



## Orchard Park Senior Center

Greetings Everyone!!

Since August is Happiness Happens Awareness Month, I would like to share some things about Happiness. What makes you Happy? Happiness Happens Month is a whole month dedicated to celebrating what makes you happy. The holiday is based on the premise that happiness is unlimited and contagious and that sharing one's happiness can bring a lot of joy in other people's lives.

Even though Happiness Happens Month sounds silly, it does have a very important purpose. "The month reminds us that happiness happens one small moment at a time and it's our job to recognize those moments when they happen. It reminds us that sometimes a small action boosts our happiness. It reminds us that happiness is a personal experience and it's also contagious!" Pamela Gail Johnson is the Founder of the Secret Society of Happy People (SOHP) and is quoted as saying "I started the Secret Society of Happy People in 1998 to provide a missing voice for those who are happy and want to express it without having other people rain on their parade. (Boo, Hiss!)."

The Secret Society of Happy People started celebrating happiness with Admit you're Happy Day on August 8, 1999. But their members wanted to let the happy feeling linger a little longer, so in 2000 they expanded the celebration to the entire month of August. Eventually the month was renamed Happiness Happens Day and Month. Happiness Happens Day encourages people to

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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 – August 20, 11:15 a.m.

### Birthday Celebration:

Friday, August 24, 11:15 a.m.

### Lunch Out:

Tuesday, August 14, 11:30 a.m.  
Krab Kingz, 784 N West St

### Breakfast Out:

Tuesday, August 28, 09:00 a.m.  
Copper Oven, 2409 W 13th St N

### Foot Care:

Foot care provided by Michelle Steinke on Wednesday, August 15. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

### Blood Pressure Checks:

First Wednesday of the month – August 1  
8:30 – 10:15 a.m. Courtesy of Sandpiper Bay Healthcare & Rehabilitation

### Pickleball

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

Monday morning Pickleball will resume on September 10.

### 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.

# our SENIOR CENTER

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## Orchard Park Educational Opportunities

### 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

August 17 @ 11:15 a.m.  
**Leg & Foot Health**  
Hart Pharmacy

August 27 @ 11:15 a.m.  
**Stay Healthy During Cold and Flu Season**  
Angels Care Home Health

### August Special Event

We will be collecting school supplies through August 1st to send the recreation center campers back to school. Please feel free to bring notebook paper, crayons, pencils, pens, spiral notebooks, rulers, scissors, glue, erasers, folders and glue sticks to help send the children back ready to learn for another year.

### 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.

### September

September 10 @ 11:15 a.m.  
**Test Your Nutrition I.Q.**  
Toni Tucker - Humana

September 14 @ 11:15 a.m.  
**Medicare Open Enrollment Updates**  
Toni Tucker - Humana

September 24 @ 11:15 a.m.  
**Enjoy Fitness At Any Age**  
Angels Care Home Health

### Birthday Luncheon To Celebrate Senior Center Centenarians

Mark your calendars for Friday, September 7th, at 11:15 a.m. We will have a luncheon/birthday party for our two pool players who are turning 100 years old. Please be prepared to have a bash!!!

### Happy Birthday!

Arnett, Karen 8/31  
Baird, Pat 8/16  
Bartel, Amanda 8/10  
Bond, Ruth 8/7  
Dietsch, Garry 8/11  
Fuller, Patricia 8/24  
Gordy, WD 8/24  
Harris, Joelene 8/25  
Herrmann, John 8/4  
Jones, Duane 8/9  
Kabanja, Anna 8/19  
Kutilek, Don 8/28  
Libby, Bob 8/14  
Lieurance, Trula 8/26  
McAllister, Maxine 8/2  
McDonald, Jerald 8/25  
Miller, Ruth 8/18  
Newlin, Audrey 8/8  
Novak, Maria 8/17

Queen, Paul 8/18  
Rangel, Kathie 8/11  
Riedell, JoAnn 8/19  
Samson, Laura 8/7  
Schafer, Cindy 8/4  
Skolaut, Shirley 8/10  
Stick, Jeanette 8/17  
Sullivan, Larry 8/3  
Tefft, Ramona 8/23  
Traudt, Ronald 8/9  
Walker, Judy 8/22  
Wiggins, Charles 8/13  
Woods, Lynda 8/14  
Zech, Connie 8/4





## Orchard Park Senior Center

### Happy People Enjoying The Senior Center



### Director's Notes

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take stock of their lives and try to do and think about things that make them happy and to share this joy with others. Here are some ways to celebrate this happy day:

Do something nice for yourself - after all, happiness starts at home. Make someone else happy by doing something nice for them. It can be something as simple as giving up your seat on the bus to someone else or a more elaborate gesture like volunteering your time and money to a charity of choice. Studies have found that volunteering doesn't only help people bring joy in their lives but can also help them live longer. Don a pair of silver shades (because happy people always see the silver lining), laugh (laughter is still the best medicine), smile (and the world smiles with you).

The Secret Society of Happy People are having a 31 Days - 31 Happiness Challenges. Every day there will be a different happy challenge. So join Orchard Park Senior Center to participate in all of the fun that we have every day!!

(Information taken from Happiness Happens Month/Days of the Year)

-Diane Nutt, Center Director

