



Orchard Park Senior Center

Greetings Everyone!!!

September is National Senior Center Month, the theme for 2019 is Senior Centers: The Key to Aging Well! I would like to share some information about Aging Well. Coping with change is difficult, no matter how old you are. The particular challenge for older adults is the sheer number of changes and transitions that start to occur—including children moving away, the loss of parents, friends, and other loved ones, changes to or the end of your career, declining health and even loss of independence. It's natural to feel those losses. But if the sense of loss is balanced with positive ingredients, you have a formula for staying healthy as you age. Healthy aging means continually reinventing yourself as you pass through landmark ages such as 60, 70, 80 and beyond. It means finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many of us, aging brings anxiety and fear. How will I take care of myself late in life? What if I lose my spouse? What is going to happen to my mind? However, many of these fears often stem from popular misconceptions about aging. The truth is that you are stronger and more resilient than you may realize. These tips can help you maintain your physical and emotional health, whatever your age or circumstances. Myths about healthy aging:

- Aging means declining health and/or disability. Fact: There are some diseases that become more common as we age. However, getting older does not automatically mean poor health.



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

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 & 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
2:00 pm Drawing Class

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 - September 16, 11:15 a.m.

Birthday Celebration

Friday, September 27, 11:15 a.m.



Lunch Out

Tuesday, September 10, 11:30 a.m.
Town & Country, 4702 W Kellogg Drive

Breakfast Out

Tuesday, September 24, 9:00 a.m.
Huddle House, 1735 W 21st St N

Foot Care By Michelle Steinke

On Wednesday, September 21. Please call 946-0722 for appointment. Michelle does nail trimming, corns, calluses and foot massages.

Blood Pressure Checks

First Wednesday of the month - September 4, 8:30 - 10:15 a.m.
Courtesy of Sandpiper Bay Healthcare & Rehabilitation

Please Note Center Hours & Holiday Closing

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.

Orchard Park Senior Center will be closed Monday, September 2, in observance of Labor Day.



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 Senior Center

Educational Opportunities

September

September 6 @ 11:15 a.m.
Weatherization Program - What is it and How Do you Qualify
Erynne Farney - SCKEDD

September 9 @ 11:15 a.m.
CPAAA and Other Resources in the Community
CPAAA

September 13 @ 11:15 a.m.
Ten Mistakes to Avoid in Funeral Planning & A Talk of A Lifetime
Karen Johnston - Downing & Lahey

September 16 @ 11:15 a.m.
Cognitive Decline
Natalie Merten - Life Care of Wichita

September 20 @ 11:15 a.m.
Bone Health
Sara Keraly - Natural Grocers

September 23 @ 11:15 a.m.
How to Manage Your Meds Easily
Mary Beth Steiner - Golden Plains Pharmacy

September 27 @ 11:15 a.m.
Answering the Call
Kara Tipton - Home Instead Senior Care

September 30 @ 11:15 a.m.
Alzheimer's & Dementia
Angels Care Home Health

October 18 @ 11:15 a.m.
Too Close for Comfort
Kara Tipton - Home Instead Senior Care

October 21 @ 11:15 a.m.
How to Manage Your Blood Pressure
Phoenix Hospice

October 25 @ 11:15 a.m.
Mental Health & Depression
Lakepoint

October 28 @ 11:15 a.m.
Pain Awareness & Management
Angels Care Home Health

Special Events

Heartland 5K Run/Walk

Sunday, September 8th 8:30 a.m. 1 mile Family Fun Walk, 9:00 a.m. 5K Run/Walk, 8:00 a.m. - 12:00 p.m. Pancake Feed, all starting at the Downtown Senior Center.

National Senior Center Month: (come & enjoy the celebrations)

September 16th thru the 19th, pick up a copy of the newsletter puzzle "The Key to Aging Well" do the puzzle, and come by the office and spin the wheel for a prize.

September 19th Bingo with snacks and prizes, and visit vendors, Downtown Senior Center, 2:00 p.m. until 4:00 p.m. Please RSVP at your center for this event.

September 20th Casino Trip (Osage Casino, Ponca City, Oklahoma)

September 26th, Senior Expo, 9:00 a.m. until 3:00 p.m. Visit 3 locations, Wichita Public Library, Botanica, and Wichita Art Museum

October

October 4 @ 11:15 a.m.
Hearing Loss and the Connection to Dementia
Hearing Life

October 7 @ 11:15 a.m.
Medicare and Open Enrollment
CPAAA

October 11 @ 11:15 a.m.
Cardiac Issues
Sondee McVey - Amedisys Hospice

October 14 @ 11:15 a.m.
Massage Therapy & Demonstration
Bohemia Healing Spa



Orchard Park Senior Center

Director's Notes (Continued)

- Memory loss is an inevitable part of aging. Fact: As you age, you may eventually notice you don't remember things as easily as in the past, or memories may start to take a little longer to retrieve. However, significant memory loss is not an inevitable result of aging.
- You can't teach an old dog new tricks Fact: One of the more damaging myths of aging is that after a certain age, you just won't be able to try anything new or contribute to things anymore. The opposite is true. Middle aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience.

Aging well tip 1: Learn to cope with change. As you age, there will be periods of joy and stress. It's important to build your resilience and find healthy ways to cope with challenges.

- Focus on the things you're grateful for. Acknowledge and express your feelings. Accept the things you can't change. Look for the silver lining. Take daily action to deal with life's challenges. Stay healthy through humor, laughter and play.

Tip 2: Find meaning and joy. A key ingredient in the recipe for healthy aging is the continuing ability to find meaning and joy in life. Later life can be a time of exciting new adventures if you let it.

- Pick up a long-neglected hobby. Learn something new. Get involved in your community. Travel somewhere new. Spend time in nature. Enjoy the arts. Write your memoirs

Tip 3: Stay connected. It is important to find ways to reach out and connect to others, regardless of whether or not you live with a spouse or partner. Along with regular exercise, staying social can have the most impact of your health as you age.

- Connect regularly with friends and family. Make an effort to make new friends. Spend time with at least one person every day. Volunteer. Find support groups in times of change

Tip 4: Keep your mind sharp. There are many good reasons for keeping your brain as active as your body. Exercising, keeping your brain active and maintaining creativity can actually help to prevent cognitive decline and memory problems.

- Try variations on what you know
 - Work something new in each day
 - Take on a completely new subject
- (Information taken from www.webmd.com/healthy-aging)

So, if you are currently attending the senior center, you have made steps towards aging well. Keep up the good work, and utilize the tips! Invite friends to join you. You are Well on Your Way to Aging Well!! Please join us for some fun activities in September to celebrate National Senior Center Month!!

Diane Nutt, Center Director



Happy Birthday!

Alligier, Sandra	9/2
Ellenz, Rodney	9/9
Forbes, Dan	9/10
Ford, Anita	9/19
Hall, Donna	9/22
Hay, Cathryn	9/1
Isaacs, Shar	9/13
Johnson, Jerie	9/20
Jones, Keith	9/18
Loehr, Karen	9/18
Love, Sandy	9/19
McNeill, Peggy	9/10
Olmsted, Thomas	9/25
Osborne, Paula	9/4
Robson, Marvin	9/4
Strait, Bobby	9/18
White, Thomas	9/15
Wilson, James	9/13

