



Downtown • Linwood • Northeast • Orchard Park

September 2022



PRESENTS

PICKLEPALOOZA 2022

Picklepalooza Community & Corporate Challenges

September 13th – 15th, 2022

Chicken N Pickle – Wichita, KS

3:00 pm – Pickleball challenge matches

5:00 pm – Mingling party with appetizers & complimentary drink

Come out and play for fun while supporting the isolated, homebound seniors on **Meals on Wheels** & the families stricken with **Alzheimer's Disease**.

What are community & corporate challenges? The Picklepalooza Challenges are for anyone who wants to play Pickleball.

\$120 per team (2 players), companies & individuals can have as many teams as desired.

Ticket includes 2 hours of play, heavy appetizers and 1 complimentary beverage at the mingling parties.

*While each day of the challenges are dedicated to specific industries, players are able to play on any day that works for them.

Purchase Tickets Online At:

<https://www.wesharegiving.org/app/giving/WeShare-20001694?tab=home>

For details contact Ms. Chris Heiman at
316.267.0302 ext. 216
chrish@seniorservicesofwichita.org



Picklepalooza Community & Corporate Challenges

September 13th – 15th, 2022

TUESDAY, SEPTEMBER 13TH

Real estate, development, construction, legal services, accounting, insurance and retired employees from these industries.

WEDNESDAY, SEPTEMBER 14TH

Any type of health and senior care companies and retired employees.

THURSDAY, SEPTEMBER 15TH

All corporate and small businesses and retired employees.



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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Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994



DOWNTOWN SENIOR CENTER

Happy September!

Fall is approaching and you know what that means! Cooler weather, leaves turning beautiful colors and holidays are around the corner.

September is also National Senior Center Month! This year's theme is, "Strengthening Community Connections".



We have many things coming up this month from our community. On September 13th United Methodist Open Door Community Food Ministry is coming to speak about their Senior Commodity Program. The KanCare Ombudsman Program Representative will speak about the Medicaid application and what they do to assist with that process. Humana Inc. is hosting a "Paint and Sip" class on the 26th. **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
10:00-11:00 Book Club (2nd) - Room 2
11:00-12:00 Cardio Drumming - Gym
12:00-1:00 Lunch Bunch (3rd)
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 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
1:00-3:00 Writing Craft - Room 3
1:00-3:00 Flying Saucers (2nd) - 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

Senior Services was established in 1968 so this month we are also celebrating OUR COMMUNITY which is YOU! We are going to "Party like its 1968". Be on the lookout for 1968 goodies at the downtown center! Movies for the month are "The Odd Couple" (1968) and John Wayne's "Green Beret" (1968). Join us on September 22nd for "Blast from the Past Games". We will have board games, card games and domino games for you play!

A National Senior Center Month wouldn't be complete without a dance party!

Please join us for our **FUNKY FOUR CENTER DANCE PARTY!**

Make sure you arrive in a Jumping Jack Flash, bring your dancing shoes, wear your mock turtle necks or cage dresses and get ready for the Magic Carpet Ride because it will be 1968 again at 2:00pm on September 16, 2022 at the Downtown Center!



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Senior Services Inc. of Wichita, Wichita, KS

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Upcoming Events & Activities - Please RSVP to 267-0197

CANCELATIONS & CLOSINGS:

- September 5th - Center Closed for Labor Day
- September 16th - Open/Competitive Pickleball Cancelled (Competitive Pickleball Rescheduled for Sept. 22nd from 1:00-3:00pm)

CRAFTS:

September 7th @ 12:30pm - Home Instead Senior Care - TBD

September 8th @ 1:00pm - Blue Cross Blue Shield - TBD

SPECIAL EVENTS:

September 1st @ 11:30am - Bingo

September 16th @ 2:00pm - "PARTY LIKE IT'S 1968" DANCE PARTY!

September 22nd @ 11:00am - Blast from the Past Games

September 26th @ 12:00pm - Paint and Sip

EDUCATIONS:

September 13th @ 12:00pm - United Methodist Open Door Food Program Informational

September 19th @ 1:00pm - Kancare Ombudsman Medicaid Informational

DATES TO REMEMBER:

September 1st *All Day* - Treats for September Birthdays!

September 14th @ 11:00am - Movie - "The Odd Couple" (1968)

September 15th @ 11:30am - Coffee Social Hour

September 15th @ 1:00pm - Writers Craft - writing about travel

September 15th @ 1:00pm - Open Pickleball

September 21st @ 12:00pm - Movie - "The Green Berets" (1968)

DANCE STYLES WORD SEARCH

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



BALLET
BELLY
DISCO
HOUSE
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LINDYHOP
LINE
MAMBO

RUMBA
SALSA
SAMBA
SKA
TANGO
TAP
WALTZ
ZOUK
ZUMBA



SUDOKU



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7				6				
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	4							
	1				9			
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Turn Over for **ANSWER**

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



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Senior Services Inc. of Wichita, Wichita, KS

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LINWOOD SENIOR CENTER



Happy National Senior Center Month!

This is a fun month. This is a month we celebrate YOUR senior center and all the various programs it provides. We are **54** years young! This month we are planning a DANCE PARTY to celebrate the Centers and also, the community resources that we have made along the way. We have several games at Linwood, that we are playing. The first starts now - Count up how many times you see the wording, "Party Like It's 1968!" in this newsletter, and bring in your guess to Linwood Senior Center, and for those correct winners, we will have you pick a prize! Ready Set GO!!! Highlights of the month, I SPY, National TV Dinner night, Walk & Stroll with our furbabies on National Ice Cream Day, and we have a caravan trip to the fair. So come party with us!

Cherise, & Your Linwood Friends

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
(Sept. 19)
11:15 Friendship Lunch
1:00-3:00 Open Crafting
(Sept. 12 & 26)
2:00 Grief Support Group
(Sept. 19)
3:00 Enhanced Fitness

Tuesday

9:00-11:00 Pickleball
9:00 Stronger Seniors
10:00 Needlework/
Looming with Linda
11:15 Friendship Lunch
1:00 Movie Time
(Sept. 6, 13, 20 & 27
*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

Thursday

9:00-11:00 Pickleball
9:00 Stronger Seniors
9:30-11:30 Writer's Craft
(Sept. 15)
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"
3:00 Enhanced Fitness

Daily/Anytime

**Walking and Computer Lab
(RSVP)**

Monthly

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

**9:00 Advisory Council
(Fourth 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



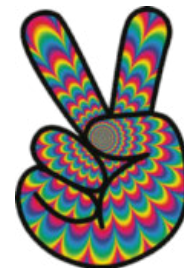
HEY FUNKY FRIENDS "WE WANT TO PARTY LIKE IT'S 1968!"

Please join us for our **"FUNKY FOUR CENTER DANCE PARTY"** at the **Downtown Senior Center**, so we can celebrate **NATIONAL SENIOR CENTER MONTH!**

Our Theme for the month is "Strengthening Community Connections", So Let's Party Like It's 1968! We have the best sponsors, and we will have a "WALL" of Community Resources, so plan on being there, or being square!

Friday, September 16th from 2:00pm-4:00pm

RSVP to your senior center, for LW it is 263-3703 by 9/14/2022



We will be having treats and door prizes and a fun time! So you will want to join us in your groovy 1968 dress attire. Bright colored shift dresses for the girls, and checkered pants for the guys so we can party like it's 1968.

Great music will be provided from the 60's, 70's and possibly the 80's by "Mastermixer Ace" will be happening! And Elvis may even be in the house, making his 1968 comeback!



*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
Read or writing letters
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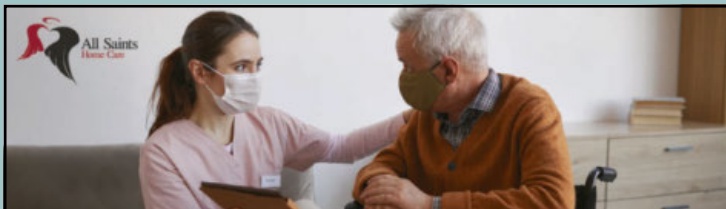
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Senior Services Inc. of Wichita, Wichita, KS

D 4C 02-0994



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

MOVIE TIME - Tuesdays @ 1:00pm

"Party Like It's 1968!" These are some of the most popular movies from 1968.

9/6 - "Yellow Submarine" Beatlemania

9/13 - "The Shakiest Gun In the West"
starring Don Knotts

9/20 - "Elvis 68 Comeback" starring the
one and only

9/27 - "Planet of the Apes" or "Funny Girl"
call in to vote!

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

WRITING CRAFT - September 15th @ 9:30am

Calling the writer in you! Join us as author Starla Criser, sharpens our minds and understanding about the writing craft!

Program: Writing About Travel

Exercise Words: paperclip - yogurt - buffalo - skinny

General Prompt: Write about accepting a dare.

Poem Prompt: Write a poem about writer's block.

I SPY GAME - THE HUNT IS ON:

Popular Items That Were Made In 1968

Come to LW on **Sept. 6-9** to spot the *Pringles Can* that will be hiding in different locations. Write down where you find it and be registered to win one of 4 prize baskets. Each week we will have the drawing at 3:00pm on Friday to announce that week's winner!

Sept. 6-9

Pringles Can



Sept. 12-16

Big Mac



Sept. 19-23

Hot Wheels Car



September 26th - 30th

Do You Know the CANDY MAN?

His name is Dale Blain, and he's a part of our Candy Man Game! For this game you will need to travel down to Blain's Candy and Gift Shop in Haysville at 1421 E Grand. You will need to give Dale the secret words: *"Party Like It's 1968"* and he will give you the information you need to fill out, using the candy at his store and then bring the completed answer sheet back to Linwood. You then will be registered to win one of three baskets of unique treats that were popular in 1968. Drawing will be on Friday, September 30, at 3:00pm!



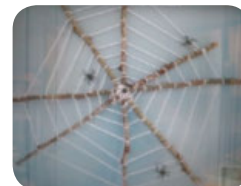
CRAFT/FOOD EDUCATION CLASSES:

September 12th @ 10:00am, "Jewelry Making 102" - Cost: earrings \$5, bracelet \$7, & necklace \$10. Linda Richardson Instructor. RSVP and pay by 9/9.

September 14th @ 1:00pm, "Monster Jars" - Make 3 for \$5. Pat Collins, Instructor RSVP/ Pay by 9/12.



September 21st @ 1:00pm, "Spider Web" - Cost is FREE! Call to RSVP by 9/19.



September 28th @ 1:00pm, "Upcycling material, t-shirts, fabric and cloth" - Come for a demo on how to make new items from used ones. Pat Collins instructing.

Continued on pg 11





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

EDUCATIONAL PRESENTATIONS:

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

September 2nd, "Heart Health Strong Body"

Tips to keep your heart muscle at its best.
Joe Samaniego, Diabetes Education & Wellness Coordinator, CPAAA.

September 9th, "Lung & Respiratory Health"

Aubrey Verecke, Nutritional Health Coach for Natural Grocers.

September 16th, "Caregiving Training DVD"

Call for topic 263-3703.

September 19th @ 1:00pm, "Equity Scams & What Not to Do" Kansas Legal Services, Attorney, Danielle Saunders Presenting.

September 23rd, "The Pop Culture Moments of 1968" Stop by and join in our discussion. Historian, and writer Patrick O'Connor and our expert succulent and conversation specialist Ron Hardesty will lead. You will be glad you came and shared the memories. Coffee and cookies provided.



ON-GOING GROUPS:

BIBLE STUDY - September 19th @ 10:00am
Pastor BJ Bennet leading from Antioch Baptist.

GRIEF SUPPORT GROUP - September 19th @ 2:00pm. Chaplain Greg Schmidt leading from Heart & Soul Hospice.

SPECIAL EVENTS & ACTIVITIES:

September 9th @ 6:00-8:00pm, "National TV Dinner Night" – Bring your favorite TV Dinner, we will heat it up, get you a cold drink and utensils and a nice dessert! Then we will "Party Like It's 1968" as we watch "Carol Burnett & Friends". Let's laugh & enjoy the night! RSVP by 9/8!

September 15th @ 8:30am, "KANSAS STATE FAIR TRIP" – We are planning on caravanning to the fair on September 15. Entry cost is \$2 for "Young At Heart Day". We will leave at 8:30am from the Linwood Parking Lot and return @ 5:00pm. Lot's of walking on this one. Call 263-3703 to RSVP.

September 20th @ 11:00am, "Lunching Lovelies and ROMEO Club", will be eating Pizza Ranch (2121 N. Tyler Rd.) to celebrate **"National Pepperoni Pizza Day"**. Cost is \$15. RSVP to 263-3703 so we know you are coming!

September 22nd @ 6:30pm, "National Ice Cream Day & National Dog Walk and Roll Day" – Join us at Linwood Park. We will walk the fur babies and then all of us will eat some ice cream, and we will "Party Like It's 1968!" RSVP Please!

September 29th @ 8:00-4:00pm and September 30th @ 8:00-2:00pm, "LINWOOD RUMMAGE SALE" (And we mean RUMMAGE), Join us to find treasures! We will have household, kitchen & yard items, trinkets, purses, vintage jewelry and Barbie items and pictures, and glass ware. For those who would like to donate, please give us a call before dropping items off. **(No clothing)** THANKS SO MUCH!





NORTHEAST SENIOR CENTER

Hello Everyone...Happy National Senior Center Month!

I pray all is well. Yes, it is National Senior Center Month; which is celebrated every year in September. This is an opportunity to showcase our centers and all the great programs, activities, and services that we offer. It is also a great time to promote a positive image of aging, and show how important the senior centers are in the community. The National Council on Aging's theme for 2022 is: "Strengthening Community Connections". Senior Services, Inc. of Wichita is a very important Community Connection. We work very hard to provide a well-rounded amount of services for seniors. Quick question...Does anyone know what Senior Services' Mission Statement says? Do you need a moment to think about it? Ok, how about I give you until the end of September. If you know what the Mission Statement is for Senior Services feel free to call Northeast Senior Center to have your name put in our Directors Notes drawing. I have another question...Do you know what makes Senior Services, Inc. of Wichita well-rounded? Well if you are not sure, how about I help you out. It will definitely save some time. Senior Services is a very important Community Connection and well-rounded because we offer: **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

July Word Search Winner – Gayle Haywood

Holiday Closing: Northeast Senior Center will be closed Monday, September 5th in observance of Labor Day.

Upcoming Activities/Events:

- **Friday, September 2nd from 9:30am-10:30am**
Please join Wichita Center for Rehab & Healthcare and the Hurts Donut Truck for a sweet morning treat and social. Whether recovering from injury, illness or surgery, all patients benefit from leading-edge rehab technology and therapy plans. Located in NE Wichita, at Wichita Center, they are committed to getting patients “stronger, healthier, and home faster!”
- **Friday, September 2nd at 1:15pm**
Come join us for a fun-filled afternoon:
 - Knowing Your Numbers – Keeping Your Heart Healthy Presentation
 - Motown & More Sing-A-Long “BINGO”
 - Blood Pressure Checks (after Bingo)Sponsored by Carol Hughes with Interim Healthcare. Please RSVP!
- **Wednesday, September 7th at 12:30pm**
Being Kind to Others – Hospice Helpers group will meet to make crafts for Kindred Hospice patients.
- **Friday, September 16th from 2:00pm-4:00pm**
4-Center Dance to Celebrate National Senior Center Month. Please join us for FOOD, FUN, FELLOWSHIP and DOOR PRIZES! Location: Downtown Senior Center – 200 S. Walnut

Continued on pg 15



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316-263-8264





COVID-19 - Coronavirus

Find and circle all of the COVID-19 words that are hidden in the grid.
The remaining letters spell a secret message.

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



K	L	N	W	O	D	K	C	O	L	C	O	M	M	U	N	I	T	Y	E	P	P
A	S	E	T	A	D	P	U	E	C	A	R	E	G	I	V	E	R	S	T	S	M
E	A	S	A	E	S	O	N	Y	N	N	U	R	T	G	L	O	V	E	S	Y	K
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ACHES
ACUTE CARE
ASYMPTOMATIC
BATS
CAREGIVERS
CASES
COMMUNITY
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CORONAVIRUS
COUGH
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ESSENTIALS
FEAR
FEVER
FRONTLINE
GLOVES
HEADACHE
HOSPITAL
ICU
ISOLATE
JOB LOSSES
LOCKDOWN
LONG TERM CARE

LUNGS
MASKS
NURSES
NURSING ATTENDANTS
NURSING HOMES
OUTBREAK
PAINS
PANDEMIC
PARAMEDICS
PATIENTS
PNEUMONIA
POSITIVE

PPE
PRECAUTIONS
QUARANTINE
RECOVERY
RESTRICTIONS
RUNNY NOSE
SANITIZE
SHORTAGES
SIX FEET
SORE THROAT
SPREAD
STAY SAFE

SYMPTOMS
TESTING
TIREDNESS
TREND
UPDATES
VACCINE
VENTILATORS
WASH HANDS

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NORTHEAST SENIOR CENTER

Director's Notes Continued

Active Lifestyles:

- Senior Centers
- Senior Employment

Health & Nutrition:

- Meals on Wheels
- Roving Pantry
- Pets Pals (Pet Assistance in the Lives of Seniors)

Caregiving Support:

- In-Home Support Service
- Information & Outreach

Well, I will not keep you, but I did want to share a little information on what makes Senior Services Inc. of Wichita well-rounded and a great Community Connection. For more details on each service go to www.seniorservicesofwichita.org.

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

Carnesha Tucker – Center Director

Upcoming Activities/Events:

- **Wednesday, September 21st at 10:30am**
“Finding Comfort Grieving Support Group”
Courtesy of Harry Hynes Hospice.
- **Wednesday, September 21st at 1:15pm**
Come join us for a fun-filled afternoon of “BINGO”. Sponsored by Joe Ann Hunter with Humana. Please RSVP!
- **Monday, September 26th at 1:15pm**
Dedicated Senior Medical Center – “Ask our Care Staff” Q&A Informational Session. *One Door Prize will be given away. Sponsored by Dedicated Senior Medical. Please RSVP!

- **Wednesday, September 28th**

Come join us for a fun-filled afternoon of FELLOWSHIP:

- Jewelry Making Class will be having a “JEWELRY SALE” to help buy more supplies – 12:00pm
- Line Dancers will perform to help us Celebrate National Senior Center Month – 1:15pm

Educational Presentations:

- **Tuesday, September 13th at 10:30am**
Evolve Diabetes LLC. – “Exercise & Diabetes”
Presented by Kristin Loyd, Diabetes Specialist.
Please RSVP!
- **Tuesday, September 20th at 1:15pm**
Sneaky Sodium – Tame your salt habit (Part 1)
Presented by Joe Hunter with Humana.
Please RSVP!
- **Friday, September 23rd at 1:15pm**
Fall Prevention and Balance Training. If you have ever been concerned about your balance or falling this is the presentation for you. They will discuss services they offer. Also, how ICT Physical Therapy can assess your balance and equip you with the necessary tools and education to decrease your risk of falling. Presented by Sara Ellis, DPT with ICT Physical Therapy (Mobile Physical Therapy). Please RSVP!
- **Tuesday, September 27th at 1:15pm**
Sneaky Sodium – Something other than salt – Spice Blend Class (Part 2). *This is a Make It, Take It Class. Presented by Joe Ann Hunter with Humana. Please RSVP!





ORCHARD PARK SENIOR CENTER

Happy September and Happy Senior Center Month!

The National Theme for Senior Center Month is “Strengthening Community Connections” but we also wanted to put our own little spin on the title and add “Party Like It’s 1968” which is when Senior Services of Wichita began (credit to Cherise Langenberg for the new theme). We are 54 years young this year and going strong. In the Fall of 1968, a group of area Ministers came together to determine the needs of seniors living in the downtown area. They opened the Senior Activities Center at 115 E. First Street as a drop-in site for people to socialize and exchange information. The Activities Center hung a simple bulletin board announcing volunteer and employment opportunities in the community. Today, Senior Services operates 4 multi-purpose Senior Centers across the city. Thousands of seniors utilize at least 1 service, program or event at the centers each year.

Senior Services also provides Meals on Wheels and delivers around 800 to 900 hot, nutritious meals to homebound seniors each week day. On the weekends 100 meals are delivered to the most frail, isolated and at risk of institutionalization. **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
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

Friday

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

CLOSED: Sept. 5th for Labor Day

Orchard Park Senior Center • 4808 W. 9th, Wichita, KS 67212 • (316)942-2293

Hours: 8:00 a.m. - 4:30 p.m. • Director: Kelli Nuss • KelliN@seniorservicesofwichita.org

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



Upcoming Events & Activities - Please RSVP to 942-2293

September 1st @ 10:00-11:00 – The Orchard Park Book Club – Fun for all reading enthusiasts.

September 2nd @ 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.

September 3rd @ 10:00 – Lace up your tennis shoes and join the Orchard Parks T.O.P.S. Group at the Wind Surge Stadium to walk laps at the ballpark. 3 Laps equals a mile.



CLOSED September 5th - Labor Day

September 6th @ 9:00-10:30 – The Egg-cellent Breakfast Club “Delano Diner” – 1220 W. Douglas Avenue – Come one, come all. Meet new friends or visit with friends you already know and love. Please call to RSVP.

September 7th @ 12:00-1:00 – Kansas State Garden Hour – Recommended Trees for Kansas – This will be a zoom presentation at Orchard Park Senior Center. Please RSVP.



September 8th @ 10:30-11:00 – Lisa and Jennifer with Ascension HOPE will be here to present on the services that they offer.

Continued on pg 18



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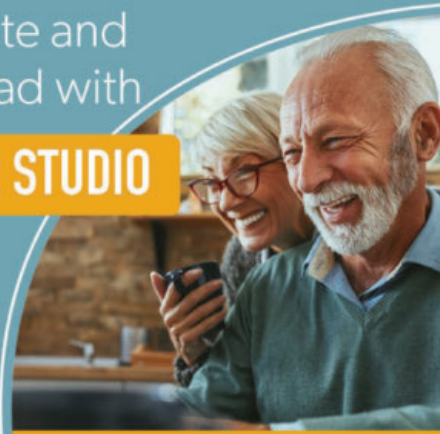
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Upcoming Events & Activities - Please RSVP to 942-2293

September 8th @ 1:00-3:00 - NO PICKLEBALL!

such as lunch, snacks, souvenirs or tickets for rides. Please RSVP.

September 9th @ 11:00-12:00 - In recognition of Grandparent's Day on September 11th, Mackenzie with Foster Grandparents and Sandra with the RSVP Volunteer Program will both be here to talk about their FANTASTIC and REWARDING Volunteer Programs that you could become a part of. *Bonus* They will have coffee and donuts.

September 16th @ 2:00-4:00 - "Let's Party Like it's 1968" (Celebrating Senior Center Month and the Anniversary of when the Senior Centers started) - 4 Center Event - 200 S. Walnut - Wear your most festive 1968 costume. Food, Dancing and lots of Groovy Fun!



September 9th - NO DANCE IN THE GYM TONIGHT!

**HAPPY GRANDPARENTS DAY
THIS SUNDAY, SEPTEMBER 11TH!
THANK YOU FOR ALL THAT
YOU DO!**



September 12th @ 1:00-2:00 - Meet at McDonald's at 13th and West Street for National Chocolate Milk Shake Day! Please RSVP.

September 13th @ 11:00-12:00 - Join Kelsey and Deserae from Oxford Grand to make mini decorative magnets. Always a great time with these girls. You won't want to miss this crafting event! Men welcome too. Please RSVP.

September 14th @ 2:00 - Meet at HTea0 for an afternoon pick-me up. They offer 27 different brewed ice teas every hour. They are located at: 1280 N. Tyler. Please RSVP.

September 15th @ 8:15 - Meet at Orchard Park to Caravan to the Kansas State Fair for Senior Day. We will leave at approximately 8:30 to meet members from other centers at the Fair and you must drive your own car or carpool with someone. Admission is \$2.00 for seniors. Please bring extra money for anything else you might want



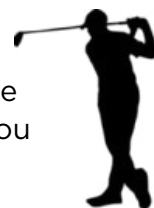
September 19th @ 11:00-12:00 - Advisory Council Meeting

September 20th @ 10:30-11:30 - Coffee Chat - (Coffee and Donuts compliments of Grassland Estates) Come have a cup of joe and visit with other Orchard Park Members. Please call to RSVP.

September 20th @ 11:30-1:00 - Pizza Luncheon and Bingo with Dedicated Senior Care. Pizza and drinks provided along with great prizes. Please call to RSVP - Limit of 25.



September 21st @ 2:00-3:00 - It's National Miniature Golf Day! Meet me at All Star Sports at 8333 W. 21s St. for a round of mini-golf. The senior discounted price is \$7.99 per person. That price allows you to play an unlimited number of games.



September 22nd @ 11:30 - "Good Grub Lunch Club" - "Red Lobster" (Red Lobster was founded in 1968) - 555 S. West Street - Meet new friends or visit with old friends or both. Please call to RSVP.

September 23rd @ 1:00-2:00 - In honor of Senior Center Month and September Birthdays we are changing up our Birthday Celebration



Continued on pg 19



ORCHARD PARK SENIOR CENTER

for September. Bring your favorite 1960's dessert recipe to share with everyone. Desserts will be voted on and the top 3 desserts will win a prize. Also, bring your favorite memory from 1968. We will write them on notecards and post them on the wall to see what was happening in your world the year that Senior Services began.



***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!**

September 27th @ 10:30-11:30 - "Recent Scams and Tools to Prevent Identity Theft", presented by Danielle Saunders, Attorney.

September 30th @ 1:00-3:00 - Movie - "The Odd Couple" (1968). Starring Jack Lemmon and Walter Matthau. A New Yorker newly separated from his wife moves in with his best friend, a divorced sportswriter, but their ideas of housekeeping and lifestyles are as different as night and day. Feel free to bring a seat cushion for more comfort. I have a few available here. Concession Stand provided. Please RSVP.



Director's Notes Continued

Roving Pantry is another service offered by Senior Services to the homebound who are age 60+. The Roving Pantry takes their grocery orders by phone and shops for and delivers the groceries to them each week.

I am so happy and feel so fortunate to be a part of such an amazing organization that does so many great things for the seniors of our community. I am also so very grateful for each and every one of you and I wish all of you a Happy Senior Center Month. Please check out all of the fun activities that we have going on in September to celebrate you. Bring a friend or several friends who have never been and let them see how much fun we have. Thank you for coming to our centers, supporting them and keeping the fun alive!

Have a great September!

- Kelli



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HEY FUNKY FRIENDS "WE WANT TO PARTY LIKE IT'S 1968!"



Please join us for our **"FUNKY FOUR CENTER DANCE PARTY"** at the **Downtown Senior Center**, so we can celebrate **NATIONAL SENIOR CENTER MONTH!**

Our Theme for the month is "Strengthening Community Connections", So Let's Party Like It's 1968! We have the best sponsors, and we will have a "WALL" of Community Resources, so plan on being there, or being square!



Friday, September 16th from 2:00pm-4:00pm

RSVP to your senior center by 9/14/2022.

We will be having treats and door prizes and a fun time! So you will want to join us in your groovy 1968 dress attire. Bright colored shift dresses for the girls, and checkered pants for the guys so we can party like it's 1968.

Great music will be provided from the 60's, 70's and possibly the 80's by "Mastermixer Ace" will be happening! And Elvis may even be in the house, making his 1968 comeback!

