



# Orchard Park Senior Center

Greetings Everyone!!

Summer has arrived and while the sun is shining bright it's a golden time to highlight July as UV Safety Awareness Month! We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun. The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely. Here are the harmful things unprotected sun exposure can do:

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Fortunately, there are things you can do to minimize the risk that comes with sun exposure. *(continued on page 19)*



## Ongoing Activities

### **Mondays:**

- 8 & 9 am Co-ed Low Impact Aerobics
- 9:15 am T.O.P.S.(Taking Off Pounds Sensibly)
- 9:00 am Pickleball (Monday Mornings Suspended until September 9)
- 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 Computer Lab
- 10:30 am Bingo for Groceries (10:15 start time May 29-July 31)

- 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
- 10:00 am Canasta
- 11:00 am Spades
- 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 - July 15, 11:15 a.m.

### Birthday Celebration

Friday, July 26, 11:15 a.m.



### Lunch Out

Tuesday, July 9, 11:30 a.m.  
Wichita Fish Company -  
1601 W Douglas

### Breakfast Out

Tuesday, July 23, 9:00 a.m.  
Jimmie's Diner - 2121 N Tyler Rd. Suite  
144

### Foot Care By Michelle Steinke

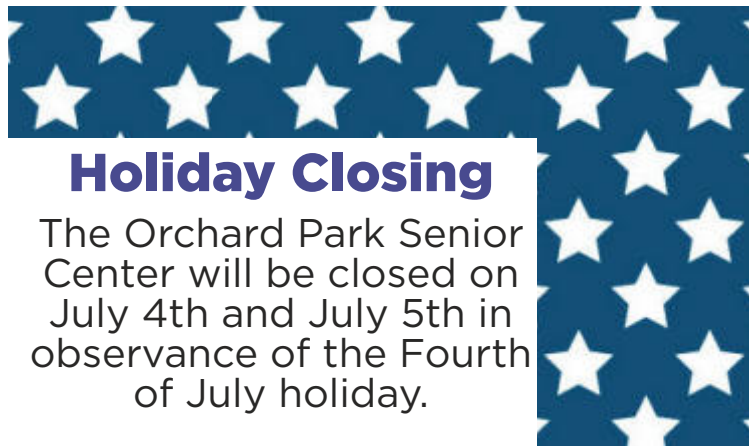
On Wednesday, July 17. Please call  
946-0722 for appointment. Michelle  
does nail trimming, corns, calluses and  
foot massages.

### Blood Pressure Checks

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

### Please Note Center Hours

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 Closing

The Orchard Park Senior  
Center will be closed on  
July 4th and July 5th in  
observance of the Fourth  
of July holiday.



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 Senior Center

### Director's Notes (Continued)

1. Cover Up: Wearing a Hat (preferably wide brimmed) or other shade - protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.
2. Stay in the Shade: The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.
3. Choose the Right Sunscreen: This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.
4. Use the Right Amount of Sunscreen: According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palm full) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Enjoy the outdoors this summer and remember to protect your eyes and the skin you're in! Information taken from: [www.va.gov/QualityOFCARE/education](http://www.va.gov/QualityOFCARE/education)

*Diane Nutt, Center Director*

### Happy Birthday!

Allison, Viri 7/23  
Becker, Delmar 7/27  
Blevins, Gary 7/14  
Butcher, Robert 7/4  
Clark, Guy 7/3  
Crawford, Margaret 7/2  
Cromwell, Shirley 7/24  
Dreiling, Daniel 7/9  
Gamblin, Louella 7/3  
Gray, Karen 7/1  
Green, Robert 7/3  
Hauserman, Robert 7/17  
Kirkland, Mabelle 7/16  
Koenig, Sue 7/10  
Leiker, Irene 7/14  
Martin, Richard 7/3  
McAllister, Gerald 7/13  
Miller, Sylvia 7/6  
Newell, Peggy 7/9  
Post, Diane 7/22  
Pauler, Connie 7/1  
Purkey, Nena 7/15  
Schneweis, Florena 7/23  
Schraeder, Connie 7/10  
Schulze, Ruth 7/13  
Smith, Elrene 7/14  
Sullivan, Don 7/27  
Uhler, Anne 7/17  
Watzig, Harry 7/31  
Wellman, Carol 7/15  
Winters, Robert 7/13  
Woodard, Jerry 7/26  
Youngmeyer, Maureen 7/4  
Yuza, Mary 7/13