



ORCHARD PARK SENIOR CENTER

It's finally here! Happy Summer Everyone! Well, technically it's not summer until June 20th but I am celebrating it early. Another thing to celebrate in June is "National Cancer Survivor's Month. We celebrate those who have fought the disease and those who are currently in treatment. Thanks to spectacular advances in cancer research, more than 16.9 million people in the United States are cancer survivors.

Who is a cancer survivor? According to the National Cancer Institute, an individual is considered a cancer survivor from the time of diagnosis, through the balance of his or her life. Every survivorship experience is unique as they may face challenges during and after treatments. This designated holiday month is a "Celebration of Life" - where survivors gather with friends, families, and supporters to raise awareness, spread information, provide services, and honor other survivors, all to show that life after a cancer diagnosis can be full and fruitful.

There are many different ways to honor a cancer survivor on Cancer Survivor's Day. One idea is to mail a greeting card with words of encouragement and appreciation. Imagine being a survivor and opening the mail to a special message from a loved one. The goal is to come together to recognize that while it wasn't an easy road, the survivor is now living his or her life to the fullest. They have overcome the illness or disease and can now truly celebrate the freedom that being cancer free brings.

The most important component in the fight against cancer is detecting it as early as possible. Screening recommendations for people 55 and over are: Colon, Lung, Breast, Cervical and Prostate.

You don't have to face a cancer diagnosis alone. If you or someone you know is needing one on one support, you can talk or chat live with a trained cancer information specialist through the American Cancer Society at: **1-800-227-2345**. For local help, you can contact: Victory in the Valley at **316-682-7400**.

I have a personal "Survivor Hero", My Dad. 18 years cancer free. So thankful for him each and every day!

To all of you Survivors out there, you are a **FIGHTER**, a **GIFT, YOU ARE AMAZING AND AN INSPIRATION!** Keep on keepin' on!

Ongoing Activities

Tuesday 6/1/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:00-11:00 Co-Ed Exercise - Please RSVP - Limit of 8

11:00-12:00 "Adapting to a New Age"
Presented by Shelley with Reflection
Ridge Retirement Community - Please RSVP - Limit of 10

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:00-3:00 Mexican Train Dominoes

Wednesday 6/2/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:30-12:00 Computer Lab

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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



Ongoing Activities - Continued

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:00-3:00 "Benefits of a Social Lifestyle as a Senior" - Enter for a Door Prize - Presented by Jennifer and Jamie from Oxford Grand - Please RSVP - Limit of 10

Thursday 6/3/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:00-11:00 Co-Ed Exercise - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:00-3:00 Mexican Train Dominoes

1:00-3:00 Pickleball in the Gymnasium

1:30-3:00 Drawing - Please RSVP - Limit of 10

Monday 6/7/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:00-11:00 Orchard Park Walking Buddies (This is a new walking group. Come join us for a morning walk around Orchard Park.) Please RSVP

10:00-12:00 T.O.P.S. (Take Off Pounds Sensibly) - **(Weigh-In is 9:30-9:45)** Please RSVP

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:00-3:00 Trivia Game Day and Prize Give-A-Way - Please RSVP - Limit of 10

Tuesday 6/8/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

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*Things are different at Prairie Homestead.
We are a community of friends... a community of fun... and a community that cares about one another.
A sense of belonging that takes living to a whole new level.*

Simplify your life in our Independent Living Patio Homes

- One- and two-bedroom units available
- Emergency call system
- Daily lunch in the main dining room
- Utilities and cable TV included
- Bi-weekly housekeeping service
- Interior and exterior maintenance
- Lawn care and snow removal
- Comes with all appliance including washer & dryer
- Walk in closet that serves as a severe weather room
- Covered back patio for relaxing and entertaining
- One reserved covered carport space



1605 W. May - Wichita, KS 67213
PrairieHomestead.org

Independent & Assisted Living
A Community of Friends, Family and Faith

Call to schedule a campus visit today!

316-263-8264





Ongoing Activities - Continued

10:00-11:00 Co-Ed Exercise - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:00-3:00 Mexican Train Dominoes

Wednesday 6/9/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:30-12:00 Computer Lab

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:30-3:00 Bingo for Groceries - Please RSVP - Limit of 10

Thursday 6/10/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:00-11:00 Co-Ed Exercise - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:00-3:00 Mexican Train Dominoes

1:00-3:00 Pickleball in the Gymnasium

1:30-3:00 Drawing - Please RSVP - Limit of 10

Monday 6/14/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:00-11:00 Orchard Park Walking Buddies (This is a new walking group. Come join us for a morning walk around Orchard Park.) Please RSVP

10:00-12:00 T.O.P.S. (Take Off Pounds Sensibly) - **(Weigh-In is 9:30-9:45)** Please RSVP

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

Tuesday 6/15/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:00-11:00 Co-Ed Exercise - Please RSVP - Limit of 8

11:00-12:00 Come plant succulents to take home - Compliments of Kelsey from Oxford Grand - Please RSVP - Limit of 10

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:00-3:00 Mexican Train Dominoes

Wednesday 6/16/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:30-12:00 Computer Lab

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:30-3:00 Good Ol' Fashioned Ice Cream Social - Please RSVP (Please bring lawn chair. This will be held outside in the park. If there is bad weather, we will reschedule.)

Thursday 6/17/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:00-11:00 Co-Ed Exercise - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:00-3:00 Mexican Train Dominoes

1:00-3:00 Pickleball in the Gymnasium

1:30-3:00 Drawing - Please RSVP - Limit of 10

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Don't forget to sign up for the Welcome Back Picnic at O.J. Watson Park on 6/18/21 through your Center's Director



Ongoing Activities - Continued

Monday 6/21/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:00-11:00 Orchard Park Walking Buddies (This is a new walking group. Come join us for a morning walk around Orchard Park.) Please RSVP

10:00-12:00 T.O.P.S. (Take Off Pounds Sensibly) - **(Weigh-In is 9:30-9:45)** Please RSVP

11:00-12:00 Blood Pressure Checks - Compliments of Brian at Healthcare Resort

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

Tuesday 6/22/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:00-11:00 Co-Ed Exercise - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:00-3:00 Mexican Train Dominoes

Wednesday 6/23/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:30-12:00 Computer Lab

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:00-3:00 Come to the Movies - "Knives Out" (A Whodunit Mystery Rated PG-13) Please RSVP - Limit of 10 (Please feel free to bring a snack, drink and chair cushion for extra comfort.)

Thursday 6/24/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:00-11:00 Co-Ed Exercise - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:00-3:00 Mexican Train Dominoes

1:00-3:00 Pickleball in the Gymnasium

1:30-3:00 Drawing - Please RSVP - Limit of 10

Monday 6/28/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:00-11:00 Orchard Park Walking Buddies (This is a new walking group. Come join us for a morning walk around Orchard Park.) Please RSVP

10:00-12:00 T.O.P.S. (Take Off Pounds Sensibly) - **(Weigh-In is 9:30-9:45)** Please RSVP

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

Tuesday 6/29/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:00-11:00 Co-Ed Exercise - Please RSVP - Limit of 8

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:00-3:00 Mexican Train Dominoes

Wednesday 6/30/2021

9:00-10:00 Co-Ed Exercise - Please RSVP - Limit of 8

10:30-12:00 Computer Lab

12:00-3:00 Open Pool Tables - Please RSVP - Limit of 6

1:30-3:00 Social Coloring - Come be creative and un-wind. (Materials Provided)