



Downtown • Linwood • Northeast • Orchard Park

February 2023

## 4-CENTER VALENTINE'S DANCE

### "BE MINE VALENTINE DANCE"

February 14th @ 3:00pm - 5:00pm

At the Downtown Senior Center  
200 South Walnut



Variety of Music, Snacks, Cupcake Walk, Photo Booth & Fun for All!  
(No date needed, except to come on the 14th!)



**Entry Fee:** Please bring a snack to share and some dancing shoes!

[RSVP to your home senior center.](#)



**Sponsored by:** Dedicated Senior Medical Center, Enhabit & Humana.

**Humana.**

## UPCOMING CENTER EVENTS

February 9th @ 1:00pm

Q-Tip Painting

(Pg 5)



February 10th @ 12:00-2:00pm

"SOUP or BOWL Party"

We will be making a variety of soups, and you can either make soup to share or purchase a bowl for \$4. There will be some "sports/football" trivia too! So join us for yummy soup and prizes. Please call 263-3703 to **RSVP by February 8th**. Cost is \$4 or FREE if you are making a pot of soup.

(Pg 9)



February 14th @ 2:00-3:30pm

Valentine's Day Bingo

Come and enjoy an afternoon filled with FUN, FELLOWSHIP, and PRIZES. Please RSVP!

(Pg. 13)



February 10th @ 2:00pm

Kelli's Cooking/Comedy Show

"Cake in a Mug" for Valentines Day! Everyone will get a cake in a mug to take home. Keep for yourself or give as a gift. Please **RSVP by February 7th**.

(Pg. 18)



# Winter Weather Tips

February weather can be very unpredictable in Kansas. Here are some tips to stay safe in the event of a snow storm from care.com. (Source: <https://www.care.com/c/winter-safety-tips-for-seniors/>)

## 1. Avoid Slipping On Ice

Wear shoes with non-slip tread. Stay home until roads are cleared.

## 2. Dress For Warmth

Wear warm socks, a heavy coat, a warm hat, gloves and a scarf if heading outdoors. In very cold temperatures, cover all exposed skin and use a scarf to cover mouth.

## 3. Fight Wintertime Depression

Have family members check in on you. Check in on your friends and family. Get involved in senior center programs.

## 4. Keep The Car Tuned Up

Checking the oil, tires, battery and wipers can make a big difference on winter roads. Make sure road side assistance plans are current.

## 5. Prepare For Power Outages

Maintain easy access to flashlights and a battery radio. Stockpile warm blankets. If food spoils keep a supply of non-perishable items. If the power goes out, wear several layers of clothing, including a hat.

## 6. Eat A Varied Diet

Consume foods that are fortified with Vitamin D, such as milk, grains and seafood options.

## 7. Prevent Carbon Monoxide Poisoning

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on the carbon monoxide detector and buying an updated one if needed.

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](http://www.lpicommunities.com)

Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994



# DOWNTOWN SENIOR CENTER

Happy February!

First month of 2023 down! Hopefully it was a good one for everyone and the 2nd month continues to go well also. This month the Downtown Senior Center is highlighting a few activities:

## Meet Wanda's Exercise class:

Wanda's Exercise class meets Monday, Wednesday and Friday at 10:00am in Classroom 2 at the Downtown Center located at 200 S Walnut. Wanda developed the routines in this class after attending instruction programs at St. Joseph Hospital. The routines are low impact and consist of warm up stretching, balance training, elastic bands and hand weights of no more than 3 pounds and exercises that can be performed on the floor or in a chair. No reservations needed to visit Wanda's exercise class and try it for yourself.

## Monday Night Rounds Are Back!

Monday Night Rounds is a group of people who enjoy round dancing.

**Continued on pg 6**

## Ongoing Activities

**Please RSVP To Participate - Call: 267-0197**

### Monday

8:30-11:30 Competitive Pickleball - Gym  
9:00-4:00 Open Billiards  
9:00-4:00 Open Fitness - Room 1  
10:00-11:00 Wanda's Exercise - Room 2  
1:00-2:00 Lunch Bunch (3rd)  
1:00-4:00 Open Pickleball - Gym  
6:30-8:30 Round Dancing

### Tuesday

9:00-4:00 Open Billiards  
9:00-4:00 Open Fitness - Room 1  
10:00-11:00 Exercise - Gym  
10:00-11:00 Book Club (2nd) - Room 3  
11:00-12:00 Cardio Drumming - Gym  
1:00-2:00 Job Club - Room 3  
2:00-3:00 Bible Study - Room 3

### Wednesday

9:00-4:00 Open Billiards  
9:00-4:00 Open Fitness - Room 1  
10:00-11:00 Wanda's Exercise - Room 2  
10:00-10:45 Boogie Aerobics - Gym

10:45-11:30 Seated Yoga - Gym

1:00-4:00 Open Pickleball - Gym

### Thursday

9:00-4:00 Open Billiards  
9:00-4:00 Open Fitness - Room 1  
10:00-11:00 Exercise - Gym  
11:00-12:00 Advisory Council (1st week) - Room 3  
1:00-2:00 Writing Craft (1st week) - Room 3  
1:00-3:00 Flying Saucers (2nd) - Room 3

### Friday

8:30-11:30 Competitive Pickleball - Gym  
9:00-4:00 Open Billiards  
9:00-4:00 Open Fitness - Room 1  
10:00-11:00 Wanda's Exercise - Room 2  
12:00-3:00 Party Bridge - Room 2  
12:30-3:00 Hand & Foot (2nd & 4th & 5th) - Room 3  
1:00-4:00 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](mailto:AngieB@seniorservicesofwichita.org)

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





## DOWNTOWN SENIOR CENTER

### RAFFLE ALERT!!!

This year Super Bowl LVII is being played on Sunday, February 12th, 2023 and in honor of this unofficial American holiday, Downtown Center is raffling 2 boxes of UNOPENED factory sealed NFL trading cards. That means 2 Winners! Give them as a gift or break the box yourself, you never know what cards you'll get. **Raffle Tickets are \$2 a piece.**



**Raffle kick-off is on February 1st** and are available for purchase until February 24th at the Downtown office. Winners will be contacted by telephone on **February 27th** so make sure your contact information is up to date. **GOOD LUCK!**



### CRAFTS:

- **February 7th @ 12:00pm - Tissue Paper Bowl:**  
Sponsored by Humana
- **February 9th @ 1:00pm - Q-Tip Painting**



### CLOSINGS/CANCELATIONS:

- **February 20th - Closed for Presidents' Day**

### DATES TO REMEMBER:

- **February 14th @ 10:00 - Book Club:**  
"The Stories of My Life" by James Patterson
- **February 23rd @ 9:00-1:00pm - Foster Grandparents**



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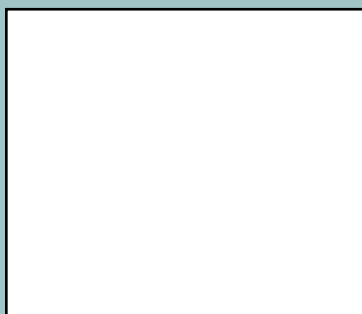
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## **Director's Notes - Continued**

What is round dancing? Round dancing is choreographed ballroom dancing. It includes rhythms like waltz, two-step, rumba, cha-cha, jive, foxtrot, tango, and a few others. The dances have been choreographed and a cuer calls out the dance figures just ahead of when they need to be danced. This way everyone is dancing the same figures at the same time and, you don't have to memorize the choreography.

Round dancing is social dancing that has been choreographed. Dancers can take what they know out on the town, to a wedding dance, etc. The only difference is, you won't have a cuer telling you what figures to dance. That's up to you. If you would like to know more, stop by on a Monday evening (6:30 – 8:30 pm) and check it out. Must have prior dancing experience. Rounds start February 6, 2023 at the Downtown Center.

### **4-Center Writing Projects**

For those that are interested in the writing classes that are available at all 4 centers or a reminder for those that are currently participating, there will be two 4-Center writing projects in 2023.

#### **Project 1**

##### **Senior Center Anthology 2023 – Travel Writing**

**Theme:** This will be an anthology of poetry, short stories, or short memoir pieces.

#### **Project 2**

##### **4-Center Cookbook**

This will be a fun way for people to:

- share favorite recipes from cooks: personal or family pass-downs.
- share brief memories and explore the customs and food traditions of cooks and their families.
- offer helpful cooking advice.

### **United Way Vita Mobile Tax Center**

They will be providing Tax preparation services by appointment only at the Downtown Center February 21, 22 and 23rd. Please call (316) 267-0197 to schedule your appointment. It will be

announced when more dates are made available. Please bring the following to your appointment to complete your taxes:

#### **What to Bring to VITA Sites**

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents
- An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and your dependents if you do not have a Social Security number
- Proof of foreign status, if applying for an ITIN
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- Interest and dividend statements from banks (Forms 1099)
- Health Insurance Exemption Certificate, if received
- A copy of last year's federal and state returns, if available
- Proof of bank account routing and account numbers for direct deposit such as a blank check
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Forms 1095-A, B and C, Health Coverage Statements
- Copies of income transcripts from IRS and state, if applicable

#### **If filing Kansas Homestead only:**

- Photo ID
- SSN Card
- Property Taxes
- SSI/SSD statement if they have one.



## DOWNTOWN SENIOR CENTER

### EDUCATIONS:

- **February 9th @ 11:30am - Faith Senior Services Informational Session:** "Seasoned in senior care and are here to be a resource in finding the right senior placement community. We will work diligently with seniors and their families to find the best fit for the needs that they are facing. We find out care needs, goals, time frame, and budget to best fit our clients. It doesn't matter if the move is coming directly from home, a hospitalization, or after a rehabilitation stay. We can help find Independent living, Assisted living, Long Term Care, and/or Memory Care to meet every type of need that may arise. We will walk through this process together to ensure it is as smooth as possible."



- **February 16th @ 11:00am - Senior Safety and Awareness - Wichita Police Department:** Learn or refresh your knowledge on situational awareness and other safety related topics.



### SPECIAL EVENTS:

- **February 2nd @ 1:00pm - Bingo!!!** Sponsored by Dedicated Medical Center
- **February 14th @ 3:00-5:00pm - 4-Center Valentines Dance:** Join us and enjoy good music with good friends, games and snacks.
- **February 16th @ 12:00pm - Texas Hold'em:** We have the cards and the chips, you bring the luck.



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# LINWOOD SENIOR CENTER

**"February is the month of HEART!"**  
~C Langenberg~

**"The best and most beautiful things in the world cannot be  
seen or even touched — they must be felt with the heart."**  
~Helen Keller~

Happy Hearts Month to YOU!

February is a fun, short month! It is full of reds, pinks, and whites! I have always been a lover, and not a fighter. So I want you to remember this, "Never fight until you have to. But when it's time to fight, you fight like your're the third monkey on the ramp to Noah's Ark, and brother, it's startin to rain." I really like that saying, I saw it on Facebook and wish I knew who to give the recognition of the quote to!

Anyway, I don't know about you, but I am a lover and a hugger, so if you want to stop by, I am giving away **FREE hugs at Linwood Senior Center!** Check us out this month. We are celebrating Honey Bun and National Sticky Bun day with a rom com movie, we also are having a 4-Center Valentine's Dance at Downtown Senior Center. And don't miss our "Soup or Bowl Party on the 10th!

Always, lovin on you,...

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  
(Feb. 13 & 27)  
11:15 Friendship Lunch  
1:00-3:00 Open Crafting  
(Feb. 13 & 27)  
2:00 Grief Support Group  
(Feb. 27)  
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  
(Feb. 7, 14, 21 & 28)

\*See Schedule)

### Wednesday

9:00 Stronger Seniors  
9:00 Advisory Council  
(skip month)  
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  
(Feb. 2)  
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**





## “SOUP or BOWL Party”

Friday, February 10th from 12:00pm - 2:00pm

You are cordially invited to come to our fun, unique party. We will be making a variety of soups, and you can either make soup to share or purchase a bowl for \$4.



There will be a variety, so you can sample a few different options. We will be having some “sports/football” trivia too! So join us for yummy soup and prizes, if you answer the trivia correctly.

Please call 263-3703 to RSVP by February 8th. Cost is \$4 or FREE if you are making a pot of soup. \*People that make the soup will be sharing in the spoil, and you do not have to pay!

RSVP to Linwood at 263-3703

You will have some FUN!!!



Humana.

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*Be the friend they need  
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### WAYS YOU CAN HELP:

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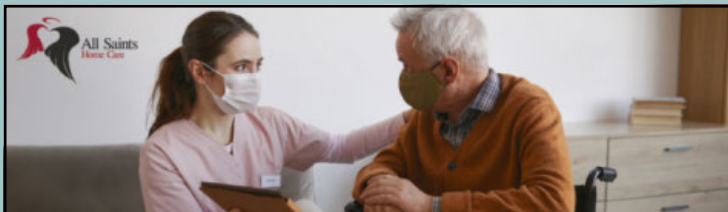
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Senior Services Inc. of Wichita, Wichita, KS

D 4C 02-0994



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



### MOVIE TIME - Tuesdays @ 1:30pm

**2/7 - "Breathe"** (True love story about a man with polio)

**2/14 - "It Happened One Night"** (Clark Gable love story)

**2/21 - "Emma"** (CELEBRATE WITH US!!! \*Snack is Honey Buns for National Sticky Bun Day)

**2/28 - "While You Were Sleeping"** (Sandra Bullock in love)

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

### WRITING CRAFT - February 2nd @ 9:30am

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

**Program:** Developing Your Writing Style

**Exercise Words:** excursion - eggplant - eagle - elevator - ecru

**General Prompt:** Write about a special trip souvenir.

**Poem Prompt:** Write about going to a baseball game.

### CRAFT/FOOD EDUCATION CLASSES:

#### February 8th @ 1:00pm,

#### "Hot Chocolate Bombs" -

Cost is \$10 for making 4. Cocoa, coffee, and creamer bombs plus a mold. Pat Collins leading. RSVP & pay by 2/3.



#### February 15th @ 1:00pm, "Tie Aprons" PART 1

- Suggested donation of \$5. Pat Collins leading. RSVP & pay by 2/13 (limited).

#### February 22nd @ 1:00pm,

#### "Tie Aprons" PART 2 -

Suggested donation of \$5. Pat Collins leading. RSVP & pay by 2/13 (limited).



### 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!**

**February 3rd, "Armchair Travel - Alaska Travel Fun & Info!"** - Presenter: Traveler, Jan Story.

#### February 10th, "Fall Asleep, Stay Asleep" -

Presenter: Joe Ann Hunter, Humana Agent. Please RSVP.

#### February 15th @ 10:00am, "Love Reset Day - How to Love Yourself with Positive Mental Health" -

(\*this is a Wednesday at 10:00am) - Presenter: Cherise Langenberg.

#### February 17th, "Creating a Healthy Home for 2023" -

Presenter: Aubrey Vreecke, Nutritional Health Coach for Natural Grocers.

#### February 24th, "Heart Health - It's A Priority" -

Presenter: James Dennis and or protégé with Dedicated Senior Medical Center.

### ON-GOING GROUPS:

**BIBLE STUDY** - Rescheduled for February 13th & 27th @ 10:00am, Pastor BJ Bennet leading.

**GRIEF SUPPORT GROUP** - Rescheduled for February 27th @ 2:00pm with Chaplain Greg Schmidt.



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

### SPECIAL EVENTS & ACTIVITIES:

**February 14th @ 3:00-5:00pm,  
"BE MINE VALENTINE DANCE"**

At the Downtown Senior Center  
200 South Walnut

Variety of Music, Snacks, Cupcake Walk,  
Photo Booth & Fun for All! (No date needed,  
except to come on the 14th!) Entry Fee:  
Please bring a snack to share and some  
dancing shoes!

RSVP to your home  
senior center, for us  
it's Linwood 263-3703.

**Sponsored by:**  
Dedicated Senior  
Medical Center,  
Enhabit & Humana.



**February 24th @ 11:15am, "Luncheon Lovelies & Romeo Club"** – Celebrate "National Tortilla Chip Day." Meet there on Friday with a lunch date to Margarita's, Cantina on 3109 E Douglas. Cost is \$10-15 for lunch! Join us!

### REMINDER:

Linwood Senior Center will  
be **CLOSED** to celebrate  
Presidents' Day on February  
20th, 2023.



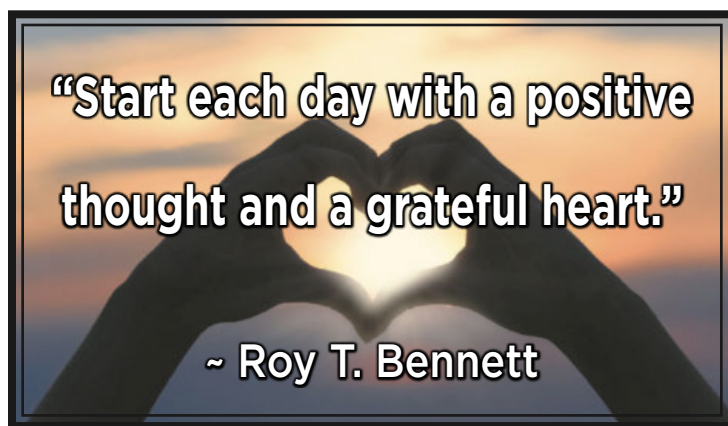
### SPECIAL THANKS:

Special thanks to Mike Seltzer for the beautiful  
diamond and pearl necklaces we gave away in  
December at our Christmas party! We appreciate  
your generosity and kindness!



### VITA TAX MOBILE SITE:

Coming to Linwood Senior Center on the  
following days: **February 28th, March 1st & 2nd.**  
Call Linwood Senior Center (**263-3703**) to  
schedule your tax appointment!







## NORTHEAST SENIOR CENTER

Hello Everyone! Happy February!

Praying all is well. 2023 is off and running, I pray you are taking time to get your affairs in order; as well as taking time to live life to the fullest. With tomorrow not being promised it is important that you take life very seriously. For 2023 I am working on new programming with a goal of increasing attendance; as well as membership. Feel free to read through our newsletter and see what is new or activities and events that may be coming in months to come.

With that said, I just briefly wanted to focus on American Heart Month, because self-care is very important. The American Heart Association shares "Life's Essential 8" a checklist for lifelong good health are key measures for improving and maintaining cardiovascular health. Better cardiovascular health helps lower the risk for heart disease, stroke and other major health problems. For the month of February our Educational Handouts will be focusing on "Life's Essential 8", they are: Eat Better (2/1), Be More Active (2/3), Quit Tobacco (2/7), Get Healthy Sleep (2/9), Manage Weight (2/13), Control Cholesterol (2/15), Manage Blood Sugar (2/21), Manage Blood Pressure (2/23).

Continued on pg 15

### Ongoing Activities

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

<b>Monday</b>		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	<b>Thursday</b>	
11:30	Aging Projects Friendship Meals	10:00	Computer Room, Exercise Equipment Room
1:00	Wii Games, Dominoes	10:30	Exercise Class, Dominoes
<b>Tuesday</b>		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	<b>Friday</b>	
1:00	Wii Games, Dominoes	9:30	WSU WellRep Exercise Class
<b>Wednesday</b>		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

### Reminder For Line Dance Class:

Line Dance Classes will start at 1:00pm (2nd & 4th Wednesdays) for February, March & April due to Tax Season and Dining Room scheduling.

### December Word Search Winner

Pamela Smith

### Holiday Closings

Northeast Senior Center will be **CLOSED**:

- Monday, February 20th, 2023  
(Observance of Presidents' Day)

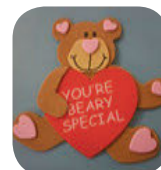
### Upcoming Activities/Events:

- February (This is the last month): 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, February 1st at 12:30pm - Being Kind to Others**  
Hospice Helpers group will meet to make crafts for Hospice patients.



- Tuesday, February 14th from 2:00pm-3:30pm Valentine's Day Bingo** - Come and enjoy an afternoon filled with FUN, FELLOWSHIP, and PRIZES. Sponsored by Membership Growth Consultant A'Bria Bouska with Dedicated Senior Medical. Please RSVP!



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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.*



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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





# Candy

Find and circle all of the Candy treats that are hidden in the grid.  
The remaining letters spell a secret message.

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

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

ALMOND JOY  
BABY RUTH  
BAZOOKA GUM  
BOTTLECAPS  
BUBBLE YUM  
BUTTERFINGERS  
CANDY  
NECKLACE  
CHICLETS  
CHUCKLES  
CLARK BAR  
COFFEE CRISP

CRACKER JACK  
DUBBLE BUBBLE  
GOOBERS  
GUMMI BEARS  
HERSHEY KISSES  
HUBBA BUBBA  
GUM  
JAW BREAKERS  
JUJUBES  
KIT KAT  
LEMON DROPS  
LICORICE PIPE

LIFESAVERS  
LOLLIPOPS  
MILK DUDS  
MILKY WAY  
MOUNDS  
NECCO WAFERS  
OH HENRY  
PEPPERMINT  
PATTY  
PEZ  
POP ROCKS  
PUMPKIN SEEDS

RED HOTS  
SEN-SEN  
SLO-POKES  
SMARTIES  
SOUR BALLS  
SPEARMINT  
LEAVES  
SWEETARTS  
TOOTSIE ROLLS  
TWIX  
TWIZZLERS  
WAX LIPS

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# NORTHEAST SENIOR CENTER

## Director's Notes Continued

In order for us to learn more about "Life's Essential 8", I decided to do an Educational Handouts Bingo for February.

Please stop by and pick up your Educational Bingo playing card at the front desk and collect all the Educational Handouts for the month. If you happen to collect all 8 Educational Handouts for February feel free to drop off your playing card for the Educational Bingo Drawing for February. Playing cards are due by Monday, February 27th, NO EXCEPTIONS! We will draw one winner on Tuesday, February 28th.

Source: [www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8](http://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8)

Well, I will not keep you. In the meantime and between time, Be Safe! Be Blessed! Be Encouraged!

Carnesha Tucker – Center Director

## Upcoming Activities/Events:

- **Monday, March 13th at 1:30pm**  
**Living Well with Diabetes** - This is a new Diabetes Support Group that we are starting here at Northeast. The group will meet once a month, have a topic of the month and open discussions. The goal of the group is to learn from one another; as well as be a support system for one another. Sponsored by Chronic Disease Health Educator Tara Sharon with Sedgwick County Health Department. If you are interested in being a part of this group, PLEASE RSVP!

## Every 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!**

## Educational Presentation:

- **Monday, February 6th at 1:30pm**  
**Sneaky Sodium: Tame Your Salt Habit (Part 1)**  
Presented by Joe Ann Hunter with Humana.  
Please RSVP!
- **Tuesday, February 7th at 1:30pm**  
**"Health by Chocolate: Indulge and Be Well"**  
Did you know chocolate can actually be good for us? Come taste the quality and learn how to use chocolate to enhance your food...and your health! Sponsored by Nutritional Coach Aubrey Vereecke with Natural Grocers. Please RSVP!
- **Tuesday, March 21st at 1:00pm**  
**Wills, Power of Attorney, and Transfer on Death Deeds** - Attorney Danielle Saunders with Kansas Legal Services will be here to discuss Wills, Power Of Attorney, and Transfer on Death Deeds. Please bring your paperwork, questions, and concerns so she can assist you with getting your affairs in order. PLEASE RSVP!



# ORCHARD PARK SENIOR CENTER

Happy February 2023 Everyone!

Since you are so special to me I decided to write a Valentines Day Message to all of my Members.

Okay.... Here it goes.... hem, hem (me clearing my throat)

## The things I LOVE about my Seniors:

- Your stories
- Your willingness to lend a helping hand
- Your wisdom
- Your knowledge



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  
1:00-4:00 **\*NEW\*** Hand & Foot Card Game (limited space)  
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](mailto:KelliN@seniorservicesofwichita.org)

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





## Upcoming Events & Activites - Please RSVP to 942-2293

**February 1st – SEE KELLI OR JACKIE TO PICK UP YOUR VOTING SHEET – WILL THE GROUND HOG SEE HIS SHADOW TOMORROW? PRIZES FOR THOSE WHO GUESS CORRECTLY!**

**February 2nd – Check in to see if Punxsutawney Phil saw his shadow this morning. It's Ground Hog Day!**



**February 2nd @ 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.

**February 3rd @ 2:00-3:30 – \*NEW CLASS\***  
Join Starla Criser (Author) on a writing adventure. Have you ever wanted to learn how to write? Do you have ideas rolling around in your mind but never put them down on paper? Let Starla help

you. This class will be writing about travels. It can be Poetry, Memoirs, Short Fiction (Anything regarding travel). Please RSVP.

**February 6th @ 10:00-11:00** – SPECIAL NEW YEARS T.O.P.S. (Take Off Pounds Sensibly) **Meeting and Open House** – (Weigh-in is 9:30-9:45) - This is a special T.O.P.S. Meeting. We welcome all who are interested to join our meeting to see what T.O.P.S. is all about. If you are interested in finding out more about our group, please join us at 10:00 today. We would LOVE to have you! Please RSVP.

**February 7th @ 12:00-3:00** – Carrie Wharton with the brand new Goddard Mobile Library will be here with lots of new and fun books to read and check out. Must complete an application for a Goddard Library card prior to checking out materials.

**Continued on pg 18**

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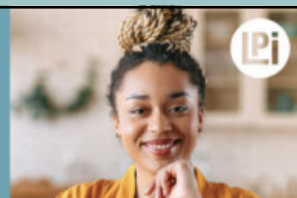


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## Upcoming Events & Activites - Please RSVP to 942-2293

**February 7th @ 11:30** - "Good Grub Lunch Club" - Open sesame - because we are meeting at: Sesame Restaurant (SO Delicious and locally owned!) - 2755 N. Maize Rd., Suite 109 (New Market Square - strip center in front of Target next to Firehouse Subs). This is a fun group to meet people or have fun with the ones you already know. All are welcome!

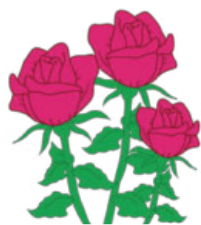
**February 8th @ 1:00** - Meet us at Village Inn at: 7020 W. Central for "Free Pie Day". A minimum purchase of a drink will qualify you to receive a free piece of pie.

**February 9th @ 10:30-11:30** - Rhonda Custard with CPAAA will be here to talk about caring for the Caregiver. Helpful and useful tips for people who are caring for a loved one or a friend.

**February 10th @ 2:00** - Kelli's Cooking/Comedy Show - "Cake in a Mug" for Valentines Day! Everyone will get a cake in a mug to take home. Keep for yourself or give as a gift. Please RSVP by 2/7/23.

**February 14th @ All Day** - Kissing Booth "Candy Kisses for a Cause" - Purchase Hershey Kisses for your Valentine or give yourself a Valentine. \$1.00 for 5 Kisses. All proceeds to benefit Orchard Park Senior Center.

**February 14th @ 10:30-11:30** - Join our girl Des from Oxford Grand for "Valentine's Day" card making. These are "boutique" style greeting cards but can also be used as a decoration. Make a card for a friend or loved one or keep for you. Please RSVP.



**February 14th @ 3:00-5:00** - 4-Center Valentine Dance - Grab your honey, a group of friends or fly solo and join us at the Downtown Senior Center for an afternoon of Dancing and Fun!



**February 17th - RANDOM ACTS OF KINDNESS DAY** - Bring school supplies to share with our neighboring schools. I will drop off at the end of February. All new items please, but nothing too costly. For example, sticky notes, pens, and pencils (all at Dollar Tree).



**February 17th @ 1:00** - Movie - "Get Low" (Rated PG) Starring Robert Duvall, Sissy Spacek and Bill Murray. Based on a true story of Felix Breazeale, a Tennessee recluse, who planned his own funeral while he was still alive so he could enjoy it. Concessions provided. Feel free to bring a seat cushion for more comfort. I have a few available here. Please RSVP.

**February 20th - CLOSED FEBRUARY 20TH IN OBSERVANCE OF PRESIDENTS' DAY**

**February 21st @ 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. It's also Fat Tuesday and the beginning of Mardi Gras. So let's celebrate that too. Beads and a King Cake is a must! Who will find the baby? Please call to RSVP.

**February 23rd @ 9:00** - The "Egg-cellent" Breakfast Club - We will meet at: "Home Grown" - 2835 N. Maize Road. This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

**February 23rd @ 10:30-11:30** - "Healthy Heart Strong Body" - Presentation with Joe Samaniego with CPAAA. Please RSVP.

**February 24th @ 1:00-4:00** - 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



**Continued on pg 19**



## ORCHARD PARK SENIOR CENTER

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

**\*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!**



**Thank you to everyone who contributed items to the 4 Center Give Back Holiday Donation for the Wichita Crisis Center.**

**I know they were thrilled to receive their new household and kitchen items. Thank you for your kindness and generosity!**

-----

**Thank you to Carolyn Manning, Nancy Thomas, Joyce Corley and Lisa Hays (and our sweet Dorla who we lost recently) for all of the delicious baked goods for our bake sale in December. We raised \$359.00 for the Orchard Park Senior Center and that is FANTASTIC!!! Also, thank you to Carolyn and Nancy for manning the table for 2 days and also to all of our customers who purchased some great looking items! Big round of applause to all of my helpers and to all of our customers for their support.**



### Director's Notes Continued

- Your caring ways
- Your smiles
- Your openness
- Your orneriness
- Your hugs
- Your phone calls
- Your texts
- Your fantastic ideas
- Your feedback
- Your willingness to learn new things
- Your go-get-em attitudes



- Your spunkiness
- Your know exactly what they want
- Your playfulness
- Your laughter

But you know what I LOVE most of all? Your Friendship! You all have wormed your way in to my heart and have made my life better by being in it! Happy Valentines Day to all of you!

XOXO - Kelli

P.S. Got a little teared up writing that so be sure to stop in and see Jackie and I this month. Take a look at the Compass and pick out at least a few things you would like to do. As always, we would love for you to bring a friend or two.





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## CELEBRATE VALENTINE'S WITH YOUR FRIENDS

Love isn't always about romance. Here are some fun things to try to show your affection for your friends and family on Valentine's Day.

- ♥ Host a Movie Marathon
- ♥ Go for a hike or a long walk
- ♥ Go to the ballet or theater
- ♥ Plan a weekend away
- ♥ Host a potluck dinner
- ♥ Go to a wine tasting

