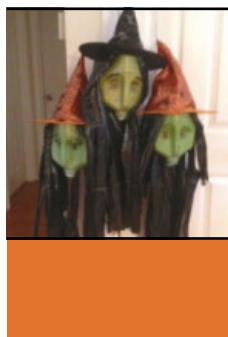


Spooktacular Events Coming To A Center Near You!

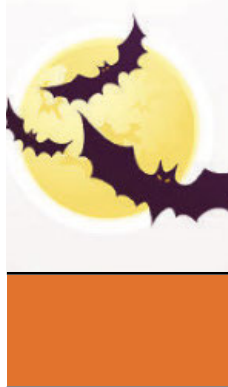
Witch Craft

October 5th @ 1:00pm, Cost is \$5. She will be a scary addition to your front tree or front door! RSVP/Pay by 10/3 (limit of 8). (Pg. 10)



Zoo Trip

October 12th @ 10:00am, Let's Meet at the Sedgwick County Zoo for Senior Wednesday. The Presentation Topic is: "Being Batty is Best" and it will take place in the Cargill Learning Center. Admission is **FREE** for this event due to a very gracious Wichitan Donor. (Pg. 18)



Paint & Sip

October 14th @ 1:15pm, Looking for something new and fun to try. Here is the class for you. Join Joe Ann Hunter from Humana for our first ever "Paint & Sip" Class. Please RSVP! (Pg. 13)



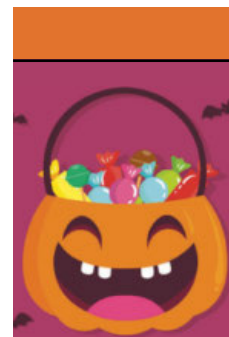
Halloween Brownie Bites

October 19th @ 2:00pm, Back by Popular Demand - It's Kelli's Cooking Show! Come watch me make or attempt to make Halloween Truffle Brownie Bites. If edible, you will be able to take some home with you. (Pg. 18)



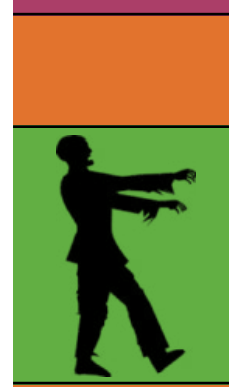
HOWL-O-WEEN PARTY

October 27th @ 2:00, Join us for our delightfully Wonderful "HOWL-O-WEEN PARTY" & Sing along BINGO with Carol Hughes of Interim Health! We will have great music and our Monster Parade. Prizes, Games & Fun for Costumes & Cackling! Please RSVP by October 24th! (Pg. 9)



Monster Mash Cake Walk

October 28th @ 10:00am, Have a Spooktacular Good Time with Grassland Estates by joining in on their fun Halloween themed game and you might even win a cake! (Pg. 18)



Spooky Chili Cook Off

October 20th @ 12:00pm, Wear your Halloween disguise, test your taste buds and cast your vote. The question will be who makes the best chili around? Throw your hat in the ring by October 10th. Enter to win! Costumes are welcomed and encouraged and will be rewarded. Free to enter and 5 dollars to dine. (Pg. 5)



4 Center Pumpkin Patch Trip
October 12th @ 8:30am
(Pg. 20)



Come One, Come All!
Indoor Garage Sale at Orchard Park Senior Center

When: Friday October 21st from 9:00 AM – 3:30 PM

Where: Orchard Park Senior Center – Located inside of the Orchard Park Recreation Center

We will have a huge variety of items for sale
(clothing and bedding excluded).

Everything priced to sale!
All proceeds will benefit the Orchard Park Senior Center.

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

Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994



DOWNTOWN SENIOR CENTER

A pumpkin says to a jack-o-lantern,

"All we ever do is sit around on the stoop.
Don't you want to mix it up, try something different?"

The jack-o-lantern says,

"I don't have the guts."

Fun things planned for this month! Movies in the classroom, Apple Jack Pumpkin Patch trip, Bingo and Spooky Chili Cook off to kick off what I consider the fun part of the year.



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



Upcoming Events & Activities - Please RSVP to 267-0197

- **Birthday treats** are on **Tuesday, October 4th** so if you are an October kid come in for a birthday goodie from us.
- **Movies** in the classroom this month are:
 - "Death Becomes Her" - **October 3rd @ 12:00pm**
 - Walt Disney's "Hocus Pocus" - **October 31st @ 11:30am**
- Dedicated Medical will be playing **Bingo** with us - **October 19th @ 11:30am.**
- **Informational Session** about Medication Adherence programs will be provided by Cooper Pharmacy - **October 25th @ 12:00pm.**

Make sure to grab the "At a Glance Calendar" for times and dates of all October events at Downtown.

Double, double toil and trouble Fire burn and cauldron bubble'

The witches definitely weren't brewing chili in Macbeth but there will be chili in the pot Downtown at the **"Spooky Chili Cook Off"**. **October 20th from 12:00pm to 3:00pm**, wear your Halloween disguise, test your taste buds and cast your vote. The question will be who makes the best chili around? Is it a Pickle Ball Player? Will it be one of the pool players? Will it be a crafter or a writer? Who oh who will it be? **Throw your hat in the ring by October 10th.**

Enter to win! Costumes are welcomed and encouraged and will be rewarded.

Free to Enter - 5 Dollars to Dine

Come and play if you dare!



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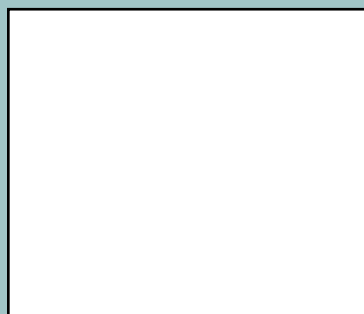
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Match the Villain to the Movie Halloween Game

Match the Villain to the Movie



- | | |
|---------------------|------------------------------|
| 1. Patrick Bateman | a. The Ring |
| 2. Carrie White | b. Child's Play |
| 3. Seth Brundle | c. A Nightmare On Elm Street |
| 4. Esther | d. American Psycho |
| 5. Ghostface | e. The Exorcist |
| 6. Michael Myers | f. Carrie |
| 7. Jason Voorhees | g. It |
| 8. Freddy Krueger | h. The Fly |
| 9. Samara Morgan | i. Psycho |
| 10. Hannibal Lecter | j. Orphan |
| 11. Jack Torrance | k. The Shining |
| 12. Norman Bates | l. Scream |
| 13. Pennywise | m. The Silence Of The Lambs |
| 14. Pazuzu | n. Halloween |
| 15. Chucky | o. Friday The 13th |

**Bring the solved game to the Downtown Center.
Check your answers and get a treat, this is not a trick!**



ITS PUMPKIN PATCH TIME!!!

The 4 centers are all getting together at Apple Jack Pumpkin Patch on October 12th.

Admission to play at Apple Jack's, a pumpkin of your very own and lunch is **\$15** a person. Caravans from the centers will **leave for Augusta at 8:30am** and we will all meet at the front gate. Apple Jack Pumpkin Patch address is: 10007 SW Indianola Rd, Augusta, KS 67010. Apple Jack's gates open at 9:00am, lunch is at 11:00am and the plan is to be back at the senior centers by 1:00pm. Additional details will be posted at the centers.

We look forward to seeing you!!!

Last one there is a scary Jack O' Lantern!



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our Community!*





LINWOOD SENIOR CENTER



Boo to YOU!!!

"I have been younger in October, than in all the months of spring"

~WC Merwin~



Happy October,

I hope we are enjoying crisp, cool evenings, crunchy leaves and brisk walks in the park! I love October, there are so many redeeming qualities in this month. I hope you are able to get out and enjoy all the good things October brings.

We will be celebrating with a trip to the pumpkin patch, our fun "Howl-o-ween Party" and some great new exercise classes/opportunities. So get out all the costumes, and think about what you want to disguise yourself as!

Mugs and hugs, ~Cherise



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
(Oct. 3 & 17)
11:15 Friendship Lunch
1:00-3:00 Open Crafting
(Oct. 10 & 24)
2:00 Grief Support Group
(Oct. 17)

Tuesday

9:00 Pickleball
9:00 Stronger Seniors
10:00 Needlework/
Looming with Linda
11:15 Friendship Lunch
12:30 WSU Well Rep
1:30 Movie Time
(Oct. 4, 11, 18 & 25
*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)

Thursday

9:00 Pickleball
9:00 Stronger Seniors
9:30-11:30 Writer's Craft
(Oct. 6)
11:15 Friendship Lunch
12:00 Pinochle with Friends
(No Computer Lab)
12:30 WSU Well Rep
1:30 Dime Bingo

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"

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

Sponsored By:



Join us for our delightfully Wonderful

"HOWL-O-WEEN PARTY"

& Sing along BINGO with Carol Hughes of Interim Health!

Thursday, October 27th, from 2:00-4:00pm

Bring Halloween Treats to Share – but NO Tricks!
We will have great music and our Monster Parade.
Prizes, Games & Fun for Costumes & Cackling!!!

Please RSVP to Cherise by October 24th!



*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
Provide respite care for the caregiver

Your time will provide much-needed
support and comfort



HOSPICE

Carol Hughes

316-265-4295

cahughes@interimhealthcare.com

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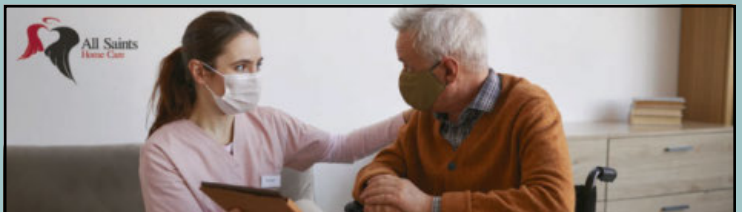
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Senior Services Inc. of Wichita, Wichita, KS

D 4C 02-0994



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

MOVIE TIME - Tuesdays @ 1:30pm

10/4 - "The Munsters" Classic

10/11 - "The Phantom of the Opera"
Amazing Musical

10/18 - "A Haunting We Will Go"
Abbot & Costello

10/25 - "Creature From the Black Lagoon"
One of the first scary movies ever!

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

WRITING CRAFT - October 6th @ 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 Food

Exercise Words: scissors - mustard - monkey - tutu - bushy

General Prompt: Write about getting lost at a carnival or festival.

Poem Prompt: Write a poem about a dancing pencil in your room.

CRAFT/FOOD EDUCATION CLASSES:

October 5th @ 1:00pm, "Witch Craft" - Cost is \$5. She will be a scary addition to your front tree or front door! Kay Hood is the instructor. RSVP/Pay by 10/3 (limit of 8).



October 12th @ 1:00pm, "Fall Button Tree" - Cost is \$8. Pat Collins or Cherise instructing. RSVP/Pay by 10/10.



October 19th @ 1:00pm, "Mummy Candle" - Cost is \$4. Call to RSVP by 10/14.



October 26th @ 1:00pm, "Leaf printing on T-towel and on small canvas bag!" - Cost is \$6. Call to RSVP by 10/21.



EDUCATIONAL PRESENTATIONS:

***Held on Fridays @ 10:15am (unless otherwise stated). Must RSVP a day ahead of the presentation to let us know you are coming! THANKS!**

October 7th, "Benefits of Apple Cider Vinegar & Extraordinary Cranberry" Provided by our fave Nutritional Coach for Natural Grocers - Aubrey Verecke. Please RSVP.

October 14th, "Stretching Your Food Dollars"
Joe Ann Hunter, Humana, please RSVP.

October 21st, "General Care, Dressing Devices"
From Caregiving Step by Step DVD. Please RSVP.

October 28th, Fire Safety Month, come and learn how to stay safe! Also info about how you can get FREE fire/carbon monoxide detectors if you are a homeowner. FD helps with installation too! Please RSVP.





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

NEW FITNESS CLASSES:

WSU Well Rep Classes - This is a class that is taught by WSU Students in their Health Science Major. These students help with strength training, weight training and balance training. This class is on **Tues and Thurs from 12:30pm to 1:30pm**. Our experienced teacher, Laura Munoz will be instructing for us again. This is a great class to take after attending lunch at the center. Don't miss it and it is FREE. RSVP to 263-3703. Break over Christmas holiday.



GEARING UP FOR TAI CHI for ARTHRITIS - We are wanting to see the interest in a Tai Chi Class for Health & Wellness. Our instructor Al Fleming is a certified Tai Chi for Health and Quigong Instructor. This program has been specifically designed for people with Arthritis. It is recommended by Arthritis Foundations around the world and the Center for Disease Control and Prevention. This class teaches 55+ how to improve your health with slow, fluid, gentle movements. There is a gentle breathing practice that can help as well. We will start in a chair, and then move on as able. This is an evidenced based class and scientific studies show improved quality of life and improved balance. Why on earth wouldn't you want to try it out?! Call for more information to 263-3703 and sign up by 10/10. Class is on **Mondays and Wednesdays from 3:00-4:00pm**.



ON-GOING GROUPS:

BIBLE STUDY - October 3rd & 17th @ 10:00am
Pastor BJ Bennet leading from Antioch Baptist.

GRIEF SUPPORT GROUP - October 17th @ 2:00pm. Chaplain Greg Schmidt leading from Heart & Soul Hospice.

SPECIAL EVENTS & ACTIVITIES:

October 12th, "Pumpkin Patch Field Trip at Apple Jack's Pumpkin Patch" - We will be caravanning there at 8:30am. Cost is \$8 for entry and smaller pie pumpkin. Box Lunch is \$7. **Total is \$15**. Call 263-3703 to RSVP by 10/10.



October 14th @ 12:00pm, "Lunching Lovelies and Romeo Club", we will be eating out, at Pasta Express, then we will be having dessert at FROST in celebration of National Pasta Day and National Dessert Day. Plan on spending about \$15 dollars or so. Call and RSVP to Cherise!

LINWOOD RUMMAGE SALE, It was a great success! We were able to purchase a Bunn Coffeemaker to make up for ours that started rusting out at the bottom. We will be making coffee more often now, so yay, it is **ALL THANKS TO YOUR GENEROUSE HEARTS AND YOUR SUPPORTING LINWOOD SENIOR CENTER!!! BLESS YOU ALL!!!**

Medicare Pt D - We will be starting our counseling for Medicare Drug Counseling. Please call us to set an appointment. We will be taking appointments, first come first served from the last week of October thru the end of November. *RSVP to 263-3703. Please note Cherise only counsels for Pt D **NOT** medicare advantage plans. Thank you!

We are starting a Nordic Trekking/Walking Group, call 263-3703 for more information.





NORTHEAST SENIOR CENTER

Hello Everyone...Happy Medicare Open Enrollment!

I pray all is well...we are so blessed to see October. I want to share a quote by Maya Angelou, Letter to My Daughter, "You may not control all the events that happen to you, but you can decide not to be reduced by them. Try to be a rainbow in someone's cloud. Do not complain. Make every effort to change things you do not like. If you cannot make a change, change the way you have been thinking. You might find a new solution." Basically, the things that you are not able to control accept them by finding the positive. Learn to make the most of each day...because, if you are not aware, tomorrow is not promised.

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

August Word Search Winner – Pamela Smith

Upcoming Activities/Events:

- **Wednesday, October 5th at 12:30pm**
Being Kind to Others – Hospice Helpers group will meet to make crafts for Kindred Hospice patients.
- **Friday, October 14th at 1:15pm**
Looking for something new and fun to try. Here is the class for you. Join Joe Ann Hunter from Humana for our first ever “Paint & Sip” Class. Please RSVP!
- **Wednesday, October 19th at 10:30am**
“Finding Comfort Grieving Support Group”
Courtesy of Harry Hynes Hospice.



Educational Presentations:

- **October 3rd, October 5th, & October 7th from 12:30pm-1:30pm**
EnhanceFitness Class (1wk Demonstration of classes) - EnhanceFitness is an evidence-based group exercise and falls prevention program that is designed for older adults at all levels of fitness to become more active, energized, and empowered to sustain independent lives. This class will be taught by Joe Samaniego. He is a certified instructor with special training, from Central Plains Area Agency on Aging. Please RSVP! 
- **October 4th at 1:00pm**
Muffins & Medicare 101 - Medicare is complicated...Join us to learn the basics of Medicare. Muffins & Juice will be served. Sponsored by Monica Ingalls with Aetna Medicare Solutions. Please RSVP! **Continued on pg 15**



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316-263-8264





Autumn

Find and circle all of the Autumn words that are hidden in the grid. The remaining letters spell a secret message - an Albert Camus quotation.

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

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T O R U E S T U N Y R O K C I H R I
M S O A Y Q E N I S I A O T R W O K
R C Y H N E U V S T E R F H E O P P
C E A A C G K I A S N O A A B R S M
K N D N D S E R N E D S R N M C O U
S C Y L N R G L U O L P M K E E C P
Q R A K E I E R E T X G I S V R T S
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F T S E V R A H Y E L O I G C R E B
A A U H A L L O W E E N E F I O S E
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APPLE
BIRD MIGRATION
BLOWING LEAVES
BLUSTERY DAY
CANNING
CHESTNUTS
CHILLY
COLD
CROPS

EQUINOX
FALL
FARMING
FEAST
FROST
HALLOWEEN
HARVEST
HAYSTACK
HICKORY NUTS
LONGER NIGHTS

NOVEMBER
OCTOBER
ORANGE LEAVES
PIE
PUMPKIN
RAKE
RED LEAVES
SCARECROW
SCHOOL
SEASON

SEPTEMBER
SHORTER DAYS
SQUASH
SWEET POTATOES
THANKSGIVING
TURKEY
WINDY
YELLOW LEAVES

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NORTHEAST SENIOR CENTER

Director's Notes Continued

October is also Medicare Open Enrollment. Just a friendly reminder that it starts October 15th and ends December 7th. Open enrollment is when all people with Medicare can change their Medicare health plan and/or Part D prescription drug plans. It is not required that you change anything. However, this would be an opportunity to check for ways of saving, as well as making sure your plan is the best available for you. If you are interested in looking at your coverage plan and available options, please stop by the center or call (316) 269-4444 to schedule your appointment. As your center director, I am SHICK (Senior Health Insurance Counseling for Kansas) trained and available by appointment to help you with the basics of Medicare Part D.

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

Carnesha Tucker – Center Director

Educational Presentations:

- **October 10th, 17th, 24th, 31st and November 7th & 14th from 1:15pm-3:15pm**
Chronic Disease Self-Management - If you are living with ongoing health conditions (such as arthritis, asthma, diabetes, high blood pressure, or depression) or you are a caregiver of someone who is, this class is for you. In this class trained leaders will help you: Learn decision-making and problem-solving skills, Communicate effectively with family, friends and health professionals, Manage fatigue, Learn new ways to eat healthy, Control pain, Increase physical activity, Set and Accomplish goals, Deal with anger, depression, and difficult emotions, and Better manage your health.
Instructor Tara Sharon – Chronic Disease Health Educator. Space is limited, please RSVP!



Northeast Senior Center "Pet Pals Contest"

Northeast Senior Center helped celebrate Senior Services' Meals on Wheels Pet Pals kickoff by having members bring in a picture of their pet. All members voted on their favorite. The winning pet was: Gayle Garrett's Dog "Dante". Consolation prizes were also given to all the other pets.





ORCHARD PARK SENIOR CENTER

Happy Fall Y'all!

That is such a corny saying but I like the way it rhymes and the way it rolls off your tongue so easily so I decided to go ahead and use it for my greeting anyway.

October is here and I can hardly believe it. This month marks my 2 Year Anniversary with Orchard Park Senior Center and it has gone by in the blink of an eye. It has been a fun 2 years and this is, without a doubt, the BEST job I have ever had, thanks to all of you WONDERFUL people. I have enjoyed getting to know so many of you and I appreciate each and every one of you!

Our October is going to be busy with lots of activities. Please be sure to look at the calendar of events and try to make it to as many as you can. You never know how much fun you might end up having or you might even learn something new. We would love for you to bring a friend to check out our center as well. Can you think of someone who is isolated and feeling lonely and bored? Call them up and invite them to an activity you think they might enjoy.

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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

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

October 4th @ 9:00-10:30 - "Good Grub Lunch Club" - It's National "Taco" Day so let's eat TACOS!!! "On the Border" 2347 N. Maize Road - Meet new friends or visit with old friends or both. Please call to RSVP.

October 5th @ 12:00-1:00 - Kansas State Garden Hour - Improving Soil Health in the Landscape and the Garden. This will be a zoom presentation at Orchard Park Senior Center. Please RSVP.

October 5th @ 1:30-2:30 - Lots of you seem to love our "Free Pie" Day at Village Inn so let's meet there for another slice of pie and great conversation. Village Inn - 7020 W. Central. Minimum purchase of one drink will qualify you to receive a free piece of pie.

October 6th @ 10:00-11:00 - The Orchard Park Book Club - Fun for all reading enthusiasts.

October 7th - NO DRUM BALL THIS MONTH - WE ARE WORKING ON A NEW DAY AND TIME. I APOLOGIZE FOR THE INCONVENIENCE.

October 11th - Mystery trip - Leaves at 7:00 AM from Linwood. (This trip is sold out!)

October 11th @ 11:00-12:00 - Join Des from Oxford Grand to make Jack-O-Lantern Greeting Cards. Always a great time with these girls. You won't want to miss this crafting event! Please RSVP.

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Upcoming Events & Activities - Please RSVP to 942-2293

October 12th @ 8:30-1:30 – Meet At Orchard Park to caravan to Apple Jack Pumpkin Patch (10007 SW Indianola Rd, Augusta, KS) for a whole lot of Halloween Fun! \$15.00 per person. This price includes: Admission to the Pumpkin Patch, Lunch and a Pumpkin to take home. Don't miss out on this opportunity! We had a great time last year and plan on having just as much or more fun this year! PLEASE RSVP.



October 12th @ 10:00 – Let's Meet at the Sedgwick County Zoo for Senior Wednesday. The Presentation Topic is: "Being Batty is Best" and it will take place in the Cargill Learning Center. Admission is **FREE** for this event due to a very gracious Wichitan Donor. The admission is normally \$4.00.

October 14th @ 1:00-3:00 – Movie – "Murder on the Orient Express" (2017) Rated PG. Starring Johnny Depp and Judi Dench. When a murder occurs on the train on which he's travelling, celebrated detective Hercule Poirot is recruited to solve the case. Feel free to bring a seat cushion for more comfort. I have a few available here. Concession Stand provided. Please RSVP.

October 17th @ 11:00-12:00 – Advisory Council Meeting.

October 18th @ 10:30-11:30 – Coffee Chat – Come have a cup of joe and visit with other Orchard Park Members. Please call to RSVP.

October 19th @ 2:00-3:00 – Back by Popular Demand --- Ha-Ha-Ha --- It's Kelli's Cooking Show! Come watch me make or attempt to make Halloween Truffle Brownie Bites. If edible, you will be able to take some home with you.

October 20th - NO ACTIVITIES OR CLASSES THIS DAY. WE WILL BE PREPARING FOR OUR GARAGE SALE AT THE CENTER ON FRIDAY, 10/21. YOU MAY BRING YOUR DONATIONS ON THIS DAY ONLY. PLEASE HAVE ITEMS MARKED WITH THE PRICE. THANK YOU IN ADVANCE FOR ALL OF YOUR HARD WORK AND GENEROSITY!!! WE APPRECIATE YOU!!!

October 21st - NO ACTIVITIES OR CLASSES THIS DAY. ONE DAY ONLY - GARAGE SALE AT THE CENTER. ALL PROCEEDS WILL BENEFIT ORCHARD PARK SENIOR CENTER.

October 25th @ 10:00-10:30 – Diana Thomi – Founder and Director of "Victory in the Valley" will be here to talk about the mission of this great organization. Diana likes to add a little humor as she is presenting.

October 26th @ 1:00-2:00 – Chajuan Jackson will be here from Kansas Children's Service League to speak about their Kinship Support Group (for grandparents and other relatives raising children or providing a significant amount of their care). Snacks provided.

October 27th @ 11:30 – The Egg-cellent Breakfast Club "Home Grown" - 2835 N. Maize Road - Come one, come all. Meet new friends or visit with friends you already know and love. Please call to RSVP.

October 28th @ 10:00-11:30 – Monster Mash Cake Walk – Have a Spooktacular Good Time with Grassland Estates by joining in on their fun Halloween themed game and you might even win a cake!

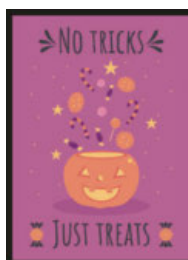
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ORCHARD PARK SENIOR CENTER

October 31st - STOP IN TO SEE US, (COSTUME IS OPTIONAL BUT SO MUCH MORE FUN) AND TRICK-OR-TREAT! BEST COSTUME CONTEST - 1ST, 2ND AND 3RD PLACE PRIZES!



REMINDER PLEASE BE SURE TO RSVP FOR ALL EVENTS. THIS WILL ENSURE THAT WE HAVE A SPOT FOR YOU AND THE SUPPLIES NEEDED FOR CERTAIN ACTIVITIES. THANK YOU SO MUCH!

*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!

**“Autumn leaves
are falling, filling
up the streets;
golden colors on
the lawn, nature’s
trick or treat!”**

- Rusty Fischer

Director’s Notes Continued

I hope that you each have a Happy October! Don’t forget to stop by on October 31st in your Halloween Costumes to Trick-or Treat. We will have 1st, 2nd and 3rd prizes for the best Costumes. It would be SPOOK-TACULAR to see you!

Again, Thank you for 2 years of lots of fun, laughs and friendships.

- Kelli

Wichita Area Woodcarvers & Woodworkers *One-day Show & Sale*

Saturday - October 22, 2022

9:00 a.m. – 4:00 p.m.

Sedgwick County Extension Education Center
Sunflower Room
7001 W. 21st N. [21st & Ridge]
Wichita, Kansas

Woodcarving Clubs and individuals along with all Wood Turning/Working Clubs and individuals are invited to participate.

Tables (6' X 30") will cost \$10.00 each

If you are interested in participating, contact Scott Kailer at 316-204-5294 (leave a message) or kailers1947@gmail.com for an entry form. Entry forms are also available on the Great Plains Woodcarvers Facebook page.

The goal of the Show and Sale is intended to provide an opportunity for carvers and wood worker to show their work and interact with each other and the public in a casual environment.

The public is invited to see the Art of Woodcarving and Wood Working for a nominal admission fee of \$2.00

We hope that your visit will prompt an interest in their skills.



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ITS PUMPKIN PATCH TIME!

The 4 centers are all getting together at Apple Jack Pumpkin Patch on October 12th.

Admission to play at Apple Jack's, a pumpkin of your very own and lunch is **\$15** a person. Caravans from the centers will **leave for Augusta at 8:30am** and we will all meet at the front gate. Apple Jack Pumpkin Patch address is: 10007 SW Indianola Rd, Augusta, KS 67010. Apple Jack's gates open at 9:00am, lunch is at 11:00am and the plan is to be back at the senior centers by 1:00pm. Additional details will be posted at the centers.

We look forward to seeing you!

