



Downtown • Linwood • Northeast • Orchard Park

July 2022

## Summer's Heating up at our Senior Centers

Check out some of the hot events and programs this July.

### DOWNTOWN

#### **Sportscard & Memorabilia Expo**

July 9th, 2022

8:00am - 5:00pm

Are you sports collector fan? Come out and see all the amazing collections from over 30 vendors. Buy, sell or trade or just come look for fun. Cost for admission is \$1 at the door. Expo includes auction package bids and raffle tickets. [\(Page 7\)](#)

### LINWOOD

#### **National Hot Dog Day**

July 20th, 2022

6:00pm - 8:00pm

JOIN US FOR GAMES & FUN! We will supply the hot dogs, watermelon, drinks and utensils! \*You provide us with salads or any sides you would like! **MUST RSVP** to 263-3703, as I need a hot dog count! [\(Page 9\)](#)

### NORTHEAST

#### **Dedicated Senior Medical Center - "BINGO"**

July 15th, 2022

1:15pm

Come join us for a fun-filled afternoon of Bingo, please RSVP! [\(Page 13\)](#)

### ORCHARD PARK

#### **Geometric Painting**

July 12th, 2022

11:00am - 12:00pm

Join Kelsey and Deserae from Oxford Grand to do some Geometric Painting. This is a very unique style of painting and gives off the look of stained glass. These girls are always so much fun, you won't want to miss this event! Men welcome too. [\(Page 17\)](#)



# COUNTY COMMISSION CONTACT INFORMATION

Many of you have asked how to help raise money & awareness for Senior Services of Wichita. Consider contacting your County Commissioner. Tell them how important your center is and how much you depend on the social, educational and recreational activities to age gracefully and stay active and healthy.

Your center director has copies of each district map or you can find them online at this site.  
<https://www.sedgwickcounty.org/commissioners/commission-districts/>

**DISTRICT 1: Pete Meitzner** - 316-660-9300 - [Pete.Meitzner@sedgwick.gov](mailto:Pete.Meitzner@sedgwick.gov)

**DISTRICT 2: Sarah Lopez** - 316-660-9300 - [Sarah.Lopez@sedgwick.gov](mailto:Sarah.Lopez@sedgwick.gov)

**DISTRICT 3: David Dennis** - 316-660-9300 - [David.Dennis@sedgwick.gov](mailto:David.Dennis@sedgwick.gov)

**DISTRICT 4: Lacey Cruse** - 316-660-9300 - [Lacey.Cruse@sedgwick.gov](mailto:Lacey.Cruse@sedgwick.gov)

**DISTRICT 5: Jim Howell** - 316-660-9300 - [Jim.Howell@sedgwick.gov](mailto:Jim.Howell@sedgwick.gov)

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

**Roving Pantry**  
267-4378

**Meals on Wheels**  
267-0122

**All Agency**  
267-0302

**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.





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Y0040\_GHHXDEEN22\_AD\_C



# DOWNTOWN SENIOR CENTER

Hello July!

This is the month of Independence and heat waves but there are also 451 other reasons to celebrate in July. There are national days listed in July for everything from food to fun. A couple of my favorites are:

- July 2nd – National I Forgot Day because this is the only day of the year forgetfulness can be blamed on something else
- The 3rd Monday in July (which falls on July 19th this year) is National Get Out of the Dog House Day because everyone deserves a free pass at least once a year
- July 19th – National Daiquiri Day because dress it up or dress it down there is nothing like a good daiquiri. What would your favorite random national days be?

Visit the Downtown center and check out our wall calendar to discover a new holiday to add to your year. Have a Safe and Happy 4th of July!

- DSC Staff

## 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
1:00-2:00	Lunch Bunch (3rd)
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 - Gym

11:00-12:00

Advisory Council (1st) - Room 2

1:00-3:00

Open Pickleball - Gym

### Thursday

9:00-3:00	Open Billiards
9:00-3:00	Open Fitness - Room 1
10:00-11:00	Exercise - Gym
11:00-11:30	Tech Tues (3rd) - 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](mailto:AngieB@seniorservicesofwichita.org)

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



# DOWNTOWN SENIOR CENTER

## CANCELATIONS & CLOSINGS:

July 4th - **CLOSED**

July 27th - No Seated Yoga or Open Pickleball

July 28th - No Exercise



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

Turn Over for **ANSWER**

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

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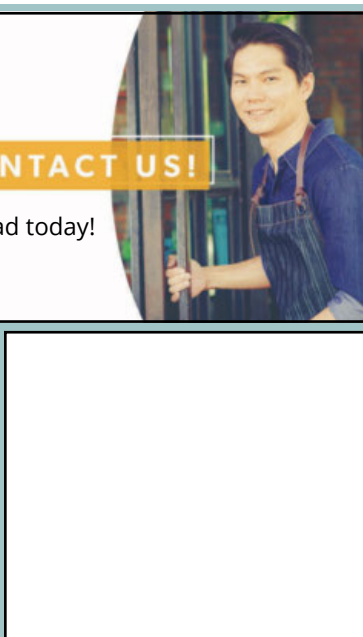
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## Upcoming Events & Activities - Please RSVP to 267-0197

### HIGHLIGHTS FOR JULY:

- Remember we are **closed Monday, July 4th** in observance of Independence Day but we will be back open July 5th at 9:00am.
- Wednesday, July 6th at 11:00am** is the Downtown Center Advisory Board Meeting, if you would like to have a voice in special event planning, suggestions for education, service and craft opportunities or just want to be a part of what's going on in the center this meeting is open to everyone.
- In 1825, a year before his death, Thomas Jefferson wrote to the Revolutionary War hero Henry Lee that Declaration of Independence was, "intended to be an expression of the American mind, and to give to that expression the proper tone and spirit called for by the occasion." So in honor of this, **Thursday, July 7th at 11:00am** in the multi-purpose room there will be a showing of the Declaration of Independence read aloud as Jefferson reportedly intended and an Ice Cream Social immediately following to celebrate Independence Day.
- July 12th at 11:00am**, learn about *Sneaky Sodium* from Humana Inc. and how it can "sneak" into your diet.
- July 14th** is a busy day!

@ **11:00am** - Interim Healthcare is giving free blood pressure checks and holding games of "Slingo" or Sing-a-long Bingo

@ **1:00pm** in **Rm 2** is Coaster Painting with BCBSKS



@ **1:00pm** in **Rm 3** is, "Something Other Than Salt" Spice/Herb Blending class Presented by Humana Inc.



### CRAFTS:

**July 14th @ 1:00pm** - Coasters

### SPECIAL EVENTS:

**July 7th @ 12:00pm** - Ice Cream Social

**July 14th @ 11:00am** - Blood Pressure Check

**July 14th @ 11:30-12:30pm** - Sing a long BINGO - Interim Healthcare - Please RSVP

### EDUCATIONS:

**July 7th @ 11:00am** - History of the 4th of July Video

**July 12th @ 11:00am** - Sneaky Sodium - Humana Rm 3 - Please RSVP

**July 14th @ 1:00pm** - Something other than Salt - Spice Blend Class - Please RSVP

**July 18th @ 10:00-2:00pm** - Humana Informational Session - Please RSVP

**July 19th @ 11:00am** - Tech Tuesday - Please RSVP

### DATES TO REMEMBER:

**July 6th @ 11:00am** - Advisory Council

**July 7th @ 1:00pm** - Writer's Craft - Blogging

**July 12th @ 10:00am** - Book Club - Dead Wake

**July 14th @ 1:00pm** - Flying Saucers

**July 18th @ 1:00pm** - Lunch Bunch - Meddy's 560 S Ridge Rd - Please RSVP

**July 21st @ 11:00am** - Coffee Social Hour - Please RSVP



## SPORTSCARD & MEMORABILIA EXPO

**July 9th at Downtown Center - 8:00am to 5:00pm**

Come see over 30 collections of sports and movie memorabilia from dealers all over Kansas and other states. This first time event will help raise funds for your centers.

**Price of admission = \$1.00**

**Dillons Fried Chicken Lunch = \$5.00 from 11:30am to 1:00pm (limited quantity)**

Silent auctions include use of the Everygy Riverfront Stadium Suite for a Wind Surge game in 2023. Suite holds up to 20 people.



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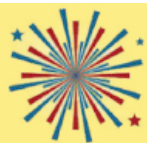
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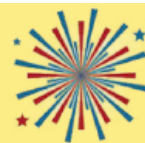
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# LINWOOD SENIOR CENTER



"From every mountainside  
Let freedom ring!"  
~Samuel Francis Smith, 1831~



Happy 4th of July to You!

This is a month to celebrate! I love this holiday, probably my favorite of all. I love the fireworks, and fun. Making the 4th of July Cake, eating hot dogs and ice cream. Tasting the delicious watermelon, -without salt! I love the way the juice of the watermelon trickles down our chins, and the grins that we share as we are twirling around with the sparklers. It is just GREAT FUN! Most of all, I am thankful for the many freedoms we have. We must be wise in how we use them. And may American's always look for ways to live wisely and live generously! I remember my honors history teacher saying, "Our freedoms end where another person's begins." Something to ponder, for sure!

This month we are celebrating National Hot Dog Day on Wed, July 20th, in the evening. We will be having hot dogs and picnicking in the Park, with salad, and other sides. Come and join us for a fun evening. **Continued on pg 9**

## Ongoing Activities

**Please RSVP for ANY Activity - Call: 263-3703 - Open M-F from 9am to 4:30pm**

### Monday

9:00 Stronger Seniors  
10:00 Bible Study  
(July 18)  
10:00 Art Escape  
(\*Read Preview)  
11:15 Friendship Lunch  
1:00-3:00 Open Crafting  
(July 11 & 25)  
2:00 Grief Support Group  
(July 18)  
3:00 Enhanced Fitness  
(See Description)

### Tuesday

8:30-10:30 Pickleball  
9:00 Stronger Seniors  
10:00 Needlework/  
Looming with Linda  
11:15 Friendship Lunch  
1:00 Movie Time  
(July 5, 12, 19 & 26)

See Schedule)

### Wednesday

9:00 Stronger Seniors  
10:00 Bingo  
(NOT Third Wed.)  
11:15 Friendship Lunch  
12:00 Pinochle with Friends  
(No Computer Lab)  
1:00-3:00 Craft Educations  
(See Schedule)  
3:00 Enhanced Fitness  
(See Description)

### Thursday

8:30-10:30 Pickleball  
9:00 Stronger Seniors  
9:30-11:30 Writer's Craft  
(July 7)  
11:15 Friendship Lunch  
12:00 Pinochle with Friends  
(No Computer Lab)

1:30 Dime Bingo  
3:15 "Ball Drumming 101"

### Friday

9:00 Stronger Seniors  
10:15 Educational Programs  
(See Schedule)  
11:15 Friendship Lunch  
12:00-3:00 13 Point Pitch  
1:00-3:00 "Games of Fame"  
is Back! (Yatzee, Skip  
Bo, or Pick Up Sticks!)  
3:00 Enhanced Fitness  
(See Description)

**Daily/Anytime**  
**Walking and Computer Lab**  
**(RSVP)**

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

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

Also, we are having some fun crafts that you will have fun doing. Soooo spend a little time with me!

With hugs,  
Cherise, & Your Faithful Volunteer Staff

## LINWOOD RUMMAGE SALE

**RUMMAGE SALE PLANNED FOR SEPTEMBER!  
BRING YOUR ITEMS TO DONATE, YOUR ITEMS  
MAY BE SOMEONE ELSE'S TREASURE!  
THANK YOU!**



## NATIONAL HOT DOG DAY

At Linwood Park  
1901 S. Kansas

**Wed, July 20, 2022 from 6:00-8:00pm.**

**JOIN US FOR GAMES & FUN!!!**

**We will supply the hot dogs and utensils.**  
**Drinks and watermelon, and possibly the**  
**ants! LOL!**

\*You provide us with  
salads or any sides  
you would like!

**MUST RSVP** to  
263-3703, as I need  
a hot dog count!



*Be the friend they need  
Be a Hospice Volunteer*



### WAYS YOU CAN HELP:

Listen to music or play games together  
Take a walk together  
Help with household chores  
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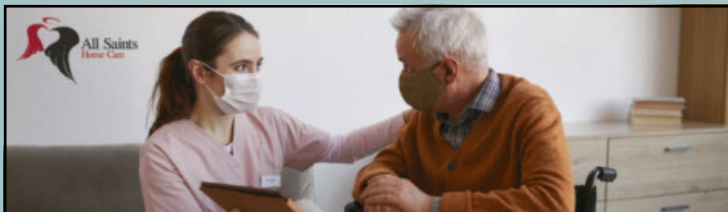
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Senior Services Inc. of Wichita, Wichita, KS

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

### MOVIE TIME - Tuesdays @ 1:00pm

**7/5 - "Mr Hobbs Takes a Vacation"** starring Jimmy Stewart & Maureen O'hara

**7/12 - "The Man Who Knew Too Much"** with Jimmy Stewart & Doris Day

**7/19 - "Three Smart Girls"** with Deanna Durbin  
\*3 Academy Award Nominations

**7/26 - "Brigadoon"** It is Time for a Musical

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

### WRITING CRAFT - July 7th @ 9:30am

**Program:** Blogging

**Exercise Words:** TV - orange - goose - sandals - stubby

**General Prompt:** Write about a meal or dinner going horribly wrong.

**Poem Prompt:** Write a poem titled, "Keep on Trying."

## ENHANCE FITNESS CLASS - NEWER!

### Starting June 6th, M-W-F from 3:00-4:00pm

This is a group exercise and fall prevention program designed for older adults at all fitness levels. **EH will help you become more active, energized and empowered to sustain independent lives.** This class will be taught by **Joe Samaniego**, who is a certified instructor with special training, from Central Plains Area on Aging. Class will be offered starting June 6th from 3-4pm, on Monday, Wednesday & Friday. You will meet friends, have fun and keep the blood flowing to the muscles, so join us and make your exercise count! **RSVP ASAP to 263-3703!**

## CRAFT/FOOD EDUCATION CLASSES:

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

### Art Escape - NEW!

This is our new endeavor, to get you thinking

creatively, relaxing and improving your drawing/painting skills. Please join us on the following Mondays in July. We will be learning the techniques of working on **"Water color painting, still life," on the 11th** to follow up with the one we had to cancel for last month. We will also be learning the basics of **"Scrap Booking 101 & 102" on the 18th and 25th of July.** Class size is limited to 8. Come to one or all. Dates are on **Mondays at 10:00am.** Total Cost is \$3 for the month. RSVP and pay by the 8th. Joan Morrison & Cherise Langenberg Instructing.



### July 11th & 25th, 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!

**July 13th, "Angel Dishtowel"** be sure to always have an angel in the kitchen! Jeanette Richard leading this class, cost \$2. YEP due to a donation \$2. Pay and RSVP by 7/8.



**July 27th, "Rag Flip Flops"** - great for summer! Cost is \$8, we need shoe size and must RSVP & Pay by 7/15.



## EDUCATIONAL PRESENTATIONS:

**\*Held on Fridays @ 10:15am (unless otherwise stated). Must RSVP and let us know you are coming! THANKS!**

### July 8th, "Field Trip to Natural Grocers"

**9:00am to 11:00am.** Join us as we get 1 on 1 health advice from **Continued on pg 11**



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

Nutrition Coach, Aubrey Vereeke. This is an AWESOME value!

**July 15th**, Videos on “Care Giving Step by Step”. This is a great series that goes through the phases and challenges and safety of caregiving. This month’s program is “Transfer Training”.

**July 22nd, “Employment Ideas & Tech Support”**  
Come and hear James Bowman, of the Senior Employment Program as explains what employment ideas are out there. He will also talk about technical/computer support he can provide to the job seeker and beginning computer user.

**July 29th, “The Basics of Nordic Walking”**  
Please join us as member, Floyd Gruver, shares with us how to get started and why it is the new & upcoming exercise to keep us healthy.

### ON-GOING GROUPS:

**BIBLE STUDY** is July 18th, at 10:00am.

**GRIEF SUPPORT GROUP** will be held on 7/18 @ 2:00pm. 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.

We want to send a **Compass Shout Out** to those who were gracious enough to help us with the Senior Carnival:

**ChenMed** for numerous Gifts, Food and Prizes

**Service Pro** for use of Corn Hole

and **Starla Criser** for Prizes, etc,...

And **super thanks** to all the VOLUNTEERS and attendees - YOU all make the world go round!!!



### SPECIAL EVENTS & ACTIVITIES:

**July 13th @ 10:00am,**  
“SING-ALONG-BINGO”  
\*WITH DONUTS\* Sponsored by Interim Healthcare.



**July 15th, MOVIE JAUNT - “Where the Crawdads Sing” 4 Center Event!** This is a movie adapted from a book we read in our bookclub! This is about a woman who was raised in the southern marshes, who became a suspect for murder. Help us fill the movie with Seniors! Movie will be held at Boulevard Theater in Towne West - 4600 W Kellogg Dr. Call for more details and **RSVP** to 263-3703.

**July 6th @ 10:45am, Join us as the Lunching Lovelies and ROMEO Club, will be celebrating NATIONAL FRIED CHICKEN DAY!** We will be eating at the “CRACKER BARREL” at 619 N Ridge Road, **meet there** at 10:45am.

### MYSTERY TRIP

**“Plains, Trains & Carousels”**

Join us as we get back to travelling! On **October 11th** we will take a day trip that will be fun. You will have to get up early as we will leave at **7:00am** from the Linwood Senior Center!

As usual snacks and lunch provided, light evening meal/snack on way back from location! This is the cheapest trip we will go on as a generous sponsor has offered to pay for the bus costs. Best price I can do is \$65 per person! And that is a deal! Reminder there is always walking involved, and you will need to dress in layers.

\*No refunds unless we can get someone to take your place. Call 263-3703 for more “General questions” Also, some adaptations may be made, as needed.





## NORTHEAST SENIOR CENTER

Hello Everyone...Happy Summer!

I am glad to see everyone stopping in to enjoy the senior center. With this weather getting warmer by the day. Your area senior center is a good place to stay cool indoors, grab lunch at a reasonable price (you must be signed up with API Friendships in advance), and also fellowship with friends while enjoying a game of Dominoes, a step or two in Line Dance, or a great work-out in one of our Exercise Classes to name a few. To know what other activities are going on feel free to read the rest of the newsletter. You never know what you may be missing.

With that said, did you know that July is National Cell Phone Courtesy Month? I was not aware of it either until I came across it. Since it is, let's talk Cell Phone Courtesy. So, what do you think of all the people you see in the check-out lines, gas stations or even within the senior center talking extra loud on their cell phones? It can get very annoying at times. Especially when it is several people doing it at the same time. A person can barely hear themselves think. The ones that really get me are the ones

**Continued on pg 15**

### Ongoing Activities

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

<b>Monday</b>		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	<b>Thursday</b>	
11:30	Aging Projects Friendship Meals	10:00	Computer Room, Exercise Equipment Room
1:00	Wii Games, Dominoes	10:30	Exercise Class, Dominoes
<b>Tuesday</b>		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	<b>Friday</b>	
1:00	Wii Games, Dominoes	9:30	WSU WellRep Exercise Class
<b>Wednesday</b>		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

### May Eye Chart Winner – Patricia Knight

**Holiday Closing:** Northeast Senior Center will be closed **Monday, July 4th, 2022** in observance of Independence Day.

### Upcoming Activities/Events:

- **Dedicated Senior Medical Center – “BINGO” – Friday, July 15th at 1:15pm** - Come join us for a fun-filled afternoon of Bingo, please RSVP!

Dedicated Senior Medical Center is proud to offer primary care to seniors. They are a family-owned medical practice, led by kind, compassionate doctors who really take the time to get to know and listen to their patients. The doctors accept a smaller number of patients; which allows them to see each patient more often. With the overall goal of understanding the patients concerns and helping them to improve their health.

### Contact Person:

Abby Hayes, BSHCM  
Membership Growth Consultant – Wichita  
Office: 316-867-6444  
Email: [abby.hayes@dedicated.care](mailto:abby.hayes@dedicated.care)

- **Finding Comfort Grieving Support Group – Wednesday, July 20th at 10:30am** - Courtesy of Harry Hynes Hospice
- **Senior Center meeting with Commissioner Lacey Cruse – Thursday, July 21st at 10:00am** - If you pay your membership at Northeast Senior Center this meeting is for you. I have had members of the center come to me with questions and concerns about senior funding. The questions and concerns started after reading the Active Age article about Sedgwick County Department on Aging giving \$320,000 back because they could not find a use for it. So, I emailed **Continued on pg 15**



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## Fourth Of July

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell an Abraham Lincoln quotation.

**\*Call the Senior Center with the secret message  
and have your name put in a drawing...Happy Hunting!**

L B C E L G A E D L A B N T H L O D S  
A E S E F E W P A T R I O T I C E N T  
V N H O L D E S N E A Y G B I C O H R  
I F S F O E R T K T E A E N O O O E E  
N R T E A Y B A I D L R C R L M E Y C  
R A R S T R C R O F T I A L A M C T N  
A N E U S O B S A Y P T A S F A N O O  
C K A O M T H A O T I B J T R H E D C  
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B I E E D I T D N H F O O P E A N O E  
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R G S I N D O T E E E L S R O E P N S  
B Y E H H E G R R D V E E A M B E O Y  
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BALD EAGLE  
BALLOONS  
BARBECUE  
BASEBALL  
BEN FRANKLIN  
BETSY ROSS  
CAKE  
CARNIVAL  
CELEBRATION  
COLONIES

CONCERTS  
DECORATIONS  
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FIREWORKS  
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FLOATS  
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NATIONAL ANTHEM  
NATIONHOOD  
PARADE  
PARTY  
PATRIOTIC

PHILADELPHIA  
PICNIC  
RED WHITE BLUE  
STARS AND STRIPES  
STREAMERS  
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USA  
WHITE HOUSE

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# NORTHEAST SENIOR CENTER

## Director's Notes Continued

that walk around with their cell phones on speaker up to their mouth like a slice of pizza. Well, you may say it's mainly the younger people. Sorry to say, it's all ages. We all try and ignore them, but whatever happened to being courteous of others? I know that cell phones are good for emergencies and everyday uses such as paying bills, reading the newspaper, video chatting with family and friends, checking emails and the list goes on, but seriously whatever happened to being courteous of others? I came across some information that I wanted to share with everyone concerning Cell Phone Courtesy.

### **7 Easy Rules of Mobile Phone Etiquette:**

1. **Silence** the phone whenever you're spending time with anyone. That includes work, a meal, meeting or with family. If you are attending a performance of any kind, turn the phone off. There are exceptions to this rule for medical professionals or other expectant emergency situations.
2. **Hidden** phones are forgotten phones. We pay attention to the people in the room, the performance, or the meeting. It's also a signal to the people we are with that they are important to us.
3. **Step away** if you do need to take a call. No one needs to hear your conversation while trying to enjoy a meal or two.
4. **Shhh!** Monitor the volume of your voice. Even when you step away, voices carry.
5. **Pause** before sending emails, texts, or social media posts. Consider the content, especially if it is posted in haste. Sometimes the need to ask will be all the answers you need before deleting the comment or text. Ask yourself the following questions before sending:
  - Will I regret sending this later?
  - Am I angry?
  - Will this hurt someone?
  - Is this appropriate?

- Will this affect my job or relationship?

6. **Don't** use your phone and drive. Many states prohibit cellular use or limit it to hands-free only. Any messages can wait until you arrive at your destination. If it truly is urgent, pull to a safe stopping area to receive the message or call.
7. **Don't** let your mobile device become a social hindrance. We often look to our phone for social engagement when we don't know what else to do. Meet new people when you are in a new circle of people and begin networking with the people near you. Expand your social circle face to face and broaden the world around you.

Well, I will not keep you, but I did want to share a little information on cell phone courtesy, since it is National Cell Phone Month.

**Source:** [www.nationaldaycalendar.com/7-easy-rules-of-mobile-phone-etiquette/](http://www.nationaldaycalendar.com/7-easy-rules-of-mobile-phone-etiquette/)

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

Carnesha Tucker – Center Director

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## Upcoming Activities/Events:

Commissioner Cruse and she agreed to stop by and answer some of your questions and concerns. Please RSVP space is limited!

- **Welcome to Summer Ice Cream Social - Friday, July 22nd at 1:15pm** - Sponsored by Humana - Stop in and meet Joe Ann Hunter a licensed Sales Representative new to our area. Feel free to bring your Medicare questions and concerns. Please RSVP!
- **Love My Nurse (Individualized Home Health Services) - Wednesday, July 27th at 10:00am** - Blood Pressure Checks & Medication Management. Feel free to stop in with questions or concerns...they are looking forward to it.



## ORCHARD PARK SENIOR CENTER

Ho! Ho! Ho! Happy July!

Wait a minute...Did you think I was confused? For a lot of you that know me well, that answer was probably yes, but I'm not. I just thought it would be fun to do a little "Christmas in July" throughout the month. I love summer and my all-time FAVORITE holiday is Christmas so I decided - why not mix the two?

What is Christmas in July? According to legend, Christmas in July was **first celebrated at a summer camp in 1933**, when Keystone Camp in Brevard, N.C. decided to dedicate two days (July 24 and 25) to the holiday - complete with cotton fake snow, a decked-out tree, a gift exchange, and, of course, Santa.

I am not going to get as fancy as Keystone Camp but we are going to have a few little festive days throughout the month. These are not listed on the calendar so be sure to make note of the following days: **Continued on pg 19**



### Ongoing Activities

**Please RSVP To Participate - Call: 942-2293**

#### Monday

9:00-10:00 Co-Ed Exercise  
9:00-12:00 James with Senior Employment  
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  
1:30-3:00 Conversational Spanish for All (please bring a cell phone or laptop if available)

#### 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  
10:30-11:30 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

#### 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](mailto:KelliN@seniorservicesofwichita.org)

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



## Upcoming Events & Activities - Please RSVP to 942-2293

**July 1st @ 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.

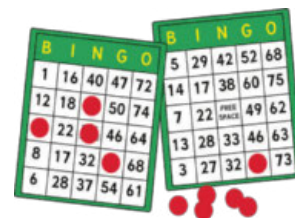
**July 1st @ 2:30-3:30** – Stay after Drum Ball Exercise and help us celebrate National Ice Cream Month and the 4th of July with Ice Cream Sundaes and a chance to win a 4th of July Door Prize.

**ORCHARD PARK WILL BE  
CLOSED IN OBSERVANCE  
OF THE 4TH OF JULY**



**July 5th @ 9:00-10:30** – “IHOP” - 515 S. Ridge Circle - Come one, come all. Meet new friends or visit with friends you already know and love. Please call to RSVP.

**July 6th @ 1:00-2:30** – Sing along Bingo with Carol Hughes from Interim Health Care – Play Bingo, Have Fun, Win Prizes! Blood Pressure checks available after Bingo.



**July 7th @ 10:00-11:00** – The Orchard Park Book Club - Come be a part of our book club. Fun for all reading enthusiasts.

**July 12th @ 11:00-12:00** – Join Kelsey and Deserae from Oxford Grand to do some Geometric Painting. This is a very unique style of painting and gives off the look of stained glass. These girls are always so much fun, you won't want to miss this event! Men welcome too. **Continued on pg 18**



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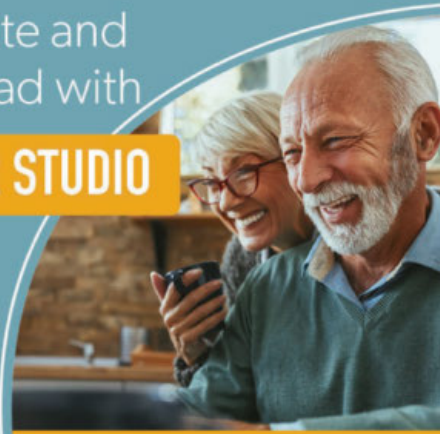
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## Upcoming Events & Activities - Please RSVP to 942-2293

**July 13th @ 1:30-2:30** - Senior Wednesday at the Advanced Learning Library - "Native Art" - Explore the lives of Blackbear Bosin and Woody Crumbo. Please RSVP.

**July 14th @ 11:30-12:30** - Come hang out with Holly from Right at Home and make a Patio Planter. Also learn more about the services that Right at Home has to offer. Please RSVP for this event no later than July 11th. Men welcome too!



**July 18th @ 11:00-12:00** - Advisory Council Meeting.

**July 19th @ 10:00-11:00** - Pie Crust 101 - Always wanted to make a pie but never have? Make pies but don't know how to make a good crust? My Mom and I will be demonstrating how to make pie crust. I may be biased but I think my Mom makes a pretty darn good pie. Each person will make a pie to take home to bake. We will also have pie to sample.



**July 19th @ 11:00-12:00** - Coffee Chat - Come have a cup of joe and visit with other Orchard Park Members. Please call to RSVP.

**July 20th @ 2:00-3:00** - June was "Alzheimer's and Brain Awareness" Month and Kathy Adkins, RN, Dementia Specialist, was going to present on "The Good, The Bad and the Ugly of Dementia" but unfortunately had to reschedule. The GOOD news is...She agreed to reschedule for July. Please join us for her dynamic presentation.

**July 22nd @ 1:00-2:00** - Birthday Celebration for July Birthdays! Join us for dessert!

**July 26th @ 11:30** - "Good Grub Lunch Club" - Do-Dah Diner - 206 E. Kellogg - Meet new friends or visit with old friends or both. Please call to RSVP.

**July 27th @ 9:45** - Meet at the Wichita Historical Museum for "Architecture of the People's Houses" with Murl Reidel. Admission is \$2.00 or free for members of the museum. Please RSVP.

**July 27th @ 1:00** - Meet at Village Inn, 7020 W. Central for "FREE PIE DAY". Minimum purchase of a drink is needed in order to get the pie at no charge.

**July 29th @ 1:00-3:00** - Movie - "Barb and Star Go to Vista Del Mar". (2021) Comedy - Rated PG - Two best friends embark on an adventure of a lifetime. Feel free to bring a seat cushion for more comfort. I have a few available here. Concession Stand provided. Please RSVP.

**We are requesting an RSVP by the end of day on Wednesday, June 22. (To give us enough notice for food and prizes) - Please call Kelli or Jackie at Orchard Park to reserve a spot (942-2293).**



**\*WE HAVE HAD REQUESTS TO START CANASTA, HAND AND FOOT, PINOCHE 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!**



# ORCHARD PARK SENIOR CENTER

## Director's Notes Continued

July 7th – 10:00-3:00 – Wear “RED” or “GREEN” day and stop by the center for a fudgesicle. It’s much too hot for hot cocoa so this will be a nice and cool treat.

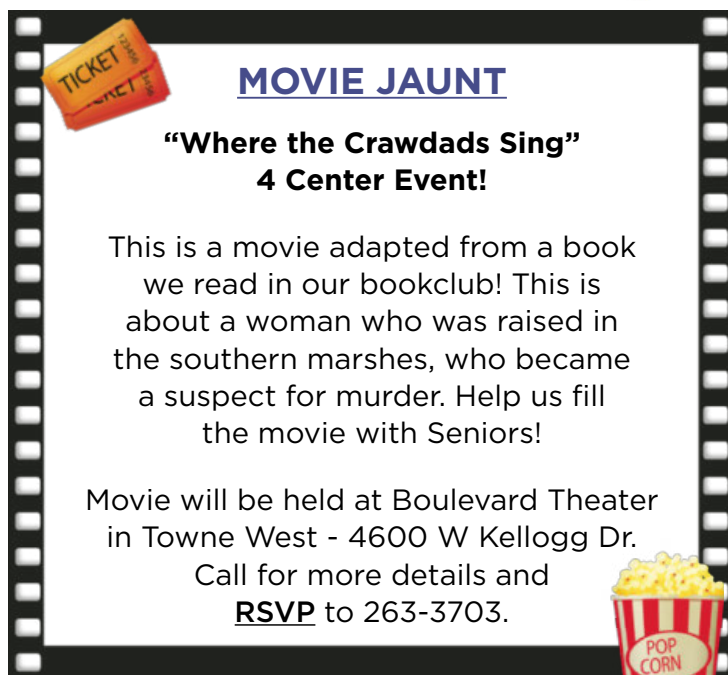
July 15th – 10:00-3:00 – Stop in for a Santa Clause Pop Corn Cup. Please RSVP

July 20th – 10:00-3:00 – Come cool off with a “Fake” frozen margarita. Please RSVP

July 26th – 9:00-3:00 – Bring a Friend Day and register for a Door Prize!

I hope that you are all having a fun-filled summer! May it be as magical as a child opening presents on Christmas morning. Stay safe, stay cool and have a Happy 4th of July!

- Kelli Nuss



### MOVIE JAUNT

**“Where the Crawdads Sing”  
4 Center Event!**

This is a movie adapted from a book we read in our bookclub! This is about a woman who was raised in the southern marshes, who became a suspect for murder. Help us fill the movie with Seniors!

Movie will be held at Boulevard Theater in Towne West - 4600 W Kellogg Dr.  
Call for more details and **RSVP** to 263-3703.

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BANANA  
BLACKBERRY  
BLUEBERRY  
CHERRY  
COCONUT  
COFFEE  
FUDGE

MANGO  
MOCHA  
PEACH  
PECAN  
REESES  
VANILLA  
WALNUT




### MYSTERY TRIP

**“Plains, Trains & Carousels”**

Join us as we get back to travelling! On **October 11th** we will take a day trip that will be fun. You will have to get up early as we will leave at **7:00am!**

As usual snacks and lunch provided, light evening meal/snack on way back from location! This is the cheapest trip we will go on as a generous sponsor has offered to pay for the bus costs. Best price I can do is \$65 per person! And that is a deal! Reminder there is always walking involved, and you will need to dress in layers.

\*No refunds unless we can get someone to take your place. Call 263-3703 for more “General questions”. Also, some adaptations may be made, as needed.



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OF WICHITA

LOCATION: Senior Services Inc. of Wichita  
ADDRESS: 200 S. Walnut, Wichita, KS 67213  
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TIME: 8:00AM – 5:00PM  
ADMISSION: \$1.00

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