



# Orchard Park Senior Center

Greetings Everyone!!!

Are you stressed out? Unable to relax? Feeling gloomy? Well, you might consider going for a long walk, or engaging in a game of pickleball to work out those frustrations. Or, if you want more immediate results, you can just laugh it off. April is National Humor Month, so this is the perfect time to add a little humor into your daily routine. Founded in 1976 by author and humorist Larry Wilde, the original idea was to heighten public awareness of the therapeutic and restorative values of joy and laughter. After all, many studies have shown that laughter can actually improve our health. And laughter is fun! After all, you can't feel sad or angry when you're laughing, right? The fact is that laughter itself changes us physiologically. Like exercise or waving your arms around, it boosts the heart rate and increases blood flow, so we breathe faster and more oxygen is delivered to the body's tissues. Our facial muscles stretch and we actually burn calories when we're laughing. In fact, the mere act of smiling can alter your mood almost immediately. Of course, there are always skeptics out there, like that cranky person across the way or that grumpy relative you try to avoid at the holidays. But here are a few fun facts that you might want to mention to them:

- Laughter reduces stress – When stressed, we produce a hormone called cortisol. Laughter can significantly reduce cortisol levels.
- Laughter Strengthens the Immune System – A hearty laugh decreases stress hormones and increases

*(continued on page 19)*



## 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  
 10:00 am Canasta  
 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 (on a break)  
 12:00 pm Open Pool Tables  
 12:30 pm Spades 2  
 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](mailto:DianeN@seniorservicesofwichita.org)

**Registration Required for ALL Center Activities • Membership: \$25 per year**



## Orchard Park Monthly Activities

### Advisory Council Meeting

Monday - April 15, 11:15 a.m.

### Birthday Celebration

Friday, April 26 at 11:15 a.m.



### Lunch Out

Tuesday, April 9, 11:30 a.m.  
Neighbor's Bar & Grill, 2315 W 21st St N

### Breakfast Out

Tuesday, April 23, 9:00 a.m.  
Egg Crate, 8606 W 13th St N.

### Foot Care By Michelle Steinke

On Wednesday, April 17. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

### Blood Pressure Checks

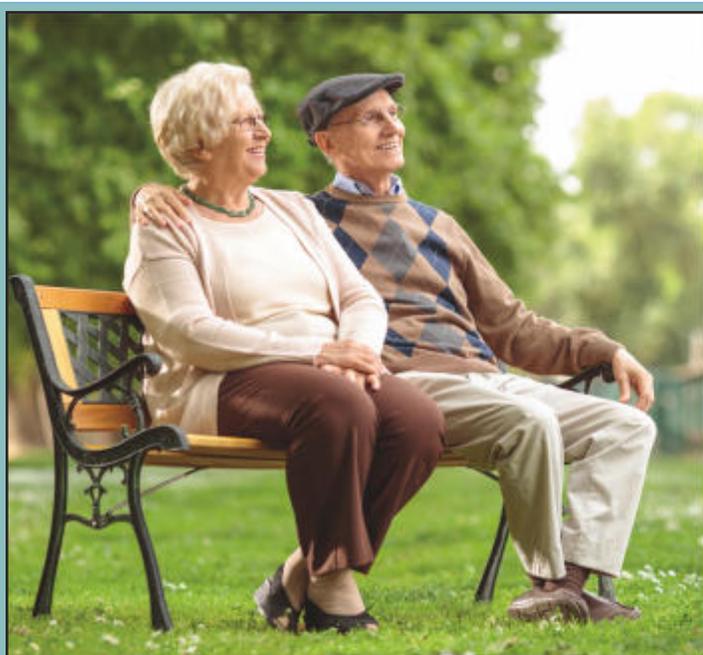
First Wednesday of the month - April 3  
8:30 - 10:15 a.m. Courtesy of Sandpiper Bay Healthcare & Rehabilitation

### Center Hours

Please make 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.

### April Special Event

Attention everyone!! Please stop by the office the week of April 15 - 19 to pick up an Easter word search puzzle. You can bring it back when you have solved it, and receive an Easter egg filled with a prize. Happy Hunting!



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

### April

April 8 @11:15 a.m.

#### **Plan: Know what's for Dinner**

Shirley Lewis -

K-State Research & Extension

April 5 @11:15 a.m.

#### **Fire & Tornado Safety**

Paulette Johnston - Lakepoint

April 19@11:15 a.m.

#### **Stress While Taking Care of a Loved One**

Celia Easley - Central Plains Area Agency on Aging

April 29 @ 11:15 a.m.

#### **Get Help for Depression and Anxiety**

Angels Care Home Health

### May

May 13 @11:15 a.m.

#### **Shop: Get Best for Less**

Shirley Lewis -

K-State Research and Extension

May 20 @ 11:15 a.m.

#### **Prevent Falls**

Angels Care Home Health

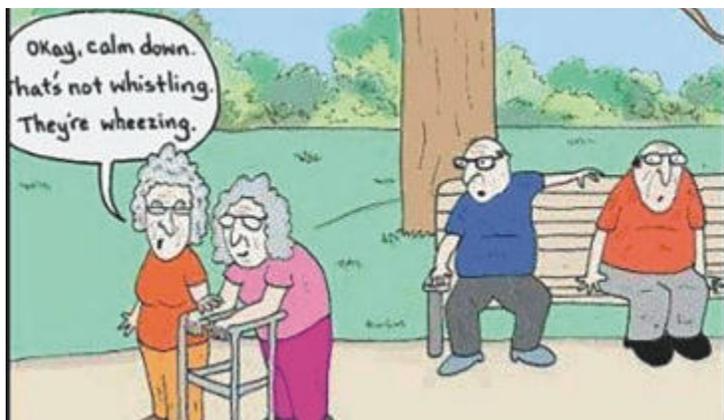
May 24 @ 11:15 a.m.

#### **Normal Aging Process**

Paulette Johnston - Lakepoint

### A Matter of Balance Class

April 5 - May 3, 1:00 p.m. (Please call before April 5 to register)



**Married four times:** The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.(Wait for it...)

- She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go." (Oh, just hush-up now and send this one on to somebody who needs a laugh.) ha!

Last year, I replaced all the windows in my house with those expensive double pane energy efficient kind. But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them. Boy, oh boy, did we go around! Just because I'm blonde doesn't mean that I am automatically stupid. So, I proceeded to tell him just what his fast-talking sales guy had told me last year. He said that in one year, the windows would pay for themselves. There was silence on the other end of the line, so I just hung up, and he hasn't called back. Guess he was embarrassed.



## Orchard Park Senior Center

### Director's Notes (Continued)

production of T-cells, immune proteins and infection-fighting antibodies

- Laughter Helps the Heart - When we laugh we increase blood flow and the function of blood vessels, which can help prevent cardiovascular problems
- Laughter Relaxes the Whole Body - One good belly laugh can relieve physical tension and relax your muscles for up to 45 minutes.
- Laughter Helps You Recharge - By reducing stress levels and increasing your energy, laughter can help you focus and achieve more.

So, not only is a great giggle a lot of fun, it's good for you! And like yawning, laughter can also be contagious. So by opening yourself up to more humor in your daily life, you may also have a positive effect on those around you. And the great thing about humor is that there is a bottomless supply out there. You don't need to sign up for anything. It doesn't cost a thing. It's fat-free and you can have as much of it as you like.

*Information taken from  
www.huffingtonpost.com*

So in celebration of National Humor Month, let's get the giggles started!! Look for some jokes in this newsletter edition to help you along the way.

Diane Nutt, Center Director



**Instead of the John I call my bathroom the Jim! That way it sounds better when I say I go to the Jim first thing every morning!!**

### Happy Birthday!

- Bayer, Kay 4/5
- Boothe, Susan 4/4
- Carlton, June 4/20
- Carr, Amy 4/2
- Cassity, Peggy 4/18
- Cloud, Winnie 4/20
- Fretzs, Patricia 4/23
- Hahn, Brenda 4/8
- Heyen, Sherry 4/14
- Hushka, Joan 4/24
- Kemp, Delores 4/13
- McQueary, Diana 4/19
- Merrifield, Don 4/6
- Moser, Raymond 4/4
- Oliver, Janelle 4/28
- Parsons, Linda 4/26
- Peters, John 4/7
- Tribelhorn, Betty 4/24
- Van Fleet, Fran 4/11



A middle aged woman had a heart attack and was taken to the hospital. While on the operating table, she had a near death experience.

Seeing God, she asked, "Is my time up?" God said, "No, you have another 43 years, 2 months and 8 days to live." Upon recovery, the woman decided to stay in the hospital and have a face lift, liposuction and tummy tuck. Since she had so much more time to live, she figured she might as well look even nicer.

After her last operation, she was released from the hospital. While crossing the street on her way home, she was hit and killed by an ambulance. Arriving in front of God, she demanded, "I thought you said I had another 40 plus years? Why didn't you pull me out of the path of the ambulance!?"

God replied, "My child, I am sorry, I didn't even recognize you!"