

Keeping You, Your Neighbor, and Your Senior Center Safe

On January 12, 2022 Senior Services reinstituted mandatory mask usage for everyone entering our doors, regardless of vaccination status. This decision came as we have continued to see a surge in Covid positive cases in the Wichita – Sedgwick County area. As of writing this information the County is currently setting at a 21% positivity rate, the highest we have seen during this pandemic. Covid testing locations are running out of tests, and it is getting harder to seek care at our hospitals.

We make these decisions for the safety of all of you. All your fellow members. And our staff. In no way are we trying to go against a person's personal freedoms. We are asking that you help us, help all of you stay healthy. And to keep our Senior Centers open for use.

Here are a few reminders on preventative actions:

- 1) Wear a properly fitting mask that covers both your nose and mouth.

- 2) Wash your hands with soap and water frequently, for at least 20 seconds.
- 3) Use hand sanitizer when unable to get to water, or between hand washing.
- 4) Clean frequently used areas daily.
- 5) Cover your cough or sneeze with a tissue.
- 6) Avoid touching your face as much as possible.
- 7) Attempt to keep social distancing of at least 3 feet (6 feet is ideal).
- 8) If you are feeling ill or feel you may have been exposed to a Covid positive person – Please Stay Home.

We are all in this together. And together we can work to keep each other healthy. Your cooperation and understanding is appreciated at this time.



Valentine's Day Facts



- **In the 1300s, it officially became a holiday associated with love.**

At the end of the 5th century, Roman Pope Gelasius officially declared the date of February 14 "St. Valentine's Day." It wasn't until the Middle Ages, though, that the holiday became associated with love and romance, a tradition that first started from the common belief in France and England that birds started their mating season on February 14.

- **The first valentine was sent in the 15th century.**

The oldest record of a valentine being sent, according to History.com, was a poem written by a French medieval duke named Charles to his wife in 1415. Charles penned this sweet note to his lover while he was imprisoned in the Tower of London at just 21 years old.

- **Not until the 1840s did we get the first mass-produced valentines.**

People started exchanging cards and handwritten letters to both lovers and friends during the 17th century, but it was in the 1840s that the first Valentine's Day cards were mass-produced in the U.S., sold by Esther A. Howland. Known as the "Mother of the American Valentine," Howland is credited with commercializing Valentine's Day cards in America, and she is remembered for her elaborate, crafty cards made with lace and ribbons.

- **The tradition of giving Valentine's Day flowers dates back to the 17th century.**

Giving red roses may be an obvious romantic gesture today, but it wasn't until the late 17th century that giving flowers became a popular custom. In fact, the practice can be traced back to when King Charles II of Sweden learned the

Continued on pg 3

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.





Valentine's Day Facts - Continued

"language of flowers" - which pairs different flowers with specific meanings - on a trip to Persia, and subsequently introduced the tradition to Europe. The act of giving flowers then became a popular trend during the Victorian Era - including on Valentine's Day - with red roses symbolizing deep love.

- **The first heart-shaped box of chocolates was introduced in 1861.**

It was created by Richard Cadbury, son of Cadbury founder John Cadbury, who started packaging chocolates in fancy boxes to increase sales. He introduced the first heart-shaped box of chocolates for V-Day in 1861, and today, more than 36 million heart-shaped boxes of chocolates are sold each year. That's 58 million pounds of chocolate!

- **Americans send 145 million Valentine's Day cards each year.**

According to Hallmark, a whopping 145 million Valentine's Day cards are exchanged every February 14 (and that's not even including all those kids' valentines exchanged in classrooms!). This makes Valentine's Day the second biggest holiday for exchanging greeting cards, after Christmas. And how sweet: Teachers receive the most Valentine's Day cards annually, followed by children, mothers and wives. Needless to say, we've come a long way from 1913, which was when Hallmark Cards produced their first Valentine's card.

Source: <https://www.goodhousekeeping.com/holidays/valentines-day-ideas/a26863/valentines-day-facts/>

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DOWNTOWN SENIOR CENTER

Hi all, I hope you had a great new year's and you are staying healthy. We want to remind you that if you are feeling under the weather be sure to stay home - sharing is not caring in those instances. You will notice a lot of room changes on activities, be sure to mark them on your calendars. If you use our exercise equipment you will find that we have moved it to Room 1. We also have revamped the Billiards room so be sure to stop in and check it out.

- Jennifer

Cancellations and Closings

February 21st: CLOSED

February 21st: No Wanderers

February 24th: No Exercise or Tai Chi for Health

Education Classes

February 10th @ 1:00pm: Writer's Craft - Room 3

February 17th @ 10:45am: "22 Amazing Life Hacks For Cleaning Everyone Should Know" - Quick Video

February 15th @ 11:00am: Tech Tuesday - Room 2 - QR Codes - what are they and how to use them

Dates To Remember

February 2nd @ 11:00am: Inner Circle - Room 2

February 3rd @ 1:00pm: Flying Saucers - Gym

February 24th @ 9:00am: Foster Grandparents

February 28th @ 1:00pm: Bunco - Room 3

Special Events

February 14th: Lobby - goodie bag treats for you.

Class Information

Bible Study meets Tuesdays at 2:00pm, led by Pastor Jim Galliardt (Calvary Bible Church) and teacher. Each week the group prays for each other and study books of the Bible in a verse by verse format. All are welcome to join in on the exciting journey in encountering God's Word.

Book Club meets the 1st Tuesday of the month at 10:00am. They would love for you to join in. No need to worry if you haven't read the book you can still come and meet new friends that enjoy reading and visiting.

- **February 8th:** Four Winds - by Kristin Hannah or The Worst Hard Time: The Untold Story...by Timothy Egan (read one or both)
- **March 8th:** Wichita Big Read - The House on Mango Street - by Sandra Cisneros
- **April 12th:** Wicked Wichita - by Joe Stumpe
- **May 9th:** Vanderbilt: The Rise and Fall of an American Dynasty - by Anderson Cooper
- **June 14th:** Tracks: A Novel - by Louise Erdrich
- **July 12th:** Dewey: The Small - Town Library Cat Who Touched the World - by Vicki Myron

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



Craft Class

February 14th @ 1:00pm: Key Chain Craft
- Room 3 - Come make a key chain and grab a goodie bag!

February 23rd @ 1:00pm: Personalized Coasters with Kelsey - Room 3 - Please RSVP by Friday Feb. 18th.

Taxes

If you need your taxes done please call 2-1-1 to schedule your appointment. United Way is partnered with Vita Tax and they do all the scheduling for appointments. At this point we are not sure which Senior Center is hosting taxes this year but with the limited amount of volunteers this year, please get scheduled where you can.



Sudoku #997 (Easy)

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

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

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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.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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 - Room 1
- 10:00-11:00 - Wanda's Exercise - Room 3
- 1:00-2:00 - Wanderers (3rd) - See Jennifer
- 1:00-2:00 - Bunco (4th) - Room 3
- 1:00-3:00 - Open Pickleball - Gym

Tuesday

- 9:00-3:00 - Open Billiards
- 9:00-3:00 - Open Fitness - Room 1
- 10:00-11:00 - Exercise - Gym
- 10:00-11:30 - Book Club (2nd) - Room 2
- 11:00-12:00 - Tai Chi for Health (Special Class) - Gym
- 11:00-12:00 - Tech Tuesday - Room 2
- 12:00-3:00 - Dominoes - Room 3
- 1:00-2:00 - Cardio Drumming - Gym
- 1:00-2:00 - Job Club - Room 2
- 2:00-3:00 - Bible Study - Room 2

Wednesday

- 9:00-3:00 - Open Billiards
- 9:00-3:00 - Open Fitness - Room 1
- 10:00-11:00 - Wanda's Exercise - Room 3
- 10:00-11:00 - Seated Yoga Dance - Gym
- 11:00-12:00 - Inner Circle (1st) - Room 2
- 11:00-12:00 - Art Journaling (2nd & 4th) - Room 2
- 1:00-2:30 - Intermediate Spanish (\$5/class due to instructor) - Room 2
- 1:00-3:00 - Open Pickleball - 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 - Room 1
- 10:00-11:00 - Exercise - Gym
- 10:45-11:00 - Education (2nd) - Gym
- 11:00-12:00 - Tai Chi for Health (Special Class) - Gym
- 1:00-3:00 - Writing Craft (1st full week of month) - Room 3
- 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 - Room 1
- 10:00-11:00 - Wanda's Exercise - Room 3
- 12:00-3:00 - Party Bridge - Room 3
- 12:30-3:00 - Hand & Foot (2nd & 4th & 5th) - Room 2
- 1:00-3:00 - Open Pickleball - Gym



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 VALENTINES



MellyMcDesignCo

HOW MANY OF EACH IMAGE CAN YOU FIND IN THE PICTURE?

										
.....



LINWOOD SENIOR CENTER

“Laugh absolutely, live joyfully, love affectionately, give generously, care deeply,
forgive freely, listen carefully, hug tightly and hope eternally!”

~unknown~

Love is in the air, and maybe a little covid too! So be careful!!!

Wanted to say, how much I LOVE YOU ALL! You are the best! From all the prayers, calls, food deliveries, and texts, you abundantly bless me. For those that haven't heard, I caught covid, and I have to say it was not a pleasant experience! I was down for over a week, and had extreme exhaustion. So, believe me, it is not a walk in the park! We did close the center, and had it deep cleaned, our desire is to attempt to keep everyone safe. In doing so, we have reinstated the mask policy within the center.

Come and find out about getting help with utilities and find out about taxpayer advocacy, so you will be ahead of the game!

We are still having some fun, so you will want to join us for our Chocolate Festival - Valentine's Day Party! Also, we are coordinating with the

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
(Feb. 7th only)
11:30 Friendship Lunch
1:00-3:00 Open Crafting
(Feb. 7, 14, 28)

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)

Friday

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

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)

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"

Wednesday

9:00 Arthritis Exercise

Daily/Anytime
Walking and Computer Lab
(RSVP)

Monthly
11:00 Advisory Council
(Second Wednesday
February 9th)

10:30 Birthday Party
(Third Wednesday
February 16th)

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

K-State Extension Service to be a watch site for the K-State Garden Hour a new opportunity for those with green thumbs!

So hugs, kisses and valentine's wishes to you all!

~ Cherise and Your Linwood Friends

LINWOOD CENTER WILL BE CLOSED TO CELEBRATE:

**President's Day on
Monday, February 21, 2022**



JOIN US FOR OUR "HEARTY PARTY & CHOCOLATE FEST"

February 14th from 2:00-4:00pm



Bring a heart-themed treat/ or chocolate treat and join us to celebrate & share LOVE & LIFE!!!

Special Speaker: Chaplain Greg Schmidt will be sharing ways to celebrate love, and remind us to tell each other "I LOVE YOU!"

So come and enjoy, a special time of HUGS, WARMTH & FUN!

RSVP to 263-3703 by February 11th.



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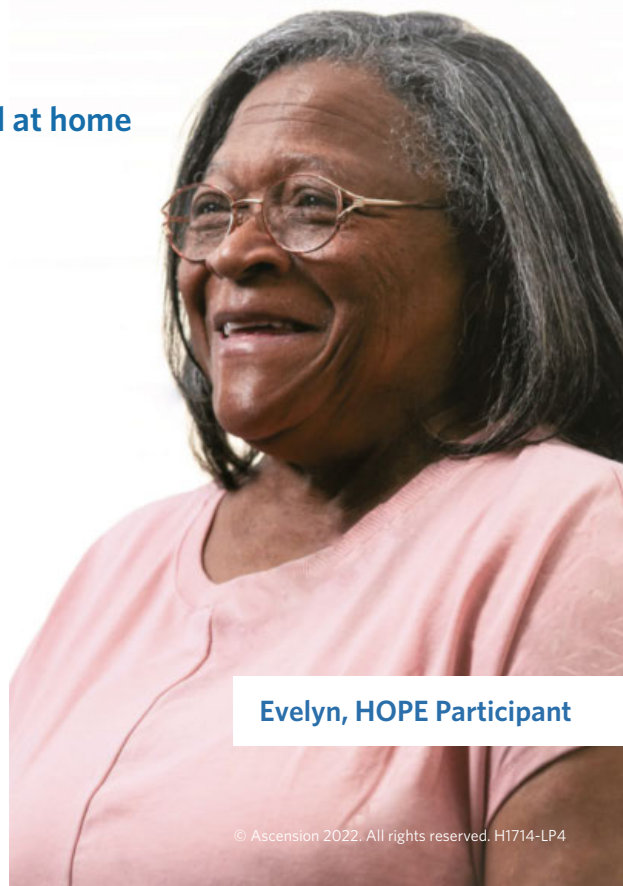
For more information or to schedule a home visit, call **316-799-0639 (TTY: 800-766-3777)** today.

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.



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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

February 1st – “Casablanca”

1942 Bogart & Bergam star in this classic love story.

February 8th – “Gigi”

Another classic love story, about a young girl who grew up and fell in love.

February 15th – “Airforce One”

Classic Thriller with Harrison Ford About a Hijacked President!

February 22nd – “Unbroken 2”

Started the first movie in Jan, come find out the rest of the story with War hero Louie Zamperini, when he meets his wife and has a change of heart.

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

February 10th, 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: WC February

Exercise Words: stapler – avocado – shrimp – balloon – sharp

General Prompt: Write about being stuck in a shopping mall.

Poem Prompt: Write a seven day poem, where you write one line a day, until you have a completed poem, by the end of the week.

February 14th @ 1:00-2:00pm – “GRIEF SUPPORT GROUP” – *Note time change for only this month! 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:

February 7th @ 1:00pm

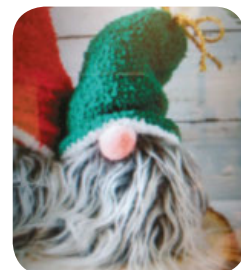
HEART PHOTO BANNER –

This is a great way to display photos! Cost \$6 - RSVP/Pay by Feb. 7th.

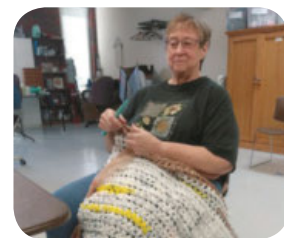
February 23rd @ 1:00pm

Gnome Making 101 Class!

– Cost is \$7 - Pay/RSVP by Feb. 18th.



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!

February 4th, Sage-ing Series –
“Expanding Elder Consciousness”

February 11th, Have Questions About Taxes & the IRS – Come to our presentation by Traci Wilkerson, a Taxpayer Advocate! You will be glad you did!

February 18th, Sage-ing Series –
“Creating & Leaving Our Legacy”

February 25th, Evergy and Help with LIEAP (Low Income Economic Assistance Program) – Come and hear specialist Kimberly Bailey speak, and get help with applications.



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

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.**

- **2/04/22** - Expanding Elder Consciousness
- **2/18/22** - Creating and Leaving Our Legacy

SPECIAL ACTIVITIES:

Lunching Lovelies and ROMEO Club

To celebrate “National Hot Breakfast Out Month”, we will be dining out at JIMMY’S at 1519 George Washington Drive on Feb. 16th at 8:30am! Cost is \$10 with tip! RSVP to 263-3703 so we know you are coming by Feb. 11th.

NEW EVENTS:

For those out there who love to garden, Linwood Senior Center is partnering to bring you “**The K-State Garden Hour**”.

We will have a live link with the Extension Agents that will give us tips on how to make your gardening yield better results. **Every first Wednesday of the month, from noon to 1pm**, we will be linking with an Extension Agent that will teach us a variety of things.

- **February 2, 2022: Indoor Seed Starting**

Discover the fun of starting your gardening season off early by growing

your own bedding plants indoors. Learn the steps to growing healthy plants you can transplant into the garden this spring. Gregg Eyestone, Riley County Horticulture Extension Agent, will explain how to save money growing those hard-to-find plants you want in your garden this year!

- **March 2nd topic: Landscape Design 101**

NEW WELLNESS CLASS starting the end of January, beginning of February, sponsored by WSU and their Health & Wellness Program. PHS 150A WellREP (Well-Rounded Exercise Program) 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 263-3703 for more info.**

TAXES - We are waiting on news if we will be able to host taxes with the United Way Vita Tax Program. **Please give us a call 263-3703 for more information.** We may have a few days when there will be a drive-through option.





NORTHEAST SENIOR CENTER

Hello Everyone! Happy February!

It is truly a blessing to see another year. With so many unknowns it can make life a little unsettling at times. I wanted to take a moment to encourage those that are still unsettled. If you are still alive there must be a purpose for you being here. You may be the shoulder that someone else needs, the person that keeps everyone laughing, the person that enjoys making pound cake for friends, the social butterfly...whatever the case you have a purpose. We have to try and keep going in the midst of it all. In order for you to be any good for someone else you must provide self-care to yourself. This month is a good month to start self-care. This month is American Heart Month. In order to care and show compassion and concern for others you must take care of yourself first. I would like to share some ways to Keep Your Heart Healthy; so that you can be a blessing to others:

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		

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, February 21st, 2022** in observance of Presidents' Day.



Upcoming Activities:

Wednesday, February 16th at 10:30am

- **Finding Comfort Grieving Support Group:** Courtesy of Harry Hynes Hospice.
- **"Personalized Coasters Craft"** 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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Q B X A I W S O D A S O D U
C O P O N N A O F Y C W A U
B W N T V C E G V F I N U D
T S K B D C E S V T P K Q S

ALLEMANDE

COUPLES

LINES

STAR

BALANCE

DOS-A-DOS

PARTNER

STEPS

BOW

ENDS

POSITIONS

TURNS

CALLER

FIDDLE

QUADRILLE

WHIRL

CAST OFF

HOEDOWN

REEL

CONTRARY

LEADS

SETS



NORTHEAST SENIOR CENTER

Director's Notes Continued

- Eat Healthy – It can help lower your risk of heart disease.
- Get Active – Getting regular physical activity can help prevent heart disease.
- Stay at a healthy weight – People who are overweight or have obesity are at an increased risk for heart disease, high blood pressure, and type 2 diabetes.
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure – High cholesterol and high blood pressure can cause heart disease and heart attack.
- Drink alcohol only in moderation – Too much alcohol can increase your risk of heart disease.
- Manage stress – It can help prevent serious health problems like heart disease, depression, and high blood pressure.

Source: <https://health.gov/myhealthfinder/topics/health-conditions/heart-health/keep-your-heart-healthy>

Well, hopefully I was able to encourage someone...In the meantime and between time, Be Safe! Be Blessed! Be Encouraged!

Carnesha Tucker – Center Director

Taxes! Taxes! Taxes!

VITA (Volunteer Income Tax Assistance) will be providing free Federal & Kansas income tax preparation as well as filing free Kansas Homestead Claims at Northeast Senior Center (2121 E. 21st St.). Free Tax preparation is provided to low income individuals, families, and seniors; generally those under \$60,000 of annual income.

Appointments will be offered on Mondays and Wednesdays from 9:30am to 2:00pm now through April 13th, 2022.

All appointments must be scheduled through the 211 United Way of the Plains service.

You will need to: **DIAL 2-1-1** and request a tax appointment at the Northeast Senior Center.

NO WALK-INS WILL BE ACCEPTED!



The Northeast Senior Steppers enjoyed their Christmas party held on December 22, 2021. The group had a delicious pot luck luncheon in-between two sets of dancing. They had fun line dancing and also doing some other types of dancing. The group was indeed rockin' this Center, laughin' and shoutin'. They enthusiastically formed two lines to do a Soul Train to Marvin Gaye's 1977 classic "Got To Give It Up (Pt. 1)". They did "The Twist" like they were 16 again to Chubby Checker's hit from 1960. And, everyone loved the Cupid Shuffle line dance to the 1958 Christmas song "Run Rudolph Run" by Chuck Berry! Their leader/teacher, Mz Judi, says she learns as much from the ladies as they learn from her.





ORCHARD PARK SENIOR CENTER

Happy February and Happy American Heart Month!

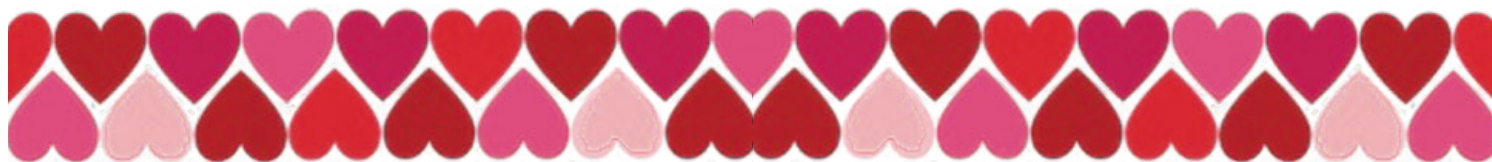
I hope that your 2022 is off to a great start. I want you to keep your heart healthy and since it's American Heart Month and Valentine's Day, I thought I would share the information below:

Here are some healthy heart hints from the National Institute on Health for the month of February. Try to do one of each of these for each of the 28 days this month. You can repeat your favorites!

1. Have heart healthy snacks while watching your favorite game or movie. Make your own snack mix (oat cereal, dried cranberries, unsalted nuts) or humus and your favorite veggies.

2. March in place when there is a commercial on TV.

Continued on pg 19



Ongoing Activities

Please RSVP To Participate - Call: 942-2293

Mondays

9:00-10:00 Co-Ed Exercise
10:00-11:00 Co-Ed Exercise
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
1:00-3:00 10 Point Pitch

Tuesdays

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

Wednesdays

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

Thursdays

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

Fridays

9:00-10:00 Co-Ed Exercise
10:00-11:00 Co-Ed Exercise
12:00-3:30 Open Pool Tables

CLOSED:

Monday, February 21st

Closed in observance of Presidents' 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 & Activites - Please RSVP to 942-2293

February 1st @ 11:00-11:45 – Cooking with Kelsey from Oxford Grand – Kelsey will demonstrate making a tasty and heart healthy food item.

February 1st @ 12:00 – “Good Grub Lunch” Club – Olive Garden – 2641 N Maize Rd. - Join us for a yummy “Italian” lunch and meet new friends or visit with old friends or both. Please call to RSVP.

February 2nd – GO RED FOR AMERICAN HEART MONTH! WEAR RED TODAY!



February 2nd – Celebrate Ground Hog Day with us all day today. It's extra special this year because it's on 2/2/22. We will

have snacks throughout the day. Be sure to stop by and see Kelli or Jackie no later than 2/1, to give us your prediction on whether or not Punxsutawney Phil, will see his shadow.

February 3rd @ 10:00-11:00 – The Orchard Park Book Club - Come be a part of our newly formed book club. Fun for all reading enthusiast.

February 3rd @ 1:00-3:00 – WABA Home and Garden Show - Century II Performing Arts & Convention Center, 225 West Douglas Avenue. Meet at Century II at the front door and we will explore the 68th Annual Home and Garden Show together. Tickets are \$8.00 for Seniors. Please RSVP.

Continued on pg 18



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316-263-8264





Upcoming Events & Activities - Please RSVP to 942-2293

February 4th @ 1:00-2:30 - *PLEASE NOTE TIME CHANGE* Drum Ball Exercise with Brian from Home Care and Hospice of KS - Latest Fitness Craze! Come check it out! Please RSVP.

February 8th @ 11:00-12:00 - Coffee Chat - Come have a cup of joe and visit with other Orchard Park Members. Please call to RSVP.

February 9th @ 1:30-2:30 - Senior Wednesday through the Advanced Learning Library - 711 W. 2nd Street; "American Radio" - Radio is the premier broadcast medium and its rich history stretches from the Golden Age of the 20s to the age of satellite radio and beyond. At the pinnacle of its popularity, radio lured as many as 82% of Americans to their Silvertone or Motorola in the evening to enjoy programming ranging from Yiddish theatre to the Grand Ole Opry. Join us as we experience the sweep of American radio history through the lens of Lance Hayes, retired Program Director of KMUW, who has worked professionally in radio, TV, and film.



February 11th @ 1:00-2:30 - Let's Visit Cocoa Dolce Artisan Chocolates - 2441 N. Maize Rd., Suite 123 - Try a piece of dark chocolate, gelato or a cookie and a cup of coffee. We will meet there. If you have never tried Cocoa Dolce, it's a must! So delicious and you will be supporting a local business.

February 14th @ 1:30-3:30 - Valentine's Day Party - We are taking it back to our elementary school days. We will play games and have snacks. Decorate a box

or envelope to exchange Valentines and don't forget to bring Valentine Cards. It will be a "SWEET" time. Valentines Day isn't just for couples. Anyone can celebrate! It's a perfect day to show love and affection to friends and family members. Put your name in a drawing for a Valentine Treat! Please RSVP.



February 15th @ 9:00-10:30 - "The Egg-cellent Breakfast" Club - Egg Cetera - 242 N. Mosley - Enjoy a nice breakfast out and meet new friends or visit with old friends or both. Please call Kelli to RSVP.

February 18th @ 1:00-3:15 - Movie - "On Golden Pond" Rated PG-13 - Starring Henry Fonda and Katherine Hepburn. A heartwarming story of an elderly couple and their estranged daughter. Please bring a seat cushion for extra comfort if you would like. Individual snacks will be provided. Please RSVP.

February 21st - ORCHARD PARK SENIOR CENTER WILL BE CLOSED IN OBSERVANCE OF PRESIDENTS' DAY.

February 22nd @ 10:00-11:00 - Catholic Charities will be here to discuss their Adult Day Program. Leanne Miller will be the presenter. Please RSVP.

February 24th @ 11:15-12:15 - "Monthly Birthday" Celebration - Please join us for cake and coffee and wish all of the February Babies a Happy Birthday!



February 28th @ 11:00-12:00 - Advisory Council Meeting.



ORCHARD PARK SENIOR CENTER

***WOULD YOU BE INTERESTED IN WOOD CARVING CLASSES? IF SO, PLEASE CALL KELLI AT 942-2293. THANK YOU!**

***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!**

Valentine's Day Word Search

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

ARROW	HUG
CANDY	KISS
CARD	LOVE
CHOCOLATE	RED
CUPID	ROSE
FEBRUARY	SWEET
FLOWER	VALENTINE
HEART	

Director's Notes Continued

3. Call a friend or neighbor and go for a walk.
4. Share a funny video or story that makes you laugh.
5. Give Meatless Mondays a try. Chunky cut your favorite veggies and toss with a bit of oil, pepper and your favorite herbs and roast them for 30 minutes at 400 degrees. Or make a soup like black bean or minestrone.
6. Swap the sweets for a piece of fruit for dessert.
7. Walk an extra 15 minutes today.
8. Go salt free and use herbs to flavor your food.
9. Add a stretch break to your day.
10. Dance to your favorite song.
11. This one is from me: Join one of our exercise groups or come to a T.O.P.S. (Take Off Pounds Sensibly) meeting.

Since it's the month of Valentine's Day, be sure to show your friends and family how much you love them. While you are at it, don't forget to show your heart some love as well.

Wishing you all a great month! Be sure to stop by the Senior Center to say hi. Especially, if you haven't been here in a while. We would love to see you!

- Kelli





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EWAP: Emergency Water Assistance Program



This federally funded program's focus is to restore or prevent disconnection of water to Kansas households who earn less than 150 percent of the Federal Poverty Level.

Kansans may apply for this one-time benefit beginning December 1, 2021. When the funding is exhausted, the program will end. If a household qualifies, the benefit will be paid directly to the public water utility vendor.

To qualify:

- You must be currently disconnected from drinking water and/or wastewater services **OR** have received a disconnection notice.
- At least one adult household member must be responsible for drinking water and/or wastewater costs incurred at

the primary residence (payable to either the landlord or to the water utility vendor).

- At least one household member must be a U.S. citizen or meet the lawful residency requirements.
- Not exceed the income limits which is a combined gross income equal to or less than 150% of Federal Poverty Level (1 and 2 person limits are listed below).

If you have a larger household, call 267-0122 for income limits.

- 1 person - maximum of \$1,610 gross monthly income
- 2 people - maximum of \$2,178 gross monthly income

For an application: call 267-0122.