



## Orchard Park Senior Center

Greetings Everyone! January 2020, Wow!! Did we ever think that it would come so fast? I am very proud of my members that keep it moving with plenty of exercise. I do want to share an article with the one's that keep meaning to start, but need a little push. Why seniors need to exercise. There is no better time to exercise than when you're older. Although many older people know the importance of physical fitness, it is estimated that about 85 percent fail to exercise on a regular basis. They don't do it for the same reason younger people don't exercise - it's too hard, it's too boring, or it takes too long to see the results of their effort. This is a big mistake for a number of reasons. For starters, regular physical activity, in addition to making you look and feel good, lowers risk for a variety of conditions that increase when we age. This includes heart disease, diabetes, colon cancer, high blood pressure and obesity. According to one aging expert, "Biologically you can reverse the aging process by 15 to 25 years." In addition, exercise can maintain your mobility, keep your bones and muscles strong, promote good balance, and combat frailty. Enhancing your fitness will also increase metabolic rate and burn calories, decrease body fat, improve immune function and promote bone density. If that's not enough reason to jump on a treadmill or start lifting weights, recent research shows that regular exercise can reverse age-related brain decline. There is substantial evidence that aerobic exercise and physical activity can affect such executive-control brain functions *(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 No Pickleball Jan 2 - Jan 20  
 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 No Pickleball Jan 2 - Jan 20  
 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](mailto:DianeN@seniorservicesofwichita.org)  
**Registration Required for ALL Center Activities • Membership: \$25 per year**



## Orchard Park Monthly Activities

### Advisory Council Meeting

Monday - January 13, 11:15 a.m.

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

**Lunch Out** January 14, 11:30 a.m.  
Copper Oven, 2409 W 13th St N

**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 January 13

### Foot Care By Michelle Steinke

On Wednesday, January 22. Please call 946-0722 for appointments. Michelle does nail trimming, corns, calluses and foot massages

**Breakfast Out** January 28, 9:00a.m.  
Village Inn, 7020 W Central Avenue

**Closings:** The Orchard Park Senior Center will be **closed on Wednesday, January 1**, in observance of the New Year Holiday. The Orchard Park Senior Center will be **closed on Monday, January 20**, in observance of the Martin Luther King Holiday.

**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.**

## 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 both independent and assisted living.

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!  
316-263-8264**



1605 W. May, Wichita KS 67213

[prairiehomestead.org](http://prairiehomestead.org)



For ad info. call 1-800-950-9952 • [www.4lpi.com](http://www.4lpi.com)

Senior Services Inc. of Wichita, Wichita, KS

E 4C 02-0994



## Orchard Park Senior Center Special/New Events

### Taking Off Pounds Sensibly:

The New Year is here, and we all like to make New Years' resolutions. Has your doctor told you that you need to lose weight? Have your clothes gotten too tight and you don't want to buy more in a bigger size. Do you want to improve your diet or live a healthier lifestyle?

TOPS Club, Inc., a non-profit organization that comprises a network of thousands of weight-loss support groups across the United States and Canada, promotes making small, steady lifestyle changes for lasting weight loss and better health. These groups, called chapters, provide a judgment-free zone where people like you get the support they need to reach healthy weight and lifestyle goals. The cost of membership in a TOPS chapter is \$36.00 annually.

Orchard Park has a TOPS chapter that meets every Monday morning from 9:30 to 11:00 a.m. Come and join us to start the year off right! We learn portion control and what makes up a healthy diet. We look at exercise, not just as tool to lose weight, but also as an integral part of a healthy and independent lifestyle. We talk about the importance of adequate sleep and stress control and their role in maintaining a healthy weight. We incorporate games and weekly challenges into our program both as weight-loss tools and to keep things fun. We have open discussions on problem areas. Ours is an easy-to-follow program that will provide you non-judgmental support in your journey to optimum weight and a healthy lifestyle.

If your 2020 New Years' resolution is to work towards losing weight and improving your health, we hope that you will join us. See you soon!

**AARP Taxes:** We will start taking appointments for taxes on January 21, the day after the Martin Luther King Holiday. Please do not call before this time because the appointment book will not be ready ahead of time. Please remember that taxes are done by volunteers. They are not being paid to prepare taxes, and deserve patience from all involved. Volunteers are very special, and very hard to come by, so we want to show our appreciation for them.

**Grief Support:** Facilitated by Harry Hynes Hospice, every 4th Wednesday at 10:00 a.m. (Unless otherwise noted).

**Pickleball:** There will be NO Pickleball at Orchard Park Starting January 2 through the 20. Pickleball will resume on Thursday, January 23. The floors will be replaced during this time. Please check the schedules for Downtown & Linwood Senior Centers for play time.



Bernas, Henryka 1/17  
Dubois, Richard 1/13  
Elsea, Ginger 1/7  
Gandy, Gwendolyn 1/31  
Hardin, Sandy 1/8  
Hilger, Winnie 1/18  
Jensen, Trudy 1/11  
Kahler, Otto 1/5  
Lawrence, Beatrix 1/4  
Meadows, Barbara 1/18  
Myer, Cheryl 1/8  
Rice, Donald 1/12  
Roberts, Nettie 1/15



## Orchard Park Senior Center Director's Notes Continued

as task coordination, planning, goal maintenance, working memory and the ability to switch tasks. Several studies have shown that regular moderate exercise that makes a person breathless increases the speed and sharpness of thought, the actual volume of brain tissue, and the way in which the brain functions. Adults with higher levels of physical fitness had less evidence of deterioration in gray matter (involved in thinking) than did less fit peers. Even frail seniors can and should exercise - once they get the green light from the medical professional. A body is just like a car - it needs to be used to keep working properly. There are several things to consider, of course. Start slowly and build. If something hurts, take a break. Make sure you wear loose fitting clothes, keep yourself hydrated and wear comfortable sneakers. If you experience chest pain or pressure, nausea, persistent sharp pain, excessive shortness of breath, or problems with your balance, check immediately with your doctor. To stay healthy, active and independent include activities that enhance strength, endurance, balance and flexibility. Most of all, seek out activities you enjoy so you won't view exercising as a chore. You are more likely to make a commitment to good fitness if you like what you're doing and, if at all possible, you're doing it with people you enjoy being with. This can include using cardiovascular machines (e.g. treadmills, ellipticals, recumbent and upright stationary bikes, step machines), yoga and stretching classes, pilates, gardening, swimming, bicycling, walking, golf, bowling, tennis, dancing and/or martial arts like Tai Chi. Aerobic exercise or cardiovascular conditioning is extremely beneficial for seniors. This type of exercise allows the heart and lungs to work out at an elevated rate, supplies oxygen to the muscles, and improves the overall efficiency of the cardiovascular system. For seniors who are frail or have balance problems, swimming and water aerobics may be safer and less jarring to the body. Exercise physiologists like Sal

Fichera, author of the book Stop Aging - Start Training, place an emphasis on weight or resistance training needs. Such a program, of course, needs to be tailored to meet the medical concerns, overall physical condition and functional capacity of each individual. Resistance can take the form of free weights, machines tubing, or Therabands (or more creative items like soup cans). Form is important in order to prevent injuries, so it is important to start out with someone who can teach you the proper mechanics. Begin with lighter and manageable weights and fewer repetitions, and increase over time. Focus on exercising all six major muscle groups. Studies have shown that even older and frailer people can greatly enhance the quality of their life through exercise. One study by a state Department of Health and Senior Services found that those seniors who participated in an exercise program reported an overall improvement in their health and fewer sick days. By exercising and maintaining a proper diet, your doctor may be able to eliminate some of your medications and you should notice increased energy and feel better mentally. I am very proud of all of the exercisers at Orchard Park Senior Center, and would like to invite more to join us. Article taken from [comfortcaregivers.com/seniors-need-exercise/](http://comfortcaregivers.com/seniors-need-exercise/)  
Diane Nutt, Center Director

### Thank you to those who joined the Holiday Meal

