



ORCHARD PARK SENIOR CENTER

Happy Spring Everyone!

April is National Lawn and Garden Month. I felt like this would be a great topic for the month of April, because nothing says springtime more than plants coming back to life and seeing sprouts and new shoots popping up everywhere.

The benefits of gardening are numerous. For many, “digging in dirt” relieves stress and improves mood. Other personal benefits of gardening include: good exercise that promotes heart health, assists with weight control, reduces the risk of stroke by lowering blood pressure and has been shown to delay the onset of dementia.

Gardening is also a great way to save on the family food budget and it promotes healthy eating.

To help celebrate National Lawn and Garden Month, here is a list of gardening activities for every day in April:

April 1: Organize or take part in a town beautification day.

April 2: Visit your local farmers’ market.

April 3: Compliment a neighbor on his or her garden.

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Ongoing Activities

Thursday 4/1/2021

10:30-11:15 Co-Ed Exercise - Please RSVP - Limit of 8

11:15-12:00 Movin’ and Groovin’ - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 4

1:00-3:00 Spades - Please RSVP - Limit of 8 (2 Tables)

1:00-3:00 Pickleball in the Gymnasium

Tuesday 4/6/2021

10:30-11:15 Co-Ed Exercise - Please RSVP - Limit of 8

11:15-12:00 Movin’ and Groovin’ - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 4

1:00-3:00 Duplicate Bridge - Please RSVP - Limit of 8 (2 Tables)

Thursday 4/8/2021

10:30-11:15 Co-Ed Exercise - Please RSVP - Limit of 8

11:15-12:00 Movin’ and Groovin’ - Please RSVP - Limit of 8

11:30-12:30 Canned Food Bingo - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 4

1:00-3:00 Mexican Train Dominoes - Please RSVP - Limit of 8

Continued on pg 18

Orchard Park Senior Center • 4808 W. 9th, Wichita, KS 67212 • (316)942-2293

Hours: 8:00 a.m. - 4:30 p.m. • Director: Kelli Nuss • kellin@seniorservicesofwichita.org

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



Party Line Phone # (316) 247-8982:

April 7th - 10:00 AM - Party Line Call with Sarah from Natural Grocers - The Topic is "Learn the Benefits of Tumeric". The Party Line number is: 316-247-8982. Please RSVP for this event at 316-942-2293.

Zoom Call - Alzheimer's Association:

April 28th - Zoom Call with the Alzheimer's Association at 10:00 AM. This is a 2 part series. Part 1 will be: "Dementia Conversations." Part 2, on May 26th at 10:00 AM, will be: "Understanding the Difference Between Alzheimer's and Dementia." Please call Kelli at 316-942-2293 to register.



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fun... and a community that cares about one another.
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- Emergency call system
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- Comes with all appliance including washer & dryer
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- One reserved covered carport space



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A Community of Friends, Family and Faith

Call to schedule a campus visit today!

316-263-8264





Ongoing Activities - Continued

1:00-3:00 Pickleball in the Gymnasium

Tuesday 4/13/2021

10:30-11:15 Co-Ed Exercise - Please RSVP - Limit of 8

11:15-12:00 Movin' and Groovin' - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 4

1:00-3:00 Mexican Dominoes - Please RSVP - Limit of 8

Thursday 4/15/2021

10:30-11:15 Co-Ed Exercise - Please RSVP - Limit of 8

11:15-12:00 Movin' and Groovin' - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 4

1:00-3:00 Canasta - Please RSVP - Limit of 8 (2 Tables)

1:00-3:00 Pickleball in the Gymnasium

Tuesday 4/20/2021

10:30-11:15 Co-Ed Exercise - Please RSVP - Limit of 8

11:15-12:00 Movin' and Groovin' - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 4

1:00-3:00 Party Contract Bridge - Please RSVP - Limit of 8 (2 Tables)

Thursday 4/22/2021

10:30-11:15 Co-Ed Exercise - Please RSVP - Limit of 8

11:15-12:00 Movin' and Groovin' - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please

RSVP - Limit of 4

1:00-3:00 Color with Kelli - Please RSVP - Limit of 8 (Materials will be supplied)

1:00-3:00 Pickleball in the Gymnasium

Tuesday 4/27/2021

10:30-11:15 Co-Ed Exercise - Please RSVP - Limit of 8

11:15-12:00 Movin' and Groovin' - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 4

1:00-2:00 Dime Bingo - Please RSVP - Limit of 8

2:00-3:00 Dime Bingo - Please RSVP - Limit of 8

Thursday 4/29/2021

10:30-11:15 Co-Ed Exercise - Please RSVP - Limit of 8

11:15-12:00 Movin' and Groovin' - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 4

1:00-3:00 Movie: "Nomadland" - Please RSVP - Limit of 8 (Please bring drink and snack for the movie and seat cushion if you need one.)

1:00-3:00 Pickleball in the Gymnasium

Note

There will be alternate days for Pool Players. If you play pool on Tuesday, then you will need to let someone else play on Thursday. If you play Thursday, then you will need to let someone else play on Tuesday.





Orchard Park Director's Notes - Continued

April 4: Get together with neighbors to purchase compost and mulch in bulk quantities.

April 5: Green up your street or a local park by picking up trash.

April 6: Celebrate other important “green” holidays such as Earth Day (April 22) and National Arbor Day (April 26).

April 7: Start a neighborhood garden club.

April 8: Have fun doing a gardening project with a child.

April 9: Design and plant a bird-friendly garden.

April 10: Grow a “multicultural” garden.

April 11: Plant a garden to attract native butterflies.

April 12: Plant flowers that bloom at dusk, including moonflower, night-blooming phlox, and evening primrose.

April 13: Garden at your workplace.

April 14: Plant a garden that reflects your family’s or the region’s cultural heritage.

April 15: Just sit in your garden and quietly observe the activities of wildlife and insects for half an hour.

April 16: Learn about houseplants that clean the air, and introduce them to your home or workplace.

April 17: Delve into a gardening style or technique you’ve always wanted to try, such as topiary, bonsai, or water gardening.

April 18: Become an informed consumer by learning about invasive plants.

April 19: Go on a sniffing tour of your neighborhood when bloom is at its peak, and try to match an aroma in the air to a specific flower.

April 20: Take an armchair garden tour: Spend a few hours in the bookstore poring over gardening books.

April 21: Learn how to take stunning photos of your plants and gardens.

April 22: Earth Day! Vow to minimize pesticide use to protect wildlife, the water supply, and human health. A low-maintenance landscape needs little intervention.

April 23: Start an herb garden indoors.

April 24: Plant extra vegetables for freezing, canning, or storing.

April 25: Seek out and purchase locally grown foods.

April 26: Encourage local schools and restaurants to purchase locally grown produce.

April 27: Encourage beneficial insects by planting herbs and flowers throughout your gardens.

April 28: Start a compost pile.

April 29: Learn about water saving techniques and tools.

April 30: Clean your gardening tools; oil wooden handles, tighten heads, and sharpen blades.



When you Garden, you grow. Happy Planting!

