



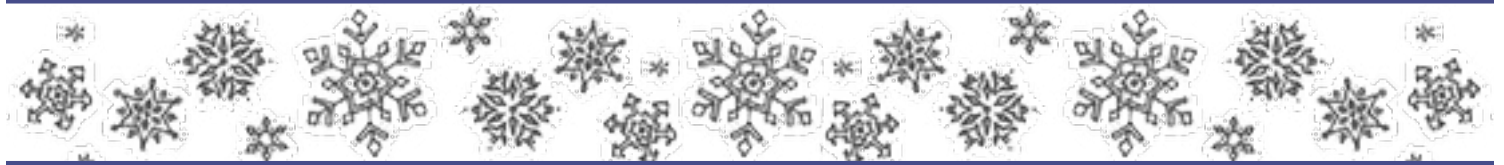
Downtown • Linwood • Northeast • Orchard Park

January 2023

WELCOME TO 2023!

HELP US GROW OUR SENIOR CENTERS IN THE NEW YEAR

A goal for 2023 is to increase membership numbers at each of the four senior centers. Membership numbers were strong prior to March 2020. After the COVID pandemic forced our doors closed (for just over a year) membership numbers dropped and have yet to rebound. High membership numbers are crucial to sustaining our funding and to support budget deficits.



REFER A NEW CENTER MEMBER & WIN A \$100 WALMART GIFT CARD

During the month of January we will run a competition between current members for a chance to win a \$100 Walmart gift card. If you refer or bring in a new person, and they purchase an annual membership at any of our 4 senior centers, your name will be entered into the drawing that will take place on February 1st. For each new member you recruit your name will be entered into the drawing - EXAMPLE: John Doe refers 5 people who all purchase an annual membership. John Doe's name is in the drawing 5 times. Your odds of winning are increased! This is a competition where 1 winner is drawn.

For more details or questions call
316-267-0302 ext. 216.



Unique New Year's Resolutions

Looking for a resolution that's different from the norm. Tired of always saying "I'm going to lose weight"? Then try one of these unique resolutions for 2023.

- Get Your Photo Taken In Five Interesting Places
- Do Something Nice For Others Every Day
- Make A New Friend A Month
- Learn Something You Never Learned As A Child
- Try A New Food Each Week

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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316-239-4406 (TTY: 711)
JDinh1@Humana.com
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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 New Year!

Did you know that 2023 is the year of the Rabbit according to the Chinese Zodiac? Chinese New Year is January 22nd this year but the festival date changes every year. It follows the lunar calendar.

Fun Facts:

1. Chinese New Year is also known as the Spring Festival.
2. It is a day for praying to gods and fighting off monsters.
3. The most fireworks are set off in the world that night.
4. The Spring Festival causes the largest human migration in the world.
5. Showering isn't allowed New Year's Day. Sweeping and throwing out garbage isn't allowed before the 5th. This is to make sure you don't wash away the good luck!

Join us on January 19, 2023 for a Pre-Chinese New Year celebration. Find out and show off your zodiac animal and enjoy New Year treats. If you don't get a chance to come to **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

the Downtown Center between Chinese New Year's day (Jan. 22, 2023) up to the 15th day of the Chinese New Year (Feb. 5, 2023), I would like to wish you happiness and prosperity – “Gong hei fat choy”.

With a new year I would like to add some new activities. Is there any interest in a good old fashion game of Texas Hold-em? No money needed because we have the chips. If there is enough interest, it will be on February's Downtown center schedule. Please sign up at the Downtown office.

The new year is also a good time to explore new hobbies. Did you know that we have a group that meets for Writing Craft? Published author Starla Criser, started the Writing Craft program in 2014 for adults age 55+ interested in writing fiction, personal essays, memoirs, or poetry. She leads the program, which has grown from a teaching

session into a sharing, supportive session. They discuss various aspects of writing and topics of interest. And everyone has the chance to try their hand at, use their imagination and share their creations with simple writing challenges. We also listen to author's projects, add helpful suggestions, and whatever encouragement we can. Anyone interested in reviving a prior desire to do some writing, curious about trying something for the first time, or just wanting to network with authors/readers is invited to join the group. Many of the group members (as well as other senior center members not in the group) have shared some of their writings in our four published collections. *Write On, Write Again, Daring to Share, and On a Roll.*

The New Year is also the time when new chore and “honey do” lists are made and by June most of the list is still not completed. Did you know that Senior Services has a **Continued on pg 7**



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Menonite Housing Rehabilitation Services, Inc.

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Menonite Housings newest edition to affordable housing for seniors will be Fieldcrest. Fieldcrest will consist of one and two bedroom units is located in Valley Center at 77th and Dexter.



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AARP - SAFE DRIVING CLASS

January 26, 2023 - AARP will be teaching Safe Driving at the Downtown Center. There are only **20 slots available** so make sure to sign up early.



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Take the AARP Smart Driver™ classroom course and you could save on your car insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

Date & Time: Thursday, January, 26th
Registration 10:00-10:30AM
Class 10:30-3:30 PM
Class Limited to 20 students

Location:
Downtown Wichita Sr Center
200 S Walnut
Wichita, KS

- Register:**
1. 316-267-0197
 2. Bring Cash or Check payable to AARP for registration
 3. Registration starts 30 minutes before class.
 4. Must bring: Cash/check, Drivers license, AARP card

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit: **www.aarp.org/driving36**
Call: **1-888-773-7160**



Director's Notes - Continued

program that connects people in need of help around the house, Lawn Maintenance or maybe you just need someone to fix something around the house? The program also connects caregivers and companions (if you just need a few minutes for self care) or just a driver to the doctor. Participants are part of Senior Services Employment Program and ready to help. For more information call Gerald McCoy at 316-267-1771 ext 226.

CLOSINGS/CANCELATIONS:

- January 2nd - Closed for New Year's Day
- January 16th - Closed for Martin Luther King Day



"FOUR CENTER NEW YEAR SCAVENGER HUNT"

Make sure to have your **Compass** ready so you don't get lost on **January 20, 2023 at 10:00am**. The Centers are all getting together for a **Scavenger Hunt at Town East Mall**.

We will meet at the piano on the lower level at Von Maur promptly at 10:00am to begin the fun.

We will have prizes for the team that completes the list first with all of the activities completed.

We are planning on eating at the food court, so bring money to dine on!

RSVP to your senior center!



SUPPORT THE ADVERTISERS that Support our Community!





LINWOOD SENIOR CENTER

"January is the month for dreaming"

~Joan Hersey~

Happy New Year!

Yay, another fresh page to turn in our lives! I hope that you are looking forward to your year with anticipation. There is always room for a new start in our lives. We are excited to offer some fun things this month. We are wanting to celebrate the New Year with a 4 Center New Year Scavenger Hunt! Join us as we work as teams to test our skills at Town East Mall. In January we will be adding some neat things to our agenda, so we can get started right. We are going to talk about goals for the New Year and vision boards to get there. I wanted to make sure you also know about our exercise classes, and what you can do to stay in shape. We also want to celebrate Kansas Day, so look and see all the ways you can show up for a GREAT NEW YEAR!!!

Let's Get the New Year Going,

Cherise & Crew

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
(Jan. 9 & 23)
11:15 Friendship Lunch
1:00-3:00 Open Crafting
(Jan. 9 & 23)
2:00 Grief Support Group
(Break for Jan.)
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
(Jan. 1, 8, 15, 22 & 29)

*See Schedule)

Wednesday

9:00 Stronger Seniors
9:00 Advisory Council
(Jan. 25)
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
(Jan. 5)
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

"FOUR CENTER NEW YEAR SCAVENGER HUNT"



Join us as we have a fun time at Town East Mall.

Friday, January 20, 2023 at 10:00am

We will meet at the piano on the lower level at Von Maur promptly at 10:00am to begin the fun.



We will have prizes for the team that completes the list first with all of the activities completed.



We are planning on eating at the food court, so bring money to dine on!



Be there or be SQUARE!!!



RSVP to your senior center, or Cherise at 263-3703.

*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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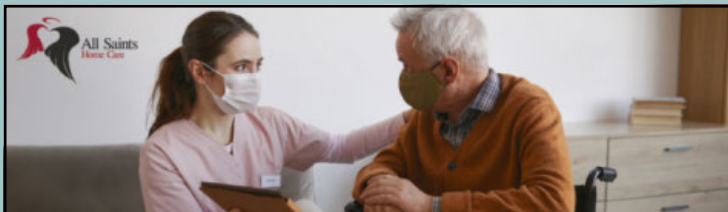
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Senior Services Inc. of Wichita, Wichita, KS

D 4C 02-0994



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

MOVIE TIME - Tuesdays @ 1:30pm

1/3 - "Oceans 11" (1960 version, with the Rat Pack)

1/10 - "Parent Trap"

1/17 - "The Absent Minded Professor"

1/24 - "Arsenic & Old Lace"

1/31 - "Cheaper by the Dozen"

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

WRITING CRAFT - January 5th @ 9:30am

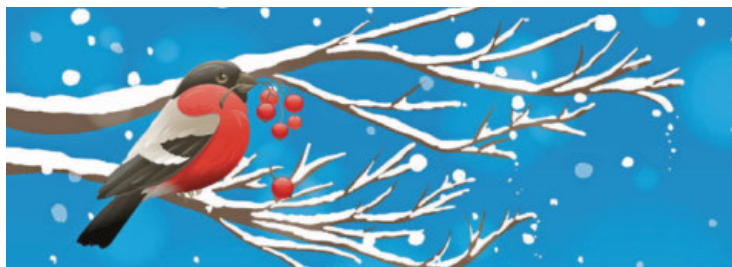
Calling the writer in you! Join us as author Starla Criser, sharpens our minds and understanding about the writing craft!

Program: Focusing on Descriptions (special handout folder supplied)

Exercise Words: sailor - sandwich - skunk - stool - silver

General Prompt: Write about a family vacation.

Poem Prompt: Write about traveling with family.



CRAFT/FOOD EDUCATION CLASSES:

January 11th @ 1:00pm,

"Snow Man Pot" -

Cost is \$6, Cherise Langenberg leading. RSVP & pay by 1/6.



January 18th @ 1:00pm,
"Tie Angels" - Cost is \$5,
Pat Collins leading. RSVP &
pay by 1/13 (limited).



January 25th, "Seed Designs" - To celebrate Kansas Day. Cost is \$3, Cherise Langenberg leading. RSVP and pay by 1/20.

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!

January 6th, "Bird Species/Backyard Birds & Birds of Prey!" - Presenter: Naturalist, Great Plains Nature Center.

January 13th, "Vision Boards & Goal Setting" - Presenter: Cherise Langenberg. Please RSVP.

January 27th, "Brain Games - Fun Ways to Improve Brain Instruction" - Presenter/Gamer: Cherise Langenberg.

"Celebrate endings - for they precede new beginnings."

- Jonathan Lockwood Huie

"You are never too old to set another goal or to dream a new dream."

- C.S. Lewis



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

SPECIAL EVENTS & ACTIVITIES:

January 30th @ 12:30pm, "KANSAS DAY" – Celebrate "Kansas Day" with us on Monday, January 30, 2023. We will be **dining at the Sunflour Café** at 6120 W Central Ave at 12:30pm (cost to eat \$8-12). Then we will **head on to Exploration Place** at 300 N McLean Blvd to see the dome movie "Kansas: An Immersive Dome Experience". Cost is \$7 for those 65 and up, \$8 for those younger. **Call 263-3703 to RSVP by 1/23/23.**



ON-GOING GROUPS:

BIBLE STUDY - January 9th & 23rd @ 10:00am
Pastor BJ Bennet leading from Antioch Baptist.

GRIEF SUPPORT GROUP - On Break for January.

REMINDER:

We will be closing on January 2nd for New Year's Day and on January 16th for Martin Luther King Day.



MEANINGFUL TO DO LIST FOR JANUARY:

- Improve Yourself
- Dance to an Up Beat Song
- Explore a New City
- Do What You Have Always Wanted to Do
- Make Plans Instead of Resolutions
- Spend Quality Time With Loved Ones

Taken from "OurMindfulLife.com".



WSU WELL REP:

Join us as the WSU Health & Wellness Students lead us in exercises to improve your health, energy and balance. The exercises will use strength, conditioning by use of dynabands and specific exercises to enhance your health. These exercises are practical for helping you strengthen your muscles and for day to day activities and balance. Our instructor Erica Glassburn is a wonderful, gentle teacher, who you will enjoy. Come and join us! Starting again the 3rd week of January. Then continuing on Tuesdays and Thursdays from 12:30pm to 1:30pm. Call for more information: 263-3703.

TAI CHI for ARTHRITIS Part II Class:

Please join us as Al Flemming our Master Instructor, helps you learn movements to help you improve flexibility and balance. The second class started on 12/21/22, but you can still join us, as Al will be teaching 16 lessons. Classes are Mondays and Wednesdays from 3:00pm to 4:00pm.



NORTHEAST SENIOR CENTER

Hello Everyone! Happy New Year!

Guess what? It is officially 2023...if you are reading this newsletter you have been blessed with another chance to get things in your life in order. This could be just about anything (health, relationships, finances, etc.) and the list goes on. If you are making a list of things that you plan on getting in order for the New Year. Do not forget to add attending the senior center more often. Getting out and being active at the senior center has its perks...What perks you ask? The perks I am referring to are benefits that improve your quality of life. Attending the senior center regularly keeps a person, active, mobile and living independent. We were not created to sit and do nothing; which is called a sedentary or inactive lifestyle. An inactive lifestyle (a lifestyle with a lot of sitting and lying down, with very little to no exercise). By not getting regular exercise, you raise the risk of Obesity, Heart disease, High Blood Pressure, High Cholesterol, Stroke, Type 2 diabetes, **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

December Word Search Winner

Gayle Haywood

Holiday Closings

Northeast Senior Center will be **CLOSED**:

- Monday, January 2nd, 2023
(Observance of New Year's Day)
- Monday, January 16th, 2023
(Martin Luther King Jr. Day)

THANK YOU! THANK YOU! THANK YOU!

To all that donated
to the Wichita
Family Crisis Center
Community-Give
Back for the
holidays.



Upcoming Activities/Events:

- **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.



- **Wednesday, January 18th at 10:30am**
"Finding Comfort Grieving Support Group"
Courtesy of Harry Hynes Hospice.



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- Lawn care and snow removal
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- One reserved covered carport space



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PrairieHomestead.org

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A Community of Friends, Family and Faith

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316-263-8264





Martin Luther King Jr.

Find and circle all of the words related to Martin Luther King Jr. that are hidden in the grid.
The remaining letters spell a Martin Luther King Jr. quote.

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

L	Y	O	V	E	E	T	I	S	M	A	R	C	H	E	S	D	T	T	H
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ACTIVIST
AFRICAN AMERICAN
ASSASSINATED
ATLANTA
BALCONY
BAPTIST
BIRMINGHAM
BOLD
BRAVE
BUS BOYCOTT
CHALLENGE
CHANGE
CIVIL RIGHTS

CORETTA
DESEGREGATION
EQUALITY
FATHER
FORGIVE
HATE
HERO
HISTORY
HOLIDAY
HOPE
HUSBAND
I HAVE A DREAM

INJUSTICES
LEADER
LOVE
MARCHES
MEMPHIS
MICHAEL
MONTGOMERY
MOVEMENT
NOBEL PEACE PRIZE
NON VIOLENCE
OPPRESSED
ORATOR

PASTOR
PEACEFUL
PROGRESS
PROTEST
RACISM
SELMA
SPEAKER
SPEECHES
STRONG
TRUTH
WASHINGTON
YOLANDA

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NORTHEAST SENIOR CENTER

Director's Notes Continued

certain cancers, Osteoporosis, and increased feelings of depression and anxiety. One way to avoid these risks is staying active at the senior center. We offer Exercise Classes that can help maintain mobility and balance. We offer Educational Presentations with focus on maintaining your health. We offer Social Activities and Events that keep you from being isolated and alone; which can help decrease depression. Some of our senior centers even offer a hot meal Monday thru Friday at 11:30am at a small cost. For a full list of Exercise Classes, Educational Presentations, and Social Activities and Events feel free to read through The Compass. Or stop by the center and we can discuss it in more detail.

Source: www.medlineplus.gov/healthrisksofaninactivelifestyle.html#

Well, I will not keep you. I pray the New Year is full of Blessings for you and your family. In the meantime and between time, Be Safe! Be Blessed! Be Encouraged!

Carnesha Tucker – Center Director

Everyday LIEAP (Low Income Energy Assistance Program) Program

Friday, February 10th, 2023

Time: 9:00am – 12:00pm

LIEAP is a federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit.

Please bring the following items:

- Copies of all proof of income for all permanent individuals living in the home who are 18 years old or over
- Copies of utility bills (gas, electric, propane, wood, etc.)
- Social Security numbers of all members of the household

Taxes! Taxes! Taxes!

VITA (Volunteer Income Tax Assistance) will be providing free Federal & Kansas income tax preparation as well as filing free Kansas Homestead Claims at Northeast Senior Center (2121 E. 21st St.). Free Tax preparation is provided to low income individuals, families, and seniors; generally those under \$60,000 of annual income.

They will start tax appointments at Northeast Senior Center in FEBRUARY. All appointments must be scheduled through the 211 United Way of the Plains service. You will need to: **DIAL 2-1-1** and request a tax appointment at the Northeast Senior Center. **NO WALK-INS WILL BE ACCEPTED!**

What you should bring for taxes:

- Social Security Cards (or ITIN document) for all people that you are filing on your taxes
- Picture ID for yourself (and spouse if filing jointly), such as valid driver's license or other government issued ID
- Both spouses should be present if filing jointly
- Copy of previous year's tax returns
- All W-2's, 1099 forms, or other related forms
- If expecting a refund and you want it to be direct deposited, please bring a check, or debit card direct deposit form with issuer printed routing and account numbers (not hand written)



Veteran's Day Celebration honoring some of our Veteran's. We have several Veterans that did not make it in time for the picture or was not in attendance.



ORCHARD PARK SENIOR CENTER

Happy 2023 to you!

Did 2022 just fly by in a flash or what? I hope that all had a great time ringing in the New Year. Do you have any New Year's resolutions? I have decided not to try and make resolutions anymore. I used to make them and then I would usually blow them by February. Instead, I have a new plan, which I have mentioned in one of my newsletters previously. I try something new each month. It doesn't have to be anything BIG... just something that I have never tried before. I find it fun to try and come up with something each month and surprisingly, it's not that hard.

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)**
- 12:00-4:00 Open Pool Tables
- 1:30-3:00 Conversational Spanish for All (please bring a cell phone or laptop if available)
- 2:30-3:30 Enhance Fitness with Joe Samaniego from CPAAA (all fitness levels)

Tuesday

- 9:00-10:00 Co-Ed Exercise
- 10:00-10:30 Exercise for Arthritis
- 12:00-4:00 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
- 12:00-4:00 Open Pool Tables
- 2:30-3:30 Enhance Fitness with Joe Samaniego from CPAAA (all fitness levels)

Thursday

- 9:00-10:00 Co-Ed Exercise
- 10:00-10:30 Exercise for Arthritis
- 12:00-4:00 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 Enhance Fitness with Joe Samaniego from CPAAA (all fitness levels)
- 12:00-4:00 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

January 2nd – Orchard Park Senior Center will be closed in observance of the New Year!



January 4th @ 1:30 – Museum of World Treasures – Senior Wednesday – program is a surprise - \$4.00+tax or free to members. Refreshments are provided. We will meet there. The address is: 835 E. 1st Street. The programs starts promptly at 1:30pm. Please RSVP.

January 5th @ 10:00-11:00 – Orchard Park Book Club – The Orchard Park Book Club is open to all reading enthusiasts. Come and be a part of a fun and thought provoking group. Please RSVP.

January 6th @ 2:00 – Kelli's Cooking/Comedy Show – Since it's cold outside, let's make microwave loaded potato soup. Samples will be given. Please RSVP.

January 10th @ 10:30-11:30 – Join Des from Oxford Grand to do a Snowman Painting. Such a cute craft idea! We love our Des! Come paint and have fun with her as usual. Please RSVP.



January 10th @ 11:30 – “Good Grub Lunch Club” – Meeting at: Doc Greens – 2441 N. Maize Rd., # 1607 (New Market Square). This is a fun group to meet people or have fun with the ones you already know. Let's start the New Year off with eating somewhere healthy or healthier. All are welcome!

January 11th @ 1:00 – Oh shoot! We are trying to get off to a great start by eating right and being healthy but once in a while, you feel like dessert! Meet us at Village Inn at: 7020 W. Central for “Free Pie Day.” A minimum purchase of a drink will qualify you to receive a free piece of pie.

Continued on pg 18

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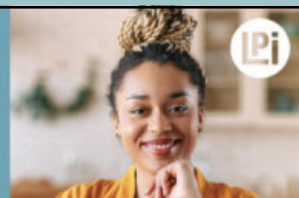


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Upcoming Events & Activites - Please RSVP to 942-2293

January 13th - Movie - "9 to 5" Comedy (Rated PG). Dolly Parton's Birthday is this month so let's watch, what I think, is her best movie. Dolly stars alongside her friends Jane Fonda and Lilly Tomlin in this hysterical, side-splitting comedy. Instead of our regular concessions we will serve cupcakes and a "cup of ambition". Feel free to bring a seat cushion for more comfort. I have a few available here. Please RSVP.

January 16th - CLOSED JANUARY 16TH IN OBSERVANCE OF MARTIN LUTHER KING'S BIRTHDAY.

January 17th @ 10:30-11:30 - Coffee Chat - This group meets up for good ol' conversation. Even if you aren't a coffee drinker, it's still fun. Great place to meet new friends or visit with old ones. In honor of Martin Luther King's Birthday, we will serve mini pecan pies (his favorite). Please call to RSVP.

January 19th @ 10:30-11:30 - It's the Chinese New Year! Come learn about this holiday and sample some of the foods that they serve during this celebration.

January 20th @ 10:00 - 4 Center Event - Scavenger Hunt at Towne East Square and lunch in the food court after all of our hard work. Meet at the Piano in the Von Maur Department Store. Be ready to put your sleuth skills to work as we break out in to teams to find the hidden clues in the mall.



January 26th @ 9:00 - The "Egg-cellent" Breakfast Club - We will meet at The Beacon Restaurant - 909 E. Douglas - This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

January 27th @ 1:00-4:00 - *NEW IN JANUARY* Orchard Park Crafting/Sewing Circle - Bring your craft or sewing project and work on it amongst new and old friends. This will be similar to an old

fashioned quilting circle but you can bring your very own project and work on it while you enjoy the company of others.

January 27th @ 2:00-3:00 - To commemorate Kansas Day - Join us at "Sunflour Café and Collective" - 6120 W. Central. Grab a little snack or a gourmet coffee that all of the cool kids are drinking these days and we will play some Kansas Trivia and chit chat. Please RSVP.



***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!**



1st Christmas Party for the Orchard Park Book Club. Took place at Spears on 12/1/22.

Thank you to everyone who donated, helped with or sat with Jackie and I all day at the Orchard Park Garage Sale. We had a great sale because of all of you and WE APPRECIATE YOU MORE THAN YOU KNOW!!!



ORCHARD PARK SENIOR CENTER

T.O.P.S. (Take Off Pounds Sensibly)

The new year is just around the corner and we all like to make New Year's resolutions. Has your doctor told you that you need to lose weight? Have your clothes gotten too tight and you don't want to buy more in a larger size. Do you want to improve your diet or live a healthier lifestyle?

TOPS Club, Inc., a non-profit organization that comprises a network of thousands of weight-loss support groups across the United States and Canada, promotes making small, steady lifestyle changes for lasting weight loss and better health. These groups, or chapters, provide a judgment-free environment where people like you get the support they need to reach healthy weight and lifestyle goals. The cost of a basic membership in TOPS is \$49.00 plus tax annually.

Orchard Park has a TOPS chapter that meets every Monday morning from 9:30 a.m. to 11:00 a.m. Come and join us to start the year off right! We learn portion control and what makes up a healthy diet. We look at exercise, not just as tool to lose weight, but also as an integral part of a healthy and independent lifestyle. We talk about the importance of adequate sleep and stress control and their role in maintaining a healthy weight. We incorporate games and weekly challenges into our program both as weight-loss tools and to keep things fun. We have open discussions on problem areas. Ours is an easy-to-follow program that will provide you non-judgmental support in your journey to optimum weight and a healthy lifestyle. If your 2023 New Year's resolution is to work towards losing weight and improving your health, we hope that you will join us. See you soon!



Director's Notes Continued

There are several things on the calendar this month that you might not have tried. Have you ever done a scavenger hunt? If not, come do one with us on the 20th at 10:00am at Towne East Square. Have you always wanted to learn Spanish but never took the time? Well now you can learn by coming to our Spanish class on Mondays at 1:00pm. This class is for beginners to advanced. We are going to visit a new local restaurant in town called Sunflour Café and Collective on January 27th at 2:00pm for a little snack or a cup of coffee to commemorate Kansas Day. Checking out this new coffee shop/eatery could be your something new. If you feel like you would like to get in better shape or start doing things to better your health, try one of our exercise classes. Joe Samniago with Central Plains on Area on Aging has started a class called Enhance Fitness which

meets on Mondays, Wednesdays and Fridays and it is for all fitness levels. It is a class that helps with balance, strength, flexibility and overall fitness. Need some more fun in your life? Join us for our breakfast, lunch or coffee talk groups. These groups are great ways to meet people. We also do a lot of outings during the month.

I want you to make 2023 your year! Do something for you. We encourage you to come to our senior center but we also encourage you to bring a friend. The more the merrier. We have lots of fun around here. Come check us out and see what you think. You will be glad you did.

Wishing you all a Healthy and Prosperous New Year!

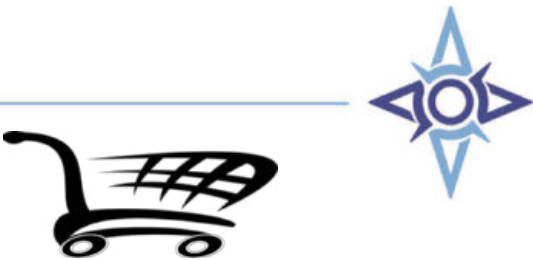
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THE ROVING PANTRY PROGRAM CONTINUES INTO 2023



The December Compass reported that The Roving Pantry Program would be forced to close if Senior Services was not able to raise \$50,000 to sustain it for 2023. We are pleased to report that we exceeded our goal the first week of December. Roving Pantry, a grocery shopping and delivery service for homebound, frail and low vision seniors will continue operations uninterrupted. The program can also accept new clients. If your neighbor or a loved one would benefit from the service please call **316-267-4378**.

