



Downtown • Linwood • Northeast • Orchard Park

December 2022

Enjoy The Season With Your Senior Centers!

Join us for a 4-Center

“CHRISTMAS LIGHTS PARTY BUS TOUR”

Tuesday, December 13th

5:45pm - 7:45pm

Cost is \$13

Cookie & Drink, Fun & Christmas
Music provided!

Leaving from Downtown Senior Center:
200 S. Walnut, Wichita, KS 67213

Your payment reserves a spot on the bus.
Pay your center director.



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



COMMUNITY NOTICE:

A Vital Program For Seniors Is Set To Close After Over 40 Years Of Service

Senior Services will close an important program which provides groceries and safety checks to the homebound seniors of Wichita. **The Roving Pantry Program**, which grocery shops and delivers for homebound seniors, is set to end on Thursday, December 29, 2022 unless the agency, with help from the community, can raise \$50,000 to sustain services through 2023.

“Roving Pantry has been a program of Senior Services for well over 40 years now. Probably closer to 50” says Laurel Alkire, Executive Director “for many homebound, isolated seniors who can’t shop for themselves this service is crucial for them to be able to stay living in their own homes.”

The organization needs to raise \$50,000 by December 15th to continue services for 2023. So far Senior Services has raised just over \$20,000 in support of Roving Pantry. To donate please visit www.seniorservicesofwichita.org. Click Make a Donation in the right hand corner then select Support Our Programs and Roving Pantry from a dropdown list.



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

Happy December everyone!

Did you know that December 12th is National Poinsettia Day? I know December is here when I pass by miles of Poinsettias in the stores.

Random Fun facts about Poinsettia's:



The poinsettia's association with Christmas comes from a Mexican legend. The story goes that a child, with no means for a gift, gathered humble weeds from the side of the road to place at the church alter on Christmas Eve. As the congregation watched, the weeds turned into brilliant red and green flowers.



The most beautiful "petals" on the plant aren't flowers at all, but lush red, white, or green leaves. The flowers are actually the little yellow buds in the center of each collection of leaves (the collection of leaves is called a bracht).

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 2
1:00-2:00 Bunco (2nd & 4th) - Room 2
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 (2nd) - Delano Diner
11:00-12:00 Cardio Drumming - Gym
11:00-3:00 Flying Saucers (1st) - Gym
1:00-2:00 Job Club - Room 3
2:00-3:00 Bible Study - Room 3

Wednesday

9:00-3:00 Open Billiards
9:00-3:00 Open Fitness - Room 1

10:00-11:00 Wanda's Exercise - Room 2
10:00-11:00 Boogie Aerobics - Gym
11:00-12:00 Seated Yoga - Gym
1:00-3:00 Open Pickleball - Gym

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 (2nd full week) - Room 3

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 2
12:15-3:00 Party Bridge - Room 2
12:30-3:00 Hand & Foot (2nd & 4th & 5th) - Room 3
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



Director's Notes - Continued



In the US, the poinsettia is named after the US Ambassador to Mexico, Joel Roberts Poinsett, who introduced the flower to us in 1825.



Many people believe that poinsettias are highly toxic, but that is a myth. While it's not recommended for people or animals to eat poinsettias, a 50 lb. child would have to eat 500 leaves to have a major reaction. Some people who have a latex allergy might find skin contact with poinsettia sap irritates their skin.



The poinsettia is also known as the Christmas Star, Christmas Flower, Mexican Flame Leaf, Lobster Flower, Winter Rose, Flores de Nochebuena ("Flowers of the

Holy Night – Christmas Eve), Crown of the Andes, and, in Turkey, Atakurk's Flower (named after the founder of modern Turkey).



The poinsettia is December's birth flower.



Left to its own devices, a poinsettia bush can grow to heights of 10 to 15 feet.



More than 35 MILLION potted poinsettias are sold every year in the US, accounting for almost one quarter of the potted plants sold.



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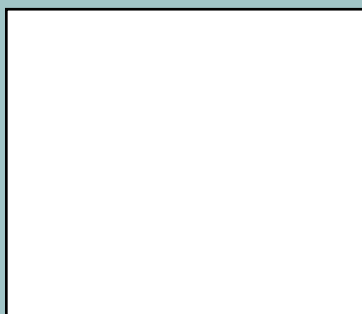
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Upcoming Events & Activities - Please RSVP to 267-0197

CRAFTS:

December 8th @ 1:00pm - BC/BS - Wooden Snowman

December 13th @ 12:00pm - Humana - Gingerbread House Construction Zone (RSVP for supplies)



MOVIES IN THE CLASSROOM:

December 22nd @ 11:00am - "A Christmas Story" and Treats

SPECIAL EVENTS:

December 6th @ 11:00am - Flying Saucers Luncheon

December 8th @ 11:00am - Holiday Slingo (Sing-a-long BINGO)



December 14th @ 12:00pm - Holiday Lunch/Give Back to Charity

December 29th @ 11:30am - New Year's Bingo

EDUCATIONS:

December 7th @ 1:00pm - Couples - When 1 needs a nursing home - Advice. Presented by Suzanne with Faith Senior Services.

DATES TO REMEMBER:

December 8th @ 1:00pm - Writers Craft - Holiday Memories

December 13th - Book Club meets at the Delano Diner

December 15th @ 10:00am - Foster Grandparents

December 19th @ 1:00pm - Lunch Bunch - Delano Diner (1220 W. Douglas Ave.)



CLOSINGS/CANCELATIONS:

- **December 26th** - Closed for Christmas



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

4-CENTER "CHRISTMAS LIGHTS PARTY BUS TOUR"

Tuesday, December 13 @ 5:45-7:45pm



Cost is \$13. Cookie & Drink, Fun & Christmas Music provided! Leaving from Downtown Senior Center, 200 S Walnut, Wichita, KS 67213. **Your payment reserves a spot on the bus.** Pay your center director.

*NEW - BOOGIE AEROBICS

Wednesdays @ 10:00am

Don't think you are the only one that dances to the music when no one else is looking. Join the crowd and Boogie to the music during Boogie Aerobics! **Class starts December 7th.** Then stay for a cool down with **Seated Yoga at 11:00am.**

NEW YEAR'S BINGO

December 29th @ 11:30am

WAHOOOO 2023!!



Celebrate the upcoming New Year with Bingo! Try your luck against our Caller. What's your lucky Pattern? Postage Stamp? 9 pack the hard way?



INFORMATIONAL SESSION

December 7th @ 1:00pm

Assistance in making educated decisions to help you find the trusted assisted living, independent living or memory care for the parent, sibling or significant other in need.

Senior relocation services are at no cost to seniors and their families.

It is an overwhelming and stressful process to try to navigate on your own. Faith Senior Services advocates for and connects people to a network of partners who help with home repairs, selling of the home, estate sales, storage, Medicaid application assistance, home health, private duty care, movers and elder law attorneys, and other needed services.

GET A LITTLE, GIVE A LITTLE HOLIDAY LUNCHEON

December 14th @ 12:00-2:00pm

RSVP: 316-267-0197

Come Celebrate the holiday season with Downtown Senior Center!

Enjoy a Smoked Turkey Lunch with 2 sides, drink and desert for \$8.

\$4 from every meal will be donated to help save the Roving Pantry Program.

The Roving Pantry Program provides groceries and safety checks to homebound seniors age 60 and older of Wichita.

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

Senior Services Inc. of Wichita, Wichita, KS

C 4C 02-0994



LINWOOD SENIOR CENTER

"It's December and no one
asked if I was ready!"

~Sara Kay~

"It is the most wonderful
time of the year"

"Make it a December to
remember!"

Merry Christmas to You All,

I just want to take a moment and let you know how fun and delightful it is to work with people who are fun-loving and encouraging. Many of you have blessed our Langenberg family so much with your kindness, prayers and words of encouragement, especially as my family has had health challenges, the past two months, and so I thank you from the "top to the bottom" of my heart! I wish for you, blessings heaped on blessings.

We are wanting to finish out the year STRONG, and so we hope you will join us for all the neat activities. We will be having a Christmas Cookie Exchange, and an excursion to Karg Art Glass where you can make your own ornament. Or you can join us for a play, "The Best Christmas Pageant Ever," one of Cherise's favorites. And we are even bringing back the Christmas Lights Bus Tour soooooo, plan on spending a little time with us!

Cherise & Your Linwood Team, Wishing to all....a good month!

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
(Dec. 5 & 19)
11:15 Friendship Lunch
1:00-3:00 Open Crafting
(Dec. 12 & 26)
2:00 Grief Support Group
(Dec. 19)
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
(Dec. 6, 13, 20 & 27)

*See Schedule)

Wednesday

9:00 Stronger Seniors
9:00 Advisory Council
(Dec. 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
(Dec. 15)

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 a 4-Center

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Tuesday, December 13th @ 5:45pm - 7:45pm

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*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

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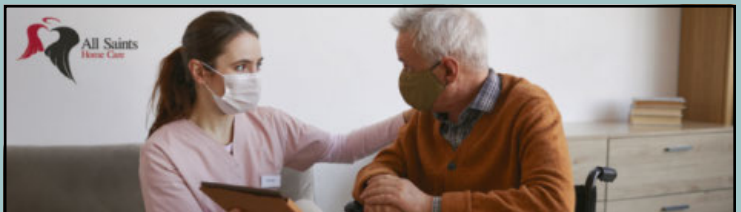


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Senior Services Inc. of Wichita, Wichita, KS

D 4C 02-0994



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

MOVIE TIME - Tuesdays @ 1:30pm

12/6 - "Twas the Night Before Christmas"
Honeymooners classic.

12/13 - "48 Christmas Wishes" Junior elves
find missing Christmas wishes.

12/20 - "White Christmas" Classic with Clooney,
Crosby, Kaye & Haynes.

12/27 - "The Christmas Chronicles" Kids trying
to capture Santa on Christmas Eve.

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

WRITING CRAFT - December 8th @ 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 Holiday Memories

Exercise Words: picture - cinnamon - snake - gloves - squishy

General Prompt: Write a top ten-list of some kind.

Poem Prompt: Write about an alligator wearing a pink tutu skirt.

CRAFT/FOOD EDUCATION CLASSES:

December 5th @ 1:00pm, "Jingle Bell Earrings" - Cost is \$5, Linda Richardson leading. RSVP & pay by 12/2.

December 7th @ 1:00pm, "Centerpiece Making 101" - Choice of clear or glitter balls. Cost is \$10, Pat Collins leading. RSVP & pay by 12/4 (limited).



December 14th and possibly December 19th @ 1:00pm, "Ornament Making Day" - Cost is \$1.50 to \$5, Pat Collins leading. Please RSVP and pay by 12/9.



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!**

December 2nd, "You Have The Power To Save Your Memory!" - Presenter Aubrey Vereeke, our fave Nutritional Coach for Natural Grocers. Please RSVP.

December 9th, "Resources for the Savy Senior" Presenter: Cherise Langenberg. Please RSVP.

December 16th, "Managing Medications the Easy Way" Presenter: Mary Beth McAllister, from Golden Plains Pharmacy. Please RSVP.

4 CENTER COMMUNITY GIVE-BACK FOR THE HOLIDAYS

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



ON-GOING GROUPS:

BIBLE STUDY - December 5th & 19th @ 10:00am Pastor BJ Bennet leading from Antioch Baptist.

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



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

SPECIAL EVENTS & ACTIVITIES:

December 12th @ 9:30am, "FIELD TRIP!!!" – Join us to make your own one of a kind, custom "glass ornament" at Karg Art Glass Studio in Kechi, Kansas. We will be caravanning from Linwood Senior Center at 9:30am. **Cost is \$35.** Call to RSVP by 12/5, no exceptions!



December 15th @ 9:15am, "BEST CHRISTMAS PAGENT EVER!" And "LUNCHING LOVELIES" JOIN FORCES, THEATRE ANYONE?! Join us for one of your Director's favorite plays. Cost is \$9 per person. We will be leaving @ 9:15am from Linwood and Caravanning to the Mary Jane Teal Theatre. We will be eating out after the play @ 12:00pm at Chick-fil-a, at Central & Rock! So **Luncheon Lovelies & Romeo Club will combine forces.** Cost of both is \$20. Treat yourself for Christmas, do one or the other or both!!! Must RSVP by 12/7, no exceptions!

December 21st @ 2:00-4:00pm, "LINWOOD CHRISTMAS PARTY & COOKIE EXCHANGE"
You are invited to our cookie exchange! To share in the fun, everyone needs to bring 2 dozen of your favorite cookies. It will be fun! We will send a plate of cookies home with you for the holidays! Special Guest, Jolly Fat Man With Rosy Cheeks and A Twinkle in His Eye!!! Sponsored by Enhabit Home Health Care & Hospice & Trina Teter. RSVP by 12/19.



"CHRISTMAS BASKET GIVEAWAY", Each time you visit Linwood Senior Center in December, you may register for a drawing to win a Christmas Basket. **Drawing will be held at our Christmas Party on 12/21 at 4:00pm.**



REMINDER:

We will be closing on December 26th for Christmas and also closing on January 2nd to celebrate New Year's Day.

**Ruby Toby calender for sale in gift shop!
Part of proceeds goes to senior center.
Calenders are \$2.**



VOLUNTEER THANKS!

I want to tell all of you who help with the senior center, from answering the phone, calling Bingo, decorating for events, making posters, getting bread and giving bread, giving to our gift shop, organizing the gift shop, teaching crafts, advising us by being a part of the advisory board, to cleaning up after a big event, to helping set up tables, taking things to storage and organizing, and cleaning the center to giving words of encouragement and financial donations, that,.....**YOU are appreciated and loved and prayed for!** YOU all are blessing and contributing to the well being of others, just by being a part of Linwood Senior Center. So,...**THANK YOU**, from all of my heart.

~ Cherise





NORTHEAST SENIOR CENTER

Hello Everyone and Merry Christmas!!!

It has been said that this is the most wonderful time of the year; at least that is what they say. So what makes it the most wonderful time of year? Is it the warm fuzzy feelings some say they get during this time, the gifts that are given and/or received, and the family gatherings with food, music, and laughter? It goes without saying everyone's answer will definitely be different. Some will have great memories to share; while others will have memories that are not so great like a death of a loved one (family, friend, or pet), loss of a job, a divorce and the list goes on. I think it is great that you can enjoy family, friends and pets during the holidays. We should take advantage of the time we have with one another. You never know when it will be your last; since tomorrow is not promised to anyone.

Continued on pg 15



Ongoing Activities

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

Monday

9:30 WSU WellRep Exercise Class
10:00 Computer Room, Exercise Equipment Room
10:30 Diamond Dotz, Dominoes
11:30 Aging Projects Friendship Meals
1:00 Wii Games, Dominoes

Tuesday

10:00 Computer Room, Exercise Equipment Room
10:30 Exercise Class, Dominoes
11:30 Aging Projects Friendship Meals
1:00 Wii Games, Dominoes

Wednesday

9:30 WSU WellRep Exercise Class
10:30 Jewelry Making Class, Dominoes, Computer Room, & Exercise Equipment Room
11:30 Aging Projects Friendship Meals

12:30

Line Dance
(2nd & 4th Wednesdays only)

1:00

Dominoes

Thursday

10:00 Computer Room, Exercise Equipment Room
10:30 Exercise Class, Dominoes
11:30 Aging Projects Friendship Meals
12:00 Quilters' Treasures
1:00 Card Games (Bid Whiz & Spades), Dominoes

Friday

9:30 WSU WellRep Exercise Class
10:00 Computer Room, Exercise Equipment Room
10:30 Wii Games, Diamond Dotz, Dominoes
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

October Word Search Winner

Jan Paulmann



Holiday Closings

Northeast Senior Center will be closed Monday, **December 26th** in observance of Christmas Day.

Also, we will be closed Monday, **January 2nd**, 2023 in observance of New Year's Day.

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

- **Friday, December 2nd at 1:30pm**

Looking for something new and fun to try. Here is the class for you. Join Joe Ann Hunter from Humana for our **"Paint & Sip"** Class. Please RSVP!



- **Wednesday, December 7th at 12:30pm**
Being Kind to Others – Hospice Helpers group will meet to make crafts for Kindred Hospice patients.

Continued on pg 15



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- Utilities and cable TV included
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- Lawn care and snow removal
- Comes with all appliance including washer & dryer
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- Covered back patio for relaxing and entertaining
- One reserved covered carport space

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



1605 W. May Wichita, KS 67213
PrairieHomestead.org

Independent & Assisted Living
A Community of Friends, Family and Faith

Call to schedule a campus visit today!

316-263-8264





Winter

Find and circle all of the Winter related words that are hidden in the grid.
The remaining letters spell a Japanese proverb.

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

L	S	O	S	E	K	A	L	F	W	O	N	S	E	L	C	I	C	I	N
L	E	Y	C	E	K	R	A	I	M	N	D	D	R	A	Z	Z	I	L	B
A	S	C	A	W	V	K	A	I	O	E	C	I	K	C	A	L	B	R	D
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S	S	V	S	N	M	E	T	H	K	E	A	D	N	D	F	R	N	E	M
T	H	A	M	Y	O	S	F	S	C	K	T	N	N	O	L	O	H	A	R
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BLACK ICE
BLIZZARD
BOOTS
CARNIVAL
CHRISTMAS
COLD
EGG NOG
FIREPLACE
FIREWOOD
FOG
FREEZE
FROST
GLOVES

HAIL
HEADBAND
HIBERNATION
HOCKEY
HOLIDAYS
ICE FISHING
ICICLES
KNIT CAP
LONG UNDERWEAR
MITTENS
OLYMPICS
PARKA
SCARF

SEASON
SKATES
SKI DOO
SKI PANTS
SKIING
SLED
SLEET
SLIPPERY
SNOW CASTLE
SNOW PLOW
SNOW SHOVEL
SNOW TIRES
SNOWBALL

SNOWBOARD
SNOWFLAKE
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SOLSTICE
SOUP
STEW
STORM
SWEATSHIRT
TOBOGGAN
VACATION
WIND CHILL
WOOL SOCKS

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NORTHEAST SENIOR CENTER

Director's Notes Continued

With that said, what if it was your last day here? I know this is a random question, but I am going somewhere with it, so stick with me. Have you ever noticed that we plan for weddings, college, birthday parties, anniversaries, graduations, and the list goes; but many do not take the time to get their affairs (Wills, Estate Planning, Celebration of Life, etc.) in order before they pass away...Why is that? I ask all this because we spend our whole life collecting and buying things and expect for friends and family to make decisions that would be best made by the person that it belongs to. When family members pass away many already have enough to deal with, especially with that family member not being here anymore, then we are expected to make decisions on who gets what. Why not take that burden off of them and take care of this in advance. Who should get your house, your car, and even your pets? Especially your pets. It is not fair for your pets to end up who knows where. When you can, make that decision in advance. I know many do not care to discuss when you are no longer here; but it is what it is. Why not make sure your grandkids get the keepsakes you want them to have? Why not make sure the family pictures goes to the family member who will cherish them? Why not make sure your pets go to the family member or friend that you feel is going to treat them the way they should be treated. If this is something that you have not taken care of, please consider doing so. We have Kansas Legal Services that are available to come out to our senior centers and help you get your affairs in order. If this is something that interest you please let us know.

Well, I will not keep you. I just wanted to share something that came to mind and the importance of getting your affairs in order. Merry Christmas! I pray you enjoy the most wonderful time of the year. In the meantime and between time, Be Safe! Be Blessed! Be Encouraged!

Carnesha Tucker – Center Director

Upcoming Activities/Events:

- **Tuesday, December 13th from 5:45pm – 7:45pm**
“Christmas Lights Party Bus Tour”



Please join us for our 4-Center Christmas Lights Party Bus Tour! Cost: \$13 per person - this includes a good time with Christmas music, cookies, and drink. Please pay your Center Director to reserve a spot on the bus. Location to load the bus: Downtown Senior Center 200 S. Walnut, Wichita KS 67213.

- **Friday, December 16th from 2:00pm – 3:30pm**
“Jolly Jamboree” Christmas Party

Please join us for our first ever “Jolly Jamboree” Christmas Party. We will have FOOD, FUN & FELLOWSHIP. This includes a favorite Holiday Sweater Contest, holiday music, snacks and Door Prizes. Please sign-up to be in the favorite Holiday Sweater Contest by December 12th. Please RSVP to attend, because we need a headcount for snacks.



- **Wednesday, December 21st at 10:30am**
“Finding Comfort Grieving Support Group”
Courtesy of Harry Hynes Hospice.

Educational Presentations:

- **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!





ORCHARD PARK SENIOR CENTER

Merry Christmas! Gesee Kersfees! (Africa) Feliz Natal! (Brazil) Merikurisumasu! (Japan)
Mele Kalikimaka! (Hawaii) Feliz Navidad! (Mexico)

Christmas time is here and that makes me so happy! This month I decided to make our theme, "Christmas Around the World." I got this idea when my youngest son was in 2nd grade. His Room Mom at school did a weeklong celebration of "Christmas Around the World" and it was so neat that I am semi-copying it for our center. My son would get in the car after school each day and tell me about what they learned and what she did to go along with the theme. It was exciting for both of us to learn about all of the neat and unusual traditions from around the world and I thought you might enjoy learning about a few of them too. After much research the one commonality between all of the different celebrations is being with family. Christmas is such a special time of the year that helps bring family, friends, and loved ones together. It's filled with fun family Christmas traditions and family Christmas activities which help build unbreakable family bonds. It is a time that should be celebrated not with presents but with the presence of each other. A time to reflect and be

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)

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)

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)
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

December 1st @ 11:00 – Merry Christmas to The Orchard Park Book Club – The Book Club will be meeting at Spears for their Christmas Luncheon. Spears is located at: 4323 W. Maple. Please RSVP.

December 2nd @ 2:00 – Kelli's Cooking/Comedy Show – Learn how to make microwave Peanut Brittle. Kelli's Mom will be the chef making this yummy holiday treat. She has been making this recipe for years and it's one of my favorites. You will get to sample and hopefully, take a little home with you. Please RSVP.

December 5th @ 9:00-4:00 – To Celebrate our Christmas Around the World Theme – Bring a Clean Sock of any kind to Orchard Park with your name on it and leave it for Sinterklaas to visit. Sinterklaas is much like Santa Claus and visits children throughout Europe on St. Nicholas Day which begins on December 5th and ends on December 6th. If you leave a sock, Sinterklaas is

sure to leave a gift for you. Don't forget to come check your sock on Tuesday, December 6th. Please RSVP.

December 6th – Wear Red and Green today!

December 7th @ 1:00-2:00 – Meet us at Exploration Place in the Dome Theater – 300 N. McLean Blvd. We will see The Movie: "Serengeti – A Journey to the Heart of Africa". Learn about the animals that call this area home. This is to celebrate Africa for our "Christmas Around the World" Theme. The cost of the show is \$7.00 for seniors. Please RSVP.

December 8th @ 12:00 – Merikurisumasu (Merry Christmas in Japanese) – Today in our "Christmas Around the World", we are traveling to Japan. In Japan, they love to celebrate by eating Kentucky Fried Chicken. So...guess what? We are going to follow that tradition and **Continued on pg 18**

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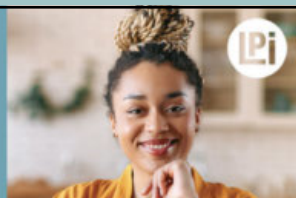
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Upcoming Events & Activities - Please RSVP to 942-2293

have KFC for lunch. If you would like to order a 3 pc. Chicken Tender Box, please let Kelli know, no later than 12/5. The cost in November is \$7.99, but I was told they are changing their menu in December and prices may increase. We will eat our lunch together at the OP Senior Center. PLEASE RSVP by 12/5 and cash must be given to Kelli at that time.

December 8th - NO PICKLEBALL TODAY!!!

December 9th - Movie - "Spirited" (2022) - Starring Will Ferrell and Ryan Reynolds - Comedy (Rated PG-13) A re-telling of "A Christmas Carol." Feel free to bring a seat cushion for more comfort. I have a few available here. Concession stand provided. Please RSVP.

December 13th @ 10:30-11:30 - Join Des from Oxford Grand and her Mom to create a unique and ornate Christmas card to send to a friend or loved one for the holidays. These are "boutique style" quality. Please RSVP.

December 13th @ 11:30 - "Good Grub Lunch Club" - Meeting at: PROST - 2721 E. Central Ave., #101 - PROST is an authentic German Restaurant. We will eat traditional German food as part of our "Christmas Around the World" theme and afterwards visit their German Market. You might just find some neat Christmas gifts.

December 13th @ 5:45-7:45 - All Aboard! We are going on a Christmas Light Bus Tour around Wichita! We will leave from the Downtown Senior Center at 200 S. Walnut. The cost is \$13.00 per person which includes 2 hours of unforgettable fun along with a cookie and drink. Payment reserves your spot on the bus. Please pay your Center Director. Please RSVP.



December 14th @ 9:00-4:00 - Holiday Bake Sale at Orchard Park Senior Center - Come purchase your holiday goodies! Why bake during this busy time of the year? Let us do it for you!

December 15th - Wear your Ugly Christmas Sweater Today!

December 16th @ 1:00 - mele kalikimaka
You are invited to our Annual Christmas Luncheon! This year is a Hawaiian theme so feel free to dress in your finest Hawaiian clothing/costumes. We will have a lunch buffet with 'Ohana Halau Hula (hula dancers) as our entertainment. We will also have a white elephant gift exchange so please bring an item from home that you no longer use to put in the gift exchange. Please don't purchase a gift. The funnier the object, the better. Please purchase tickets in advance no later than **DECEMBER 9TH** in order to reserve your spot. Please see Kelli or Jackie in the office to purchase your ticket. The price is still TBD but we are hoping it will be around \$12.00 per person. That will include lunch, drink and entertainment and more fun than you can imagine.



December 19th @ 11:00-12:00 - Advisory Council Meeting.

December 20th @ 10:30-11:30 - Coffee Chat - This month we are once changing up our Coffee Chat a bit. To go along with our theme of "Christmas Around the World", we are going to meet at "Kookabura Coffee", located at: 9414 W. Central. Kookabura is a bird native to Australia. They are said to be docile and interesting and they enjoy greeting people with a chuckle. I think we can all use a little more of that these days. Kookabura's Coffee serves a variety of coffees and pastries. Please RSVP.

December 21st @ 1:00 - Feliz Natal is how they say Merry Christmas in Brazil. Let's play a game of "Amigo Secreto" - This is a game that Brazilians play at Christmas time. You draw a name and you purchase a small gift for the person whose name you draw. Words of wisdom and a funny story is also given to the person you have drawn. If you would like to participate, please let me know no later than 12/7, which is when we will draw names. Gifts are to cost no more than a few dollars. Game will be played this day. Please RSVP.

Continued on pg 19



ORCHARD PARK SENIOR CENTER

December 22nd – Stop by Orchard Park all day today and say hi. Don't forget to enter for a Holiday Gift Basket!

December 23rd @ 1:00 – Feliz Navidad! Today we are celebrating Christmas in Mexico. We will be serving Mexican Pastries. We will also play a Pinata game and have a radish carving contest. The radish carving is called “Noche de las Ra banos” – Translation: “Night of the Radishes”. Please RSVP.

December 26th – MERRY CHRISTMAS!
Closed in Observance of Christmas Day.



December 28th – Share your favorite New Year's Memory or your New Year's Resolution(s) on the provided paper, and we will hang it on the wall.

December 29th @ 9:00 – The Egg-cellent Breakfast Club – “Cracker Barrel” 619 Ridge Rd. – Come one, come all. Please call to RSVP.

December 30th @ 1:00-4:00 – Let's Ring in the New Year Early! Join us at Orchard Park Senior Center for a Good Old Fashioned “Board

Game, New Year's” Party with appetizers, fake champagne and party favors. Good-bye 2022 and hello 2023! Please RSVP.



Happy 2023 Everyone! DON'T FORGET TO EAT 12 GRAPES WHEN THE CLOCK STRIKES MIDNIGHT ON NEW YEAR'S! The “twelve grapes” tradition comes from Spain, where it is called las doce uvas de la suerte (“The Twelve Lucky Grapes”). To ensure good luck for the next year, **people eat one green grape for each of the upcoming twelve months.**

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**

Director's Notes Continued

thankful for your family and friends. It brings with it an immense amount of joy, love, and laughter that warms the heart.

I think of all of you as family so I hope you will join us throughout this holiday season for some of the fun activities we have planned. Please be sure to sign up for our Christmas Luncheon on December 16th. It will be a Hawaiian Christmas theme and should be lots of fun. We also have a Christmas Light tour of Wichita on December 13th from 5:45-7:45PM. Seats are limited so please be sure to sign up and pay to reserve your spot.

I would also like to mention two more important holidays. Hanukkah is an 8 day Celebration of Lights for the Jewish Faith that runs from December 18th-26th and Kwanza is an African-American 7 day cultural holiday that celebrates family and community that runs from December 26th - January 1st. Both of these holidays are

highly celebrated in the United States so I will have educational information about both of these festivities at Orchard Park for you to learn more about.

If you are looking for a way to give back to your community this season, we are collecting donations for: The Wichita Family Crisis Center (New Kitchen and Household Items – now until December 9th) and also monetary donations for our very own Roving Pantry. (We need \$50,000.00 by Mid-December to keep this program open.) We appreciate your kindness and generosity in advance.

We hope that you have a wonderful Christmas surrounded by loved ones and we look forward to all of the fun we will have at Orchard Park in 2023! Merry Christmas and Happy New Year!!!

- Kelli and Jackie



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