



Downtown • Linwood • Northeast • Orchard Park

November 2022

The Season Of Giving Is Here!

November marks the start of a busy holiday season. When we think of November we envision beautiful fall leaves, crisp air and a table filled with food, family and friends giving thanks. But there is another “giving” recognized in November that people don’t often think about. **November is National Caregiver Month.** Caregivers work hard all year to insure their loved ones, often suffering from a terminal or chronic condition, receive the much needed love and support needed to safely maintain living in their own homes.



There are 40.4 million caregivers of adults over age 65 in the United States. Caregiver stress is an all too real phenomenon that impacts the health and quality of life of the spouse or child who is supporting the ailing loved one. If you or anyone you know is in need of support here are the ways Senior Services can help.

Meals on Wheels can provide a hot, nutritious meal to a homebound senior

age 60+ and their full time caregiver. **316-267-0122**

Senior Employment Program has jobseekers age 55 and older you can hire for housekeeping, lawn care, minor home repairs, medication management and homemaker services. **316-267-1771**

Information & Assistance helps people in need find appropriate services throughout the community. **316-267-0122 ext. 201**

Senior Centers offer grief and support groups to help caregivers share their stress and recharge their batteries.



Fall Flavors – Grandma’s Apple Crumble Pie

Ingredients

For the crumble/dough

- 3 3/4 cups (500 grams) all purpose flour
- 5 teaspoons (20 grams) baking powder
- 1 cup (200 grams) white sugar
- pinch of salt
- 2 sticks (250 grams) butter, room temperature
- 1 teaspoon vanilla
- 1 large egg

For the filling

- 4-5 large apples (depending on how much apple filling you want)
- 2 tablespoons fresh lemon juice
- 1 cup (200 grams) white sugar – or half light brown and half white
- 1 tablespoon cinnamon

For serving

- icing sugar for dusting



Instructions

1. **Preheat your oven** to 350°F (175°C). Grease and line with baking paper a 10 inch (25 cm) round baking pan.

2. **Make the dough:** In a large bowl, mix the flour, the sugar, and the baking powder. Add the butter and mix until crumbly. Add the egg and the vanilla and mix again until a soft dough forms. Don't overmix.

3. **Divide the dough into three equal parts.** Set the one part aside for later. Take the remaining dough and press it onto the surface of the baking pan with your hands. Cover the bottom and a little up the sides, like a tart.

4. **Make the filling:** shred the apples inside a bowl, using the side of your grater with the big holes (you can leave their skin on or you can peel them). Drizzle them with the lemon juice and squish them between your hands to get rid of the excess juices. Transfer them to another bowl, add the sugar and the cinnamon and mix well (this will bring out some more juices, but that's ok).

5. **Fill** the pan with the apple mixture. With your hands, crumble the rest of the dough over the filling.

6. **Bake** for 50-60 minutes or until golden on top. Let the apple crumble pie cool, invert on a rack and re-invert onto a serving plate. Sprinkle with some powdered sugar and cinnamon before serving.

Compass is published monthly by:
Senior Services, Inc. Of Wichita • 200 S. Walnut, Wichita, KS 67213

Senior Services, Inc. Of Wichita is not a government organization. We are a not-for-profit charity which relies on several funding sources, including private donations, to operate our programs and senior centers:

Information/Assistance on Aging
267-0122, ext. 201

Meals on Wheels
267-0122

Senior Employment Program
267-1771

Mission:

Senior Services, Inc. Of Wichita is dedicated to delivering services that allow older adults the opportunity to lead quality lives while continuing to make positive contributions to the community.





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Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994



DOWNTOWN SENIOR CENTER

Turkey's beware: November is here.

Unless you are a chicken then you can get on across the road.

This year is going by quick and I hope everything is going well for you and yours this month.

There is BIG news for this month and no, it's not the OSCAR MAYER WEINERMOBILE that will be arriving on the first day of our BAZAAR on the 14th of Nov. Or BIRTHDAY TREATS all day on the 4th of November. The BIG news is....WE ARE EXTENDING CENTER HOURS STARTING NOVEMBER 1st! New Center hours are 8:00am - 4:30pm. That means more time to hit the balls in the Pickle Ball court, more time to clean the tables while playing pool, and more time breaking a sweat on some of the new equipment in the exercise room or prop your feet up while reading a good book.



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
10:00-11:00 Book Club (3rd) - 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

1:00-3:00

Thursday

9:00-3:00 Open Billiards
9:00-3:00 Open Fitness - Room 1
10:00 Exercise - Gym
11:00 Advisory Council (1st) - Room 3
1:00 Writing Craft (3rd full week) - 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 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



BAZAAR MARKET & WEINERMOBILE

Calling ALL Crafters, ALL Entrepreneurs
All the, "I have got to get this out
of my Garage" people!

Are you looking to sell any treasures?
or
Are you looking to buy treasures because
it's close to Christmas?

Well you're in luck because we are
hosting a bazaar!

**November 14th - 15th, 2022 from
9:00am - 3:00pm**

Vendors: Tables are \$20 for the 1st table and \$10
for each additional table. Please sign up at the
Downtown Center office. Tables are first come
first serve.

(If you have an extra laying around we wouldn't
say no to a donation item for the center table but
that is purely optional.)

Lunch will be available for \$5.00 and a cotton
candy machine will be onsite if you want to try
your hand at rolling spun sugar.

**Just to make this Bazaar a little more Bizarre:
Have you ever met a Hotdogger?**

The Weinermobile will be arriving at the
Downtown Center on the 14th just in time for the
Bizarre. Everyone loves the Weinermobile! It will
draw young and old from far and wide! There will
be tours and Weinermobile
giveaways! Come and
support the center and walk
around in a big hot dog on
wheels! It will be fun!



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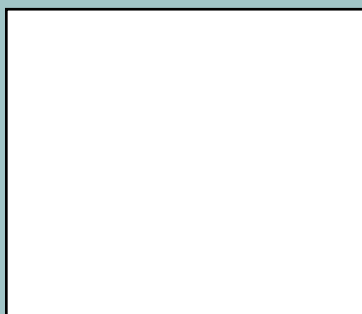
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Upcoming Events & Activities - Please RSVP to 267-0197

HOLIDAY CLOSING AND CANCELATIONS:

- November 14th - No Competitive Pickleball
- November 14th - No Open Pickleball
- November 15th - No Exercise
- November 15th - No Cardio Drumming
- November 24th & 25th - Closed for Thanksgiving

CRAFTS:

November 10th - BC/BS Craft - Turkey Candle Holder

November 17th - Humana - Bamboo Wind Chimes

SPECIAL EVENTS:

November 11th @ 1:11pm - Please join us to observe the National 2 minutes of Silence and then TAPS in memory of past and present Veterans. Refreshments will be available immediately after.

November 14th - Oscar Mayer Wienermobile appearance with tour and giveaways!

November 14th & 15th - Bazaar Market

EDUCATIONS:

November 8th @ 12:00-2:00pm - Make sure to RSVP your spot for the Elder Law Informational. Presented by Timothy P. O'Sullivan, Senior Partner, Foulston Siefkin LLP.



November 10th @ 11:00am - Dignity Memorial will be presenting: Celebration of Life Planning and Advice.

November 10th @ 12:00pm - Please join us for: Veteran Lunch and Learn - State and Federal Burial benefits for military veterans and spouses.

We will be learning what benefits are available, eligibility, the forms needed and the application process.

DATES TO REMEMBER:

November 1st *New Hours* - 8:00am - 4:30pm

November 14th - Oscar Mayer Wienermobile appearance with tour and giveaways!

November 14th & 15th - Bazaar Market

November 15th - Book Club - "Walking in my Combat Boots"

November 21st - Lunch Bunch - Rueben's 915 W. Douglas Ave.

4 CENTER COMMUNITY GIVE-BACK FOR THE HOLIDAYS

"Collecting Items for Wichita Family Crisis Center". Their Focus: Domestic Violence & Child Abuse. All four senior centers (Downtown, Linwood, Orchard Park, and Northeast) will be collecting Household and Kitchen Items. Please call the senior center for the list of items that we will be collecting. All items must be **"NEW"**.

***Start Date: Tuesday, November 1st - End Date: Friday, December 9th**

IN FLANDERS FIELDS

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

- JOHN MCCRAE



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Turn Over for **ANSWER**

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

**SUPPORT THE
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Community!



LINWOOD SENIOR CENTER

"The thankful heart opens our eyes to a multitude of blessings that continually surround us"

~James E. Faust~

"Give thanks not just on Thanksgiving day, but every day of your life. Appreciate and never take for granted all that you have."

~Catherine Pulsifier~

Blessings to you!

This month beholds grateful hearts! I know I have one, looking back on the past year. We have so much to be thankful for, from the friendships we hold dear, to the variety of seasons that we experience, to the many smells, tastes and visions that we can behold. Let's be grateful, let's celebrate together!

This month we are bringing back the "Thankful Hearts Potluck!" We want to enjoy the yummy food, and fill our stomach with ham and a little dessert, so make sure you join us.

Also, we are having some neat guest speakers and as always fun crafts. So make sure you read the newsletter and enjoy the season!

Giving Thanks With A Grateful Heart,

~Cherise

Ongoing Activities

Please RSVP for ANY Activity - Call: 263-3703 - Open M-F from 8am to 4:30pm

Monday

9:00 Stronger Seniors
10:00 Bible Study
(Nov. 7 & 21)
11:15 Friendship Lunch
1:00-3:00 Open Crafting
(Nov. 14 & 28)
2:00 Grief Support Group
(Nov. 21)
3:00 Tai Chi for Arthritis

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
(Nov. 1, 8, 15, 22 & 29)

*See Schedule)

Wednesday

9:00 Stronger Seniors
9:00 Advisory Council
(Nov. 23)
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 Tai Chi for Arthritis

Thursday

9:00 Pickleball
9:00 Stronger Seniors
9:30-11:30 Writer's Craft
(Nov. 10)

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



Join us for our

“Thankful Hearts Potluck”

Friday, November 18th, from 12:30-2:00pm



Ham, drinks and service are provided.

We are asking that you bring
a side to share.

Please RSVP to Linwood by November 17th!

Sponsored by Humana, Dedicated



*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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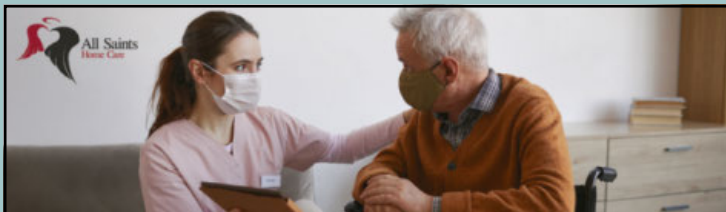
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Senior Services Inc. of Wichita, Wichita, KS

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

MOVIE TIME - Tuesdays @ 1:30pm

11/1 - "Te Ata" Native American woman that has amazing storytelling skills.

11/8 - "The Boy Who Harnessed the Wind"
A young boy from Malawi helps to build a windmill to help his community.

11/15 - "Free Birds" Animated movie about turkeys who want to turn back time and take turkey off the Thanksgiving Menu.

11/22 - "Remember the Titans" Football team that comes together to change lives.

11/29 - "Miracle on 34th Street" Newer version of old classic.

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

WRITING CRAFT - November 10th @ 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 Family

Exercise Words: pencil - grapes - panda - sweater - tall

General Prompt: Write about a mischievous pixie.

Poem Prompt: Write about sitting on a magic carpet.

CRAFT/FOOD EDUCATION CLASSES:

November 16th @ 1:00pm, "Wreath Making 101"
- Cost is \$10. RSVP by 11/14 (limited).

November 21st @ 1:00pm, "Candy Gift" - Join us to make some candy soda fountain gifts. Cost is \$5. Barb Palmer, instructor. RSVP by 11/16.



November 23rd @ 1:00pm, "Twig Snowflakes" - Cost is \$5. RSVP by 11/17.



November 30th @ 1:00pm, "Beaded Snowflakes" - Cost is \$8 for 2. RSVP by 11/22.



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!**

November 4th, "Talking With Your Loved Ones About Their Last Wishes" - Provided by Karla Herrman of Lakepoint. Please RSVP.

November 11th, Linwood Center Closed Due to Veteran's Day Holiday.

November 18th, "Habits of Health People"
Presenter Joe Anna Hunter of Humana. Please RSVP.

November 24th & 25th, Linwood Center Closed Due to Thanksgiving Holiday



ON-GOING GROUPS:

BIBLE STUDY - November 11th & 21st @ 10:00am
Pastor BJ Bennet leading from Antioch Baptist.

Attention! Atencion!

We are thinking about starting a Bible Study that would be led in Spanish with Judith Eguino - Humerez leading, please call 263-3703 for more information!

GRIEF SUPPORT GROUP - November 21st @ 2:00pm. Chaplain Greg Schmidt leading from Heart & Soul Hospice. Please RSVP.



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

TAI CHI FOR ARTHRITIS FITNESS CLASS

You can still join us!



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. Class is on **Mondays and Wednesdays from 3:00-4:00pm.**



SPECIAL EVENTS & ACTIVITIES:

November 8th @ 11:00am, "Lunching Lovelies and Romeo Club" – Join us at Applebees at Ridge & Maple for a special menu called "Together We Care!" If we order off the menu, some proceeds will benefit Senior Services, Inc. Please come and dine with us! Plan on spending about \$15 or so dollars. Call and RSVP to Cherise!

November 9th @ 10:00am, "BINGO BLAST!", Join us for some BINGO! We are playing games with Trina Teter from Enhabit Home Health & Hospice. We should have some great prizes and fun city! Special thanks to Trina and Enhabit for sponsoring us.



November 10th @ 10:45-12:00pm, THE WEINER MOBILE IS COMING TO LINWOOD! Join us for some Baloney Sandwiches as we celebrate the coolest ride in North America! They are also giving out "Weenie Whistles"! Call for more info!



REMINDER: Linwood will be closed on Veteran's Day, 11/11 to celebrate our **WONDERFUL VETERANS!** We will also be closing on 11/24 & 11/25 for **THANKSGIVING.**

Have a wonderful time celebrating all that you have been blessed with, faith, friends and family! I want to let you know how special you all are, and I want to thank all our delightful customers and kind volunteers for your grace this past year on behalf of the Senior Center!

Hugs to infinity and beyond!!!

~Cherise

4 CENTER COMMUNITY GIVE-BACK FOR THE HOLIDAYS

"Collecting Items for Wichita Family Crisis Center". Their Focus: Domestic Violence & Child Abuse. All four senior centers (Downtown, Linwood, Orchard Park, and Northeast) will be collecting Household and Kitchen Items. Please call the senior center for the list of items that we will be collecting. All items must be **"NEW"**.
***Start Date: Tuesday, November 1st – End Date: Friday, December 9th**



NORTHEAST SENIOR CENTER

Hello Everyone...Happy Veteran's Day, Happy Thanksgiving, and Happy whatever else happens in November!

I pray all is well. I am not sure what you have been up to, but I have been busy with Medicare Open Enrollment. Just a friendly reminder that Medicare Open Enrollment ends December 7th. 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. I am SHICK (Senior Health Insurance Counseling for Kansas) trained and available by appointment to help you with the basics of Medicare Part D.

With that said, the days I am not doing Medicare Part D sessions I have been busy trying to find fun activities, classes, and events that are new to Northeast Senior Center. One of the newest classes to Northeast is EnhanceFitness. It is an evidence-based group exercise and fall prevention program.

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

September Word Search Winner

Allan Fretzs



Holiday Closing



Northeast Senior Center will be closed **Thursday, November 24th, and Friday, November 25th** in observance of Thanksgiving Day.

All items must be **"NEW"**. ***Start Date: Tuesday, November 1st – End Date: Friday, December 9th**

- **Wednesday, November 2nd at 12:30pm**
Being Kind to Others – Hospice Helpers group will meet to make crafts for Kindred Hospice patients.

Upcoming Activities/Events:

- **4 Center Community Give-Back for the Holidays "Collecting Items for Wichita Family Crisis Center"**. Their Focus: Domestic Violence & Child Abuse. All four senior centers (Downtown, Linwood, Orchard Park, and Northeast) will be collecting Household and Kitchen Items. Please call the senior center for the list of items that we will be collecting; or stop by the front desk to pick up a copy.

- **Wednesday, November 9th from 10:30am – 3:00pm**
Jewelry Making Class - "Jewelry Sale"



Just in case you missed the first sale, due to timing or whatever the case may be. We decided to have another sale so you can get some of your Christmas shopping checked off your list. Hope to see you there!

Continued on pg 15



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- Lawn care and snow removal
- Comes with all appliance including washer & dryer
- Walk in closet that serves as a severe weather room
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- One reserved covered carport space

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A sense of belonging that takes living to a whole new level.*



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PrairieHomestead.org

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A Community of Friends, Family and Faith

Call to schedule a campus visit today!

316-263-8264





Thankful For...

Find and circle all of the people and things to be thankful for.
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!**

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

ACTS OF KINDNESS
A PLACE TO LIVE
BEACHES
BEAUTIFUL NATURE
BLESSINGS
BOOKS
BROTHERS
CARE GIVERS
CHILDREN
CHRISTMAS
CLEAN WATER
CLOTHING
COMPUTERS

ELECTRICITY
EYEGLASSES
EYESIGHT
FAITH
FAMILY
FLOWERS
FREEDOM
FRESH AIR
FRIENDS
FUN
GOOD HEALTH
GRANDMA

GRANDPA
HAPPY MEMORIES
HEARING
HOLIDAYS
HUMOR
INTERNET
LAUGHTER
LIFE
LOVE
MUSIC
NURSES
PARENTS
PEACE

PETS
RAINBOWS
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SMILES
SUNSHINE
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VOLUNTEERS
WARM SHOWERS

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NORTHEAST SENIOR CENTER

Director's Notes Continued

If you did not get a chance to come to the promotion week, please feel free to come try the class out and see what you think. This class meets Mondays, Wednesdays, and Fridays from 12:30pm-1:30pm. Hopefully you are enjoying the ongoing activities, classes, and events. If you are not enjoying them, feel free to let me know. I am always open to hear new ideas that you may have that could help us continue to grow our programming. I feel with anything there is always room for improvement.

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

Carnesha Tucker – Center Director

Upcoming Activities/Events:

- **Friday, November 11th from 12:30pm - 1:30pm**
Oscar Mayer Wienermobile

You are invited to take a tour and pictures of the Oscar Mayer Wienermobile. Also, there will be a mini trivia session for those that enjoy trivia. Oh yes, they are also giving away those famous “Weenie Whistles”. Hope to see you there!



- **Friday, November 11th from 2:00pm - 3:30pm**
Veteran's Day Celebration

Please join us as we honor our Veteran's over a bowl of chili with crackers and a few rounds of Sing-A-Long Bingo. Yes, another round of Sing-A-Long BINGO with Carol Hughes from Interim Healthcare for those who missed it the first time. Those that attended say they really had a good time. Please RSVP!



- **Wednesday, November 16th at 10:30am**
“Finding Comfort Grieving Support Group”
Courtesy of Harry Hynes Hospice.

Educational Presentations:

- **November, December, January, & February:**
Mondays, Wednesdays, & Fridays from 12:30pm-1:30pm

Enhance Fitness Class - 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!



- **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!



- **Tuesday, November 8th at 1:15pm**
“Body Care – Scrub goodbye to skin care chemicals” Learn fun, easy do-it-yourself body care using oils, foods, and everyday ingredients at home. *This class will make a sugar scrub to take home. Sponsored by Nutritional Coach Aubrey Vereecke with Natural Grocers. Please RSVP!



ORCHARD PARK SENIOR CENTER

Happy November!

Wow! Thanksgiving is upon us and Man, am I thankful for each of you! I am thankful for your smiling faces. I am thankful for all of your neat stories. I am thankful for your jokes. I am thankful for your kindness, love and laughter. You make my work days fun and you keep me on my toes. There is never one day that is quite like the other and for that, I am grateful.

As I was looking for information about Thanksgiving, I ran across these fun activities that you can use for your holiday gathering. I especially like the Thankfulness Alphabet and plan to use that at our house. With all of the hubbub of the day and preparing for a big meal, the joy of the day can be forgotten. By trying one or more of these activities, maybe you can add more meaning to this special day. **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)
- 2:30-3:30 Enhanced Fitness with Joe Samaniego from CPAAA (all fitness levels) ***NEW***

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
- 2:30-3:30 Enhanced Fitness with Joe Samaniego from CPAAA (all fitness levels) ***NEW***

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
- 11:00-12:00 Enhanced Fitness with Joe Samaniego from CPAAA (all fitness levels) ***NEW***
- 12:00-3:30 Open Pool Tables

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

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

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



Upcoming Events & Activites - Please RSVP to 942-2293

November 1st @ 10:00-11:00 – Back by popular demand, Home Well Care Services will be here for Spa Manicures. This is for men and women. They did such a great job last time we begged for them to come back.

November 3rd @ 10:00-11:00 – The Orchard Park Book Club - Fun for all reading enthusiasts.

November 4th – Movie – “Tower Heist” – Starring Eddie Murphy and Ben Stiller – Comedy (Rated PG-13) When a group of hard-working guys find out they’ve fallen victim to their wealthy employer’s Ponzi scheme, they conspire to rob his high-rise residence while everyone is distracted by the Macy’s Day Parade. Feel free to bring a seat cushion for more comfort. I have a few available here. Concession stand provided. Please RSVP.

November 4th - NO DRUM BALL THIS MONTH – WE ARE WORKING ON A NEW DAY AND TIME. I APOLOGIZE FOR THE INCONVENIENCE.

November 8th @ 10:30-11:30 – Join Des from Oxford Grand to make Scarecrow Door Hangers for Fall. Always a great and lively time with Des. You won’t want to miss this crafting event! Please RSVP.



November 8th @ 11:30 – “Good Grub Lunch Club” – Meeting at Applebees at: 320 Ridge Road. Applebees will be donating 50% of their sales that day to Senior Services. Please come out and have a great meal with new or old friends (or both) and support our Senior Centers. Please call to RSVP.

Continued on pg 18

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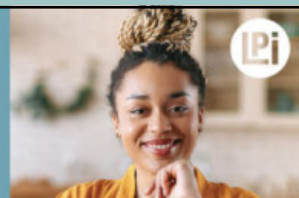


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Upcoming Events & Activities - Please RSVP to 942-2293

November 10th @ 8:30-4:00 – We are so GRATEFUL and THANKFUL for all of those who have served this great country of ours. If you are a veteran, please stop by today so that we can personally thank you and give you a small token for our gratitude.



November 10th @ 10:30-12:00 – Junk Journals with Carolyn Manning. A Junk Journal is a book which is often made through found and recycled materials to be used as a way to collect and record memories, thoughts, ideas, and inspiration. If you have never seen one of these before, they are so fun and unique. Once you make one, you will be hooked.

November 10th @ 12:30-1:00 – Want to be a Hot Dogger? Come to Orchard Park and visit The Oscar Meyer Weiner Mobile that is on tour. We will have hotdogs, trivia, good music and tours of the wiener mobile. I really can't think of a better way to spend the afternoon. Don't miss this fun opportunity!

November 11th - CLOSED IN OBSERVANCE OF VETERAN'S DAY! HOME OF THE FREE BECAUSE OF THE BRAVE!

November 15th @ 10:30-11:30 – Coffee Chat – This month we are changing our Coffee Chat up a bit. In honor of Veteran's Day, let's meet at Sojourner's Coffee House at: 7130 W. Maple, Ste. 280, whose sole mission is to help Military, Veteran's and their families in the Wichita Community. They serve a variety of coffees and pastries and are on a donation basis only – While there, you can also help us write letters to the military, to share our gratitude for all that they do for us and our great country. Please call to RSVP.

November 17th @ 9:00 – The Egg-cellent Breakfast Club – “Fusion Restaurant” 1812 W.

Douglas – Come one, come all. Meet new friends or visit with friends you already know and love. Please call to RSVP.

November 18th @ 1:00 – Let's get ready for the holidays! Join us at Eric Fisher Academy for a Group Spa outing. We have 10 slots available for a facial, wax or manicure. Haircuts and Shampoo/Styles also available. Address is: 6727 W. Central.

November 21st @ 11:00-12:00 – Advisory Council Meeting.

November 22nd @ 10:30-11:30 – Remember when you would go to a birthday party when you were a kid and they would play Pin the Tail on the Donkey? Well... Sheila Cole with Grassland Estates is coming to Orchard to play a little bit different version of that same game to help us celebrate the Thanksgiving holiday. Come play Pin the Feather on the Turkey. Prizes and fun to be had by everybody!



November 23rd @ 1:30 – “I get Pie with a Little Help from my Friends.” Please join us for our mini “Friendsgiving” at “Free Pie” Day at Village Inn. 7020 W. Central. Minimum purchase of one drink will qualify you to receive a free piece of pie.

**November 24th & 25th
- CLOSED FOR
THANKSGIVING!
HAPPY THANKSGIVING!
I AM SO THANKFUL FOR
EACH AND EVERY ONE OF YOU!**



November 29th @ 10:30-11:30 – Steve Lawson – presentation on Senior Care Needs – Providing assistance to families in search of care options for their loved ones. Treats will be given to everyone who RSVP's. Please RSVP.

Continued on pg 19



ORCHARD PARK SENIOR CENTER

***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!**

4 Center Community Give-Back for the Holidays

“Collecting Items for Wichita Family Crisis Center”. Their Focus: Domestic Violence & Child Abuse. All four senior centers (Downtown, Linwood, Orchard Park, and Northeast) will be collecting Household and Kitchen Items. Please call the senior center for the list of items that we will be collecting. All items must be **“NEW”**.

***Start Date: Tuesday, November 1st - End Date: Friday, December 9th**



I would like to give a HUGE Shout out to all of you who contributed items for the Meals on Wheels Pet Pals Program. We APPRECIATE YOU! Thank you!



Director's Notes Continued

Thankfulness Alphabet

Before the big meal, hand out a 3x5 card (or bigger, depending on how many people are in attendance) and ask them to write down the first letter of each person's name. Use this as a launching point to create a list of things you are thankful for. Let's imagine there are four people at dinner: Sandra, Mark, Pat, and Taylor. On your card, you will write S, M, P, and T, with each letter on its own line. Then, each letter will act as the start for creating your thankfulness list. Your card may look something like this:

S - Support of family and friends

M - Mom and the special relationship I have with her

P - Promotion that I recently earned at work

T - Time to volunteer and spend time with at-risk teens

Games

Playing board and card games can be a fun and highly-anticipated part of a Thanksgiving tradition. If you have a favorite game, this is a great time to play it. It's also a fun idea to ask other adults to bring a game they enjoy playing and you can all have a good time learning new games.

Gratitude Letters

Life can get so hectic that often we are too busy to share our personal feelings and appreciation for others. There's no better time to express gratitude for those you love than to give a letter, or card, at Thanksgiving. Take some time to reflect on each person, write out your thoughts, and send your guests home with a note they will treasure for years to come.

Appreciation Journal

Remember that goal you have to write in your journal or diary, yet year after year passes and few entries are made? Creating an appreciation journal may help solve that problem. In this journal, you spend time on Thanksgiving reflecting on all of the activities, people, and blessings you've enjoyed in the last year. You can document your joy and appreciation for the great things you've experienced, and the people you've spent the year with. This tradition can be enjoyable year after year as you reflect on the previous years.

These are just some ideas but however you choose to spend your Thanksgiving, I hope that it is filled with much happiness.

- Kelli



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LET'S TALK TURKEY

Little Known Facts About Thanksgiving

1. Historians have no record of turkey being eaten at the first Thanksgiving.
2. Benjamin Franklin wished the turkey was the national bird.
3. The first Macy's Thanksgiving Day Parade had Central Park Zoo animals.
4. Snoopy has made the most appearances in the Macy's Thanksgiving Day Parade.
5. "Jingle Bells" was originally a Thanksgiving Day song.

