



## Orchard Park Senior Center

Greetings Everyone!!

Since we will be celebrating two (2) members who will be turning one hundred (100) years old in August and October, I thought that I would share a few things with you about turning 100 years old, and a few products that turned 100 years old in 2018.

If you see your 100th birthday, you'll soon be in good company. The number of centenarians will grow from about 451,000 in 2015 to about 3,676,000 in 2050, according to a recent report by the Washington D.C. based think tank Pew Research Center. This means that while in 2015 there were just 7.4 centenarians per every 10,000 adults ages 65 and up, in 2050 there will be 23.6. This continues a trend that's been going on for at least a decade. From 1990 to 2015, the population of people age 100 and up grew fourfold. There are a number of reasons older people are living longer, including improvements in public health, nutrition and medicine. But despite that, it's unlikely that most of us will live until we're 100. The average life expectancy around the world is roughly 71 years old, according to the World Health Organization; in the U.S., it's nearly 80. Here are 10 countries with the highest life expectancy:

1. Monaco, 89.52
  2. Japan, 84.74
  3. Singapore, 84.68
  4. Macau, 84.51
  5. San Marino, 83.24
- (continued on page 19)*

### Ongoing Activities

#### **Mondays:**

8 & 9 am Co-ed Low Impact Aerobics  
9:00 am Pickleball (suspended until 9/10)  
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

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  
11:00 am Spades (New Day)  
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 – September 17, 11:15 a.m.

### Birthday Celebration:

Friday, September 7, 12 noon

### Lunch Out:

Tuesday, September 11, 11:30 a.m.  
When Pigs Fly, 7011 W Central #116

### Breakfast Out:

Tuesday, September 25, 9:00 a.m.  
Village Inn, 7020 W Central

### Foot Care:

Foot care provided by Michelle Steinke on Wednesday, September 19. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

### Blood Pressure Checks:

First Wednesday of the month – September 5  
8:30 – 10:15 a.m. Courtesy of Sandpiper Bay Healthcare & Rehabilitation

### Pickleball

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

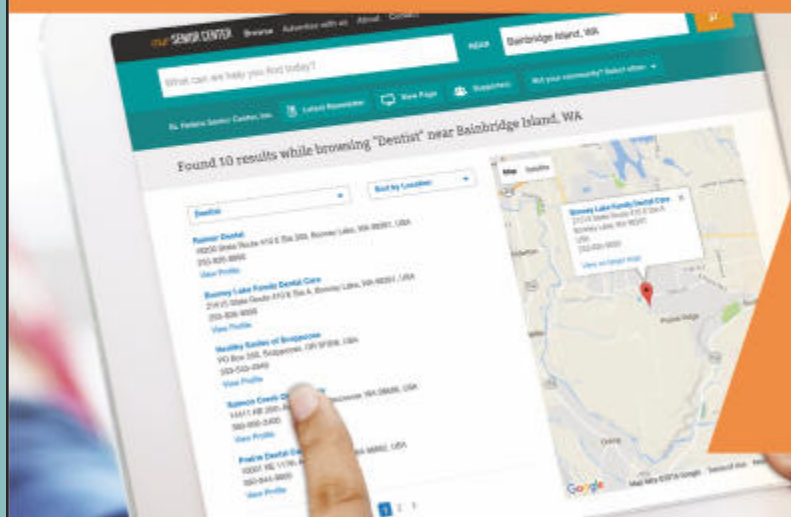
Monday morning Pickleball will resume on September 10.

### Center Hours

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

# our SENIOR CENTER

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## Orchard Park Educational Opportunities

### 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

### October

October 29 @ 11:15 a.m.

#### **Protect Against Breast Cancer**

Angels Care Home Health

## Birthday Luncheon To Celebrate Senior Center Centenarians

Mark your calendars for Friday, September 7th, at 12 noon. We will have a luncheon/birthday party for our two pool players who are turning 100 years old.

## Holiday Closing

The center will be closed Monday, September 3rd, in observance of Labor Day.

### 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 is National Senior Center Month (theme: Building Momentum)

Please join us on Thursday, September 20, at the Downtown Senior Center, 200 S Walnut, 1 to 3 p.m. for a mini dance with snacks (meat & cheese trays, fruit, and cookies). Of course as always, we will have prizes to give away. So let's Build our Momentum through the next 50 years, by dancing.

## Four Center Fundraiser

To kick off National Senior Center Month each center will do a Building Momentum Fundraiser. You can pick up a jar at your senior center starting September 10, and directions will be included. You may collect or save change, checks, cash, through October 31, and return the jar to your senior center by November 1. The funds will remain at your senior center to help with the cost of items there.

## Happy Birthday!

Bones, Zacharias  
9/20

Brooks, Marylin 9/4

Ellenz, Rodney 9/9

Forbes, Dan 9/10

Ford, Anita 9/19

Hay, Cathryn 9/1

Helvie, Dorothy 9/14

Isaacs, Shar 9/13

Johnson, Elizabeth  
9/17

Johnson, Jerie 9/20

Jones, Keith 9/18

Kendall, Ronnie 9/26

Loehr, Karen 9/18

Love, Sandy 9/19

Martin, Alan 9/13

Martin, Madeline 9/25

McNeill, Peggy 9/10

Meyer, Carol 9/2

Moreau, Dixie 9/9

Ogden, Loretta 9/10

Olmsted, Thomas  
9/25

Robson, Marvin 9/4

Schletzbaum, Cheryl  
9/26

Stateler, Joyce 9/22

Strait, Bobby 9/18

Wade, Hazel 9/22

Wilson, James 9/13

Wood, Vivian 9/23







## Orchard Park Senior Center



**We collected school supplies through August 1st to send the recreation center campers back to school. Thanks to everyone who helped!**



### Director's Notes

*(continued from page 16)*

6. Iceland, 82.97
7. Hong Kong, 82.86
8. Andorra, 82.72
9. Switzerland, 82.50
10. Guernsey, 82.47

I'm really surprised that we didn't make the list, since we are surrounded by many who are older right here at Orchard Park.

Now for a list of products turning 100 in 2018:

1. Velveeta - Emil Frey invented in 1918.
2. Lincoln Logs - Generations of American kids have built tiny cabins with Lincoln Logs.
3. Raggedy Ann - Johnny Gruelle introduced the character to the public via a 1918 book.
4. Daylight Savings Time - Spring forward, fall back has been going for 100 years in 2018.
5. Goetze's Carmel Creams - invented by Goetze in 1918.
6. Zenith - This company traces its roots back to 1918, when it was founded in Chicago.
7. Dickies - Started in Texas in 1918.
8. Idaho Spud - While it can no longer compete with Snickers, this candy bar is still sold today, and remains a favorite in the Northwest United States.
9. Cherry Mash - Electric pink in the middle, this sweet treat was born in Missouri in 1918.
10. Warner Bros. Pictures - The Warners kicked off their empire in 1918, when the brothers released their first major picture, My Four Years in Germany, a war flick.

Information taken from marketwatch, and metv.com

So remember to come out on September 7 @ 12:00 p.m. to help celebrate 100 years....

-Diane Nutt, Center Director