

Northeast Senior Center – Evergy Grant Recipient

In September 2019, The Evergy Community Investment Fund awarded grants to thirteen Wichita nonprofits serving zip codes 67208, 67214 and 67219. The funded projects will support either community and environment enhancement or youth enrichment and development.

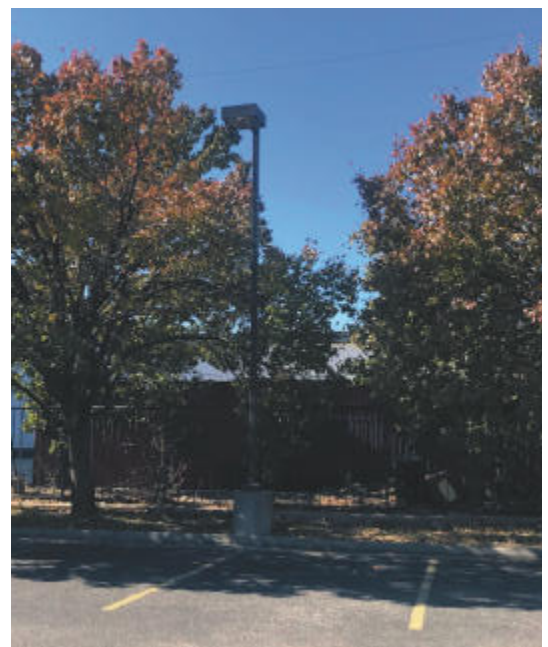
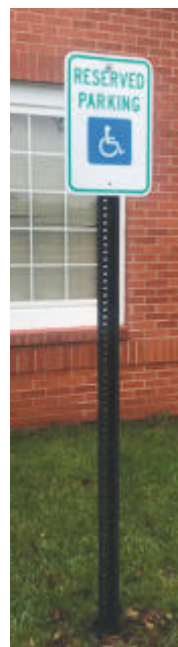
We are excited to say that the Northeast Senior Center was one of the thirteen nonprofits to benefit from the grants this year. The use of these grant monies will be to focus on safety issues at the Center.

In the months of October and November we were able to repair all parking lot and patio lights as well as replace all the exterior lights at the Center entrances. The repair of these lights increased the safety in the parking lot. Inside the Center we have currently replaced the lighting ballasts in the Directors Office, Library and main women's restroom. You may also notice there are new Handicap Parking Signs in the parking lot area as well as some trees trimmed around the lighting fixtures and sidewalks.

Currently we are working on bids to continue work on other areas of safety. These areas include; new furnaces for the Directors Office and Dining room. Repair of the handicap accessible front doors, as well as repair and replacement of the East and West exit doors. We are also working on taking the curbing at the front door down to a zero-entry surface, and replacing the signage on 21st street to ensure the Center is easily identified.

We are excited to see the improvements as they take place. And look forward to the possibilities to come!

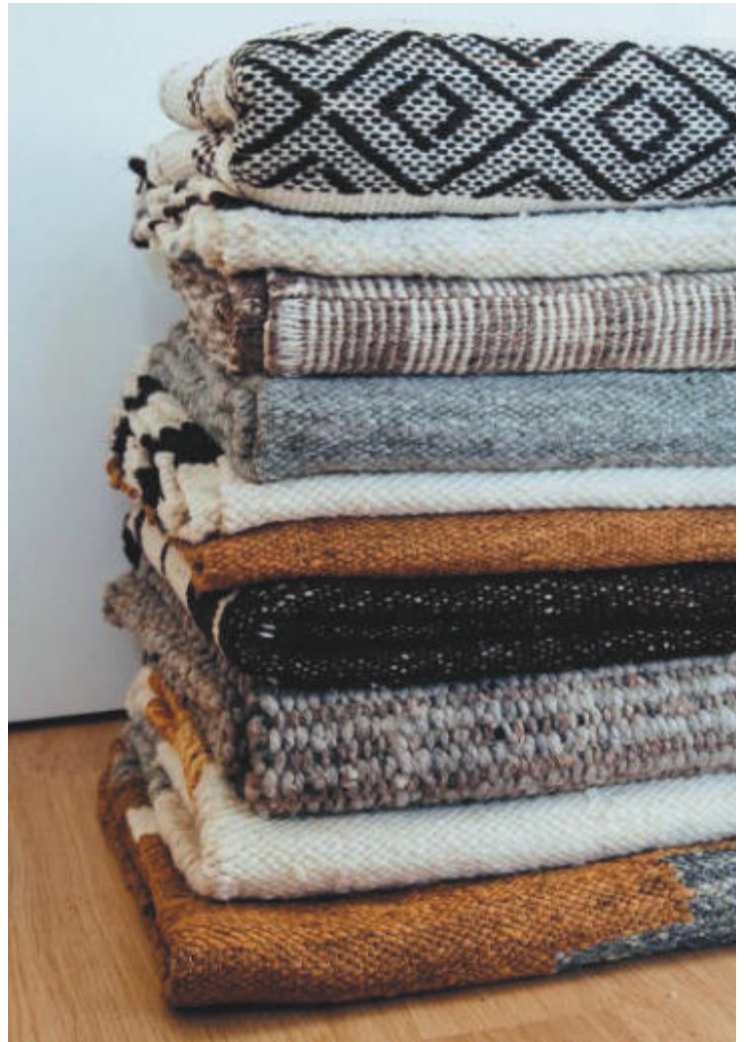
Pictured below are the changed lights, handicap signs and trees at Northeast.



Senior Center Holiday Donation: Blanket Collection

Each year the four senior centers do a collection or a large donation for those in need and give back to the community who has also helped them throughout the year. This year our centers will be collecting “New” blankets for the Forensic Nursing unit at Ascension Via Christi St. Joseph. The forensic nurses there provide care to approximately 350 patients per year. Patients are usually victims of traumatic experiences such as sexual assault, domestic violence, child abuse, elder abuse, and human trafficking. The blankets are given to the patients to provide some sense of comfort.

- The sizes that are needed are Twin on up to Oversized.
- Blankets can be dropped off at any of our four senior centers.
- Collections are from Monday, December 2nd – Friday, December 13th.
- Delivery of blankets will take place before Christmas.



Compass is published monthly by:
Senior Services, Inc. Of Wichita • 200 S. Walnut, Wichita, KS 67213

Senior Services, Inc. Of Wichita is not a government organization. We are a not-for-profit charity which relies on several funding sources, including private donations, to operate our programs and senior centers:

Information/Assistance on Aging
267-0122, ext. 201

Meals on Wheels
267-0122

Senior Employment Program
267-1771

Mission:

Senior Services, Inc. Of Wichita is dedicated to delivering services that allow older adults the opportunity to lead quality lives while continuing to make positive contributions to the community.

Roving Pantry
267-4378

All Agency
267-0302





Holiday Lights Tour We will be taking a Holiday Lights Tour on **Friday, December 13, from 5:30pm-7:30 p.m.** The Party Express Buses will load in the back parking lot of **Senior Services, 200 S. Walnut.** The cost of the tour will be **\$10 per person.** Money will need to be paid **by Wednesday, December 4.** Please **sign up at any of the four senior centers.** The **buses are not handicap accessible.** You must be able to walk up the steps to board the bus. (There will also be a box for the blanket collection if you have not had time to drop them off). We will provide bottled water, and light snacks. If you wish to bring hot drinks, or your own snacks, you are more than welcome to do so.

Have A Little Time To Spare?

Meals on Wheels is in need of active volunteers to help deliver hot meals to isolated and homebound seniors. Delivery takes approximately one hour to one hour and a half Monday - Friday starting at 10:00am through the lunch hour. Volunteers are needed on any given weekday. Wednesdays have a solid volunteer pool while Thursdays and Fridays remain the shortest volunteer count. If you or a loved one can help, PLEASE CALL 267-0122 today.



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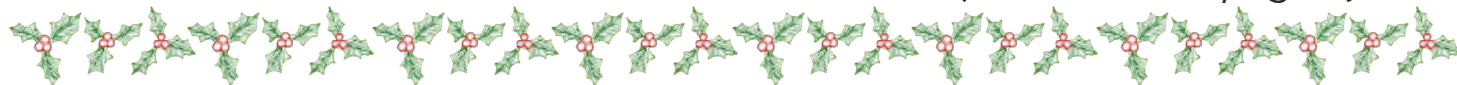




Downtown Senior Center

Hi All, The weather has changed, and the Holidays are fast approaching. Be sure to RSVP for any events we may have coming up. Colder temperatures and living in Kansas means the weather can sometimes be unpredictable.

(continued on page 7)



Ongoing Activities

Monday

8:00 am Billiards
8:00 am Fitness Equipment
8:00 am Pickleball
10:00 am Wanda's Exercise Class: \$10/mo
10:00 am Prairie Moon Book Club: 1st Mon
11:00 am WSU Well Rep Exercise Class
1:00 pm Grand Slam Bridge
1:00 pm Senior Employment Orientation
1:00 pm Pitch
1:00 pm Pickleball
6:30 pm Recovery Group
7:00 pm Monday Night Round Dance
7:00 pm KS Ringleaders (3rd Monday)
7:00 pm Wichita Hi Leaders
(2nd & 4th Monday)- Dec 9,23

Tuesday

8:00 am Billiards
8:00 am Fitness Equipment
9:00 am Senior Employment Job Club
11:00 am Balance & Cardio Dance Class
11:00 am Dining in Delano(2nd Tuesday)
Will resume in January
12:30 pm Dominoes: Mexican Train
1:00 pm Mahjong
2:00 pm Bible Study
7:00 pm Sunflower Woodworker Guild
(4th Tuesday)-December 17

Wednesday

8:00 am Billiards
8:00 am Fitness Equipment
8:00 am Pickleball
9:00 am Advanced Spanish: \$5/class
10:00 am Wanda's Exercise Class: \$10/mo
11:00 am WSU Well Rep Exercise Class
12:30 pm Intermediate Spanish: \$5/class
12:30 pm Billiards Tournament
1:00 pm Pickleball

1:30 pm Senior Legal Advisor: 3rd Wed
Will resume in January
2:00 pm Wichita Area Senior Author's
Critique Group(4th Wed): Dec 18

Thursday

8:00 am Billiards
8:00 am Fitness Equipment
8am-12pm Pickleball (besides the last Thurs)
December 19
9:00 am Foster Grandparents -
Last Thursday - December 19
9:30 am Flying Saucers Porcelain
Painting Club (1st Thurs)Dec 5
10:00 am Advisory Council (2nd Thurs)
- will resume in January
2:00 pm Birthday Celebration (4th
Thursday- Quarterly:
January, April, July, October)
2:00 pm Senior Financial Advisor -
Will resume in February
2:00 pm Writing Craft (1st Thurs)- Dec 5

Friday

8:00 am Billiards
8:00 am Fitness Equipment
8:00 am Competitive Pickleball
10:00 am Nat'l Active/Retired Federal
Employees - 3rd Friday of Even
month: December 20
10:00 am Rock Painting
10:00 am Wanda's Exercise Class: \$10/mo
11:00 am WSU Well Rep Exercise Class
12:30 pm Party Bridge
1:00 pm S.E.C.A. (1st Friday) - Dec 6
1:00 pm Pickleball
1:30 pm Hand and Foot Cards
(2nd, 4th, 5th Friday)
Will resume in January

Downtown Senior Center • 200 S Walnut, Wichita, KS 67213 • (316)267-0197

Hours: 8:00 a.m. - 4:30 p.m. • Director: Jennifer Fox • jenniferf@seniorservicesofwichita.org

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



Downtown Senior Center Monthly Activities

Monday December 2nd, 10:00am
Prairie Moon Book Club: Women in the Castle by Jessica Shattuck

Wednesday December 4th, 10:30am
Blood Pressure Checks- Serenity

Thursday December 5th, 9:30am
Flying Saucers

Friday December 6th, 1:00pm SECA
(Seniors Exploring the Cultural Arts)

NO Meeting Dining in Delano: WILL RESUME IN JANUARY

NO Meeting - Advisory Council

Tuesday December 17th, 7:00pm
Sunflower Woodworking Guild

Wednesday December 18th, 2:00pm
Wichita Area Senior Author's Critique Group

Thursday December 19th, 9:00am
Foster Grandparents

Please Note Holiday Closing

December 24th: CLOSING AT 3:00PM ALL ACTIVITIES WILL NEED TO BE FINISHED BY 2:45PM

December 25th: CLOSED

December 31st: CLOSING AT 3:00PM ALL ACTIVITIES WILL NEED TO BE FINISHED BY 2:45PM

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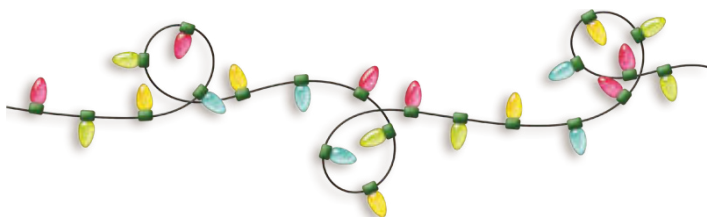




Downtown Senior Center Announcements

December 2nd-13th: Four Center Holiday Giveback BLANKET DRIVE

Help give comfort for Abused Victims – Children and Adults. We will be accepting NEW blankets size Twin to Oversized during this time. Please place your donations in the Christmas wrapped box in the lobby.



December 13th @ 5:00pm: Christmas Light Tour

Price is \$10/Person – pick up/drop off will be at the Downtown Senior Center – You will need to be able to go up/down 3-5 steps to enter/exit the bus. Space is limited, be sure to get signed up. RSVP & Payment is DUE to your center by: December 4th.



Attention Pickleball Players:

December 13th: NO AFTERNOON PICKLEBALL

December 18th: NO MORNING PICKLEBALL

December 19th: NO PICKLEBALL

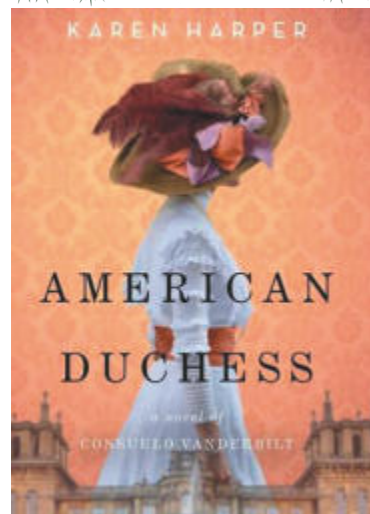
December 18th @ 10:00am: Hot Tea and Sweet Treats Party

Join us for some tea and treats. Please bring a treat to share and enjoy some hot tea or coffee. Natural Grocers will be here as well to let us sample different types of tea and learn the benefits of drinking tea.



Future Books for Prairie Moon Book Club

Join us on the first Monday of the Month. The book for January 6th will be: American Duchess by Karen Harper





Downtown Senior Center Educational Opportunities

December 2019

Thursday December 5th @ 2:00pm
Writing Craft: All About Promotion



December 12th @
1:00pm

Christmas Carol Sing-A-Long

Serenity
Come listen/sing
along with Suz
as she plays her
guitar and leads a
fun time of
singing Christmas
Carols.

Friday December 13th, 1:00pm
DIY Holiday Gnome-\$7 per person
due by December 11th. Please RSVP
at the office or call 267-0197



Tuesday December 18th @ 10:00am
Taste-tea and Nourishing

Natural Grocers
Come enjoy samples of hot tea and
learn about the benefits of
drinking tea. Bring a snack or
goodie to share.

**NO MEETING - WILL RESUME IN
JANUARY**

Legal Advisor: Andrew Rowe, P.A

**NO MEETING - WILL RESUME IN
FEBRUARY**

Financial Advisor: Stan Webb



Director's Notes (Continued)

Be sure to get those extra blankets
out and washed for the season. It's
always a good idea to have an
emergency readiness pack put
together in your car as well.
Some of the items to make sure you
have are:

- Sturdy shoes & extra cold weather gear
- Blankets
- Phone car charger
- Flashlight & batteries
- Emergency Flares
- First Aid Kit
- Emergency food & water
- Jumper cables
- Spare tire, tire pump & repair kit
- Ice scraper with brush
- Kitty litter or road salt/sand for tire traction

Those of us here at the Downtown
Senior Center want to wish you all
a Merry Christmas and Happy New
Year.

Jennifer



Linwood Senior Center

"I heard the bells on Christmas Day Their old, familiar carols play, And wild and sweet the words repeat, Of peace on earth, good-will to men!" ~Henry Wadsworth Longfellow

"Chill December brings the sleet, Blazing fire, and Christmas treat." ~Sara Coleridge

Dear Friends, here is to wishing you a Merry Christmas and Happy Hanukkah and Kwanzaa, with a Happy New Year tucked in! I hope you are ready for December, as it is upon us. I think the years pass by quicker and quicker! This month I want to encourage you to join us for the "Reindeer Games, Potluck & Crazy Christmas Sock Party". Also, we will be having some neat crafts, you can make some jewelry for your friends, or a glitterball to keep or give away! We also will be having Movie Mondays, back on the 9th & 23rd with Christmas Movie Themes. Another fun educational program is "Party Planning for the Holidays". So don't miss the fun. Finally, our new Anthology is out. It is titled, "Daring to Share - a Collection of Memories & Imaginings". Special thanks to our Starla Criser for ALL her work organizing and coaching all the contributors in their endeavors! It will be a GREAT "Stocking Stuffer."

Merry Christmas to you all!



Ongoing Activities

Monday

9:00 Stretching
9:30 Dynabands
10:00 Bible Study
(First Monday)
10:00 Early AM Bookclub
(Second Monday)
11:30 Friendship Lunch

Tuesday

9am-3pm Michelle's Foot
Care
9:00 Brain Games
9-11 Pickleball
9:30 Fit & Balance
10:30 BINGO
11:30 Friendship Lunch
1:00 Dime Bingo!
2:00 Writing Craft
(First Tuesday)

Wednesday

9:00 Arthritis Exercise
11:30 Friendship Lunch
1:00 Pinochle with Friends
1:00 Beginning Belly
Dancing

Thursday

9:00 Tai Chi Video
9-11 Pickleball
11:30 Friendship Lunch
1:00 Pinochle with Friends
1:30 Beginning Line
Dance
2:30 Advanced Line
Dance

Friday

9:00 Stronger Seniors
10:15 Presentations

10:30 (1st Friday) T&S
Pressure Check
11:30 Friendship Lunch
12:00 13 PT Pitch for Fun
1:00- 3:00 Dominoes
3:00 SECA (First Friday)

Daily/Anytime: Walking

Monthly

**10:00 Advisory Council
the fourth Wednesday
of the month**

**10:30 Birthday Party
the third Wednesday
of the month.**

Linwood Senior Center • 1901 S. Kansas, Wichita, KS 67211 • (316)263-3703
Hours: 8:00 a.m. - 4:30 p.m. • Director: Cherise Langenberg • CheriseL@seniorservicesofwichita.org
Registration Required for ALL Center Activities • Membership: \$25 per year



Linwood Senior Center

“YOU” are cordially invited to “Reindeer Games Potluck & Crazy Christmas Sock Party & Sing-A-Long”

Join us on December 19th from 1pm to 3pm. Bring a side dish or a dessert and don't forget to wear your CRAZY socks! Plan on singing and to play some games! RSVP by December 17th.



Please Note Linwood Holiday Closing. We will be **closing early on December 24 at 3pm. Closed on December 25. We close early on December 31 at 3pm and will be closed on January 1** for New Year's Day! Blessings to you all!

Thank you for attending and sharing your gifts, talents and friendships with us at the LINWOOD Senior Center! See you with 2020 vision!

If your family asks what you want for Christmas, ask them to pay for your senior center membership! This is a great gift that keeps on giving!

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Linwood Senior Center Educational Opportunities

December

All events are on Fridays at 10:15am unless otherwise * noted. Please make sure your membership is current otherwise there is a \$2 fee. Please be faithful in payment. **Call 263-3703**
THANK YOU!

Friday, December 6, 2019

Party Planning for the Holidays

Make it easy on yourself with party planning. Come and get some ideas! Aubrey Verecke, Nutritionist/Coach at National Grocers

Friday, December 13,

Safety While Out & About

Stacy Gladfelter, Dignity Memorial

Friday, December 20, 2019

Holiday Trivia Brain Workout

Host, Cherise Langenberg



Check Out Our Newest Anthology "Dare To Share"

This will be a GREAT "Stocking Stuffer" for your family for the holidays! Thanks to Starla Criser for all her efforts! Cost of Hardback \$10/\$5 for softcover.

*Sale proceeds to benefit the senior centers!



Grief Support Group

Chaplain Greg Schmidt from Heart and Soul Hospice. If you have lost a friend or loved one, this may be a helpful group for you. Chaplain Greg Schmidt leads the group. December 16, from 2-3. Call 263-3703 to confirm!

OLD WICHITA NEIGHBORHOODS - "I Was There."

Patrick Joseph O'Connor would like to interview you concerning the early days in some of Wichita's older neighborhoods. The interviews will be structured around ten questions based on the American Folklore Society guidelines. They will be audio recorded, and a release will be required in case they go to an historical society or museum—or if they are published. These will be your words and history about what you lived through, hard times or good in Wichita's longest standing neighborhoods. Please sign up at the Senior Center. This is also where the interviews will be recorded. For questions, contact: Patrick Joseph O'Connor, MA Communications, Wichita Literary Society, wichlitsoc@gmail.com

Writing Craft: December 3, from 2pm-4pm

Program: All About Promotion

Exercise Words: heaven - bicycle - cradle - fox - wheelbarrow

Prompt: Write about someone interesting from your past.

Dec 18- DSC - Critique Group

**This is a great class to help you in the process of writing, get feedback and instruction. Please call Starla Criser, our author at 393-8195 for more information.



Linwood Senior Center

Early Morning Bookclub(Note Time Change)

December 9th at 10:00am as Starla Criser, author, will come and share her newest book, "Life's Twists and Turns" this is National Novel Month, so join us for some fun. Starla will have some books available for purchase. Call for more information!

Game of Fame

Fridays, from 1pm -3pm. We still have games on Fridays. We have Dominoes thanks to Paul & Rochel Payne every Friday, and we play other games. If you come this month, we will be sharing games that would be GREAT CHRISTMAS GIFTS for your family/ grandchildren. So, stop by on Friday afternoon so you can play with us!

Movie Time! Mondays from 1pm - 4pm.

Monday, December 2, 2019 - "White Christmas" (Directors Favorite)

Monday, Dec 9, 2019 - "Christmas in Connecticut"

Monday, Dec 23 - "Home Alone"

• All movies are subject to substitution if the original title is not available

Bible Study Class Monday

December 2, 10am - 11am. Join us!

Craft Time With Kay & Pat

We have lots of great crafts coming up. All crafts are \$5 each time, must rsvp to 263-3703 a week prior to the event. Call for times! These handmade crafts are great for last minute gifts.

12/11 "Glitterball" by Pat Collins 2-4pm

12/16 "Star" made with hangers by instructor, Kay Hood

12/18 "Jewelry Making" by our volunteer instructor, Eliada Mora 2-4pm



Larry Aavang
Stanley Allen
Francis Blex
Sharon Brown
Brian Burdick
Greg Burnham
Ray Darlington
Mary Denny
Ella Dill
Connie Eugea
Katherine Ferry
Theresa Fisher
Alvin Gerstenkorn
George Gragg
Floyd Gruver
Linda Hammann
Richard Herrman
Carlene Hinton
Karen Holden

Eva Keck
Harold Kelly
Gail Lane
Carol Lemont
Barbara McAuley
Larry McClintock
Gerald McCoy
Gail Nichols
Diane O'Donnell
Shirley Pepin
Sue Rose
Patricia Rouse
Deanne Ruark
Georgia Schell
Delores Swafford
Donna Thorton
Carleen Westover
Vickie Wright



Linwood SECA - Friday, January 6, 2020 at 3pm Meet new friends and have fun!

Belly Dancing Class: Wednesdays From 1pm - 2pm With Judie

Dansby She will be showing you how to strengthen your core. Call for more information.

DON'T FORGET THE BLANKET DRIVE & OUR CHRISTMAS LIGHTS TOUR! CALL FOR MORE INFORMATION!



Northeast Senior Center

Hello Everyone and Merry Christmas! As you can see we have made it to December. The weather is changing and it's time to pull out the sweaters, coats, and boots. Usually many seniors start to hibernate more during the colder months. Finding senior-friendly activities can be especially challenging during this time of year. I wanted to share 5 winter activities for seniors that warm the heart.

1. Cooking Together – Making a delicious meal has heartwarming benefits. Not only can you spend time together actively doing something, but the act of reading recipes, measuring, setting timers and cooking is great stimulation for the brain and helps fight cognitive decline and memory loss.
2. Knit, Crochet, or Quilt – Knitting, quilting or crocheting make great indoor activities during those winter days spent by a warm fire with a cup of tea. Seniors could knit hats to donate to local homeless shelters or hospitals, make a quilt for a grandchild, or crochet blankets for children in need.
3. Exercise – Exercise is critical to preventing illnesses and ailments that often accompany old age (like dementia, back pain, high blood pressure, and diabetes). It also boosts feelings of positivity and confidence. Regular physical fitness helps with coordination and balance too, which are key to preventing falls in the home.
4. Video chat with family and friends – cold winter days can lead to seniors spending a significant amount of time indoors. A free Skype or Google+ account lets anyone video chat using their computer or laptop, or if you have a iPhone, you can video chat via Facetime with others who have iPhone.
5. Make “Blessings Bags” – “Blessings Bags” are simply bags filled with helpful supplies (trial size toiletries like toothbrush w/toothpaste, deodorant, and chapstick), snacks (small snacks like granola bars, crackers or fruit snacks), and drinks (bottled water or sports drinks) that can be handed out to homeless people around town or at a shelter. Source: www.dailycaring.com (5 Winter Activities For Seniors That Warm The Heart).

Be Blessed, Carnesha Tucker, Center Director

Ongoing Activities

Monday

9:30 WSU Exercise
10:30 Advisory Council
(Every 2nd Monday)
11:30 API - Friendship Meals
2:30 Computer Class

1:00

WSU Balance & Cardio
Dance Class
(1st & 3rd Wednesday)
1:00 Line Dance
(2nd & 4th Wednesday)

Tuesday

9:30 Keep It Moving (Exercise)
10:30 Bingo
11:30 API - Friendship Meals
12:00 Conversation Spanish
1:00 Book Club
(2nd & 4th Tuesday)

Thursday

10:00 Quilters' Treasures
10:30 Jewelry Class
11:30 API - Friendship Meals
12:00 Bible Study
1:00 Card Games
(Bid Whist & Spades)

Wednesday

9:30 WSU Exercise
10:30 Computer Class
11:30 API - Friendship Meals

Friday

9:30 WSU Exercise
11:30 API - Friendship Meals
1:00 Bridge

Northeast Senior Center • 2121 E. 21st St, Wichita, KS 67214 • (316)269-4444

Hours: 8:00 a.m. - 4:30 p.m. • Director: Carnesha Tucker • CarneshaT@seniorservicesofwichita.org

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



Northeast Senior Center Monthly Events

Advisory Council

Monday, December 9th at 10:30am

Finding Comfort Support Group

This grief support group meets every 3rd Wednesday each month at 10:30am. A companion is someone with whom we spend time or travel. Grief can be described as a journey, many times taken unwillingly as we cope with the death of a loved one. Consider being a companion in grief and attending the group which is led by a grief counselor from Harry Hynes Memorial Hospice.

Blood Pressure Checks Second Tuesday of each month at 11:15am
Courtesy of Heart & Soul Hospice

Foot Care by Michelle Steinke

First Wednesday of each month by appointment. Michelle does nail trimming, corns, calluses, and foot massages. Please call 946-0722 (Leave a message)

Please Note Holiday Closing

Northeast Senior Center will:

- **CLOSE EARLY** - Tuesday, December 24th (Christmas Eve)
- **CLOSE ALL DAY** - Wednesday, December 25th (Christmas Day)
- **CLOSE EARLY** - Tuesday, December 31st (New Year's Eve)
- **CLOSE ALL DAY** - Wednesday, January 1st (New Year's Day)



JOIN US FOR SENIOR THURSDAY!
Every 2nd Thursday each month, beginning at 10:00 am, join us for some light refreshments and a free presentation
Upcoming Dates: February 14th, March 14th, and April 11th
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Northeast Senior Center - Word Search

CHRISTMAS



G	D	Q	F	M	H	S	N	O	W	F	A	L	L	C	H	C	S
L	A	V	X	C	Z	U	O	S	G	R	S	A	N	T	A	O	G
S	B	R	R	W	B	B	Y	I	P	L	F	V	V	R	N	O	I
V	Y	U	L	E	U	A	Y	N	D	R	F	A	A	G	G	K	F
A	H	E	A	A	D	L	I	G	H	T	S	T	M	G	E	I	T
C	D	X	Z	I	N	I	S	I	R	T	S	A	S	I	L	E	W
A	Y	W	L	U	S	D	W	N	T	E	N	F	N	Z	L	S	R
T	S	O	V	S	Q	F	D	G	E	C	E	D	O	D	U	Y	A
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O	O	H	C	Q	M	O	F	T	C	R	I	B	B	O	N	S	P
N	P	B	U	L	B	S	W	S	N	O	W	M	A	N	S	K	I
R	P	Y	E	V	H	Y	Y	F	L	L	R	C	L	A	L	E	N
J	I	W	S	G	J	T	Y	E	L	S	A	A	L	O	E	Q	G
T	N	I	I	L	S	Q	V	X	B	A	R	D	T	F	D	I	B
T	G	E	Y	O	J	O	L	L	Y	E	K	A	P	I	B	C	O
E	L	L	R	P	H	G	M	F	E	F	L	E	V	L	O	E	W
S	J	F	O	S	W	L	P	R	K	Z	V	L	S	Y	J	N	C
O	R	N	A	M	E	N	T	S	C	H	R	I	S	T	M	A	S

ANGEL
BELLS
BOW
BULBS
CAROLS
CHRISTMAS
CHURCH
COOKIES
DECORATIONS
ELF
FAMILY
FROSTY



GARLAND
GIFT WRAPPING
GREEN
HOLIDAY
ICE
JOLLY
LIGHTS
ORNAMENTS
RED
REINDEER
RIBBONS
SANTA



SHOPPING
SHOVEL
SINGING
SLED
SLEIGH
SNOWBALL
SNOWFALL
SNOWFLAKES
SNOWMAN
STAR
TREE
VACATION





Northeast Senior Center Educational Opportunities

December

Thursday, December 12th @ 11:45am

Superfoods: Bon Appetit, Let's Eat Beets

Aubrey Vereecke - Natural Grocers (East)



Special Events

Volunteer Appreciation Friday, January 24, 2pm - 4pm

This is to recognize our volunteers of all our programs (Advisory Council, Special Events Committee, Bingo, Exercise Classes, etc....) who help keep the center running smoothly. We just want to take a moment to express our appreciation for all that you do here at Northeast Senior Center. So, members if you are free and have a little time please stop by and show our volunteers that they are appreciated.

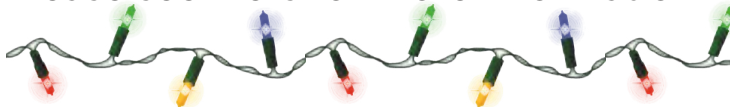


Four Center Holiday Collection

December 2 through December 13. See flyers and articles for details.



Christmas Lights Tour Friday,
December 13, 5:30 p.m. until 7:30 p.m.
Please see fliers for more information.



Food For Thought

Every bad situation will have something positive. Even a dead clock shows correct time twice a day.



If you missed out on our Guess The Veterans game. Here are the pictures/ names of our Veterans.

1. Top Left is our Lifetime Member Mr. Glen Crenshaw (Army)
2. The Middle is one of our Domino Players Mr. Willie Landers (Marine)
3. Top Right is one of our Domino Players Mr. Richard Batie (Army)
4. Bottom Left is one of our Domino Players Mr. William French "Frenchy" (Korea - 1951)
5. Bottom Right is our Lifetime Member Mr. Glen Crenshaw (Air Force)

Even though Veterans Day has passed, I do not think they would mind you thanking them for their service. After all, what they did was life changing for us all.

Upcoming Events

Friday, December 13th, 2019

NESC - Christmas Bingo
Time: 2pm-4pm

Friday, December 20th, 2019

NESC - Christmas Dinner
Time: 2pm-4pm
Cost: \$5 members/ \$7 nonmembers

Friday, December 27th

October-December Birthday Celebration. This is a celebration for October - December birthdays. All members are welcome to attend.



Orchard Park Senior Center

Greetings Everyone!!! It's already December. My how time has flown. Please don't forget to join us on Friday, December 6, for the annual Holiday Meal. We will also be giving thanks to our lovely volunteers that help to keep us going. Also, remember to give back this year, and donate a blanket for the Ascension Via Christi Forensic Nurses, in order to help their victims.

Well, my last information for the year has to do with Older Driver Safety Awareness. December 2-6 is Older Driver Safety Awareness Week. Driving helps older adults stay mobile and independent. However, as we age, declines in vision and cognition (ability to reason and remember), and physical changes might affect driving. Certain medical problems such as heart disease, dementia, sleep disorders, and limited hearing and vision place older adults at an increased risk of car crashes. Additionally, medicines, both prescription and over the counter, such as those used for sleep, mood, pain, and/or allergies among others might affect driving safety. Older drivers are also at an increased risk of being injured or killed in a crash due to increasing frailty and underlying health problems.

Facts: • One in 6 drivers in the United States are 65 years or older

- In Kansas, one in five fatal car crashes involve older drivers

(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
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
8:30 am Blood Pressure Checks (2nd Wednesday)
10:00 am Grief Support (Every 4th Wednesday, otherwise noted)
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 Mexican Train Dominoes
1:00 pm Pickleball
2:00 pm Drawing Class
3:30 pm Beginning Spanish Class (additional charge for 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 (additional charge for 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 – December 2, 11:15 a.m.
(Due to Holiday Meal on December 6.)

Birthday Celebration We will celebrate December & January together Friday, January 31, 11:15 a.m.

Blood Pressure Checks will now be done on the 2nd Wednesday of every month by Melissa Newby – Phoenix Home Care & Hospice 8:30 a.m. until 10:00 a.m. This month the date is December 11.

Foot Care By Michelle Steinke

On Wednesday, December 18. Please call 946-0722 for appointments. Michelle does nail trimming, corns, calluses and foot massages

No Breakfast Out & No Lunch Out

Please Note Center Hours & Closings

The Orchard Park Senior Center will be **closed on Wednesday, December 25, and Wednesday, January 1**, in observance of the Christmas and New Year Holidays.

The Orchard Park Senior Center will **close at 3:00 p.m. on Tuesday, December 24, and Tuesday, December 31.**

Please remember to check bulletin boards for last minute announcements.

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.**

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E 4C 02-0994



Orchard Park Senior Center Educational Opportunities December

December 6 @ 11:15 a.m.

Weatherization Program #2- What it is, and How do you Qualify (Reschedule)

Erynne Farney - SCKEDD

December 13 @ 11:15 a.m.

Sharpeye Envision

Medicare Counseling

October 15 through December 7. All appointments are full.

Grief Support: Note Time Change

Facilitated by Harry Hynes Hospice, usually every 4th Wednesday at 10:00 a.m., will change days during the Holiday Season. December will take place on Tuesday, December 17 at 10:00 a.m.

Holiday Collection December 2 through December 13. See flyers and articles for details.

Christmas Lights Tour Friday, December 13, 5:30 p.m. until 7:30 p.m. Please see fliers for more information.

Special Events



Did you know that we have a drawing class at Orchard Park? The purpose of the picture is to let you know that you do not have to be a professional

artist to participate in this class. Now, I would like to share some information about drawing for seniors. Researchers at the Mayo Clinic in Rochester, Minnesota, followed 256 people who were over 85 years old for four years. Those who had taken part in arts such as drawing and painting were 73 percent less likely to have suffered memory or thinking problems. This class covers the basic concepts of drawing, like contour, shading, and perspective. It's great for the beginner as well as someone who wants to brush up on his or her skills. So, come and join us and have some fun. The class meets on Thursdays at 2:00 p.m. Required items: Pad of newsprint (or white) sketching paper notebook size or larger, assorted pack of drawing pencils, white nylon eraser, ruler, compass and/or protractor (optional) We will see you soon!!!

Holiday Meal

Will take place on **Friday, December 6**, in the **Orchard Recreation Club Room** **12:30 p.m.** The cost will be **\$5 for members and \$7 for non-members.** The menu is **Ribs, Fried Chicken, sides and dessert.** Please **RSVP and pay in the office by Wednesday, December 4.** We will also do our volunteer appreciation at this event.

THE COMPASS | 18





Orchard Park Senior Center Director's Notes Continued

- Older adult drivers are more than twice as likely to report having a medical problem that makes it difficult to travel as compared with drivers ages 24-64
- Four in five older adults take one or more medications daily. Physical changes that occur with age can change the way the body reacts to medicines, causing more side effects and affecting the ability to concentrate and drive safely. Here are some steps that older adults can take to stay safe on the road:
 - Discuss any medical issues with your doctor to determine if they might affect your driving
 - Discuss stopping or changing your medications with your pharmacist or doctor if you experience any side effects that could interfere with safe driving such as blurry vision, dizziness, sleepiness, confusion, fatigue, and/or loss of consciousness
 - Have your eyes checked by an eye doctor at least once a year. Wear glasses and corrective lenses as directed
 - Plan your route before you drive
 - Consider potential alternatives to driving, such as riding with a friend, using public transit, or car ride services

Warning signs that driving may have become unsafe:

- Is unaware of driving errors
- Gets lost or confused while driving
- Has new or unexplained damage to vehicle
- Straddles lanes, makes wide turns, etc.
- Doesn't see/obey traffic signs
- Is unable to drive with the flow of traffic

Most older drivers are safe drivers, many older drivers can "self-regulate" to keep themselves and

others safe. It is important to remember that driving is a privilege, not a right. Information taken from Centers for Disease Control and Prevention.

Diane Nutt, Center Director



Adair, Jan 12/23
Beard, Ruth Ann 12/16
Brown, Rudy 12/7
Clevenger, Sharon 12/9
Cottrell, Les 12/29
Didier, John 12/22
Dietrich, Donna 12/10
Dreiling, Lee Ann 12/11
Fenske, MaryAnn 12/18
Finney, Betty 12/23
Hollowell, Jack 12/27
Kysar, Vern 12/15
McLean, Angela 12/12
Palmer, Mary 12/28
Peeples, Joann 12/3
Phares, Alan 12/26
Phipps, Judith 12/14
Reinert, Carol 12/25
Thornton, Nilus 12/24
Toth, Robert 12/28
Traudt, Judy 12/20
Turner, Barbara 12/25
Zabel, Michael 12/23



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Thank You For Your Continued Support Of Senior Services

As we approach the end of another year, we want to thank you for your continued support of our four Senior Centers. Your memberships at Downtown, Linwood, Northeast and Orchard Park are vital to our operations here at Senior Services. We appreciate your efforts in keeping your memberships updated and current.

This year will also mark three years in utilizing our My Senior Center kiosks for sign-ins. It is very important to use these kiosks each time you visit and attend an event at the Senior Centers. Your attendance helps drive the funding we receive, and allows us to better plan and coordinate activities. Beginning in January 2020 you will need to ensure you use the

kiosks for signing into activities. Paper sign-in sheets will only be utilized for large or multi-center programs. Thank you for your compliance with kiosk use.

