

6 Memorial Day Facts You Probably Didn't Know

1. Multiple cities claim to be the birthplace of Memorial Day.

According to the Library of Congress, President Lyndon Johnson declared Waterloo, New York, to be the "Birthplace of Memorial Day," referencing a celebration the town had in 1866. However, other places are known to have celebrated the holiday earlier, and exactly where the first celebration took place remains in dispute.

2. It was originally called Decoration Day.

The holiday was celebrated by "decorating" the graves of fallen soldiers with flowers, flags, and more, hence the name "Decoration Day." Over time, it became known as Memorial Day.

3. Union General John A. Logan founded the holiday.

Although people were already decorating graves of fallen Civil War soldiers in an unofficial way, General Logan codified the holiday. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he famously said.

4. Memorial Day wasn't celebrated on the "last Monday in May" until relatively recently.

When General Logan officially launched the holiday, he called for it to be observed on May 30. After the Uniform Monday Holiday Act took effect in 1971, however, it was moved to the final Monday in May.

5. It's customary for the U.S. president or vice president to give a speech.

And traditionally, that speech is delivered at the Tomb of the Unknown Soldier at Arlington National Cemetery. Ahead of Memorial Day weekend, the 3rd U.S. Infantry also place American flags in front of Arlington's over 260,000 graves and niches

6. Originally, only soldiers who had died in the Civil War were honored.

After WWI, though, the holiday began to encompass members of the American armed forces who had fallen in any conflict.

Source: <https://www.townandcountrymag.com/leisure/arts-and-culture/a6359/history-of-memorial-day/>





TACO BOUT A GREAT TIME!!!

PLEASE JOIN US AT ORCHARD PARK SENIOR CENTER FOR A TACO BAR LUNCHEON TO CELEBRATE CINCO DE MAYO.



WHEN: THURSDAY, MAY 5, 2022 - 12:30 PM



WHERE: ORCHARD PARK RECREATION CENTER DINING ROOM

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PLEASE RSVP BY MAY 4TH.



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:

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267-0122, ext. 201

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267-4378

Meals on Wheels
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DOWNTOWN SENIOR CENTER

Hello Downtown Senior Center - This month we would like to welcome Angie Burnham as the new Center Director. Her first day was Monday, April 11th, so she is still learning the ropes. Angie has been with Senior Services since June of 2021, serving as the Coordinator for the Roving Pantry program. She graciously is assisting with the transition in finding a new coordinator, so early mornings she will be busy shopping and delivering. Please be gracious and give her time to learn the programs, the process, and you as members - this is a whole new adventure for her. Angie will be spending time at each of our Centers to learn from the other Directors, so you may see her out and about. Next month we will have Angie do a short introduction in the Compass. In the meantime, we hope you get to meet her soon. **Continued on pg 5**



Ongoing Activities

Please RSVP To Participate - Call: 267-0197

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 Bunco (2nd & 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 Cardio Drumming - Gym
12:00-3:00 Dominoes - Room 3
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
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
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

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



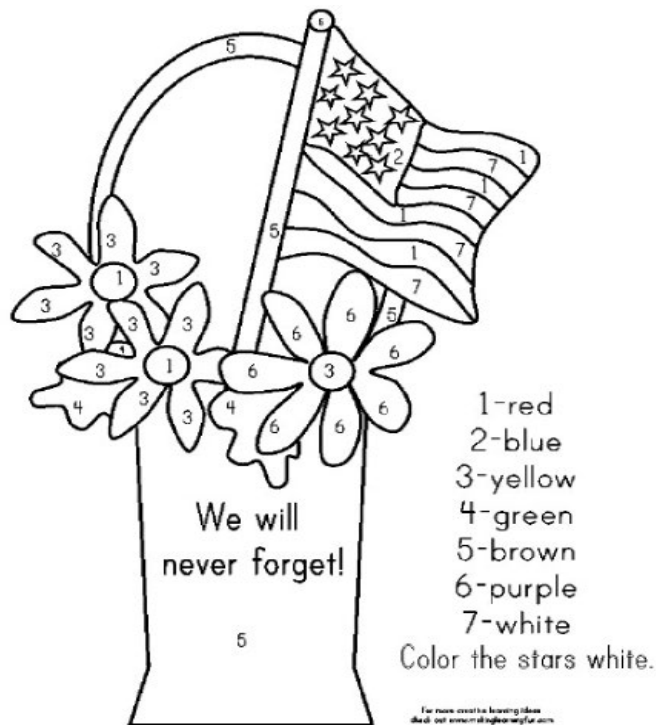
DOWNTOWN SENIOR CENTER

Director's Notes Continued

For this month you will see just the basic activities, as we transition to the new Director and look at bringing in educational opportunities and special events. If you have ideas for activities you would like to see, always stop by the front office and share. I have been asked multiple times about adding another Competitive Pickleball time, we will not be adding additional times as we have 5 allotted times at the moment and have to make sure to meet our funding requirements and give everyone a chance to participate in events. Please check the times of Pickleball at Linwood and Orchard Park as well...remember your membership is good at all four Centers.

Karen Dao, Director of Programs

Memorial Day Color by Number



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DOWNTOWN SENIOR CENTER

Dates To Remember

May 4th @ 11:00am: Inner Circle - if you like to plan this is the group for you - come meet the new Senior Center Director as well! Room 2.

May 5th @ 1:00pm: Flying Saucers - Gym.

May 9th & 23rd @ 1:00pm: Bunco - If you haven't played this fun dice game, come join in the fun. Now playing the 2nd and 4th Mondays of the month. Room 3.

May 10th @ 10:00am: Book Club - Book TBD - Room 2.

May 10th @ 1:00pm: Wanderers - Come out and join us at TJ's for lunch and conversation.

May 26th @ 9:00am: Foster Grandparents - Gym

Cancellations and Closings

May 26th: No Exercise

May 30th: Building Closed in Observance of Memorial Day

Education Classes

May 5th @ 11:00am:
Come celebrate Cinco De Mayo by learning more about the "History of the Piñata" (and perhaps get some goodies too).



Craft Class

To be determined. The staff will reach out and post information if we are able to get events scheduled.

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D O D E F L O W E R S E E E A
L C A F S H O P P I N G R D D
A H O L I D A Y C S D E R I E

Mother's Day

Word Search

CARDS	LOVE
CHERISH	MASSAGE
CHOCOLATES	MAY
DAYOFF	MUSIC
FAMILY	PAJAMAS
FLOWERS	PEACEFUL
GARDENING	PICTURES
GIFTS	RELAX
HANDMADE	SHOPPING
HEART	SPA
HOLIDAY	SUNDAY
JEWELRY	TEA
KIDS	TULIPS



DOWNTOWN SENIOR CENTER

Sudoku #1029 (Medium)

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





LINWOOD SENIOR CENTER

**"Mothers and Veterans are some of the most courageous people in the world,
imagine the impact of women who are both!"**

~C. Langenberg~

"Life doesn't come with a manual, it comes with a grandmother!"

~Unknown~



Hello Friends,

Hope you are having a great spring! It is so busy, I am preparing for my first college graduate, as my son, Asa is graduating from WSU. My other son, Seth is graduating from Butler County Community College, with a two year degree as well! So we are celebrating their accomplishments. As a mum, you can imagine my joy and a little trepidation! One of my most favorite quotes, you have probably heard me quote before is,... "You know you have been a good parent, when your children can pay for their own therapy!" And it is TRUE! If you teach your children how to work, you have taught them much. But I think we really need to teach children, how to love and be kind, and serve others, so important these days. Speaking of mothers, we are celebrating early this month with a great "Mother's Day Tea" **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 Stronger Seniors
10:00 Bible Study
(May 2 & 16)
11:30 Friendship Lunch
1:00-3:00 Open Crafting
(May 9 & 23)
2:00 Grief Support Group
(May 16)

Wednesday

9:00 Stronger Seniors
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)

3:15 "Ball Drumming 101"

Friday

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

Tuesday

9:00 Pickleball
9:00 Stronger Seniors
10:00 Needlework/
Looming with Linda
11:30 Friendship Lunch
12:30 WSU Well REP (ends
5/5)/Dynabands
1:30 Movie Time
(May 3, 10, 17, 24 & 31
See Schedule)

Thursday

9:00 Stronger Seniors
9:00-11:00 Pickleball
9:30-11:30 Writer's Craft
(First Thurs.)
11:30 Friendship Lunch
12:00 Pinochle with Friends
(No Computer Lab)
12:30 WSU Well REP (ends
5/5)/Dynabands
1:30 Dime Bingo

Daily/Anytime

**Walking and Computer Lab
(RSVP)**

Monthly

**10:30 Birthday Party
(Third Wednesday)**

Closed

**Memorial Day
May 30th**

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

Director's Notes Continued

and Program" with Janette Richard. She is amazing and you will want to come and have some fun, she will be talking about the great heritage of Collecting Dolls. Another fun event is our Thrift Shop Stop, where we will be caravanning to some neat shops in Wichita, where we can enjoy fellowship, antiques and items together. We also will have Beth McDonald from the recycling center who will inspire us and educate us on how to better help our Earth by cleaning up after ourselves. We also will watch a few educational movies to remember, what our Veterans have done so we can be FREE! So, join us and celebrate our Mom's and Veterans, they deserve it!

Sending Momma Hugs to you and yours,

~ Cherise & your Linwood Team

"MOTHER'S DAY TEA AND DOLL CELEBRATION!"

May 4 @ 2:00-4:00pm



Come and join us at Linwood, and bring that special doll/toy, you loved well! We will enjoy a program by our delightful Jeanette Richard, who will speak about some of her dolls and the neat history of doll making. We will also "celebrate mothers" and know that all mother's formidable experience starts by learning from their own mother and by tending a doll or two!

Tea, snacks and great fellowship provided.

\$3 Suggested donation and please RSVP by MAY 3rd, (sorry about the quick turnaround)



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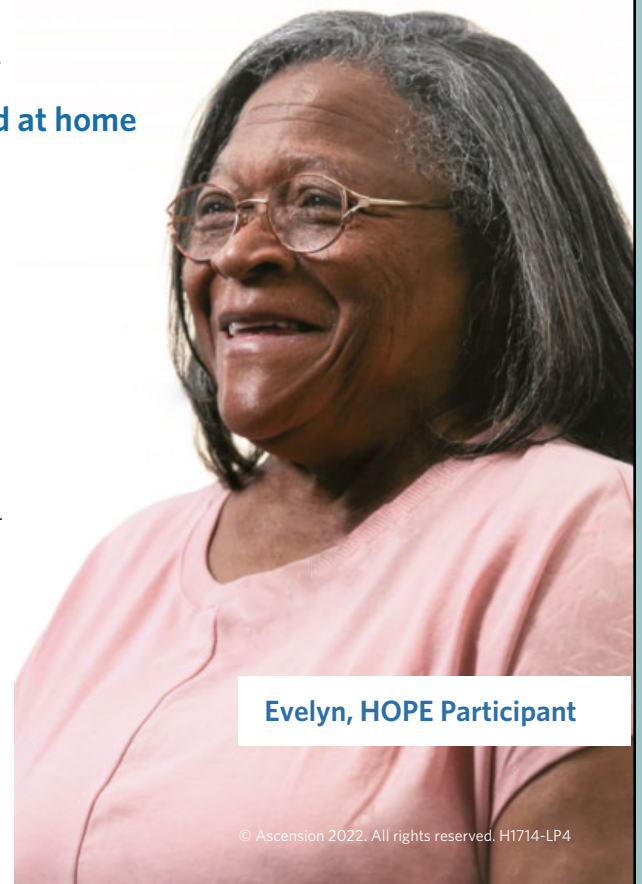
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Evelyn, HOPE Participant

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

MOVIE TIME – Tuesdays @ 1:30pm

5/3 – “Steel Magnolias” in honor of Mother’s Day.

5/10 – “Ma & Pa Kettle, the Adventures of,..”

5/17 – “Hacksaw Ridge” Director’s favorite, love included!

5/24 – **Surprise** – hint: “Lost in _____”

5/31 – “Adam’s Rib” with Spencer Tracy & Kathrine Hepburn

Popcorn is on us! Drinks are on you!
RSVP please. *Movie subject to change, if unable to attain.

WRITING CRAFT – May 5th @ 9:30am

Program: Writing Short Essays

Exercise Words: glue – strawberry – penquin – slippers – giggly

General Prompt: Write about being a in a talent show.

Poem Prompt: Write a poem about eating a tasty pizza.

CRAFT EDUCATIONS:

***Held @ 1:00pm.**

May 16th, “It Is National Piercing Day”, so come and make some neat earrings! Linda Richardson leading class. Cost is \$5, Pay/RSVP by 5/11. Limit of 8.



May 18th, “Make It Take It - Chicken or Pork Sausage Bierocks” Pat Collins is the instructor. Make one and take two home, or three if you don’t eat one! Cost is \$10 and will get you 3 bierocks with your choice of pork or chicken sausage. Pay/RSVP by 5/13.

May 25th, “Hat Pincushion”

This is always needed. Give it as a gift or keep it for yourself! Cost is \$6. Pay/RSVP by 5/18.



May 9th & 23rd, OPEN CRAFTING/ COLORING/WHATEVER – 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. But RSVP just in case, Kay may not be there. This is a way to help others, so stop by for fellowship!

EDUCATIONAL PRESENTATIONS:

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

(*unless otherwise stated)

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

May 6th, “Recycling for Our Earth” – presenter, Beth McDonald from Pro Kansas Recycling.



May 20th, Each Third Friday of the Month we will be featuring our videos on **“Care Giving Step by Step”** this is a great series that goes through the phases and challenges and safety of caregiving. We will start out with the **“Journey Notebook, and Bed Safety.”**

WE HAVE NEW ITEMS IN THE GIFT SHOP!

Stop by and pick out some neat items. We have had many wonderful donations lately! So make sure you look and see if there is something you can get for a gift or an item that would fit perfectly in your home. Our dear Charlotte Kuhn has been working hard to get new things priced and out on the floor!



**Closed for Memorial Day
on May 30th!**



Our Freedom Is Not Free,
let us remember that, always!



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

ON-GOING GROUPS:

BIBLE STUDY will be held with Pastor BJ Bennett of Antioch Missionary Baptist Church on **5/2 and 5/16**. Come and fellowship. Bring your prayer requests too! RSVP to 263-3703.

GRIEF SUPPORT GROUP will be held on **5/16**. This is a group led by Greg Schmidt who is the Chaplain at Heart & Soul Hospice and the Kansas Christian Home. Greg will discuss ways of managing grief and members will listen and encourage you as you navigate all the challenges of missing your loved ones. RSVP to 263-3703.

SPECIAL ACTIVITIES:

May 5th @ 12:30pm, "TACO 'BOUT A GOOD TIME!" For those of you who want to join us, Orchard Park is having a FUN-draiser on May 5th! 2 Tacos, Chip, Cheese and a Dessert for \$6. In honor of Cinco De Mayo. Come @ 12:30pm and we will eat TACO's. RSVP to Kelly at Orchard Park 942-2293 by May 4th!

May 17th @ 8:30am, Join us as the Lunching Lovelies and ROMEO Club, will be the "BREAKFAST BUDDIES" as we are planning on breakfast this month! We will be eating at the "VILLAGE INN" at 1685 South Rock Road at 8:30am. Some of us will be ordering the "Hatsue Special" as our dear member, who recently passed away, had a breakfast named after her! RSVP to 263-3703 so we know you are coming by 5/13.

May 27th @ 9:00am, "THRIFT SHOP STOP"

Come and join us as we caravan to a few "fun and unique" Thrift/Antique Shops in Wichita. We will be leaving the center at



9am, to find our treasures! Then we will break for lunch at 11:30 and then on to more finds until 2-3pm. Maps will be provided! Call Cherise for more info! RSVP by 5/25 at 263-3703.

PRESENTATION & BOOK SIGNING

"Honky Tonkers and Western Swingers: Stories of Country Music in Wichita, Kansas" - This book is written by Orin Friesen, a former KFDI personality and a musician with a long history of performances in the Wichita location and nationally as well. Orin gives a tremendous look at the variety of country music, from Blue Grass to Gospel and various genres in between. He will talk about some of the famous people who came through Wichita, and where they are now. Join us as Orin comes to share his amazing book on **May 13th from 10:15am to 11:45am**. Books will be available for purchase! Please RSVP for this event by 5/11.

RUMMAGE SALE PLANNED FOR JULY!

Many of you continue to bless us with items for the gift shop and this helps to get items to support Linwood in the items we need. We are wanting to purchase some flannel backed tablecloths, so we will not be using plastic ones as much. This will help us not have so many items that end up in the trash. Also we are planning on replacing a popcorn maker or two. Everything you donate helps us purchase the items we need. **Thank you** for your many kindnesses, and blessings, and for supporting us at your Linwood Senior Center!

Farmer's Market Checks are available for those who qualify on June 1.
First come, first served!





NORTHEAST SENIOR CENTER

Hello Everyone...May is Healthy Vision Month.

It is really nice to see everyone starting to get out and active again. Even though things are moving forward for many. Let us not forget about the people we have not seen or heard from in a while. Please take a moment out your day and call or send a letter or card to let them know that you are thinking of them. You never know what a person has going on. Also, I know that many of you miss having our parties and other fun events that we use to have. It is on my agenda to get back to parties and other fun events very soon. I am just being very cautious and waiting for things to get where we can enjoy ourselves safely...so make sure you stay current on reading your newsletter or stopping in the center to see what is going on.

With that said, May is Healthy Vision Month...Let's talk Healthy Vision. As you get older, your risk for some eye diseases may increase. But there's a lot you can do to keep your eyes healthy - and it all starts with taking care of your overall health.

Here are 8 Things You Can Do Right Now to Protect Your Vision: **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)
9:30	WSU WellRep Exercise Class		
10:00	Computer Room, Exercise Equipment Room	1:00	Dominoes
10:30	Diamond Dotz, Dominoes	Thursday	
11:30	Aging Projects Friendship Meals	10:00	Computer Room, Exercise Equipment Room
1:00	Wii Games, Dominoes	10:30	Exercise Class, Dominoes
Tuesday		11:30	Aging Projects Friendship Meals
10:00	Computer Room, Exercise Equipment Room	12:00	Quilters' Treasures
10:30	Exercise Class, Dominoes	1:00	Card Games (Bid Whiz & Spades), Dominoes
11:30	Aging Projects Friendship Meals	Friday	
1:00	Wii Games, Dominoes	9:30	WSU WellRep Exercise Class
Wednesday		10:00	Computer Room, Exercise Equipment Room
9:30	WSU WellRep Exercise Class	10:30	Wii Games, Diamond Dotz, Dominoes
10:30	Jewelry Making Class, Dominoes, Computer Room, & Exercise Equipment Room	11:30	Aging Projects Friendship Meals
11:30	Aging Projects Friendship Meals	1:00	Wii Games, Dominoes

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

Upcoming Activities:

- **Being Kind to Others Group - Wednesday, May 4th at 1:00pm** - This group is an Arts-n-Crafts group that makes craft projects for Kindred Hospice (Wichita) hospice patients.
- **Finding Comfort Grieving Support Group - Wednesday, May 18th at 10:30am** - Courtesy of Harry Hynes Hospice



Easter crafts that our Being Kind to Others group made for Kindred Hospice (Wichita) hospice patients.

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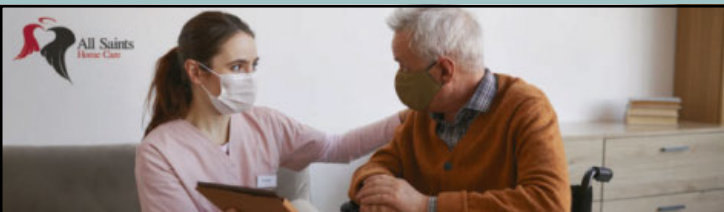
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Senior Services Inc. of Wichita, Wichita, KS

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Conjunctivitis

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Esotropia

Exophthalmus

Extropia

Glaucoma

Hyperopia

Iris

Lacrimal Glands

Lens

Macular Lutea

Neuroretina

Nystagmus

Ophthalmoscopy

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Peripheral Vision

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Strabismus

Tonometry

Vitreous Chamber

Vitreous Humor



NORTHEAST SENIOR CENTER

Director's Notes Continued

1. Find an eye doctor you trust – Many eye diseases don't have any early symptoms, so you could have a problem and not know it. The good news is that an eye doctor can help you stay on top of your eye health!
2. Ask how often you need a dilated eye exam – Getting a dilated eye exam is the single best thing you can do for your eye health. It's the only way to find eye diseases early, when they're easier to treat – and before they cause vision loss. Your eye doctor will decide how often you need an eye exam based on your risk for eye diseases.
3. Add more movement to your day – Physical activity can lower your risk for health conditions that can affect vision, like diabetes and high blood pressure. And bonus: it can help you feel your best.
4. Get your family talking...about eye health history – Some eye diseases – like glaucoma and age-related macular degeneration – can run in families. While it may not be the most exciting topic of conversation, talking about your family health history can help everyone stay healthy. The next time you're chatting with relatives, ask if anyone knows about eye problems in your family.
5. Step up your healthy eating game – Eating healthy foods helps prevent health conditions – like diabetes or high blood pressure – that can put you at risk for eye problems. Eat right for your sight by adding more eye-health foods to your plate! Try dark, leafy greens like spinach, kale, and collard greens. And pick up some fish high in omega-3 fatty acids like halibut, salmon, and tuna.
6. Make a habit of wearing your sunglasses – even on cloudy days – You know the sun's UV rays can harm your skin, but did you know the same goes for your eyes? It's true. But wearing sunglasses that block 99 to 100 percent of both UVA and UVB radiation can protect your eyes and lower your risk for cataracts.
7. Stay on top of long-term health conditions – like diabetes and high blood pressure – Diabetes and high blood pressure can increase your risk for some eye diseases, like glaucoma. If you have diabetes or high blood pressure, ask your doctor about steps you can take to manage your condition and lower your risk of vision loss.
8. If you smoke, make a quit plan – Quitting smoking is good for almost every part of your body, including your eyes! That's right – kicking the habit will help lower your risk for eye diseases like macular degeneration and cataracts.

Well, I will not keep you, but I did want to share some things you can do to protect your vision, since it is Healthy Vision Month.

Source: www.nei.nih.gov/learn-about-eye-health/healthy-vision/8-things-you-can-do-right-now-protect-your-vision

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

Carnesha Tucker – Center Director





ORCHARD PARK SENIOR CENTER

Happy May to You!

April showers bring May flowers. Speaking of flowers. I am loving all of the grass and trees starting to turn green and the flowers that are starting to bloom. One of my absolute favorite times of the year!

I would like to wish all of the Mothers out there a very Happy Mother's Day! I hope your day is filled with lots of fun and relaxation. Please be sure to come to our Muffins for Mom's on May 6th so we can be sure to celebrate your "AWESOMENESS!"

Memorial Day is also this month and I would like to give a huge THANK YOU to all of the men and women who have given their lives for this great country that we live in. I have scheduled several different activities to honor our Veterans in the month of May. Please be sure to join me for those events and feel free to invite a friend to come with you.

With all of the sunny days ahead, I encourage you to keep coming to the center for lots of fun activities. If you haven't been here for a while, then stop by and see us. I promise, you will be glad you did.

Just a reminder, we will be closed on Monday, May 30th in observance of Memorial Day. Wishing each of you a wonderful month and a fun and safe Memorial Day Weekend!

- Kelli

Ongoing Activities

Please RSVP To Participate - Call: 942-2293

Monday

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

Tuesday

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

Wednesday

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

Thursday

9:00-10:00 Co-Ed Exercise
10:00-10:30 Exercise for Arthritis
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 Conversational Spanish for All (Designed for All Levels)

Friday

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

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

May 3rd @ 9:00-10:00 - "The Egg-cellent Breakfast" Club - "Village Inn" - 7020 W. Central Ave. Come one, come all. Meet new friends or visit with friends you already know and love. Please call to RSVP.

May 3rd @ 11:00-12:00 - Danielle Saunders will be at our Center for the first three Tuesdays in May. Danielle is an Attorney with Kansas Legal Service. She will be here to help our Members prepare for wills, powers of attorney, etc. (No Fee).

MAY THE 4TH BE WITH YOU - ALL OF MY STAR WARS FANS OUT THERE!

May 4th @ 12:00-1:00 - K-State Garden Hour - "New and Improved Annual Flower



Varieties" presented by the K-State Extension Office - This will be held at Orchard Park Senior Center. Register for a Garden Gift. Please call to RSVP.

May 5th @ 10:00-11:00 - The Orchard Park Book Club - Come be a part of our newly formed book club. Fun for all reading enthusiast.

May 5th @ 12:30-1:30 - Taco Bout a GREAT Time! - Join us for a Taco Bar Luncheon to celebrate Cinco de Mayo. Charge is \$6.00 which includes 2 tacos, chips and cheese, dessert and a drink. This is a fund-raiser for Orchard Park Senior Center. Please RSVP by May 4th.



Continued on pg 18



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Upcoming Events & Activities - Please RSVP to 942-2293

May 6th - All Day Long – Stop by and pick up a sheet to bet on your favorite horse for the Kentucky Derby – Winner(s) announced on Monday 5/9/22.



May 6th @ 11:15 – MUFFINS FOR MOMS – A Mother's Day celebration for all Mother's. Becky Papa with Comfort and Love Senior Homes, and also a professional photographer, will be here to capture an individual photo of each wonderful Mother.



Photos will be given as a keepsake to take home once they have been developed.



May 6th @ 1:30-2:30 – Drum Ball Exercise with Brian from Home Care and Hospice of KS – Latest Fitness Craze! Come check it out! Please RSVP.

May 10th @ 11:00-12:00 – Danielle Saunders will be at our Center for the first three Tuesdays in May. Danielle is an Attorney with Kansas Legal Service. She will be here to help our Members prepare for wills, powers of attorney, etc. (No Fee).

May 10th @ 11:00-12:00 – Join Kelsey and Deserae from Oxford Grand. We will be making necklaces to add to your wardrobe accessories. These girls are always so much fun, you won't want to miss this event! Men welcome too.

May 11th @ 11:45 – In recognition of Memorial Day, please meet us at Dwight D. National Airport and Join Orchard Park Senior Center in Welcoming our Kansas Veterans Home from the Kansas Honor Flight.



This is always a BIG Welcome Home Ceremony that some never received. Please be sure to RSVP and see Kelli for details on where to meet.

May 13th @ 1:00 – Join us for a relaxing time at Eric Fisher Academy. Orchard Park is having a Group Spa Day (more like 1-2 hours). We have 10 slots available for a facial, wax, or manicure. Haircuts and Shampoo/Styles also available. 50% off of each service.



May 16th @ 11:00-12:00 – Advisory Council Meeting.

May 17th @ 11:00-12:00 – Coffee Chat – Come have a cup of joe and visit with other Orchard Park Members. Please call to RSVP.

May 17th @ 11:00-12:00 – Danielle Saunders will be at our Center for the first three Tuesdays in May. Danielle is an Attorney with Kansas Legal Service. She will be here to help our Members prepare for wills, powers of attorney, etc. (No Fee).

May 18th @ 12:00 – “Good Grub Lunch” Club – “Muse Café” located inside the Wichita Art Museum – 1400 W. Museum Blvd. Meet new friends or visit with old friends or both. Please call to RSVP.

May 18th @ 2:00 – “The Pill Drill” Presented by Janelle Oliver – How to organize and remember to take your medications.

May 20th @ 11:15-12:15 – Birthday Celebration! Join us for dessert!



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ORCHARD PARK SENIOR CENTER

May 24th @ 10:30-11:15 – Club Parkinson's will be here to give a presentation on their club and how it can help those living with Parkinson's Disease.

May 25th @ 1:30-2:00 – In honor of Memorial Day, please come and hear the story of Sojourner's Coffee Shop located at Ridge and Maple. Learn how God worked in the owner's lives to lead them to open this coffee shop, to cater towards Veteran's and learn what their future mission is for the Veteran's and the Wichita Community. I have heard this is one you will not want to miss!

May 27th @ 1:00-3:15 – Movie – "Dog" 2022 Rated PG-13 – Comedy/Road Trip Starring Channing Tatum. With a dog named Lulu by his side, Army Ranger Briggs races down the Pacific Coast to make it to a soldier's funeral on time. Individual snacks will be provided. Feel free to bring a seat cushion for more comfort. I have a few available here. Please RSVP.

May 30th – CLOSED FOR MEMORIAL DAY - HAVE A FUN AND SAFE WEEKEND! PLEASE BE SURE TO REMEMBER ALL OF THOSE WHO LOST THEIR LIVES WHILE DEFENDING THIS GREAT COUNTRY THAT WE LIVE IN!



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

RECIPE: Pimento Cheese Dip

INGREDIENTS

- 8 oz cheddar cheese grated
- 2 oz whipped cream cheese
- 1/4 cup mayonnaise
- 1/4 teaspoon hot sauce
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 4 oz pimentos, well drained

DIRECTIONS

1. Combine all, chill, and serve with crackers.

RECIPE: Mock Mint Julep

INGREDIENTS

- 4-5 mint sprigs
- 1 1/2 cups sugar
- 2 cups cold water
- 3/4 cup lemon juice
- 1 1/2 quarts ginger ale
- thinly sliced lemon (to garnish)

DIRECTIONS

1. Rinse mint and discard stems
2. Mix sugar, water, and juice in medium bowl
3. Stir in mint leaves
4. Let stand 30 minutes
5. Fill large pitcher with ice
6. Strain liquid over ice
7. Add ginger ale and lemon slices
8. Serve in tall glasses with lemon slices to garnish



In April's Compass, I posted that Evelyn turned 100 but she actually turned 101! How great is that? I am so sorry for the misprint, Evelyn!



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