



Orchard Park Senior Center

Greetings Everyone!!

Wow, we have almost made it through another year. November is National Diabetes Month, therefore, I would like to talk about Diabetes. Today, 24 million Americans are living with diabetes and 57 million more are at risk of developing type 2 diabetes. People who are overweight, over 45 years old, who don't get much exercise, or who have high blood pressure are more likely to develop type 2 diabetes. The good news is that you can take steps to lower your chances of developing type 2 diabetes:

- Watch your weight
- Eat healthy
- Be active
- Control your blood pressure and cholesterol

Now, I would like to share some tips to help you do all of the things mentioned above:

- Tips to help you watch your weight:
 1. Drink a glass of water 10 minutes before your meal to take the edge off your hunger
 2. Eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you're full
 3. You don't have to cut out the foods you love to eat. Just eat smaller portions of them less often
- Ways to eat healthier foods:
 1. Cook with a mix of spices instead of salt
 2. Don't shop for groceries on an empty stomach. Make a list before you go to the store

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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 WSU Well Rep 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 Sr. Aerobics
11:00 am Spades
12:00 pm Open Pool Tables
12:30 pm Mexican Train Dominoes
12:30 pm Spades #2 (new group)
1:00 pm Pickleball

Fridays:

8 & 9 am Co-ed Low Impact Aerobics
10:30 am WSU Well Rep Exercise
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 – November 19, 11:15 a.m.

Birthday Celebration:

Friday, November 30, 11:15 a.m.

Lunch Out:

No Lunch Out in November

Breakfast Out:

No Breakfast Out in November

Foot Care:

Foot care provided by Michelle Steinke on Wednesday, November 21. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

Blood Pressure Checks:

First Wednesday of the month – November 7 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.

Holiday Closings

The Orchard Park Senior Center will be closed on Monday, November 12, in observance of Veteran's Day, and Thursday and Friday, November 22 and 23, in observance of the Thanksgiving holiday.



1605 W. May, Wichita KS 67213
prairiehomestead.org
316-263-8264

WELCOME HOME TO A COMMUNITY OF FRIENDS, FAMILY, AND FAITH

Prairie Homestead Senior Living is a local, not-for-profit, faith-based community of neighbors that has served Wichita for over 50 years, offering independent living, assisted living, and respite care.

We offer a variety of living options from which you can choose. From two or three bedroom twin homes with attached garages to one or two bedroom apartments with carports or our assisted living facility... a warm and friendly setting awaits you.

**CALL TODAY TO
SCHEDULE A TOUR!**





Orchard Park Educational Opportunities

November

November 26 @ 11:15 a.m.

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

Angels Care Home Health

December

December 17 @ 11:15 a.m.

Holiday Stressors “Depression and Anxiety”

Angels Care Home Health

WSU Well Rep

We now have WSU Well Rep classes at Orchard Park Senior Center. The Well Rep program targets older adults and seniors with the goal of improving health and functional ability, providing an outlet for fellowship and helping participants to remain active and independent. The program was created by Dr. Nicole Rogers of Wichita State University. Well Rep is effective in maintaining mental, physical, and emotional health. The classes incorporate focused activities that provide cardio, aerobic, and stretch exercises. Participants are given step-by-step instruction and the exercises can be modified to be done in either a seated or standing position.

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.

Veteran’s Day Facts

- Veteran’s Day occurs on November 11 every year in the United States.
 - In 1954, President Dwight D Eisenhower officially changed the name of the holiday from Armistice Day to Veteran’s Day.
 - In 1968, the Uniform Holidays Bill was passed by Congress, which moved the celebration of Veteran’s Day to the fourth Monday in October. The law went into effect in 1971, but in 1975 President Gerald Ford returned Veteran’s Day to November 11, due to the important historical significance of the date.
 - In Europe and the Commonwealth countries it is common to observe two minutes of silence at 11 a.m. every November 11.
 - The military men and women who serve and protect the U.S. come from all walks of life.
 - 16.1 million living veterans served during at least one war.
 - 2 million veterans are women.
 - Of the 16 million Americans who served during World War II, about 558,000 are still alive. (Information taken from: www.history.com/topics/holidays/veterans-day-facts)
- We at Orchard Park Senior Center would like to thank all Veterans for their service!!!

Holiday Meal

Please mark your calendars for Friday, December 7 at 12:30 p.m. for the annual Holiday Meal. All members are invited to join us for the celebration. Please RSVP at (316) 942-2293.

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.



Orchard Park Senior Center



The duplicate bridge group held a special game for the jar fundraiser.



Director's Notes

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3. Find a water bottle you really like (from a church or club event, favorite sports team, etc.) and drink water from it wherever and whenever you can

- How you can start moving a little more:
 1. Park as far away as possible from your favorite store at the mall
 2. Take the stairs when possible.
 3. March in place while you watch TV
- Controlling your blood pressure and cholesterol:
 1. All of the small but important steps listed above will help you with both of these! Your job here is to make sure to have your blood pressure checked regularly and to have your doctor order labs to check your cholesterol level as needed. Try to memorize your values. It is easy to join one of the exercise classes that we offer at Orchard, so let's stay fit and beat Diabetes.

-Diane Nutt, Center Director



Happy Birthday!

Anderson, Sandra 11/13
Baker, Sheryl 11/24
Boisseau, Eldon 11/18
Boisseau, Janet 11/23
Davis, David 11/29
De Luca, Loreto (Larry) 11/7
Fellers, Judy 11/15
Gates, John 11/8
Gordy, Robert 11/11
Graham, Albert 11/24
Harling, Margaret 11/9
Henning, Walt 11/21
Huschka, Kathy 11/15
Koester, Frances 11/13
Lattrell, Nancy 11/29
Letterman, Mike 11/28
Mains, Rhonda 11/15
Martin, Marietta 11/27
Montana-Gerow, Shirley 11/27
Moore, Suzette 11/10
Norton, Anna 11/17
Parker, Nila 11/24
Payne, David 11/8
Peppard, Pamela 11/6
Price, Everett 11/8
Rhodes, Marilyn 11/21
Rice, Mary 11/1
Roth, Brenda 11/25
Simpson, Shirley 11/8
Smith, Gloria 11/5
Totten, Patricia 11/15
Walker, Charles 11/8
Warden, Donna 11/17
West, Charles 11/26