



ORCHARD PARK SENIOR CENTER

Happy August Everyone!

I hope you are having a terrific summer! I sure am enjoying mine but it is going by way too fast. Summer time is a great time to slow down and enjoy the company of friends. Sunday, August 1st, is National Friendship Day. It encourages people across the country and world to connect with friends. Make a new friend or reconnect with an old one.

Friendships come in many forms and with each new friend, we expand our view of the world. Their experiences contribute to new meaning in our lives. Through Friendships, we grow and broaden our horizons. Eventually, the world becomes smaller and more connected.

Celebrate the friends you have and the new ones you have yet to meet!

Since it is National Friendship day this month, I challenge each of you to bring a friend or friends that are not yet a member of our senior centers. Introduce them to friends you have met through the center and share with them all of the fun activities that we have going on throughout the year. We love to see new faces and they just might meet a new friend or two.

I am so grateful for the friends that I have met so far at Orchard Park and I look forward to meeting many, many more.

Please be safe and enjoy the rest of your summer!



Upcoming Events & Activites - Please RSVP to 942-2293

August 3rd @ 11:00-12:00 - Come listen to Karen with Envision to learn all the ways that they can help you with your eyesight. Please RSVP - Limit of 12

August 6th @ 10:00-11:00 - Blood Pressure Checks - Compliments of Brian with Healthcare Resort - Donuts, coffee and little give-a-ways as well.

August 6th @ 1:00-2:00 - Drum Ball Exercise with Brian from Home Health and Hospice Care of KS - It's the latest Fitness Craze! Please RSVP - Limit of 12

August 9th @ 12:00-1:00 - Advisory Council Meeting

August 13th @ 10:00-11:00 - Come hear Christine with Koinonia Senior Care. KSC enriches the lives of homebound seniors and their caregivers through non-medical CARE. You won't want to miss this, especially if you are caring for a loved one. Please RSVP - Limit of 12

August 20th @ 10:00-11:00 - Coffee Chat - Come have a cup of joe and visit with other Orchard Park Members.

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



Upcoming Events & Activites - Please RSVP to 942-2293

August 20th @ 11:30-12:00 – Come meet Katie Berry with Park West Plaza. She will be discussing ways to prevent falling. There will be a drawing for a gift basket. Please RSVP – Limit of 12

August 24th @ 11:00-12:00 – Come and make jewelry with Kelsey from Oxford Grand. Please RSVP – Limit of 12

August 27th @ 1:00-3:00 – Movie – “Seven Days in Utopia” A Young Golfer finds himself unexpectedly stranded in Utopia, TX and welcomed by an eccentric Rancher. Rated PG - Please bring a seat cushion for extra comfort if you would like. Individual snacks will be provided. Please RSVP – Limit of 10



*Things are different at Prairie Homestead.
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316-263-8264





Ongoing Activities - Please RSVP To Participate

Monday

- 9:00-10:00 - Co-Ed Exercise - Limit of 10
- 10:00-11:00 - Orchard Park Walking Buddies (This is a new walking group. Come join us for a morning walk around Orchard Park.)
- 10:00-12:00 - T.O.P.S. (Take Off Pounds Sensibly) - (**Weigh-in is 9:30-9:45**)
- 12:00-3:00 - Open Pool Tables - Limit of 8
- 1:00-3:00 - Monday Mover's Cardio Co-Ed Exercise - Limit of 8 (**NEW CLASS!**)

Tuesday

- 9:00-10:00 - Co-Ed Exercise - Limit of 10
- 10:00-11:00 - Co-Ed Exercise - Limit of 10
- 12:00-3:00 - Open Pool Tables - Limit of 8
- 1:00-3:00 - Mexican Train Dominoes

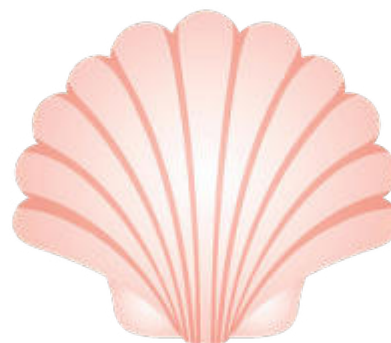


Wednesday

- 9:00-10:00 - Co-Ed Exercise - Limit of 10
- 10:30-12:00 - Computer Lab
- 12:00-3:00 - Open Pool Tables - Limit of 8
- 2:00-3:00 - Afternoon Co-Ed Chair Exercisers - Limit of 10 (**NEW CLASS!**)

Thursday

- 9:00-10:00 - Co-Ed Exercise - Limit of 10
- 10:00-11:00 - Co-Ed Exercise - Limit of 10
- 12:00-3:00 - Open Pool Tables - Limit of 8
- 1:00-3:00 - Mexican Train Dominoes
- 1:00-3:00 - Pickleball in the Gymnasium
- 1:30-3:00 - Drawing - Limit of 10



Friday

- 9:00-10:00 - Co-Ed Exercise - Limit of 10
- 12:00-3:00 - Open Pool Tables - Limit of 8





Word Search

Elementary School - Word Search

Do you remember what it was like in elementary school? Let this word search take you back. The words in this word search are hidden across, down, and diagonally, with backwards.



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



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