



## Orchard Park Senior Center

Greetings Everyone!!

It is hard to believe that it is already October. Why is October so important? Medicare open enrollment is October 15th thru December 7th. This means that insurance carriers may change co-pays, premiums, maximum out of pocket, and some “extras.” Like every year, it will be important to compare your current plan to what it will offer in 2019, and what other plans offer, to ensure that you have the plan that is best for your situation.

- Medicare’s open enrollment period of Medicare Part D comes once a year!
- Even if you are happy with your current Medicare coverage, you should take a look at other Medicare options in your area that may better suit your individual needs.
- During open enrollment, you can switch from original Medicare to Medicare Advantage, or vice versa. You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another.
- And if you didn’t enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.
- Lots of choices and decisions

Did you know that your Center Director is trained to assist you with the open enrollment period? Counseling will be offered at Orchard Starting October 15th. You can either call (942-2293), or stop by the office to schedule an appointment.

Happy Shopping,  
Diane Nutt, Center Director

### 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 Aerobics  
11:00 am Spades  
12:00 pm Open Pool Tables  
12:30 pm Mexican Train Dominoes  
12:30 pm Spades  
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 – October 15, 11:15 a.m.

### Birthday Celebration:

Friday, October 26, 12 noon

### Lunch Out:

Tuesday, October 9, 11:30 a.m.  
Neighbors, 2315 W. 21st St. N.

### Breakfast Out:

Tuesday, October 23, 9:00 a.m.  
Egg Crate, 8603 W. 13th St. N.

### Foot Care:

Foot care provided by Michelle Steinke on Wednesday, October 17. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

### Blood Pressure Checks:

First Wednesday of the month – October 3  
8:30 – 10:15 a.m. Courtesy of Sandpiper Bay Healthcare & Rehabilitation

### 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.

### Canasta Anyone?

If you would be interested in playing Canasta at Orchard Park Senior Center on Thursday mornings at 10:00 a.m. please contact the senior center at 942-2293. We would love to get a game started.

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## Orchard Park Educational Opportunities

### October

October 1 @ 11:15 a.m.

#### **Turning "65"**

Cathy McCalmant/Scott Lee - Futurity First

October 5 @ 11:15 a.m.

#### **Home Invasion**

Dignity Memorial

October 8 @ 11:15 a.m.

#### **Everything You Want To Know About Hospice**

Dan Floyd - Encompass Hospice

October 22 @ 11:15 a.m.

#### **Wills, Power of Attorneys, Transfer on death deeds, etc.**

Danielle Saunders - Kansas Legal Services

October 29 @ 11:15 a.m.

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

Angels Care Home Health

### November

November 26 @ 11:15 a.m.

#### **Care Connections & Pre-Palliative Care - What is it?**

Angels Care Home Health

### 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.

### Four Center Fundraiser

Don't forget there is still time to collect or save change, checks, or cash through October 31, and return the jar to your senior center by November 1.

### Flu Shots

Hart Pharmacy will be at Orchard Park Senior Center on Monday, October 15, beginning at 8:30 a.m. to administer flu shots. Please have your Medicare Cards, or insurance cards, to take place in this event. Certain groups are at an increased risk for getting the flu and developing potentially dangerous flu-related complications. According to the CDC, these individuals include:

- Pregnant women
  - children between 6 months and 5 years of age
  - people 18 and under who receive aspirin therapy
  - people over 50
  - anyone with chronic medical conditions
  - people whose body mass index is 40 or higher
  - American Indians or Alaska Natives
  - anyone living or working in a nursing home or chronic care facility
  - caregivers of any of the above individuals
- So, please be safe and get your flu shot.

### Kansas Legal Services

Kansas Legal Services will be visiting Orchard Park Senior Center on Monday, October 22 at 11:15 a.m. If you need assistance with any type of legal services, this would be the time to be here to ask questions, and get answers. Kansas legal services offer advice, document preparation and limited case representation at no cost for seniors 60 and older who reside in Kansas. Services are subject to availability of funding.



## Orchard Park Senior Center



Members and staff gathered September 7 to honor Roy Fiedler and W.D. Gordy for their 100th birthdays.



### A Big Thank You!!

Orchard Park would like to extend a big thank you to Sandpiper Bay Healthcare and Cargill for sponsoring the luncheon for our 100-year-olds. Everyone had a really good time, and they are already anticipating and waiting for another party.

### Happy Birthday!

Benton, Lois 10/16  
Blankinship, Mary 10/28  
Brooks, Daniel 10/31  
Brown, Steven 10/25  
Butler, Janet 10/23  
Clark, Frances 10/16  
Cole, Ronald 10/22  
DuBois, Lynette 10/17  
Duran, Domitilla 10/27  
Fiedler, Roy 10/17  
Fleetwood, Dianna 10/29  
Gochis, Beverly 10/5  
Goering, Carolyn 10/5  
Greenstreet, Nancy 10/17  
Hyson, Cathy 10/11  
Jones, Roseanna 10/29  
Kelly, Richard 10/31  
Marshall, John 10/10  
Martin, Delphine 10/13  
McWilliams, Beverly 10/10  
Meckenstock, Sharon 10/26  
Nicholson, Fred 10/26  
Ozbun, Faye 10/14  
Parker, James 10/23  
Ray, Jane 10/31  
Reel, Patricia 10/1  
Smith, Warren 10/16  
Warnky, Russell 10/24  
Watson, Jan 10/8  
Welborn, Joan 10/1  
Weltz A, Robert 10/10  
Werlein, Danna 10/18  
Wiggins, Patricia 10/8