April 9 @ 11:15 a.m.

#### **Challenges and Solutions**

Shirley Lewis - K-State Extension Office

April 13 @ 11:15 a.m.

#### **Staying Social: How To Do It Right**

Toni Tucker - Humana

April 20 @ 11:15 a.m.

#### **What Medical Service Bureau Can Do For You**

Aaron Walker - Medical Service Bureau

April 23 @ 11:15 a.m.

#### **Hearing Loss & Solutions**

Michelle Fedd - Hearing Connect

April 30 @ 11:15 a.m.

#### **Home Health 101**

Angels Care Home Health

### May

May 4 @ 11:15 a.m.

#### **Partner With Your Doctor**

Toni Tucker - Humana

May 7 @ 11:15 a.m.

#### **F.A.S.T CVA (Stroke Awareness)**

Angels Care Home Health

May 14 @ 11:15 a.m.

#### **Colorful and Classic Favorites**

Shirley Lewis -  
Sedgwick County Extension Office

### Director's Notes

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- **Meditate and Be Thankful** - Meditation is easier than you think. Start with choosing a comfortable area and try practicing some deep breathing. Eliminate distractions around you and take several deep breaths until you find yourself becoming calm; it's easier to do when you think about things in your life you are most thankful for. Allow yourself to relax and find a quiet inner place of peace, where you can feel content and at rest.
- **Play with a Pet** - Take a walk with your dog, cuddle your cat. Pets offer soothing comfort to their owners; they are fun, loving, companions known for their ability to improve mental well-being
- **Change the Pace - Go Mall Browsing** - An indoor or outdoor shopping mall is a perfect place to do something different with your day. Shopping or browsing is a popular pastime for seniors, and it's easy to see why. Mall browsing always offers something new or different: you can simply enjoy the ambiance, the comfortable temperature and the interesting people who walk by.
- **Take Care of Yourself - Exercise, Explore the Outdoors and Don't Forget to Laugh** - Be intentional about taking care of yourself. Develop healthy eating habits and don't neglect your rest. A good night's sleep can revive your body, mind, and spirit. Daily exercise can give you a sense of accomplishment and help to refresh your mood. Whenever you feel like you are starting to fall into the rut of stressful habits, try spending time outside of home to exercise, socialize, or find a new trail to walk. Finally, take some time to laugh and enjoy a funny movie, a witty remark, or a comic strip, as we all know the value of a good sense of humor!  
(Taken from [www.beliefnet.com](http://www.beliefnet.com))

-Diane Nutt, Center Director



## Orchard Park Senior Center



Orchard Park painting class members enjoyed a special demonstration. Painting is one of many stress relieving activities provided at the center.



### 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!

- Bayer, Kay 4/5
- Boothe, Susan 4/4
- Carlton, June 4/20
- Cassity, Peggy 4/18
- Cloud, Winnie 4/20
- Epperson, Carolyn 4/17
- Fretzs, Patricia 4/23
- Heyen, Sherry 4/14
- Hushka, Joan 4/24
- Kemp, Delores
- McQueary, Diana 4/19
- Merrifield, Don 4/6
- Moser, Raymond 4/4
- Moss, Naita 4/28
- Nelson, Christina 4/26
- Parsons, Linda 4/26
- Phares, Loretta 4/10
- Scheffer, Margaret 4/27
- TenEyck, Gary 04/27
- Tribelhorn, Betty 4/24
- Van Fleet, Fran 4/11
- Walker, Avanel 4/19

### Center Hours

Please note that 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.