



## Orchard Park Senior Center

Greetings Everyone!!

July is UV Safety Awareness Month!! Summer has arrived and while the sun is shining bright, it's a golden time to highlight July as UV Safety Awareness Month. We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun. The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of the skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin
- By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.
- Here are the harmful things unprotected sun exposure can do:
- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Fortunately, there are things you can do to minimize the risk that comes with sun exposure.

1. Cover Up: Wearing a hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and sunglasses - for eye protection.

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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  
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

### Advisory Council Meeting:

Monday, July 16, 11:30 a.m.

### Birthday Celebration:

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

### Lunch Out:

Tuesday, July 10, 11:30 a.m.  
Wichita Fish Company, 1601 W Douglas

### Breakfast Out:

Tuesday, July 24, 9:00 a.m.  
IHOP, 515 S Ridge Cir.

### Foot Care:

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

### Blood Pressure Checks:

No July Checks (due to 4th of July)

### Do You Know What a Centenarian Is?

A centenarian is a person who lives to or beyond the age of 100 years. At Orchard Park Senior Center, we will celebrate two members that will be reaching this milestone this year. The celebration will take place in September, which is the month between both birthdays. Please watch the newsletter as it gets closer to that time, and come out and celebrate this great accomplishment. Both members are longtime pool players, so I wonder if there is some magic in playing pool. The magic is actually in staying active, so make sure you continue to do so.

**our SENIOR CENTER**

A convenient source for local services

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

- Number Dental**  
10250 Green Valley #10 & Box 300, Norman, LA, 70701, USA  
937-940-8888  
View Profile
- Smiling Lake Family Dental Care**  
2141 J. Baker Circle #10 & Box 6, Norman, LA, 70701, USA  
937-940-8888  
View Profile
- Healthy Smiles of Shreveport**  
1400 Lake Mall, Shreveport, LA 71206, USA  
937-940-8888  
View Profile
- Smiling Crest Dent**  
14411 #2, 2001, USA  
937-940-8888  
View Profile
- Smiling Crest Dent**  
2001 #2, 1176, USA  
937-940-8888  
View Profile

**FIND AN ADVERTISER NEAR YOU**

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

Sign up to have our newsletter emailed to you! [ourseniorcenter.com](http://ourseniorcenter.com)





## Orchard Park Educational Opportunities

### July

July 2 @ 11:15 a.m.

#### **Brain Bootcamp**

Toni Tucker - Humana

July 9 @ 11:15 a.m.

#### **Recognizing Elders in Danger**

Celia Easley - CPAAA

July 23 @ 11:15 a.m.

#### **Caregiving in General**

Jeff Epley - Access Home Health

July 30 @ 11:15 a.m.

#### **Stop Suffering from Allergies & Asthma**

Angels Care Home Health

### August

August 6 @ 11:15 a.m.

#### **Healthy Sleep**

Toni Tucker - Humana

August 10 @ 11:15 a.m.

#### **Senior Safety**

Oxford Grand

August 13 @ 11:15 a.m.

#### **Are You Smarter than a Scam Artist?**

Celia Easley - CPAAA

### 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.

August 27 @ 11:15 a.m.

#### **Stay Healthy During Cold and Flu Season**

Angels Care Home Health

### Holiday Closing

We are closing at 3 p.m. July 3 and will be closed July 4.

### Happy Birthday!

Allison, Virl 7/23  
Becker, Delmar 7/27  
Blevins, Gary 7/14  
Brockleman, Katherine 7/3  
Butcher, Robert 7/4  
Clark, Guy 7/3  
Crawford, Margaret 7/2  
Cromwell, Shirley 7/24  
Dreiling, Daniel 7/9  
Gamblin, Louella 7/3  
Green, Robert 7/3  
Kirkland, Mabelle 7/16  
Koenig, Sue 7/10  
Leiker, Irene 7/14  
McAllister, Gerald 7/13  
Miller, Sylvia 7/6  
Nees, Albert 7/31  
Newell, Peggy 7/9  
Post, Diane 7/22  
Pauler, Conne 7/1  
Purkey, Nena 7/15  
Schneweis, Florena 7/23  
Schraeder, Connie 7/10  
Schulze, Ruth 7/13  
Smith, Elrene 7/14  
Uhler, Anne 7/17  
Watzig, Harry 7/31  
Wellman, Carol 7/15  
Winters, Robert 7/13  
Woodard, Jerry 7/26  
Youngmeyer, Maureen 7/4  
Yuza, Mary 7/13

### Center Hours

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



## Orchard Park Senior Center



**One good way to avoid overexposure to the sun's rays is to take a class at your senior center, such as the computer class shown here. Not only can you learn, but you will be cool and indoors!**



### Director's Notes

*(continued from page 16)*

2. Stay in the shade: The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

3. Choose the right sunscreen: This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

4. Use the right amount of sunscreen: According to the National Council on Skin Cancer Prevention, most people apply on 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following advice you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Enjoy the outdoors this summer and remember to protect your eyes and the skin you're in!

(information taken from [va.gov/Quality of Care](http://va.gov/Quality of Care))

-Diane Nutt, Center Director

### Pickleball

There will be no Thursday Pickleball on September 6 (floor cleaning).

Monday morning Pickleball will resume on September 10.