



Orchard Park Senior Center

Greetings Everyone!!

March is Save Your Vision Month, and I would like to share some information on vision. Save your vision month reminds many people of a rather shocking thing, that most of us take our vision for granted. Seeing is one of the easiest things to do in the world - you just have to open your eyes. Apart from that, so much of our lives are based on visual stimulation. From work to entertainment, our eyes form a large part of our everyday lives. Unfortunately, most of us don't think about actual eye care until something goes wrong. It's important to note that just like visiting the dentist regularly is important, regular eye checks are also important. Some of the benefits of regular eye exams are very apparent. For instance, if the power of your eyesight is decreasing or faulty, corrective measures can be taken immediately. This is much healthier compared to putting up with eye strain until it becomes a real problem to see. Eye checks can also tell you a lot about your general state of health. For example, diabetes is very often diagnosed via an eye exam. Other diseases like glaucoma can be quickly detected and treated by going for regular eye tests. In this world of computers, one of the biggest problems of continued and persistent computer use is eye strain. Many people who use computers for long stretches of time tend to complain about symptoms like dry eyes, blurry vision and eye strain.

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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)
10:00 am Wii Bowling
10:30 am WSU Well Rep Exercise Class
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
Senior 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 WSU Well Rep Exercise Class
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 - March 18, 11:15 a.m.

Birthday Celebration:
Friday, March 29, 11:15 a.m.



Lunch Out:
Tuesday, March 12, 11:30 a.m.
Jason's Deli, 7447 W 21st St N, Suite 141

Breakfast Out:
Tuesday, March 26, 9:00 a.m.
Town & Country Restaurant,
4702 W Kellogg Dr.

Foot Care:
Foot care provided by Michelle Steinke on Wednesday, March 20. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

Blood Pressure Checks

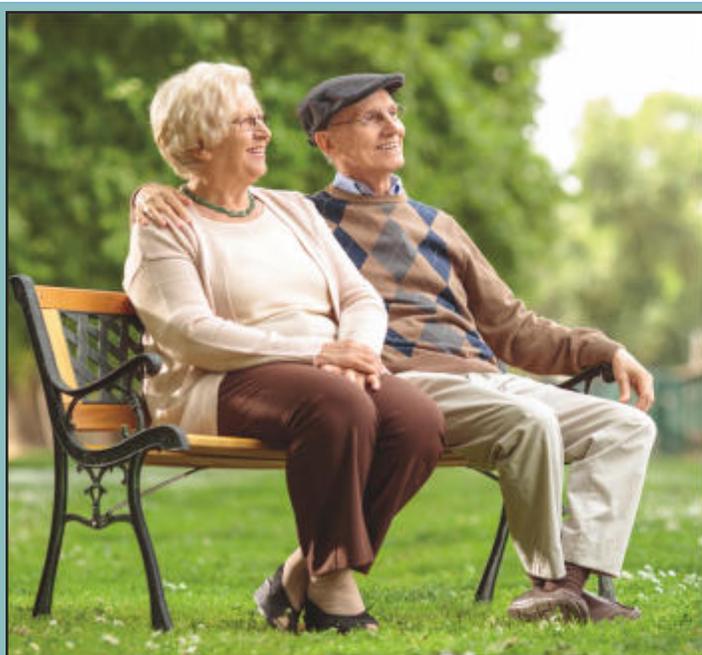
First Wednesday of the month - March 6 8:30 - 10:15 a.m. Courtesy of Sandpiper Bay Healthcare & Rehabilitation

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.

St. Patrick's Day Parade

On Saturday, March 16, 2019. Parade begins at Noon (please note, line up will begin much earlier). We will parade through Historic Delano starting at Douglas & Mclean to Douglas & Walnut. All participants must be able to walk the entire parade route, no scooters will be available for use.



PH PRAIRIE HOMESTEAD
SENIOR LIVING

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

March

March 1 @ 11:15 a.m.

Tax Updates for 2019

Tracy - I.R.S Tax Payer Advocate

March 8 @ 11:15 a.m.

Explaining the Levels of Rehab

Wesley Rehab

March 11 @ 11:15 a.m.

Choosing More Fruits & Vegetables

Shirley Lewis -

K-State Research & Extension



March 25 @ 11:15 a.m.

Exercise Your Brain

Angels Care Home Health

April

April 8 @ 11:15 a.m.

Plan: Know what's for Dinner

Shirley Lewis -

K-State Research & Extension



April 29 @ 11:15 a.m.

Get Help for Depression and Anxiety

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.

Special Event - A Matter of Balance Class

Once again, we will be offering the Matter of Balance class at Orchard Park and Northeast senior centers. The class will begin on April 5th, (1:00 p.m. until 3:00 p.m.) at Orchard, and end on April 29th. This class has to be limited to 12 participants, so make sure that you call in advance (942-2293) to save your spot.

What is a Matter of Balance?

A matter of balance is a program designed to reduce the fear of falling and increase activity levels among older adults.

Who should attend?

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 55 or older, community-dwelling and able to problem solve

What do participants learn?

The program enables participants to achieve significant goals. They gain confidence by learning to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance





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Director's Notes (Continued)

There are a number of ways to maintain good eye care and health while using computers. First of all, regular eye exams are a must and it's important to tell your doctor how much time you spend on the computer each day. When using your computer, make sure that you stop for breaks at regular intervals. It's a good idea to just get up and walk to a window, or look at something soothing that can be very resting for the eyes. One problem many computer users face is a problem they probably aren't even aware of-that is the fact that they don't blink. When staring continuously at your monitor, you will blink a lot less than normal-this is what causes the problem of dry eye. The way you sit at your computer also plays a big role in the health of your eyes. Make sure the monitor is about 20 inches away from your eyes. The top of the monitor should be tilted a little below your eye level. Also make sure that you keep your monitor free of dust and fingerprints, as these can greatly reduce clarity. Last but definitely not least, remember that eating healthy can indeed improve the health of your eyes. Eating plenty of fresh vegetables and fruits as well as getting a good night's sleep are all important ways to preserve the health of your eyes. During Save Your Vision Month, it's important to take the necessary steps towards better eye care. Information taken from: American Optometric Association

Happy seeing!!
Diane Nutt, Center Director



Happy Birthday!

Ashbrook, Edmond 3/9
Baker, Earl 3/23
Bell, Stephen 3/3
Bloomer, William 1/23
Clark, Verna Rae 3/19
Crane, Sandie 3/29
Danielson, Evelyn 3/3
Difffenbaugh, Randy 3/30
Dorrell, Gary 3/2
Ellenz, Velva 3/7
Fretzs, Allan 3/12
Goscha, David 3/9
Hinckley, Dean 3/24
Kendall, Cindy 3/23
Kennedy, Charles 3/31
Knouse, Carol 3/20
Koenig, Keith 3/29
Krenning, Bonnie 3/2
Main, Freida 3/29
Mar, Henjung 3/23
Maris, Barbara 3/17
McDonald, Francis 3/9
Mellinger, Mellisa 3/23
Miller, L 3/18
Poell, Norma 3/17
Schlegel, Betty 3/26
Shaffer, Roberta 3/28
Shove, Jeanne 3/20
Walbourn, Kathy 3/16
Wilson, Madeline 3/9

