



Downtown • Linwood • Northeast • Orchard Park

January 2022

Welcome to 2022!

Happy New Year! This last year has gone by so quickly, and been full of so many changes and adjustments. We are so thankful that we were able to welcome members back in April 2021. The year of being closed was rough on everyone. It is appreciated that you all have continued to go with the flow in regards to changing activities and times. The Center Directors have worked hard to bring new events, activities, and education programs to the centers. We look forward to all the New Year has to offer, and hope you will continue to experience it all with us.

Membership Changes in 2022...

Beginning January 1, 2022 the membership dues for the Senior Centers will be increasing. This is the first increase in almost six years; current costs and budgets have brought us to the need for this change. **The membership cost will increase to \$35.00 a year.** Your membership continues to give you access

to activities at all Senior Centers operated by Senior Services, Inc. of Wichita. When you break it down, a membership costs you \$2.92 a month, that's around \$0.10 a day! Only \$0.73 a Center per month to attend and experience all they have to offer.

We encourage you to keep your membership current, as it allows us to continue to provide activities at the Senior Centers. Please ensure you are checking in for every activity you participate in as well, these numbers are reported to our funding sources to ensure that we are meeting their funding requirements. Without these funds, the Senior Centers would not be able to operate. If you need help with the kiosk let a Center Director or a member of their volunteer staff know, they would be happy to assist you.

If you have any questions please see your Senior Center Director.



Healthy New Year's Resolutions For Older Adults

- **Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats**

Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include sources of calcium and Vitamin D to help keep your bones strong, two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

- **Be active**

Physical activity can be safe and healthy for older adults - even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you

control your weight, build your muscles and bones, and improve your balance, posture, and mood.

- **Guard against falls**

Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

- **Give your brain a workout**

The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local senior center.

Source: <https://www.healthinaging.org/tools-and-tips/tip-sheet-top-10-healthy-new-years-resolutions-older-adults>

Compass is published monthly by:
Senior Services, Inc. Of Wichita • 200 S. Walnut, Wichita, KS 67213

Senior Services, Inc. Of Wichita is not a government organization. We are a not-for-profit charity which relies on several funding sources, including private donations, to operate our programs and senior centers:

Information/Assistance on Aging
267-0122, ext. 201

Meals on Wheels
267-0122

Senior Employment Program
267-1771

Mission:

Senior Services, Inc. Of Wichita is dedicated to delivering services that allow older adults the opportunity to lead quality lives while continuing to make positive contributions to the community.

Roving Pantry
267-4378

All Agency
267-0302





4-CENTER SENIOR FUN NIGHT/CARNIVAL

At Linwood Senior Center
GYM/REC CENTER

FRIDAY, JANUARY 21, 2022
5:00pm - 7:00pm

JOIN US FOR GAMES & FUN!

TICKETS: \$5 RSVP

INCLUDES: Entry Fee, Hot Dogs,
Chips, Drink & COOKIE!

ADVICE GIVER, "THE GREAT
CHER-INI AND HOPEFULLY
THE RHONDINI WILL BE THERE!

GOODIES & FUN GALORE!

- GO FISH
- PUTT PUTT GOLF
- SNOWMAN BOWLING
- CAKE WALK
- FRISBEE
- CORN HOLE
- DANCE PARTY
- DARTS



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Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994



DOWNTOWN SENIOR CENTER

Hello all, 2022 here we go. I hope all had a great holiday season this past month and got to see or hear from family members. January brings new beginnings for us and a few changes in the newsletter. We will be offering Art Journaling now on the 2nd and 4th Mondays at 10:00am instead of every Monday. If you haven't tried Cardio Drumming be sure to sign up for it in the office - it's a lot of fun. This is offered on Wednesdays at 11:00am and we only have 15 spots available. We are tentatively keeping Tai Chi for Health into a second session as long as it works for the instructor. We will be having a Soup Pot Luck this month on January 13th at 12:30pm - be sure to stop by and let us know what type of soup you plan on bringing to share. We also have a 4-center Fun Night Carnival for \$5 - located at the Linwood Senior Center. There will be lots of fun to be had! Like always, be sure to stop at the office or call 316-267-0197 to RSVP for events.

- Jennifer

Cancellations and Closings

January 4th and 11th - NO JOB CLUB

January 17th - CLOSED

January 19th - NO OPEN PICKLEBALL

Special Events

January 13th @ 12:30pm: Soup Pot Luck - Be sure to sign up in the office for what type of soup you will be bringing to share or a side.

January 19th @ 12:30pm: Popcorn Day - Come enjoy some popcorn for National Popcorn Day. We will play some music and have some fun.

January 19th @ 1:00pm: Hand/Forearm and Shoulder massages offered by Sara Hawkins certified massage therapist - \$1 per minute 10 minutes max - be sure to bring cash and sign up in the office for your spot.

January 21st @ 5:00-7:00pm: 4-Center Fun Night Carnival: this will be held at the Linwood Senior Center. \$5 Ticket which includes: Entry Fee, Hot Dogs, Chips, Drink & COOKIE! Be sure to RSVP in the office if you plan on coming.

Dates To Remember

January 6th @ 9:30am: Inner Circle

January 6th @ 1:00pm: Flying Saucers

January 10th @ 1:00pm: Wanderers - Museum of World Treasures - Cost is \$8.95 +tax for 65+ years old. Please RSVP in office by Friday 7th so we know how many are coming - we will meet there!

January 11th @ 10:00am: Book Club - "Dewey: The Small-Town Library Cat Who Touched the World" by Vivki Myron.

January 11th: Hermes Healthcare - Medical Foot Care - please call 316-260-4110 or 316-644-7309 to get your appointment scheduled. They will be at the Downtown Senior Center this day.

January 24th @ 1:00pm: Bunco - come see what this fun dice game is all about.

January 27th @ 9:00am: Foster Grandparents

Education Classes

January 6th @ 1:00pm: Writers Craft

January 18th @ 11:00am: Tech Tuesday - see Jennifer

January 20th @ 11:00am: Education - see Jennifer

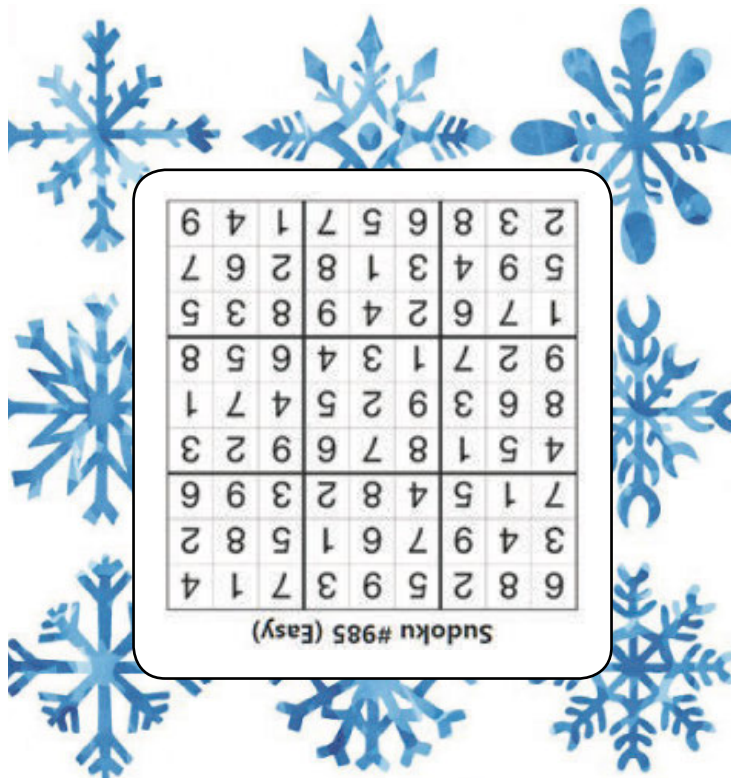
Downtown Senior Center • 200 S Walnut, Wichita, KS 67213 • (316)267-0197
Hours: 8:00 a.m. - 4:30 p.m. • Director: Jennifer Fox • jenniferf@seniorservicesofwichita.org
Registration Required for ALL Center Activities • Membership: \$35 per year



Sudoku

Sudoku #985 (Easy)

	8		5	9				
			4	8		3		6
4		1			6		2	
8						4		1
	2	7				6		8
1			2	4				5
	9		3	1	8			
	3			5				



6	4	9	7	5	6	8	3	2
5	9	4	3	1	8	2	6	7
1	7	6	2	4	9	8	3	5
9	2	7	1	3	4	6	5	8
8	6	5	8					
4	5	1	8	7	6	9	2	3
7	1	5	4	8	2	3	9	6
3	4	9	7	6	1	5	8	2
6	8	2	5	9	3	7	1	4

Sudoku #985 (Easy)

AVAILABLE FOR A LIMITED TIME!

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wclough@lpicommunities.com or (800) 950-9952 x2635



Main Office: 2145 N. Topeka, Wichita

316.942.4848

LEASING NOW!

Mennonite Housings newest edition to affordable housing for seniors will be Fieldcrest. Fieldcrest will consist of one and two bedroom units is located in Valley Center at 77th and Dexter.

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Senior Services Inc. of Wichita, Wichita, KS

B 4C 02-0994



Schedule Of Ongoing Activities

Monday

- 9:00-11:00 - Competitive Pickleball - Gym
- 9:00-3:00 - Open Billiards
- 9:00-3:00 - Open Fitness
- 10:00-11:00 - Art Journaling (2nd & 4th)
- 10:00-11:00 - Wanda's Exercise - Room 3
- 1:00-2:00 - Wanderers (3rd) - OFFSITE SEE DIRECTOR
- 1:00-3:00 - Open Pickleball - Gym

Tuesday

- 9:00-3:00 - Open Billiards
- 9:00-3:00 - Open Fitness
- 10:00-11:00 - Exercise - Gym
- 10:00-12:00 - Book Club (2nd) - Room 1
- 11:00-12:00 - Tai Chi for Health (Special Class)
- 11:00-12:00 - Tech Tuesday (3rd)
- 12:00-3:00 - Dominoes - Room 2
- 1:00-2:00 - Job Club - Room 1
- 2:00-3:00 - Bible Study - Room 1

Wednesday

- 9:00-3:00 - Open Billiards
- 9:00-3:00 - Open Fitness
- 10:00-11:00 - Wanda's Exercise - Room 3
- 10:00-11:00 - Chair Dance Yoga - Gym
- 11:00-12:00 - Cardio Drumming - Gym
- 1:00-2:30 - Intermediate Spanish - \$5/class due to instructor
- 1:00-3:00 - Open Pickleball - Winter Schedule - Gym

Thursday

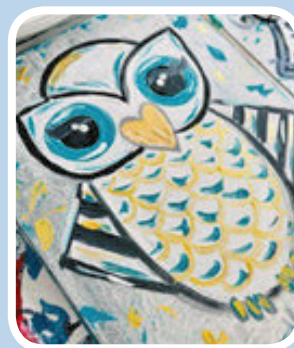
- 9:00-1:00 - Foster Grandparents (last Thursday of the month)
- 9:00-3:00 - Open Billiards
- 9:00-3:00 - Open Fitness
- 9:30-10:00 - Inner Circle (1st)
- 10:00-11:00 - Exercise - Seated with Hand Weights - Gym
- 11:00-12:00 - Tai Chi for Health (Special Class)
- 11:00-12:00 - Education (3rd)
- 1:00-3:00 - Writing Craft 1st full week of month
- 1:00-3:00 - Flying Saucers (1st) - Gym

Friday

- 9:00-11:00 - Competitive Pickleball - Gym
- 9:00-3:00 - Open Billiards
- 9:00-3:00 - Open Fitness
- 10:00-11:00 - Wanda's Exercise - Room 3
- 12:00-3:00 - Party Bridge - Room 2
- 12:30-3:00 - Hand & Foot 2nd & 4th & 5th - Room 3
- 1:00-3:00 - Open Pickleball - Gym

Craft Class

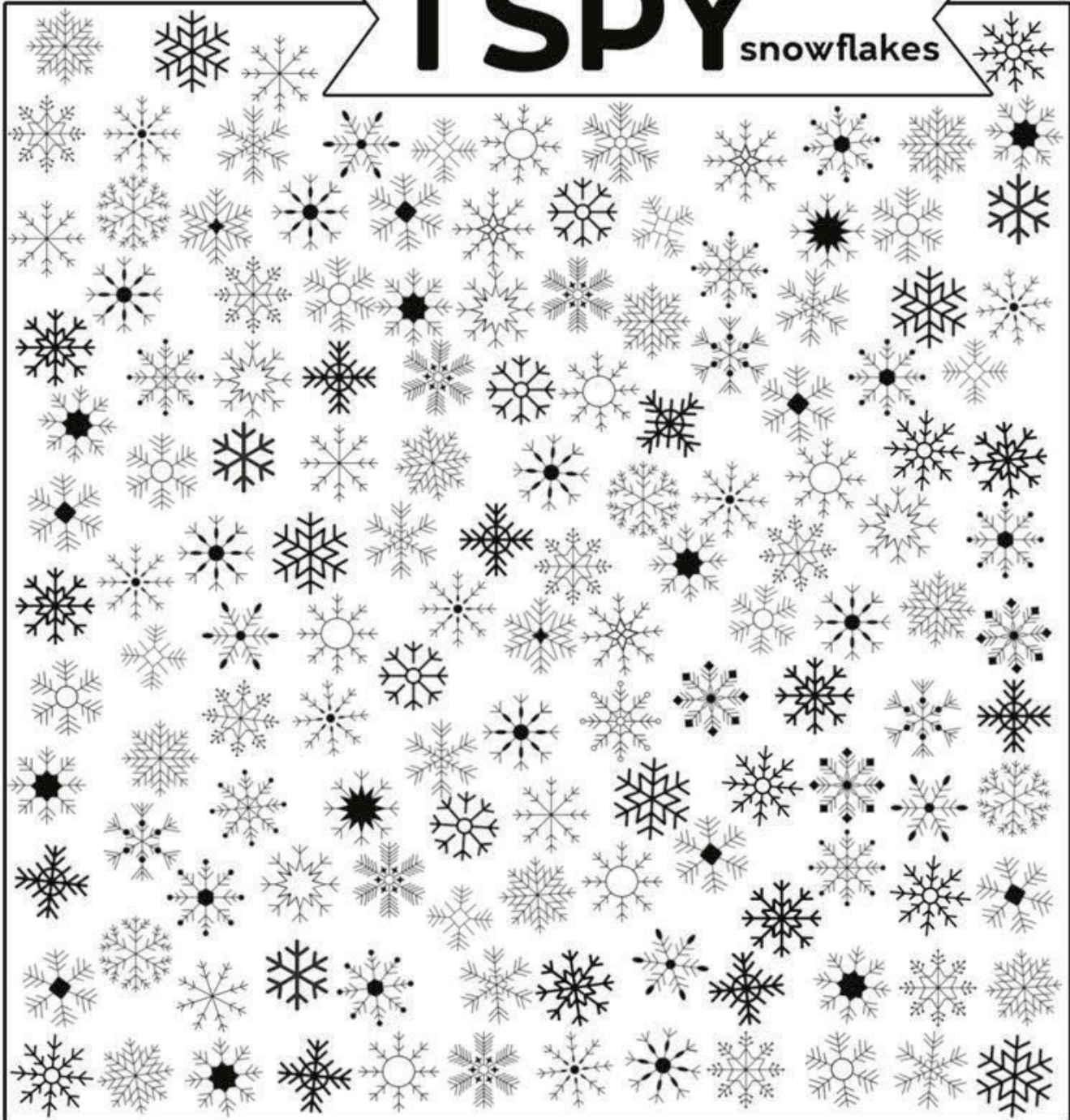
January 27th @ 1:00pm:
Winter Owl Painting -
\$5 all supplies included.
RSVP and Money due
by January 24th.



**BE SURE TO STOP BY THE
OFFICE TO PICK UP
OUR AT-A-GLANCE
CALENDAR THAT CAN
HELP YOU QUICKLY FIND
THE ACTIVITY YOU ARE
LOOKING FOR.**



I SPY snowflakes



2		4		4		5		4		5		7		4		6		5	
1		6		7		1		3		6		7		4		7		5	
3		3		4		6		2		7		5		9		6		3	



LINWOOD SENIOR CENTER

“January 1st, is the first page in a 365 page novel! YOURS!”

~@randomvibez and emphasis by Cherise~

“Ask yourself, ‘What’s the biggest passion in my life?’ Then? Go do that!”

Because that is when your life goes from a question mark to an exclamation point!”

~venspired.com~

HAPPIEST NEW YEAR – EVER TO YOU!

I have to say, I love new beginnings, new opportunities to try new things, to meet new people, to look forward to life. We are here and life is worth living. We have had many reasons for grief, I don’t know who Covid has not touched in some way or form, but I know a resilient people, and that is the many friends at Linwood! We must prevail! We must endure, and really we need to look at our minds and make sure we step out into the world safely and remind ourselves that life is WORTH living. So make sure you shake the dust off the feet, get those “willies” started again. The will to preserve, the will to go on, and the will to walk up road and see what is around the next bend! Join us for an amazing start, our SENIOR FUN NIGHT is BACK! And we have amazing new classes starting, including our Sage-ing classes, and a new class, called WELLREP which is a “well rounded exercise program”. We have had this

Continued on pg 9

Ongoing Activities

Please RSVP for ANY Activity - Call: 263-3703 - Open M-F from 9am to 3:30pm

Monday

9:00 Stretching
9:30 Dynabands
10:00 Bible Study
(On Hiatus for Jan.)
11:30 Friendship Lunch
1:00-3:00 Open Crafting
(Jan. 3, 24 & 31)
2:00 Grief Support Group
(Third Monday)

Tuesday

8:30-10:30 Pickleball
9:00 Stronger Seniors (A)
10:00 Looming with Linda
11:30 Friendship Lunch
1:00 Movie Madness
(See Schedule)

Wednesday

9:00 Arthritis Exercise
10:00 BINGO
(NOT Third Wed.)
11:30 Friendship Lunch
12:00 Pinochle with Friends
(No Computer Lab)
1:00-3:00 Craft Educations
(See Schedule)

Thursday

8:30-10:30 Pickleball
9:00 “9 Fitness Drummers
Drumming”
10:00 Sweating with the
Oldies
11:30 Friendship Lunch
12:00 Pinochle with Friends
(No Computer Lab)
1:00 Dime Bingo
2:30 “Ball Drumming”

Friday

9:00 Stronger Seniors
10:15 Educational Programs
11:30 Friendship Lunch
12:00-3:30 13 Point Pitch

Daily/Anytime

**Walking and Computer Lab
(RSVP)**

Monthly

**11:00 Advisory Council
(Second Wednesday
January 12th)**

**10:30 Birthday Party
(Third Wednesday
January 19th)**

Linwood Senior Center • 1901 S. Kansas, Wichita, KS 67211 • (316)263-3703

Hours: 8:00 a.m. - 4:30 p.m. • Director: Cherise Langenberg • CheriseL@seniorservicesofwichita.org

Registration Required for ALL Center Activities • Membership: \$35 per year



LINWOOD SENIOR CENTER

Director's Notes Continued

before and WSU is our sponsor for the class. Take a gander at the craft classes too and we are encouraging you to come and bring your crafts to work on during open craft. Also, if you need a warm hat, you may want to take a look at our LOOMING WITH LINDA Class! Several of our ladies have finished hats and scarves,...so come in to Linwood for a little warmth and friendship!

~ From Cherise and Your Linwood Volunteers

LINWOOD CENTER WILL BE CLOSED TO CELEBRATE:

Dr. Martin Luther King Day on Monday, January 17, 2022

4-CENTER SENIOR FUN NIGHT/ CARNIVAL

**At Linwood Senior Center
GYM/REC CENTER**

Friday, JANUARY 21, 2022 from 5-7 pm.

JOIN US FOR GAMES & FUN!

TICKETS: \$5 RSVP

Includes: Entry Fee, Hot Dogs, Chips, Drink & COOKIE!

- | | |
|-------------------|---------------|
| • GO FISH | • CAKE WALK |
| • PUTT PUTT GOLF | • FRISBEE |
| • SNOWMAN BOWLING | • CORN HOLE |
| | • DANCE PARTY |
| | • DARTS |

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GOODIES & FUN GALORE!

HOPE is more than a word

Evelyn found support to stay active, independent and at home

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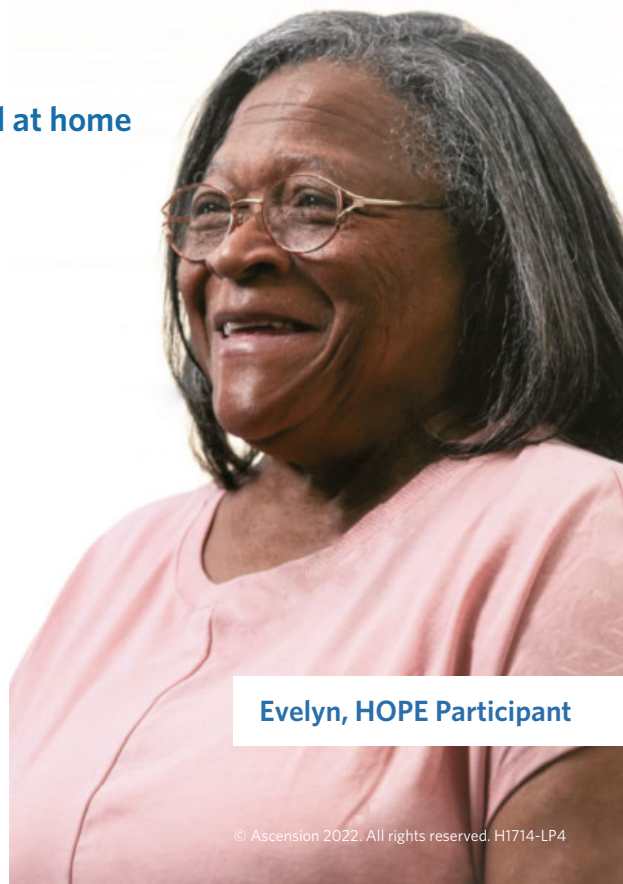
For more information or to schedule a home visit, call **316-799-0639 (TTY: 800-766-3777)** today.

Participants must be at least 55 years old and live in Sedgwick County. All PACE participants agree to receive all services other than emergency services from HOPE staff and its network of providers, and may be fully and personally liable for the costs of unauthorized or out-of-network services.



HOPE

ascensionliving.org/hope



Evelyn, HOPE Participant

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Senior Services Inc. of Wichita, Wichita, KS

C 4C 02-0994



Fun Upcoming Events & Activities (RSVP for ALL to 263-3703)

Movie Madness – Tuesdays at 1:00pm

January 4th – “Holiday Inn”

1942 movie about a hotel with all the great names, a good way to start the New Year!

January 11th – “In Remembrance of MLK”
PBS special movie.

January 18th – “Winnie the Pooh”

To celebrate National Winnie the Pooh Day!

January 25th – “Unbroken”

War hero Louie Zamperini, is a man among men. Survived 42 days in a raft, before that life he was an Olympic champion. Great Movie, we intend to watch the sequel. Very Inspiring!

The Popcorn and hot chocolate is on us, this month! RSVP please. *Movie subject to change, if unable to attain.

January 6th, Writing Craft – This writing group will explore, learn, and discuss the various aspects of the writing craft. Each month we'll have a specific topic and handouts of the information discussed will be provided. There is NO charge for the class or the handouts. For more info call Starla at 393-8195.

Program: Journaling for Personal Use and for Writers.

Exercise Words: dishrag – banana – pelican – tennis ball – hot

General Prompt: Write about being stuck in a traffic jam.

Poem Prompt: Write about struggling to sleep.

January 10th @ 2:00-3:00pm – “GRIEF SUPPORT GROUP” – Join us as we bond together as we share our stories and learn how to navigate our grief in the New Year. Chaplain Greg Schmidt will be leading the group. Call for more info!

CRAFT EDUCATIONS:

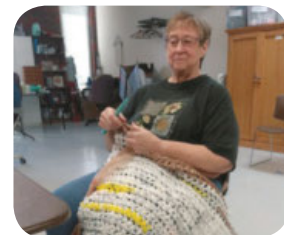
January 10th @ 1:00pm
SNOWY PINECONE JAR CANDLE – See picture, cost \$4. RSVP and pay by January 7th.



January 26th @ 1:00-3:00pm
“VALENTINE NAILS” – Come and join Dawna Geiger to enhance your nails by adding stickers and other decorations. Cost is \$5 for stickers they will go a long way. Make sure you have a base coat on when you join us.

January 31st @ 1:00pm
BUBBLE WRAP PAINTING – *FREE, Come and have fun celebrating National BUBBLE WRAP APPRECIATION DAY
*You can “pop” some too!

OPEN CRAFTING – We will be having a time you can bring in your craft you are working on! Fun camaraderie! Also, Kay Hood will be here if you don't have something you are working on and you can help make MATS for the HOMELESS. Stop in! There is always something you can help with! This is a way to help others, so stop by for fellowship!



EDUCATIONAL PRESENTATIONS:

***Held on Fridays @ 10:15am.**

Must RSVP and let us know you are coming! THANKS!

January 7th, Sage-ing Series –
“RIP – Resilience in the Pandemic”

January 14th, “Jeanette Richards – Keeping Pace in the New Year” – Jeannette will inspire you to keep going, she is an OVERCOMER, let her inspire you to be your best in 2022!

Continued on pg 11



Fun Upcoming Events & Activities (RSVP for ALL to 263-3703)

January 21st, Sage-ing Series -

"The Gift of Forgiveness, Repairing Our Relationships"

January 28th, "Brain Games to Enhance the Memory" - Cherise Langenberg

FROM AGE-ING to SAGE-ING

Join us as we take a journey that will help us celebrate our life experiences. David Gear, our Sage-ing specialist, will lead us through a mindful identification of our skills, abilities and experiences that we have mastered over the years, and encourage us to share them with others. His encouragement to continue learning, will inspire us all! Please note the following topics, **RSVP is a must.**

All topics will be on **Fridays from 10:15-11:30am.**

- **1/7/22** - Resilience in the Pandemic (RIP)
- **1/21/22** - The Gift of Forgiveness - Repairing Our Relationships
- **2/04/22** - Expanding Elder Consciousness
- **2/18/22** - Creating and Leaving Our Legacy

SPECIAL EVENTS:

BOBA FIELD TRIP

After Dime Bingo on January 13th we will head to LEAF Tea House at 1912 E Pawnee and find out what BOBA tea/drink is! RSVP to Cherise! Let's try NEW things in 2022!

Lunching Lovelies and ROMEO Club

We will be dining out at CEASARS Table on Friday, January 28th at 11am - it is located at 125 N Market. It is a buffett, cost will be @ \$12 plus tip, and we would love to have you join us for lunch this

month! RSVP to 263-3703 so we know you are coming by 1/21.

NEW WELLNESS CLASS starting the end of January, sponsored by WSU and their Health & Wellness Program. PHS 150A WellREP (Well-Rounded ExerciseProgram)

Is an exercise class specially designed for older adults, WellREP is an evidence-based, progressive physical activity class. The goal of the class is to improve health and functional ability, to promote independence, and to help prevent chronic disease and disability in adults over age 50. The program includes a step-by-step approach to improve student's physical abilities with a variety of simple activities, including cardio/aerobic, flexibility, strength, and balance activities. Highly trained graduate, practicum and undergraduate internship students lead the classes. **Please call Cherise to sign up for the class, scheduled to start the end of January.**

HEALTHY LIFESTYLE SUPPORT GROUP - starting at Linwood Senior Center. We will be discussing ways to "live well" in healthy, body, mind, and heart and giving practical tips and advice on resources, eating and more. **Call 263-3703 for information.**

Special THANKS to all of you precious souls that gave to the Wichita Children's Home. Together all of the senior centers presented approximately \$1,000 in gifts and gift cards!

YOU ARE ALL A BLESSING!!!

Also thank you to the people who gave on behalf of the memorial for our beloved "Darlene Mason". We will use the gifts for improvements for tables for the Linwood Senior Center.



NORTHEAST SENIOR CENTER

Hello Everyone! Happy New Year!

Guess what? It is officially 2022...if you are reading this newsletter you have been blessed with another chance to get things in your life in order. This could be just about anything (health, relationships, finances, etc.) and the list goes on. I do not know about you, 2021 for me all the days started running together. So, I do have a little catching up to do as well.

Speaking of 2022, are you a person that makes New Year's Resolutions? We have discussed this topic before. Remember, our mind-set is a big factor in how those all play out. I myself am not big on New Year's resolutions. However, I do make a few small goals. There is nothing wrong with finding something to focus on to keep you going. However, when it becomes unrealistic you basically set yourself up to fail. My question to you, what is your focus for 2022? What do you plan to do to keep you going? Hopefully, you are not just going to just sit around

Continued on pg 15

Ongoing Activities

You Must Call In Advance To Participate In Any Activity (269-4444)

Monday		12:30	Line Dance (2nd & 4th Wednesdays only)
10:00	WSU WellRep Exercise Class *(New Time)	1:00	Dominoes
10:00	Computer Room, Exercise Equipment Room	Thursday	
10:30	Diamond Dotz, Dominoes	10:00	Computer Room, Exercise Equipment Room
11:30	Aging Projects Friendship Meals	10:30	Exercise Class, Dominoes
1:00	Wii Games, Dominoes	11:30	Aging Projects Friendship Meals
Tuesday		12:00	Quilters' Treasures
10:00	Computer Room, Exercise Equipment Room	1:00	Card Games (Bid Whiz & Spades), Dominoes
10:30	Exercise Class, Dominoes	Friday	
11:30	Aging Projects Friendship Meals	10:00	WSU WellRep Exercise Class *(New Time)
1:00	Wii Games, Dominoes	10:00	Computer Room, Exercise Equipment Room
Wednesday		10:30	Wii Games
10:00	WSU WellRep Exercise Class *(New Time)	10:30	Diamond Dotz, Dominoes
10:00	Jewelry Making Class, Computer Room, & Exercise Equipment Room	11:30	Aging Projects Friendship Meals
10:30	Dominoes	1:00	Wii Games, Dominoes
11:30	Aging Projects Friendship Meals	*WSU WellRep Exercise Class will start back Wednesday, January 26th at 10am	

Northeast Senior Center • 2121 E. 21st St, Wichita, KS 67214 • (316)269-4444

Hours: 8:00 a.m. - 4:30 p.m. • Director: Carnesha Tucker • CarneshaT@seniorservicesofwichita.org

Registration Required for ALL Center Activities • Membership: \$35 per year



NORTHEAST SENIOR CENTER

Holiday Closing

Northeast Senior Center will be closed **Monday, January 17th, 2022** in observance of Martin Luther King Jr. Day.



Upcoming Activities:

Wednesday, January 19th at 10:30am

- **Finding Comfort Grieving Support Group:** Courtesy of Harry Hynes Hospice.
- **Jewelry Making "Tips & Tricks"** with Kelsey Banwart from Oxford Villa.

Special Event:

Everygy LIEAP (Low Income Energy Assistance Program) Program

Friday, February 11th, 2022

Time: 9am-12pm

LIEAP is a federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit.

Please bring the following items:

- Copies of all proof of income for all permanent individuals living in the home who are 18 years old or over
- Copies of utility bills (gas, electric, propane, wood, etc.)
- Social Security numbers of all members of the household



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ACTION	COMEDY	EPIC	MUSICAL	WAR
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BIOGRAPHICAL	DRAMA	MOCKUMENTARY	THRILLER	



NORTHEAST SENIOR CENTER

Director's Notes Continued

the house doing nothing. I have heard, if you sit too long you may not be able to get up when you do want to get up. Maybe try something different that you have not done before. What about Volunteering? Did you know that volunteering can be beneficial to your health? Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect. It also provides a sense of purpose and teaches valuable skills. Volunteering increases social interaction and helps build a support system based on common interests. Well, if volunteering is not something you think will keep you going...what about just hanging out at your area senior center? Senior Services' four senior centers (Downtown, Linwood, Orchard Park, and Northeast) all offer a wide variety of activities, events, and educational topics. With a goal of helping the members stay mobile, active, and independent. If you have not decided on what your focus is for 2022 or your plans to keep you going...how about adding our Senior Centers to your list. The centers offer Exercise Classes, Pickle Ball, Line Dance to name a few. All with a focus of you staying active, as well as keeping you in good health. We offer a nutritious lunch Monday - Friday at Linwood, Orchard Park, and Northeast locations. The lunch program is with Aging Projects Friendship Meals. So you will need to come in and complete paperwork in advance to receive lunch. This could be one meal that you would not have to worry about cooking during the week. We also offer Jewelry Making, Diamond Dotz, and a host of other classes that are seasonal throughout the year for those that have the patience. These activities, events, and

educational topics can keep you from being bored, lonely and in poor health...As always, if you have questions, comments, or concerns feel free to stop by the office or call (316) 269-4444. Remember, this is your center and the overall goal is to provide an environment that keeps you mobile, active and independent.

Source: www.mainlineadultdaycenter.org/2019/09/20/how-does-cold-weather-affect-seniors/

In the meantime and between time,
Be Safe! Be Blessed! Be Encouraged!

Carnesha Tucker - Center Director

4 Center Community-Give Back for the Holidays “Collecting Items for Wichita Children’s Home”



THANK YOU! THANK YOU! THANK YOU!

To all that donated to the Wichita Children's Home Community-Give Back for the holidays. You really went above and beyond what I expected.



ORCHARD PARK SENIOR CENTER

HAPPY 2022 Everybody!

I hope that you had a great Holiday Season! It's time to begin a new year and I hope that 2022 is a good year for all of you.

January 24th is National Compliment Day. National Compliment Day offers a wonderful way to brighten someone's day or to give credit for a job well done!

A compliment has a powerful effect. It can instill confidence or validate someone's hard work. A compliment not only improves the receiver's mood, but it also says something about the giver. It tells them you noticed. Whether we recognize someone's achievement or their classic style, a compliment can go a long way.

I would like to compliment each of you. You are each special and unique in your own way. You bring joy to me and everyone at our center. I am so proud of you for continuing to socialize and learn new things. You are a true gift and I am so glad that I have the privilege of knowing you.

Continued on pg 19



Ongoing Activities

Please RSVP To Participate - Call: 942-2293

Mondays

9:00-10:00 Co-Ed Exercise (Limit 10)
10:00-11:00 Co-Ed Exercise (Limit 10)
10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly) - (**Weigh-in is 9:30-9:45**)
12:00-3:30 Open Pool Tables (Limit 8)
1:00-3:00 10 Point Pitch (Limit 12)

Tuesdays

9:00-10:00 Co-Ed Exercise (Limit 10)
10:00-11:00 PIYO Exercise Class
12:00-3:30 Open Pool Tables (Limit 8)
1:00-3:30 Mexican Train Dominoes

Wednesdays

8:30-9:30 Co-Ed Exercise (Limit 10)
9:30-10:30 Co-Ed Exercise (Limit 10)
10:30-12:00 Computer Lab
12:00-3:30 Open Pool Tables (Limit 8)

Thursdays

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

Fridays

9:00-10:00 Co-Ed Exercise (Limit 10)
10:00-11:00 Co-Ed Exercise (Limit 10)
12:00-3:30 Open Pool Tables (Limit 8)

CLOSED:

Monday, January 17th

Closed in observance of Martin Luther King Day

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: \$35 per year



Upcoming Events & Activities - Please RSVP to 942-2293

January 3rd -

SINCE JANUARY IS ALWAYS A TIME WHERE PEOPLE MAKE RESOLUTIONS FOR THE NEW YEAR, WE ARE GOING TO DO A 30-DAY HAPPINESS CHALLENGE. PLEASE STOP BY AND ASK KELLI OR JACKIE FOR A FORM TO GET STARTED. IF YOU COMPLETE ALL 30 DAYS WORTH OF ACTIVITIES BY THE END OF JANUARY, YOU WILL RECEIVE A PRIZE.

January 6th @ 10:00-11:00 - The Orchard Park Book Club - Come be a part of our newly formed book club. Fun for all reading enthusiasts. **NEW THIS MONTH!**

January 7th @ 1:00-2:00 - Drum Ball Exercise with Brian from Home Care and Hospice of KS - Latest Fitness Craze!

Come check it out! Please RSVP - Limit of 12.

January 10th @ 11:00-12:00 - T.O.P.S. (Take Off Pounds Sensibly) Open House - Come learn about our weight loss group that meets every Monday and see how T.O.P.S. can change your life mentally, physically and spiritually.

January 11th @ 11:00-11:45 - Krafting with Kelsey from Oxford Grand - Come hang out with us and make your very own personalized coaster. If you would like one with a favorite photo on yours, please bring that photo along with you. We will also have other items available to make a decorative coaster.



Continued on pg 18



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Upcoming Events & Activities - Please RSVP to 942-2293

January 11th @ 12:00 – “Good Grub Lunch” Club – Cinnamon’s Deli – 209 S. West Street - Join us for a yummy lunch and meet new friends or visit with old friends or both. Please call to RSVP.

January 12th @ 1:00-2:00 – Meet us at “The TeaHouse at Clifton Square” – 3700 E. Douglas for a Tea Party in honor of “National Hot Tea Day”. Men - you are welcome too. Tea Parties aren’t just for girls, ya know?



January 13th @ 11:00-12:00 – CPAAA will be here once again for their Mobile Vaccine Clinic. They will be administering Covid-19 Vaccines, Boosters and Flu Shots. If you get a Covid-19 Vaccine or Booster, you will receive a goody bag valued at \$100.00. There are a lot of nice items in the bag.

January 17th – ORCHARD PARK SENIOR CENTER WILL BE CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY.

January 18th @ 11:00-12:00 – Coffee Chat – Come have a cup of joe and visit with other Orchard Park Members. Please call to RSVP.

January 19th @ 1:00 – Meet at Village Inn for “Free Pie” Wednesday - 7020 W. Central – Join other Orchard Park Members for a great piece of pie and even better conversation. A minimum of one drink purchase is all you need in order to get a free piece of pie.

January 24th @ 11:00-12:00 – Advisory Council Meeting.

January 25th @ 9:00-10:30 – “The Egg-cellent Breakfast” Club – Jimmy’s Egg – 8728 W. Central – Enjoy a nice breakfast out and meet new friends or visit with old friends or both. Please call Kelli to RSVP.

January 25th @ 10:45-11:45 – “The Importance of Foot Care as We Age” – Dawn with “Ideal Feet” will be our presenter.

January 28th @ 11:15-12:15 – “Monthly Birthday” Celebration - It’s Baaaaack! We are going to resume our monthly birthday celebrations. Please join us for cake and coffee and wish all of the January Babies a Happy Birthday!



January 28th @ 1:00-3:15 – Movie – “Here Today” (2021) Rated PG-13 – Starring Billy Crystal and Tiffany Haddish.

When veteran comedy writer Charlie Burnz meets New York street singer Emma Payge, they form an unlikely yet hilarious and touching friendship that kicks the generation gap aside and redefines the meaning of love and trust.

Please bring a seat cushion for extra comfort if you would like. Individual snacks will be provided. Please RSVP.



***WE HAVE HAD REQUESTS TO START CANASTA, HAND AND FOOT, PINOCHLE AND BUNCO. PLEASE CALL KELLI AT 942-2293, IF YOU WOULD LIKE TO SIGN UP FOR ONE OR MORE OF THESE GROUPS. THANK YOU!**



ORCHARD PARK SENIOR CENTER

ORCHARD PARK HELD THEIR ANNUAL CHRISTMAS LUNCHEON ON TUESDAY, DECEMBER 7TH AND WE HAD SO MUCH FUN. WHAT A GREAT TURN OUT! I WOULD LIKE TO THANK EVERYONE WHO CAME TO ENJOY THE CHRISTMAS SEASON WITH US. I WOULD ALSO LIKE TO THANK ALL OF THOSE THAT HELPED MAKE IT A SUCCESS: LUCY BARRAZA, BRETT BLACKWOOD, GWEN GANDY, TRUDY JENSEN, STEVE LOY, CAROLYN MANNING, CAROL MUNDS, JANELLE OLIVER, JUDY WALKER AND JACKIE WHITE. MUSICAL THANK YOU TO JUDY WALKER AND WORD OF PRAYER THANK YOU TO GRADY BOULLIER. I COULD NOT HAVE PULLED THE LUNCHEON OFF WITHOUT ALL OF YOU WONDERFUL VOLUNTEERS!



Director's Notes Continued

I hope you will pay it forward and compliment a friend, family member, co-worker, neighbor, etc. on January 24th. However, you don't have to wait until January 24th, spread compliments all throughout the year. Try complimenting one person, per day for 30 days. They say it only takes 30 days for something to become a habit.

Please continue to support our centers in 2022 and be sure to grab a friend or two who have never been and introduce them to all of our wonderful programs.

Enjoy this brand New Year that we have been given and make it the BEST ever! Wishing you lots of love, luck and joy in 2022!

- Kelli

THANK YOU TO EVERYONE WHO DONATED TO THE VETERAN'S IN NOVEMBER AND TO THE WICHITA CHILDREN'S HOME IN DECEMBER. WE RAISED ABOUT \$40.00 FOR THE VETERANS AND \$250.00 FOR THE WICHITA CHILDREN'S HOME. I KNOW BOTH OF THESE CHARITIES ARE GRATEFUL AND SO AM I. THANK YOU FOR SPREADING THE LOVE DURING THE HOLIDAY SEASON!





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Slow Cooker Black-Eyed Peas Recipe



INGREDIENTS:

- **DRIED black-eyed peas** – This recipe is for a one pound bag of dried black eyed peas.
- **Chicken broth** – 7 cups of chicken broth, be sure to measure it out for the box doesn't have exactly the amount that is stated on the box.
- **Petite diced tomatoes** – It gives the black eyed peas a tangy flavor and more color.
- **Cooked bacon** – The bacon needs to be cooked and crumbled, do not add it to the slow cooker raw or you will have a flavorless greasy mess.
- **Diced ham** – This can be leftover ham, just cube it!

- **Other flavorings** – Diced sweet onion, fresh garlic, oregano, salt and pepper. – Wait to add the salt until the cooking time is up.

DIRECTIONS:

Step One – Add the dried black-eyed peas to the crockpot, no need to presoak!

Step Two – Add the canned diced tomatoes, onion, garlic, ham, bacon, and seasonings. Pour over the chicken broth. Place the lid on the slow cooker and cook on HIGH for 7 hours without opening the lid during the cooking time. For creamy beans remove about a cup of beans and mash with a fork, stir these mashed beans into the rest of the beans.

Source: <https://www.themagicalslowcooker.com/new-years-day-black-eyed-peas/>