

July Brings New Center Membership Options

Your center membership is very important to us. And with your membership you have access to a variety of activities available at all four of our senior centers. Your membership payments help keep your center active, and the ability to provide the many programs they do. Please be sure to keep your membership current.

Starting July 1st, 2018, we are going to offer a few membership changes. At this time the membership cost is still \$25.00 a year.

Honorary Membership

For our members aged 95 and older you will now become “Honorary Members” (on your next renewal cycle following July 1st, 2018). This means you will no longer pay a membership fee! We want to celebrate active members who have reached this milestone in their lives.

Lifetime Membership

At the request of a Northeast Senior Center member, we will offer a Lifetime membership. This will be based on your age. You can pay a one-time fee, and never see those renewal messages again. If you have paid your 2018 membership and are interested in getting a Lifetime membership, we will deduct the \$25 from the balance owed. See your center director for application, cost, and more information.

Volunteer Membership

To honor our volunteers and the time they give to our centers, we want to offer a “Volunteer” membership. This membership will be based on the number of hours you give back to your center. The center directors will track this information, and let you know if you qualify for the Volunteer membership. Our



volunteers help programs and events happen. If you are interested in volunteering at your center, please see the director.

Job Fair Set For August 21

The Senior Employment Program will celebrate its return to its newly-remodeled space at 200 S. Walnut at its fall job fair, set for 9 to 11 a.m. August 21.

More than 20 prospective employers will be on hand for the event.

Job seekers must apply at the Senior Employment Program, 200 S. Walnut, and complete a two-hour orientation prior to the fair. They are taking applicants now through July 28.

The Senior Employment Program offers help preparing a resume, interview strategies, computer training and quality job leads, in addition to sponsoring the weekly job club and job fair.



Roving Pantry, In-Home Respite A Lifeline For Homebound Seniors

“I don’t know how I would survive without Roving Pantry!”

Barbara Grallheer, who no longer drives, is excited about the grocery shopping and delivery service operated by Senior Services.

“It’s so wonderful to pick up the phone and place my order,” she enthuses. “And they are always so friendly and helpful when they deliver them. I have recommended it to several people.”

For more than 40 years, Roving Pantry has been shopping for those 60+ on a daily basis. The staff takes grocery orders by phone, then buys and delivers each client’s weekly food supply. Clients pay for the groceries and employees of Roving Pantry, in turn, pay Dillons for what they purchased.

Carl Haley relies on the In-Home Respite Program to provide him with his sole three-hour weekly break from 24-hour, seven-days-a-week caregiving for his wife, who has Alzheimer’s. It gives him a chance to get a haircut, buy groceries, go to the bank or keep other appointments. He says the two respite workers he has had are reliable and dependable and he knows his wife is in good hands.

“We have been married 63 years and I made up my mind she is going to stay right



here with me,” he says. “But I need that little break badly.”

Nearly a quarter (23.9%) of U.S. households are now involved in caring for an elderly family member or relative in their home. For some older people, caregiving is a 24-7 job, depriving them of the ability to make contact with other people, and, over time, impacting their overall health.

In the 30 years since it was founded, respite care has provided relief for thousands of caregivers. Each employee is carefully screened, then receives training on dealing with chronic conditions and spiritual issues. Employees can provide light housekeeping and meal preparation, but their primary purpose is to serve as a companion.

Compass is published monthly by:
Senior Services, Inc. of Wichita • 200 S. Walnut, Wichita, KS 67213

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 programs and senior centers:

In-Home Respite Care

267-0302, ext. 233

Meals on Wheels

267-0122

Senior Employment Program

267-1771

Information/Assistance on Aging

267-0122, ext. 201

Roving Pantry

267-4378

Mentoring Programs

267-0302, ext. 203

Mission:

Senior Services, Inc. of Wichita is dedicated to delivering services that allow older adults the opportunity to lead quality lives while continuing to make positive contributions to the community.





Sedgwick County Division on Aging Needs Survey Responses

The Sedgwick County Division on Aging is seeking information from you that will help us plan programming and services around your needs to better serve you. The information you provide will help us find out what is helpful about the programs you receive at your senior center and, how we can make them better. Your answers will be kept confidential, meaning your answers will not be revealed in any way that can identify you individually. The information we learn from these surveys will hopefully help senior centers continue to receive funding and improve services currently being offered. Since the survey is completely voluntary, if there are any questions you feel uncomfortable with, you do not have to answer them. In appreciation of your participation, you will be entered into a

drawing for a chance to win one of two \$50 gift cards that will be given away.

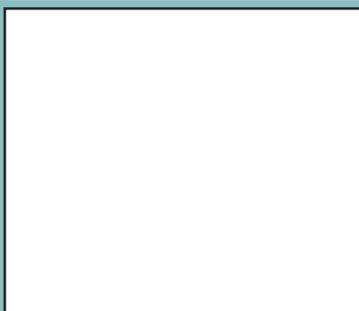
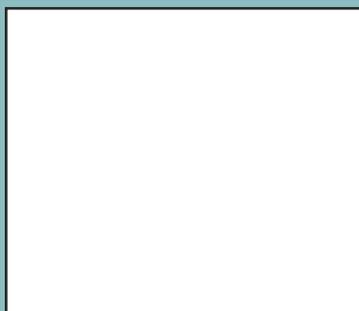
Leave A Legacy

All of us know someone special. What better way to honor them than with a gift in their name to Senior Services.

Donations given in memory or in honor of someone special are a wonderful tribute. All gifts to any program or service at Senior Services are acknowledged with a letter sent to the family of the person being honored.

Senior Services of Wichita is a private, non-government, not-for-profit charity. We rely on several funding sources, including private donations, to operate our programs and senior centers.

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Senior Services Inc. of Wichita, Wichita, KS

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Downtown Senior Center

Hello all,

Well, we have been up and running for a month now in the newly renovated building. I'm still working out all the hiccups of trying to figure out where to put things and adding new activities and classes, so please excuse the mess. Please don't hesitate to stop by and say hello. I am always looking for new ideas and volunteers. Change is hard and I understand that - please bear with me as we are getting settled in our new space. Just a friendly reminder to sign in on the computer and if you have troubles, just ask - I will be happy to help or see if you need a new card.

I am looking forward to all the new classes/activities that we have scheduled for July. Be sure to sign up for our special events; you can either stop by and put your name on the sign-up sheet or call to RSVP 267-0197. I'm happy to answer any questions you may have on the new center or activities. - Jennifer

Ongoing Activities at 200 S. Walnut

Monday

- 8:00 am Billiards
- 8:00 am Open Fitness
- 8:00 am Competitive Pickleball
- 9:00 am Restorative Yoga
- 10:00 am Prairie Moon Book Club (1st Monday)
- 10:00 am Chair Yoga \$4/class
- 11:00 am WSU Well Rep Exercises
- 12:00 pm Grand Slam Bridge
- 1:00 pm Senior Employment Orientation
- 1:00 pm Recreational Pickleball
- 1:00 pm Wanda's Exercise
- 2:00 pm Western Line Dancing \$1/class
- 6:30 pm Recovery Group at Calvary

Tuesday

- 8:00 am Billiards
- 8:00 am Open Fitness
- 9:00 am Senior Employment Job Club
- 10:30 am Try It Tuesday
- 11 am Dining in Delano (3rd Tuesday)
- 12:00 pm Mexican Train Dominoes
- 2:00 p.m. Bible Study

Wednesday

- 8:00 am Billiards
- 8:00 am Open Fitness
- 8:00 am Competitive Pickleball

- 9:00 am Advanced Spanish
- 9:00 am Yogalites \$4.00/class
- 10:00 am Pilates \$4.00/class
- 11:00am WSU Well Rep Exercises
- 1:00 pm Wanda's Exercise
- 1:00 pm Recreational Pickleball
- 12:30 pm Intermediate Spanish
- 1:30 pm Senior Legal Advisor (2nd Wed.)

Thursday

- 8:00 am Billiards
- 8:00 am Open Fitness
- 8:00 am Men's Lounge
- 8:00am Ladies Lounge
- 9:00 am Foster Grandparents (Last Thursday)
- 10:00 am Advisory Council (1st Thursday)
- 2:00 pm Senior Financial Advisor (in Sept.)
- 2:00 pm Writing Craft (1st Thursday)

Friday

- 8:00 am Billiards
- 8:00 am Open Fitness
- 8:00 am Competitive Pickleball
- 10:00am Nat'l Active/Retired Federal Empl.
- 11:00am WSU Well Rep Exercises
- 1:00 pm Party Bridge

(continued on page 5)

Downtown Senior Center • 200 S. Walnut, Wichita, KS 67213 • (316) 267-0197

Hours: 8:00 a.m. - 4:30 p.m. • Director: Jennifer Fox • Jenniferf@seniorservicesofwichita.org

Registration Required for ALL Center Activities • Membership: \$25 per year



Downtown Senior Center

Ongoing Activities

(continued from page 4)

- 10:00 am Kindness Rocks
- 11:00am WSU Well Rep Exercises
- 1:00 pm Wanda's Exercises
- 1:00 pm Party Bridge
- 1:00 pm S.E.C.A. (1st Friday)
- 1:00 pm Recreational Pickleball
- 1:00 pm Hand and Foot Cards (2nd & 4th)

Saturday

Good Time Dancers (For schedule & new place, call Cynthia at 772-0169)

Writing Craft

Our Writing Craft group meets Thursday, Thursday, July 5th @ 2:00 p.m. Topic: The Second and Third Drafts. Starla Criser leads this group. RSVP by calling 267-0197.



Jennifer Fox treated Downtown Senior Center members to homemade chocolate ice cream June 7.

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Downtown Senior Center

Downtown Special Events:

Monday Night Round Dance from 7:00 p.m. to 8:30 p.m. starting July 9th. Round dancing is a form of ballroom dancing. Come watch or even try your hand at a dance or two. This is a great activity to enjoy music and socialization as well as seeing the lost art of ballroom dancing.

Beginning Western Line Dancing Class

Monday at 2:00 p.m. \$1.00/class: Have you ever wanted to step on the dance floor but didn't have the courage? Come learn basic line dances with Jeanene Holl, (Jeanene teaches in both Mulvane and Derby). It's great exercise and a wonderful way to socialize. No partner needed.

Try it Tuesdays @ 10:30 a.m. Bring or invite a friend on Tuesdays to learn all about the Downtown Senior Center. This will consist of an orientation, activities list and tour of our new facility.

Restorative Yoga Mondays @ 9:00 a.m.

\$4.00/class or \$15.00/month: Restorative Yoga is a combination of stretching, poses, and deep breathing to assist the participant with muscle memory and building of range of motion. Modifications will be made as needed. Will need 5 participants to hold the class.

Chair Yoga Mondays @ 10:00 a.m. \$4.00/class

or \$15.00/month: Chair Yoga uses a chair to perform the exercises. Stretches, poses and deep breathing techniques will be taught to the participants. Modifications will be made as needed. Will need 5 participants to hold the class.

Men's Lounge Thursdays @ 8:00 - 10:00 a.m.

This is a group we are starting for those men who would like to come hang out, have some coffee and conversations with other like-minded men. Everyone is welcome.

Ladies Lounge: Thursdays @ 8:00 - 10:00 a.m. This is a group we are starting for those ladies who are looking for a place to socialize, have some coffee and conversations with other like-minded ladies. Everyone is welcome.

Yogalites Wednesdays @ 9:00 a.m.

\$4.00/class or \$15.00/month: Yogalites is a combination of yoga and pilates taught together using stretch bands and medicine balls. Lean muscles will be achieved as well as muscle memory and range of motion. Will need 5 participants to hold the class.

Pilates Wednesdays @ 10:00 a.m. \$4.00/class

or \$15.00/month: Pilates is designed to improve physical strength, flexibility, and posture, and enhance mental awareness. Will need 5 participants to hold the class.

Kindness Rocks: Fridays @ 10:00 a.m. Come spread kindness as we paint rocks to display in the front entryway. The idea behind this is take a rock, leave a rock, share a rock as everyone needs a little kindness in their lives. No experience needed; this is for everyone who wants to express their artistic side.

Prairie Moon Book Club

The Prairie Moon Book Club will hold its meeting Monday, July 2nd @ 10:00 a.m. and discuss "The Day The World Came To Town" by Jim Defede. Theresa Reiter. RSVP: 267-0197.

Advisory Council Meeting

Thursday July 5th @ 10:00 a.m. Downtown Senior Center Open Advisory Council Meeting: This meeting is open for anyone who would like to come. This is a great time to come and voice your opinion on activities, classes, or anything else you would like to discuss concerning the Senior Center. The idea is to have a representative from each group that meets at the Center to inform others on what is going on with their group.



Downtown Senior Center

Educational Opportunities:

July 2018

Friday, July 6th @ 1:00 p.m.
SECA - Seniors Exploring the Cultural Arts
Starla Criser, Author
RSVP:267-0197

Tuesday July 10th @ 1:00 p.m.
When Life Gives You Lemons
Dustin - Humana
RSVP: 267-0197

Wednesday July 11th 1:30 p.m.
**Legal Advisor: Transfer on Death, Deeds
and Beneficiary Design**
Christine Gulledge
RSVP: 267-0197

Thursday July 12th 10:00 a.m.
"Starting your Family Research"
Mary Hursey- Education Chair for
Wichita Genealogical Society
RSVP: 267-0197

Thursday July 12th @ 1:00 p.m.
Diabetes - Healthy Eating
SAMs Club Pharmacy
RSVP: 267-0197

Center Closing

Tuesday July 3rd The Downtown Senior
Center will close at 3:00 p.m.

Wednesday July 4th The Downtown Senior
Center will be closed for the holiday.

Thursday July 19th The Downtown Senior
Center will close at 2:00 p.m.

Barber Shop Music

Friday July 13th @ 12:00 - 1:00 p.m.
Barbershop Music Appreciation Day. Come
enjoy some popcorn and barbershop music in
the Gym

National Hot Dog Day

Wednesday July 18th @ 11:30 a.m. - 12:30
p.m. Come have a hot dog for National Hot
Dog Day. Please RSVP to 267-0197 or sign-up
on the sign-in sheet so we know how many hot
dogs to make.

Mini Pickleball Clinic

Wednesday July 18th @ 1:00 to 3:00 p.m.
\$4.00: Mary Desch will be on location to help
get you started with Pickleball. This clinic will
consist of learning the basics of Pickleball and
for her to give you tips and tricks. Please see
Jennifer to sign up and hold your spot for 8 -
12 people in this mini clinic.

Amelia Earhart Day

Tuesday July 24th @ 1:00 p.m. We will be
watching a short biography of Amelia Earhart
and trying our hand at making paper airplanes
and seeing how far they will fly.

Fry Street String Quartet

Wednesday July 25th @ 2:30 p.m. \$20.00 at
The Barn located at Prairie Pines 4055 N Tyler
Road Maize, KS 67101. This is an outside event.
Please see Jennifer to sign up. We will meet at
this designated location at 2:30 p.m. and tour
the gardens and then find seats for the
Afternoon Delight Concert.

Diamond Painting

Thursday July 26th @ 1:00 p.m. Come learn
the new form of Painting with Diamonds. This
is a cross between color by number and cross
stitch. This class will cost \$6.00 to participate
which will purchase all supplies needed.
Please see Jennifer to sign up and pay to hold
your spot.



Linwood Senior Center

*"God Bless America, Land That I Love, Stand Beside Her, to Guide Her,
Thru the Night from the Light from Above..."
~Irving Berlin~*

Hey Linwood Friends,

We hope you have had a wonderful start to your summer. Keeping busy has its benefits, some of them are smiles, exercise, fun and memories! One of my favorite things in the early mornings, as I am lying in bed, is listening to the "coo-coo" of the Mourning Dove. This special noise brings back memories from my childhood on the farm, and gives me a "peace" to start the day. I also think about the sleeping porch, which was attached to Gramma's house. I remember those hot, July eves when I tossed and turned so sticky with sweat I thought I would never go to sleep. I also remember home-made ice cream and the "muscle work" it took to get it so cold, delicious and creamy! I also remember those stories Gramma told about being so poor, they couldn't afford fireworks, so she "Jewel Jeanie" and her brother "Beaver Burr" lighted matches and pitched them off of the barn roof to make the neighbors think they had some fireworks. So, when I think about July I think of picnics, ice cream, fireworks, patriotism and family (and burning down the barn!) Light her up! ;O)

I hope you will make some memories with us. We have ice cream and hot dogs coming up, so look at your newsletter and find some opportunities to make memories!

-Happy 4th of July from the Linwood Team-

Ongoing Activities

Monday

9:00 Stretching
9:30 Dynabands
10:00 Bible Study
(first Monday)
10:00 Early AM Bookclub
(second Monday)
11:30 Friendship Lunch

Tuesday

9am-3pm Michelle's Foot
Care
9:00 Brain Games
9-11 Pickleball
9:30 Fit & Balance
10:30 BINGO
11:30 Friendship Lunch
1:30 Dime Bingo!

2:00 Writing Craft (1st Tues.)
2:00 Beginning Guitar

Wednesday

9:00 Arthritis Exercise
11:30 Friendship Lunch
1:00 Pinochle with Friends

Thursday

9-11 Pickleball
11:30 Friendship Lunch
1:00 Pinochle With Friends
1:30 Beginning Line Dance
2:30 Advanced Line Dance

Friday

9:00 Stronger Seniors
10:15 Presentations

10:30 (1st Friday) T & S
Pressure check
11:30 Friendship Lunch
12:00 13 Pt Pitch for Fun
1:00 Games of Fame
(2nd Friday)

Daily/Anytime

Walking

Monthly

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

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

Registration Required for ALL Center Activities • Membership: \$25 per year



Linwood Senior Center

Grazing In The Grass

We had a wonderful variety of salads for our Grazing in the Grass celebration June 6.

Our special guest speaker, Al Ward, former, Air Force Specialist, WPD/Federal Officer, and now, Buffalo Soldier-Rider, came and shared information about the history of Buffalo Soldiers. We had a fun time listening to Al and admired his motorcycle. He shared pictures with us as well.

This winners of the watermelon seed spitting contest: Jan Paulmann took first place, Diane Washburn was 2nd and Tanya Secondine was 3rd.



Holiday Closing

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

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Linwood Senior Center Educational Programs

July

Events are all on Fridays at 10:15 a.m. unless otherwise * noted. Please make sure your membership is current - otherwise there is a \$2 fee. THANK YOU!

July 2, 2018
Monday at *1:30 p.m.

Eat Smart - Live Strong Class

Join us as KS Extension Office Specialist, Shirley Lewis, demonstrates how to cook (and taste) a delicious recipe. Topic for July is "Colorful Classic Favorites." Find out how easy it is to add fruits and veggies to your daily diet, without giving up your favorite foods. RSVP needed.

July 6, 2018
"Inca Art"

Come and enjoy Judith Eguino-Humerez, our dear friend from Boliva, as she shares all of her variety of artwork, from collages to photography and poetry, you will be amazed.

July 9, 2018
*Monday at 1:00

"National Parks - an Up Close Look Through Spectacular Photography"

One of our favorite presenters, Jim Boots, will be here. Don't miss this chance of finding out the history and highlights of our national parks. He will also bring one of his terrific framed photos to give away if you win the drawing. Must be present to win. RSVP.

July 13, 2018
"Accupuncture - What It Is, How It Helps & Self Management Techniques"

Chih-Chon "Cheech", LAC,
Wen Health & Wellness

*Wednesday, July 18, 2018 at 2 p.m.
"Are You Taking Your Meds Safely?"
Lean how to manage your medications, and see how to dispose of them in a safe manner. Stephanie Baines of KU Med Center

*Thursday, July 19, 2018 at 10 a.m.

"Diabetes Questions and Answers"

Come and learn more about diabetes, and find out new ideas and meds to control it!
Dr. Yagmi of Freestate Healthcare

July 20, 2018

"Medical Services Bureau & How They Can Help With Vision & Medical Needs"

Executive Director, Aaron Walker

July 27, 2018

"Are You Smarter Than A Scam Artist?"

Celia Easley of Central Plains Area on Aging

Hot Dogs and Ice Cream

You are invited on July 12 at 6 p.m., to our "Gospel/Hymn Sing-A-Long Hot Dog Feed & Ice Cream Social." Bring your favorite topping, and \$1 for your "cover charge" to get you in, for a toe tappin', hand clappin' time!

Reservations required please. Respond VERY Promptly to the Linwood Front Desk!



Writing Craft

We will meet July 3 from 1 - 3 p.m. (we are closing early for the 4th of July) and discuss "The Writing Process: The Second & Third Drafts." This is a great class to help you in the process of writing. Please call Starla Criser, our author, at 393-8195 for more information.

Tai Chi Thursdays In July

Instructor Isabel Link will be assisting us! Thursdays from 8:30 -9:30 a.m. Please RSVP to 263-3703



Linwood Senior Center

Later Morning Bookclub

Join us on Monday, July 9, at 11 a.m. Book to be discussed: "The Milagro Beanfield War" by John Nichols.

Scrapbooking Craft Program

Join us July 26, 2018 from 10 - noon for a craft program, "Out of the Box & Into the Book - Identifying Old Photos." We will be making a page or two, so bring your pictures along. Sarah Hittle is presenting. Call 263-3703 for more info and to RSVP.

Attention, Writers!

Start your engines - no, I mean pens! We need your short stories, poems, and memoirs as we are looking at the printing of another anthology. Our first book was so successful that Starla Criser is going to edit and organize another. Please submit your works to Starla Criser via the Linwood Center. Deadline for submissions is August 31, 2018. Call Starla for more information 393-8195.

Linwood SECA

Seniors Exploring the Cultural Arts is a way to have fun and provide a safe way for people 55+ to attend theatrical events together. Come and find out what opportunities Starla Criser and Rebecca McKanna have made available July 6 at 3 p.m.

Living Well Support Group

We are meeting Monday, July 23, from 3 to 4 p.m. Shannon Cook from Humana will be here to discuss heart health.

Grief Support Group

Chaplain Greg Schmidt leads the group sponsored by Heart and Soul Hospice. Please join us at 2 p.m. July 16.

Games Of Fame Friday!!

We will be playing "Sequence," one of the director's favorite games, from 1 to 3 p.m. July 13, or you can bring something to play. Trust us, you will have some fun and laughs!

Movie Time!!!

Join us Friday, July 20, at 1:30 for the movie *"Charlie and the Chocolate Factory" in honor of National Lollipop Day. Join us for some fun, and we will even get a lollipop for you! *Priority movie, sometimes subject to change if not available.

Friday The 13th Rummage Sale

Please bring your unwanted, gently-used items to donate the week of July 2. We will then get them tagged and ready to go! Reminder, we DO NOT want donations of clothes or shoes, but household items and trinkets are welcomed. We were able to purchase some dominoes for our Mexican Train Dominoes group on Tuesdays @ 2:30 p.m.

Happy Birthday!

Amos, James	Marshall, Margaret
Bennett, Linda	McAuley, Robert
Brown, Bonnie	Miller, Paul
Brown, James	Mingauw, Pamela
Buehler, Barbara	Murray, Thomas
Campos, Frances	Nomer, Jan
Cline, Maudyne	Neice, Phyllis
Cochran, Jerry	Pecina, Linda
Creekmore, Bonnie	Pope, Diane
Danaver, Dana	Rausch, Dale
Delk, Robert	Roe, Don
East, Jessisca	Roets, Rita
Ford, Margaret	Romine, Larry
Hittle, Harland	Saboe, C.J.
Hodges, Gayle	Shores, Will
Jenkins, Jon	Smith-Hayes, Belinda
Kerschen, James	Thornton, Reginald
Lively, Janet	Tindall, Janice
Loux, Brumley, Marilyn	Wheeler, Peggy



Northeast Senior Center

Hello Everyone.....Happy July!!!

Well ladies and gentlemen, I wanted to share with you that Motown Madness was a success again this year. I would like to thank Humana for helping sponsor some of the food. That was truly a blessing. The performances just keep getting better and better. We even had The Northeast Steppers stop by and showed us what they were working with... Connie Stone & Company blessed us as well with the skit "Seniors Have Aides," which turned out really nice. I want to take a moment to thank all those who donated desserts, gift cards, your time...and the list go on in helping make the event a success. Without everyone working together, it would not have been possible. Thank You! Thank You! Thank You! If you did not make it to see Motown Madness you missed a real treat...If you were in the show thank you for participating.

As always, if you have questions, comments, or concerns feel free to stop by the office. Or if you are interested in teaching a class or helping on a committee, please let us know and we can make that happen. Remember, this is your center and the overall goal is to provide an environment that keeps you mobile, active and independent. With all that our four centers have to offer (Dominoes, Line Dance, Exercise, Pickleball, Computer Classes, Jewelry Class, Quilting Class, Painting, Spanish Class...I can keep going), I feel we are doing it rather well...Be Blessed!
-Carnesha Tucker, Center Director

Food For Thought

Do it now...Because sometimes "later" becomes "never."

Ongoing Activities

Monday

9:30 WSU Exercise
10:30 Advisory Council
11:30 API - Friendship Meals
2:30 Computer Class

Tuesday

9:30 Keep It Moving (Exercise)
10:30 Bingo
11:30 API - Friendship Meals
12:00 Conversation Spanish

Wednesday

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

Thursday

10:00 Quilters' Treasures
10:30 Jewelry Class
11:30 API - Friendship Meals
12:00 Bible Study
1:00 Card Games (Bid Whist & Spades)
2:00 Drawing 101

Friday

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

Special Events Committee is the 3rd Monday each month @ 10 a.m.

Advisory Council is every 2nd Monday each month @10:30 a.m.

Northeast Senior Center • 2121 E. 21st, Wichita, KS 67214 • (316) 269-4444
Hours: 8:00 a.m. - 4:30 p.m. • Director: Carnesha Tucker • CarneshaT@seniorservicesofwichita.org
Registration Required for ALL Center Activities • Membership: \$25 per year



Northeast Senior Center

Monthly Events

Advisory Council:

Monday, July 9th, at 10:30 a.m.

Blood Pressure Checks:

Second Monday of each month at 11:15 a.m.,
Courtesy of Orchard Gardens Rehabilitation &
Healthcare Center

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).

Holiday Closing

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

Upcoming Events

The Advisory Council and I are discussing some events for the coming months. Normally we take a break for July, August, and September, but keep your eyes open and be on the lookout for some dates and times for a center garage sale and maybe a senior prom, and who knows what else. -Carnesha



<p>LET US <i>carry</i> YOUR MESSAGE TO <i>Senior</i> THE <i>Community</i></p> <p>For advertising info call: 1-800-950-9952</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> 
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 <p><i>Huntington</i> PARK</p>	<ul style="list-style-type: none"> • Gated Community • Clubhouse • Garage(s) & Storage Space(s) • 24 Hour Fitness Center • Washer/Dryer Connections • Handicapped Accessible • Business Center • Book Exchange • Basketball Court • Package Receiving • Outdoor Fireplace & Grill • Swimming Pool & Hot Tub • Pet Playground • Pond • On-site Laundry
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Fourth Of July

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an Abraham Lincoln quotation.

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

BALD EAGLE	CONCERTS	HOLIDAY	PATRIOTIC
BALLOONS	DECORATIONS	HOT DOGS	PHILADELPHIA
BARBECUE	DEMOCRACY	INDEPENDENCE	PICNIC
BASEBALL	FIREWORKS	JOHN ADAMS	RED WHITE BLUE
BEN FRANKLIN	FLAG	LIBERTY	STARS AND STRIPES
BETSY ROSS	FLOATS	NATIONAL ANTHEM	STREAMERS
CAKE	FREEDOM	NATIONHOOD	THOMAS JEFFERSON
CARNIVAL	GREAT BRITAIN	PARADE	USA
CELEBRATION	HAMBURGERS	PARTY	WHITE HOUSE
COLONIES	HISTORY		

[Did you enjoy this puzzle? Visit:](https://www.puzzles.ca/word-search) <https://www.puzzles.ca/word-search>



Northeast Senior Center Educational Opportunities

July

Friday, July 6th @ 11:45 a.m.
“Keeping Your Senses Sharp”
Angels Care Home Health

Thursday, July 12th @ 11:45 a.m.
“Recognizing Elders in Danger”
Celia Easley - CPAAA

Friday, July 13th @ 11:45 a.m.
“Fire & Tornado Safety”
Paulette Johnston - Lakepoint

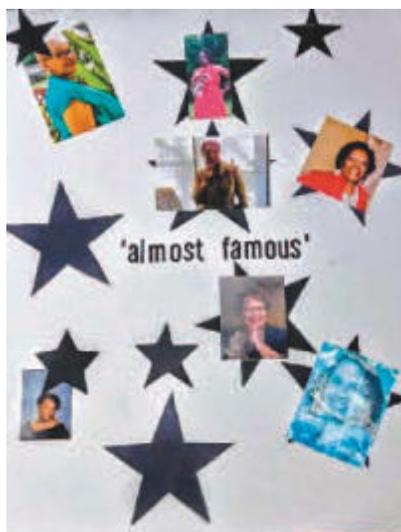
August

Friday, August 3rd @ 11:45 a.m.
**“Staying Healthy During
Cold and Flu Season”**
Angels Care Home Health

Thursday, August 9th @ 11:45 a.m.
“Aging in Place”
Celia Easley - CPAAA



The Northeast Senior Center held its annual Motown Madness (Karaoke Talent Show) Saturday, June 2nd. The event started off with dinner (spaghetti, salad, breadsticks and dessert) sponsored by Humana. There were around 20 performances that kept the crowd well entertained. The Northeast Steppers stopped by and performed. They also kept the crowd moving and grooving. Before closing we were blessed with a skit titled “Seniors Have Aides” put on by our own Connie Stone & Company. The event turned out to be a huge success again this year.





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.

(continued on page 19)

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

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**
10220 Green Valley #10 & Box 300, Norman, LA 70451, USA
937-940-8888
View Profile
- Smiling Lake Family Dental Care**
2141 J. State Street #10 & Box 6, Norman, LA 70451, USA
937-940-8888
View Profile
- Healthy Smiles of Shreveport**
140 Box 140, Shreveport, LA 70508, USA
937-940-8888
View Profile
- Smiling Crest Dent**
1441 E. #2, 2001, LA 70451, USA
937-940-8888
View Profile
- Smiling Crest Dent**
2001, 141, 141, LA 70451, USA
937-940-8888
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

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, Viri 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)

-Diane Nutt, Center Director

Pickleball

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

Monday morning Pickleball will resume on September 10.



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Support Seniors During 65-Hour Online Giving Event

The senior population is rapidly increasing, yet, the pace of government and philanthropic support for seniors is not. Often times, public funding for services and programs that benefit seniors is the first to receive funding cuts. In Wichita, we know this all too well. Our services and programs are in high demand with the growing senior population, and we rely heavily on the generous support of the Wichita community to continue to provide these programs and services that empower seniors to remain independent and to age with dignity.

From July 10 to 12, Senior Services of Wichita is participating in the third annual GIVE65 Event, a 65-hour online giving event to help nonprofit organizations serving seniors raise funds online and increase awareness. More than 120 senior-focused nonprofits from across the United States are participating. This year, we're raising funds to expand our Downtown Senior Center which hosts several groups and has events and programs to promote healthy living for seniors within

Wichita.

During the GIVE65 Event, Senior Services is also raising funds with the hopes of receiving up to \$5,000 in matching funds from the Home Instead Senior Care Foundation®. We are also competing for a \$10,000 financial reward. This year, there are six financial rewards to be awarded to the small, medium and large size nonprofits that raise the most money or have the most donors participate. Donations of \$10 or greater are accepted online at GIVE65.org.

"GIVE65 allows us to help seniors in our community while raising awareness of the critical need for the programs and services that so many rely on," said Chris Heiman, development director.

The 65-hour GIVE65 Event begins at 7 a.m. CDT on Tuesday, July 10 and concludes at midnight on July 12. This event is an initiative of the Home Instead Senior Care Foundation® and the nation's first and only crowd-fundraising platform focused on helping nonprofit organizations across the country raise funds for programs and services benefiting seniors.