



# Orchard Park Senior Center

Greetings Everyone!!

New Year's has always been a time to reflect on the past, and more importantly think about what's instore for the future. It is also a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. We all also start to think about New Year's resolutions. Listed below is the top ten list for resolutions:

1. Spend more time with family & friends
2. Become fit
3. Tame the bulge
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn Something new
9. Help others
10. Get organized

If by chance your resolution made the list, I would like to invite you to join in on activities at the center that may assist you in achieving your resolution. Also, I would like to express a sincere HAPPY NEW YEAR!!! to everyone and their families, and encourage you to live each day of your life like it is the last one. Explore new things, and have fun doing them.

Diane Nutt, Center Director



## 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  
 10:00 am Wii Bowling  
 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  
 10:00 am Wii Bowling  
 12:00 pm Duplicate Bridge  
 12:00 pm Open Pool Tables

### **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  
 1:00 pm Pickleball

### **Fridays:**

8 & 9 am Co-ed Low Impact Aerobics  
 10:00 am Wii Bowling  
 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 – January 14, 11:15 a.m.

### Birthday Celebration:

Friday, January 25, 11:15 a.m.



### Lunch Out:

Tuesday, January 8, 11:30 a.m.

Spears, 4323 W Maple

### Breakfast Out:

Tuesday, January 22, 9:00 a.m.

Village Inn, 7020 W Central Ave.

### Blood Pressure Checks:

First Wednesday of the month – January 2, 8:30 – 10:15 a.m. Courtesy of Sandpiper Bay Healthcare & Rehabilitation

### Foot Care:

Foot care provided by Michelle Steinke on Wednesday, January 16. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

### Center Hours

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



### Holiday Closings

**Orchard Park will be closed on Tuesday, January 1 and on Monday, January 21, in observation of Martin Luther King Day.**



1605 W. May, Wichita KS 67213  
[prairiehomestead.org](http://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

### January

January 11 @ 11:15 a.m.

#### **Exploring the Levels of Rehab**

Tisha - Wesley Rehab

January 18 @ 11:15 a.m.

#### **Tax updates for 2019**

Tracey - I.R.S Tax Payer Advocate

January 28 @ 11:15 a.m.

#### **No Co-Pay Preventive Services**

Angels Care Home Health

### February

February 25 @ 11:15 a.m.

#### **A Healthy Heart For Life**

Angels Care Home Health

### 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.



### How to Make (and Keep) a New Year's Resolution

Are you making a resolution for 2019? Warning: More than half of all resolutions fail, but this year, it doesn't have to be yours. Here's how to identify the right resolution to improve your life, create a plan, reach it, and become part of the small group of people that successfully achieve their goal.

Pick the Right Resolution

You'll give yourself your best shot at success if you set a goal that's doable - and meaningful too. According to the time management firm Franklin Covey, one third of resolutions don't make it past the end of January. A lot of these resolutions fail because they're not the right resolutions, and a resolution may be wrong for one of three main reasons:

- It's a resolution created based on what someone else (or society) is telling you to change
- It's too vague
- You don't have a realistic plan for achieving your resolution

Your goals should be smart - and SMART. That's an acronym coined in the journal Management Review in 1981 for specific, measurable, achievable, relevant and time-bound. It may work for management, but it can also work in setting your resolutions too.

- Specific - Your resolution should be absolutely clear. Making a concrete goal is really important, rather than just vaguely saying something like I want to lose weight.

- Measurable - This may seem obvious if your goal is a fitness or weight loss related one, but it's also important if you're trying to cut back on something, too, if, for example you want to stop biting your nails, take pictures of your nails over time so you can track your progress in how those nails grow back out.

- Achievable - This doesn't mean that you can't have big stretch goals. But trying to take too big a step too fast can leave you frustrated, or affect other areas of your life to the point that year resolution takes over your life.

- Relevant - Is this a goal that really matter to you, and are you making it for the right reasons?

- Time-bound - Like "achievable, the timeline toward reaching your goal should be realistic.

Information taken from: [www.nytimes.com](http://www.nytimes.com)



## Orchard Park Senior Center

### Brain Teasers

For the New Year, exercise your brain with some of these games. Are you up for the challenge?

#### Riddle Time : All That Glitters

A simple riddle you behold,  
All that glitters is not gold.

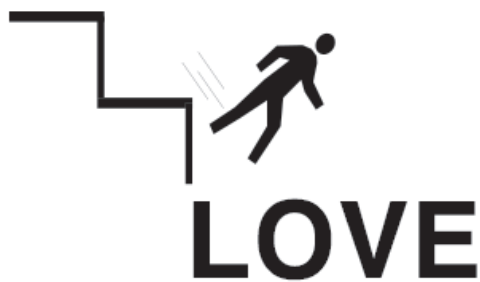
My first is second in line,  
I'll send shivers up your spine.

Though I'm not quite shining bright,  
I seem to glitter in the light.

What am I?

#### Rebus: Watch Your Step!

Can you determine which common word or phrase this picture represents?



#### Mystery Teaser: The Lost Spaceship

Use the stories for clues to figure out what happened.

Galaxy Detective Superstar was on a case. A spaceship was lost. Her partner, Galaxy Junior Detective Brightstar, gave her a piece of paper. This was the location of the spaceship! This is what the slip had scribbled on it:

Juice, Umbrella, Potato, Ice, Tomato, Elephant, Rice.

Where is the spaceship?

### Tax Appointments

We will be taking appointments on January 22nd. Taxes will start Thursday, February 7th. Tax appointments will be only on Thursdays and Fridays through the tax season.

### Happy Birthday!

Andersen, Sherrie 1/24  
 Barnes, Sonja 5/4  
 Barnhart, Tracy 1/19  
 Bernhart, Lorraine 1/31  
 DuBois, Richard 1/13  
 Eck, Lori 1/7  
 Gandy, Gwendolyn 1/31  
 Howard, Barbara 1/31  
 Jensen, Trudy 1/11  
 Kahler, Otto 1/5  
 Keiter, Joann 1/13  
 Lawrence, Beatrix 1/4  
 Meadows, Barbara 1/18  
 Myer, Cheryl 1/8  
 Pavelski, Dick 1/12  
 Roberts, Nettie 1/15  
 Sanchez, M Ann 1/25  
 Shove, Craig 1/15  
 Swayze, Joanne 1/26

