



ORCHARD PARK SENIOR CENTER

May is Older Americans Month so Happy Older Americans Month to each of you!

Older Americans Month is celebrated each year in May and recognizes the contributions of older adults across the nation. This month is also to raise awareness of elder abuse and neglect.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in Older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month" the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May, asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other types of activities.

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Ongoing Activities

Tuesday 5/4/2021

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

11:15-12:00 Co-Ed Exercise - Please RSVP - Limit of 8

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

1:00-3:00 "Adapting to a New Age" - Shelley from Reflection Ridge Retirement Community - Please RSVP - Limit of 10

Wednesday 5/5/2021

10:30-12:00 Happy Cinco de Mayo! Cinco de Mayo Celebration Please RSVP - Limit of 10

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

1:00-3:00 Blood Pressure Checks and Individualized Snacks - Chris with Healthcare Resort - Please RSVP

Thursday 5/6/2021

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

11:15-12:00 Co-Ed Exercise - Please RSVP - Limit of 8

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

1:00-3:00 Drawing - Please RSVP - Limit of 10 (2 Tables)

1:00-3:00 Pickleball in the Gymnasium

Tuesday 5/11/2021

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

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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



No Starter Amish Friendship Bread Recipe

INGREDIENTS:

- 3 eggs
- 1 cup oil
- 1½ cups buttermilk
- 1 cup sugar
- ½ teaspoon vanilla
- 2 teaspoons cinnamon
- 1½ teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon baking soda
- 2 cups flour
- 1 small box vanilla pudding
- 1 cup nuts chopped (I used walnuts)
- 1 cup raisins



2. Grease two large loaf pans.
3. Dust the greased pans with a mixture of ½ cup sugar and ½ teaspoon cinnamon.
4. Pour the batter evenly into loaf or cake pans and sprinkle the remaining cinnamon-sugar mixture on the top.
5. Bake for one hour or until the bread loosens evenly from the sides and a toothpick inserted in the center of the bread comes out clean.
6. ENJOY!

INSTRUCTIONS:

Preheat oven to 325° F (165° C).

1. In a large mixing bowl, add ingredients as listed.

NOTES

Don't have buttermilk on hand? Add 1½ tablespoons of lemon juice to 1½ cups of milk.



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fun... and a community that cares about one another.
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Ongoing Activities - Continued

11:15-12:00 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 Dominoes – Please
RSVP – Limit of 8

Wednesday 5/12/2021

10:30-11:15 “Group’s Choice” Exercise
Class – Please RSVP – Limit of 8

11:15-12:00 “Group’s Choice” Exercise
Class – Please RSVP – Limit of 8

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

1:00-3:00 “Benefits of a Social Lifestyle”
– Jennifer with Oxford Grand - Please
RSVP – Limit of 10

Thursday 5/13/2021

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

11:15-12:00 Co-Ed Exercise – Please RSVP
– Limit of 8

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

1:00-3:00 “In Our Own Voice –
Awareness of Mental Health Conditions
and Discovery – Nancy with NAMI - Please
RSVP – Limit of 10

1:00-3:00 Pickleball in the Gymnasium

Tuesday 5/18/2021

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

11:15-12:00 Co-Ed Exercise – Please RSVP
– Limit of 8

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

1:00-2:00 “Gardening 101” – Speaker

from the K-State Extension Office – Please
RSVP – Limit of 10

Wednesday 5/19/2021

10:30-12:00 “Make and Take” Flower Pot
– Please RSVP – Limit of 8

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

1:00-3:00 “Need to Know Information on
Skilled Nursing, Before You Go” Rachel
with Ascension – Please RSVP – Limit of
10

Thursday 5/20/2021

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

11:15-12:00 Co-Ed Exercise – Please RSVP
– Limit of 8

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

1:30-3:00 Canned Food Bingo – Please
RSVP – Limit of 10

1:00-3:00 Pickleball in the Gymnasium

Tuesday 5/25/2021

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

11:15-12:00 Co-Ed Exercise – Please RSVP
– Limit of 8

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

1:30-3:00 Dime Bingo – Please RSVP –
Limit of 10

Wednesday 5/26/2021

10:00 “Understanding Alzheimer’s and
Dementia” Presented by the Alzheimer’s
Association – Please RSVP – Limit of 10
at Orchard Park or you can participate
over a Zoom Call in the comfort of your
own home. If you

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Ongoing Activities - Continued

plan to do a zoom call, please call Kelli at: 316-942-2293 to get signed up and obtain the Zoom Call Information.

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

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

Thursday 5/27/2021

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

11:15-12:00 Co-Ed Exercise - Please RSVP - Limit of 8

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

1:00-3:00 Movie: **"Coming 2 America"** (2021 - PG-13 - Comedy) 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

The theme for Older Americans Month in 2021 is "Communities of Strength." Older adults have resilience and strength over their lives through successes, failures, joys and difficulties. Their stories and contributions help to inspire others. This year we will celebrate older adults with special emphasis on the power of connection and engagement in building strong communities. While raising families and building careers, they also gave back to their communities in a variety of ways. In their lifetime, times have changed but they continue to volunteer and serve their communities and each one deserves recognition for their commitment.

Now, more than ever before, they are taking charge, striving for wellness, focusing on independence and advocating for themselves and others. They expect to continue to live their lives to the fullest and are insisting on changes that make that possible. There are many things we can all do to nurture ourselves, reinforce our strength and continue to thrive. Connecting with others is one of the most important - it plays a vital role in our health and well-being, and in our communities. What it means to age has changed, and Older American Month 2021 is a perfect opportunity to recognize and celebrate what getting older looks like today.

So once again, Happy Older Americans Month! We thank you for the life lessons, hard work and dedication you provide to each of our communities.