

## MARCH CENTER HIGHLIGHTS

**March 3rd @ 10:00am**

### Bierocks & Coffee

Meet us at "Want Bierock & Coffee" located at 2615 W 13th St N. It will be a great time to sit with a cup of coffee, tea or whatever you prefer and socialize with new and old friends.

(Pg 6)



**March 9th @ 5:30pm - 7:30pm**

### "Spaghetti Feed"

Come and join us to celebrate, "National Meatball Day!" Please call 263-3703 to RSVP - by March 8th. This event is FREE, so come and plan on fellowshiping and eating together!

(Pg. 9)



**March 7th @ 12:00pm**

### St. Paddy's Day Craft

Show off your creative flair on canvas and create a discussion piece for your home to celebrate this St. Paddy's Day! A pattern, a little hot glue, water and paint is all it will take!

(Pg. 7)



**March 17th @ 2:00pm - 3:30pm**

### "Shake the Shamrock" St. Patrick's Party

Please join us for our first ever "Shake the Shamrock" St. Patrick's Party filled with FOOD, FUN, & FELLOWSHIP! Let me not forget to mention the fun you will be having is SING-A-LONG BINGO with Carol Hughes from Interim Health. PLEASE RSVP!

(Pg. 15)



**March 8th @ 11:00am - 1:00pm**

### "Irish I Had A Bowl Of Soup"

Come join us for our Soup Contest in honor of St. Patrick's Day! Enter a soup in the contest or come purchase a bowl of soup and vote for your favorite soup recipe. \$5.00 for a Bowl of Soup, Irish Soda Bread, dessert and a drink plus 3 other samples of additional soups. All money raised will benefit Orchard Park Senior Center. If you would like to enter a soup in the contest, please notify the Orchard Park office no later than Friday, 3/3. Please RSVP if you plan on attending.

(Pg. 18)



**March 23rd @ 2:00pm - 3:30pm**

### DIP OFF! (Favorite Homemade Dip Contest)

March 23rd is National Chip & Dip Day! To celebrate this day we will have a DIP OFF! Yes, that is correct...a DIP OFF! A contest for those of you that enjoy making homemade dips, this is the thing for you. Does your dip have what it takes to win the DIP OFF? Register to bring in your favorite HOMEMADE DIP by March 20th. You bring the Dips, we got the veggies and tortilla chips. To attend and participate in voting on the best DIP, PLEASE RSVP!

(Pg. 15)



# Dublin Coddle Recipe

## Ingredients:

- 2 tablespoons vegetable oil
- 2 medium onions, thinly sliced
- 4 ounces bacon, weighed without rind
- 6 pork sausages
- 2 medium carrots, peeled and finely sliced
- 8 ounces white potatoes, peeled and finely sliced
- 2 cups beef stock, or chicken stock
- Salt, to taste, optional
- Freshly ground black pepper, to taste, optional

## Directions:

1. Gather the ingredients.
2. Heat the oven to 425 F / 220 C / Gas 7. In a large frying pan or skillet, heat the oil. Add the onions and cook over a medium heat for about 4 minutes.
3. Cut the bacon piece into 1/2-inch cubes. Add the bacon to the onions and stir well.
4. Cut the sausages in half and add these to the skillet with the onions and bacon.
5. Raise the heat and, constantly stirring, cook the mixture until the sausages start to brown, without burning the onions. Remove from heat.

6. In a heatproof casserole or Dutch oven, place a layer of the onion, bacon, and sausage mixture followed by a layer of sliced carrots and then a layer of potato.
7. Repeat the layering until you've used up the entirety of the sausage mixture, the carrots, and the potatoes. Finish up with a layer of potatoes.
8. Carefully pour over the stock.
9. Cover with a lid or a double layer of aluminum foil.
10. Place in the center of the oven and cook for 45 minutes. Take a peek to make sure the coddle isn't drying out. If necessary, top up with a little boiling water but don't flood the stew.
11. Lower the heat to 350 F / 175 C / Gas 4 and cook for a further 30 minutes, until bubbling and the potatoes are thoroughly cooked.
12. Remove from the oven and rest for 10 minutes before serving. Taste and add salt and pepper. Serve with hefty slices of Irish soda bread and butter to soak up all the lovely juices in the dish.

Source: <https://www.thespruceeats.com/dublin-coddle-recipe-p2-434877>



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

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

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

**Meals on Wheels**  
267-0122

**Senior Employment Program**  
267-1771

## Mission:

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





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Senior Services Inc. of Wichita, Wichita, KS

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## DOWNTOWN SENIOR CENTER

Hello everyone!

It is already the 3rd Month of 2023! Time sure does March by quickly and daylight savings time is upon us again. Don't forget to set your clock's forward an hour on Sunday, March 12th.

Have you ever played Bunco? The basics of the game are simple: Roll the dice and get as many "Buncos" or wins as possible during four rounds of play. It is a great way to socialize with friends and meet new people! The game has an interesting history that I wasn't expecting. Its original name of 8 - Dice Cloth was played in England during the 18th century. It was unknown in the United States until 1855, when it was introduced into San Francisco during the Gold Rush by a crooked gambler. This shifty fellow traveled from the East to West coast had made many stops in route to the California gold fields. After a few years the game was renamed Bunco or Bunko. Bunco Dice and Bunco Cards were combined to make a quicker method of separating the hard working individuals from their money at various gambling dens. During prohibition and the roaring 20's, the most notorious

**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 Lunch Bunch (Mar. 13)  
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 (Mar. 14) - 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

9:00-3:00 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  
9:00-10:00 Flying Saucers - Room 3  
10:00 Exercise - Gym  
11:00 Advisory Council (Mar. 2) - Room 3  
1:00 Writing Craft (Mar. 2) - Room 2  
1:00-2:00 Craft (Mar. 16)

#### Friday

9:00-11:00 Competitive Pickleball - Gym  
9:00-3:00 Open Billiards  
9:00-3:00 Open Fitness - Room 1  
10:00-11:00 Wanda's Exercise - Room 2  
12:00-3:00 Party Bridge - Room 2  
12:30-3:00 Hand & Foot (Mar. 10, 24 & 31) - 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](mailto:AngieB@seniorservicesofwichita.org)  
**Registration Required for ALL Center Activities • Membership: \$35 per year**



## DOWNTOWN SENIOR CENTER

### Director's Notes Continued

speakeasies and Bunco dice parlors could be found in and around Chicago, Illinois. The term "Bunco Squad" referred to the detectives who raided these dens of iniquity. Now that I have hopefully peaked a little interest in this fun game with a shady past. On March 6th @ 1:00pm at the Downtown Center come play a game or maybe two. All you will find is good people, good conversations and maybe some laughter even. I promise no swindling or sleight of the hand allowed!



### SENIOR CENTER GARAGE SALE

Find Something, Nothing and  
Everything in Between



**April 21st, 2023**  
**8:00am - 3:00pm**  
**200 S Walnut**  
**316-267-0197**



Booth Space: 20 10'X10' spaces  
1 table/2 chairs

Extra Tables: \$3 a piece

Come Hungry! BBQ Sandwich, chips,  
dessert and a drink - \$6

**Sign up by April 14th, 2023 to get your spot!**



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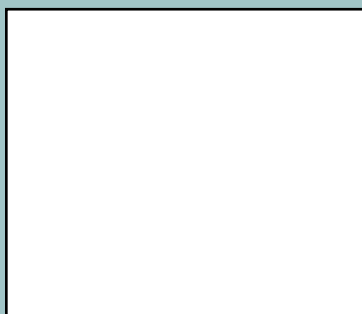
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# DOWNTOWN SENIOR CENTER

## SPECIAL EVENTS:

- **March 3rd @ 10:00am - Bierocks & Coffee:** Meet us at "Want Bierock & Coffee" located at 2615 W 13th St N. It will be a great time to sit with a cup of coffee, tea or whatever you prefer and socialize with new and old friends.
- **March 15th @ 12:30pm - JoAnn's Mystery Activity:** Will it be a craft? Will it food? Paint? A game? The possibilities are endless and that is the best part of a mystery! I will give you a hint.....It will be fun! Sponsored by Humana.

**Humana.**

- **March 20th @ 1:00pm - BINGO:** Presented by Dedicated Medical. Let's play Bingo with Amy Sheppard from Dedicated Medical - Bingo is always fun and the prizes are always great!



## DATES TO REMEMBER:

- **March 2nd @ 11:00am - Advisory Council**
- **March 2nd @ 1:00pm - Writers Craft Determining Your Outlining Method**
- **March 6th @ 1:00pm - BUNCO**
- **March 9th @ 12:00pm - Texas Hold 'em**
- **March 13th @ 1:00pm - Lunch Bunch Margarita's 3109 E Douglas Ave**
- **March 14th @ 10:00am - "The Ride of Her Life" by Elizabeth Letts**
- **March 30th @ 9:00-1:00pm - Foster Grandparents**

## EDUCATIONS:

- **March 16th @ 11:00am - Legacy Assurance - Wills Vs. Trusts:** Legacy Assurance will be presenting Wills Vs. Trusts, which option is best for you. David Banks will be discussing options available and to consider when estate planning to promote peace of mind that your family will have one less thing to think about during those difficult times.



- **March 23rd @ 1:00pm - Fearless and Female Self Defense Class:**



Come join Cindy Coughenour, founder of Fearless and Female, at the Downtown Center for this hands-on, move at your own pace, information packed, personal safety and self-defense program. Fearless and Female teaches people how to recognize and avoid dangerous situations in their daily lives. However, if fighting back is our only recourse, people need the motivation, skills and confidence to fight back and survive! Come join us and learn that "**Fighting Like a Girl**" is a really GOOD thing! Cost for this opportunity is 4 dollars and each participant will receive a Stabby Kitty.



- \*For those of you that have already signed up, don't forget **AARP's Safety Driving course is on March 9th from 10:30-3:00pm.** If you haven't signed up yet keep a look out for future dates, spots fill up quick!





## CRAFTS

**March 7th @ 12:00pm**

### **St. Paddy's Day Craft:**

Show off your creative flair on canvas and create a discussion piece for your home to celebrate this St. Paddy's Day! A pattern, a little hot glue, water and paint is all it will take!



**March 16th @ 1:00pm**

### **Glass Bead Jar Lantern:**

Come by to learn how to make beautiful glass bead jar lanterns to add a little extra sparkle and light to your home! The instruction and fun is free but the supplies to create your lantern is 3 dollars.



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## LINWOOD SENIOR CENTER



"May there always be work for your hands to do,  
May your purse always hold a coin or two,  
May the sun always shine on your windowpane,  
May a rainbow be certain to follow each rain,  
May the hand of a friend, always be near you,  
May God fill your heart with gladness to cheer you."

~An Irish Blessing~



Hello Friends, I love March, first of all, one of my greatest blessings came in March, my daughter, Atiera. This month she turns 18! So March is a special month for me. I always think of the fresh green, changes the earth brings, and I like to count my blessings. There are so many, I especially love Irish Blessings, and the thoughtful words spoken to one's friends in life and love! So enjoy March with me, and let's count those blessings!

**Continued on pg 9**

### 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  
(Mar. 6 & 20)  
11:15 Friendship Lunch  
1:00-3:00 Open Crafting  
(Mar. 13 & 27)  
2:00 Grief Support Group  
(Mar. 20)  
3:00 Tai Chi for Arthritis  
(ending soon - call)

#### Tuesday

9:00 Pickleball  
9:00 Stronger Seniors  
10:00 Needlework/  
Looming with Linda  
11:15 Friendship Lunch  
12:30 WSU Well Rep  
(no class week of 3/13)  
1:30 Movie Time

(Mar. 7, 14, 21 & 28  
\*See Schedule)

#### Wednesday

9:00 Stronger Seniors  
9:00 Advisory Council  
(Mar. 22)  
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  
(ending soon - call)

#### Thursday

9:00 Pickleball  
9:00 Stronger Seniors  
9:30-11:30 Writer's Craft  
(Mar. 2)

11:15 Friendship Lunch  
12:00 Pinochle with Friends  
(No Computer Lab)  
12:30 WSU Well Rep  
(no class week of 3/13)  
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**



# LINWOOD SENIOR CENTER

## Director's Notes Continued

Look for these highlights coming your way in the newsletter. We will be having a spaghetti dinner, with Lisa & Dennis Baxter of "His Helping Hands" blessing us with their kindness, a "barn drawing class" with Artist, Ruby Tobey, some great educational classes with our own, Dr. Ron Davis speaking on "Bread - Healthy or Hurtful", and Aubrey Vereecke, and a new presenter Kiesha McClish Coutts who will be talking about "Healthy Food = Healthy Minds & Bodies". As always our Writing Craft class is going strong, and Starla Criser, our Advisory Council President has come up with a great way to celebrate life, we will be asking you to submit family recipes to make a great cookbook for family and friends! So, don't slow down, speed up and get to your senior center for fellowship and fun!!!

Blessings to you,...

Cherise & Crew

## "SPAGHETTI FEED"

**Come and join us to celebrate,  
"National Meatball Day!"**

**Thursday, March 9, 2023 from 5:30pm - 7:30pm**

Sponsored by our wonderful friends, Dennis & Lisa Baxter, volunteers for "His Helping Hands".

**Please call 263-3703 to RSVP - by March 8th.**

This event is FREE, so come and plan on fellowshiping and eating together!



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

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

**3/7** - "Leap Year" (Love Story Set in Ireland)

**3/14** - "Hidden Figures" (To Celebrate National Mathematics Day & Potato Chip Day, we will have chips for the snack!)

**3/21** - "Big Fish" (All about Memories)

**3/28** - "To Kill A Mockingbird" (Atticus Finch, with the classic)

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

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

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

**Program:** Determining Your Outlining Method

**Exercise Words:** cruise - carrot - catfish - chair - coral

**General Prompt:** Start with "Mom said,..."

**Poem Prompt:** Write about a car trip.

### CRAFT/ART CLASS EDUCATION:

**March 6th @ 1:00pm, "The Art of Drawing Barns"**  
- Ruby Tobey, instructor (no fee).

**March 29th @ 1:00pm, "Button Tree"** - Cost is \$5, Pat Collins leading. RSVP & pay by 3/24.



### 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!**

**March 3rd, "Elder Abuse & Prevention"** -  
Presenter: Marsha Raider - Adult Protective Services.

**March 10th, "Sneaky Sodium"** - Presenter:  
Jessica Dung Dinh, Humana Agent. Please RSVP.

**March 24th, "It Is In The Air, Problems With Pollen"** - Presenter: Nutritional Coach Aubrey Vereeke, with Natural Grocers.

**March 24th, "Emergency Preparation for the Home"** - Presenter: Cherise Langenberg.

**March 29th @ 10:00am, "Bread - Healthy or Hurtful"** - \*This is on a Wednesday from 10:00-11:00am. Presenter: Our own Dr. Ron Davis.

### ON-GOING GROUPS:

**BIBLE STUDY** - Rescheduled for the 6th & 20th @ 10:00am, Pastor BJ Bennet leading.

**GRIEF SUPPORT GROUP** - Rescheduled for the 20th @ 2:00pm with Chaplain Greg Schmidt.





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

### SPECIAL EVENTS & ACTIVITIES:

**March 20th @ 1:00-2:30pm, "World Story Telling Day"** – Come and bring a short story to tell, Cherise will be doing some fun story telling as well.

**March 22nd @ 11:00am, "Luncheon Lovelies & Romeo Club"** – Celebrate "National Goof Off Day." Meet at Linwood at 11:00am! From there on we will go have some fun and goof off! Suggest you bring \$20 or \$30 to spend!!! Call for more information 263-3703.

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### "BISON, BLUE SKIES & BYWAYS"

**Tuesday, May 23rd, 2023**

**9:00am - 7:00pm**

Join us for our excursion to Maxwell Wildlife Refuge to see the bison babies that were born this spring! We also will be heading on to Coronado Heights and Lindsborg to visit the Old Mill & Swedish Heritage Museum. We will have a great lunch and snacks to boot!

**Join us! Cost: \$80 per person**

\*We will be using vans, so we have 22 seats available at this time, with limited space.

Lots of walking with this trip!

**Reminder:** no refunds, unless we can find someone to take your place.

**Pay ASAP to confirm your spot.**



### 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.

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### NAME OUR LLAMA

We are having a contest from March through May 5th to name our "LINWOOD LLAMA".

Dottie Hellman who knows the llama the best, and dresses our mascot, will be selecting, along with a panel of judges the BEST name for our llama.

You will win a neat gift basket, if your name is chosen!

Stop by LINWOOD to put in your two cents worth!





## NORTHEAST SENIOR CENTER

Hello Everyone! Happy March and Happy Spring Time!

It is truly a blessing to be alive. I am praying all is well with you, your friends, and your family. Spring is a time of new life, new growth, and new beginnings. The animals come out of hibernation and start to have babies, the butterflies are out and about, and you can even start to hear the birds chirping. The gardeners are prepping their gardens for the beginning of a new season of plants, flowers, fruits, and/or vegetables. All of these things going on can put you in a good mood and give off positive feelings towards life. Spring is basically a time of transformation and change. Change can be good and bad depending on the view point. At some point or another we all have a hard time excepting change. Especially, when you are in the midst of it. With you all being seniors I know you have many stories to share about change. I bet many of your stories would require a box of Kleenex for the tears of sadness; as well as the tears from laughter. Speaking of laughter, I had a member call and tell me that one day he was headed to the senior center, but he was a little upset, because he could not remember where his shirt went. He had laid everything out to get dressed. He showered, had breakfast, and finished everything he needed to take care of around the house before coming to the senior center. After some time he became upset about not finding the shirt that **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 March & April due to Tax Season and Dining Room scheduling.

### January Word Search Winner

Ronna Bailey

### 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. 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!**

### Upcoming Activities/Events:

- **Wednesday, March 1st at 12:30pm - Being Kind to Others** - Hospice Helpers group will meet to make crafts for Hospice patients.
- **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!



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## Gardening

Find and circle all of the words that are hidden in the grid.  
The remaining 27 letters spell a Lady Bird Johnson quote.

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

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

ANNUALS  
BEANS  
BEETS  
BIENNIAL  
BROCCOLI  
CARROTS  
COMPOST  
CULTIVATE  
DAISIES  
DIGGING  
FERTILIZER  
FLOWERS  
FUCHSIA

GARDEN  
GERANIUMS  
GLOVES  
GNOME  
GREENHOUSE  
GROW  
HOES  
HORTICULTURE  
HOSE  
HYDRANGEA  
LILACS  
LILIES  
MARIGOLDS

ORGANIC  
PEAS  
PERENNIAL  
PETUNIAS  
PINWHEEL  
PITCH FORK  
PLANTING  
RAIN  
RAKE  
RELAXING  
ROSES  
ROWS  
SEEDS

SHOVEL  
SOIL  
SPADE  
SUNSHINE  
TOMATOES  
TROWEL  
TULIPS  
VEGETABLES  
WATER  
WEEDS  
WHEELBARROW

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# NORTHEAST SENIOR CENTER

## Director's Notes Continued

he decided to stay home. He decided to sit in his recliner to collect his thoughts on why he was having a hard time remembering where his shirt went. Guess what...he looked down at himself while sitting in the recliner and he had the shirt on the whole time. He said he was in such a hurry to get down to the center he cannot remember when he put the shirt on. We both giggled so hard about that. That story truly made my day. I shared that story to let someone know that you are not alone with the changes that you have going on. When you start to forget things from time to time it can become challenging to handle. If you are feeling alone with the changes you have going on in life. You may need to spend more time at the senior center. Here you can meet new friends and be in the company of others that can relate to where you are. It is always good to have someone to talk with about the cares of life; as well as have a good laugh. Having that socialization can keep you being independent and able to continue to live in your home. Also, you never know you may be that person that someone else is needing to be there for them.

Well, I will not keep you. I just wanted to share something that came across my mind. In the meantime and between time, Be Safe! Be Blessed! Be Encouraged!

Carnesha Tucker – Center Director

## Upcoming Activities/Events:



- **Friday, March 17th from 2:00pm-3:30pm “Shake the Shamrock” St. Patrick’s Party & Membership Drive** - Please join us for our first ever “Shake the Shamrock” St. Patrick’s Party filled with FOOD, FUN, & FELLOWSHIP! Let me not forget to mention the fun you will be having is **SING-A-LONG BINGO** with Carol Hughes from Interim Health. I invited Carol Hughes back for those who missed her the last two times. Also, Northeast is working on growing the membership; but we need your help. If you have friends that are not members of our senior center. We

encourage you to invite them to come and join in the fun. To help us grow our membership Humana will be donating 2 paid memberships to our “Friends of Members Drawing” that we will be having. This drawing is for the friends that you invite to the “Shake the Shamrock” St. Patrick’s Party. Each friend that attends the party will get a ticket for a chance to win a paid membership. Current members are not able to participate in the drawing. This event is sponsored by Joe Ann Hunter with Humana. PLEASE RSVP!

- **Thursday, March 23rd from 2:00pm-3:30pm DIP OFF! (Favorite Homemade Dip Contest)** - March 23rd is National Chip & Dip Day! To celebrate this day we will have a DIP OFF! Yes, that is correct...a DIP OFF! A contest for those of you that enjoy making homemade dips, this is the thing for you. Does your dip have what it takes to win the DIP OFF? [Register](#) to bring in your favorite HOMEMADE DIP by March 20th. You bring the Dips, we got the veggies and tortilla chips. To attend and participate in voting on the best DIP, PLEASE RSVP!

## Educational Presentation:

- **Friday, March 3rd at 1:30pm “Healthy Heart Nutrition”** - March is also National Nutrition Month®. To start the month off on a good note. Come and learn about nutrition for a healthy heart. Presented by Callie Wentling, PA-C, and Director of Clinical Quality Assurance with Hunter Health Clinic. PLEASE RSVP!
- **Tuesday, March 14th at 1:30pm “Sneaky Sodium: Something other than salt - Spice Blend Class (Part 2)”** - \*This is a Make It, Take It Class. Presented by Joe Ann Hunter with Humana. 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

Top O' The Mornin', Day or Evenin' to you, depending on when you are reading this!

This month we are celebrating one of my favorite holidays, St. Patrick's Day. Many of you already know this, but my Husband was born on St. Patrick's Day, so it's kind of a big deal in our family. At Orchard, we will celebrate a little bit early by hosting "IRISH I HAD A BOWL OF SOUP" Soup Contest and Soup Luncheon on Wednesday, March 8th from 11:00-1:00. You can either enter a soup in the contest or simply enjoy being a taste tester and voting for your favorite.

**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 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
- 1:00-3:00 Pickleball in the Gymnasium **(NEW time until May)**

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 & Activities - Please RSVP to 942-2293

**March 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.

**March 2nd @ 1:00-3:00** – Meet at Century II for the WABA Home Show – See the latest and greatest products and services for your home. We can meander around as a group and dream about all of the things we would like to do to our homes. Tickets are \$8.00 for 65+ or \$10.00 for Adults.

**March 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.

**March 7th @ 10:30-11:30** – Fiona Harper will present “Lifestyle Empowerment for Alzheimer’s Prevention” brought to you by National Institute of Health.

**March 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.



**March 7th @ 11:30** – “Good Grub Lunch Club” – Walk-On’s Sport’s Bistreaux - 2661 N. Maize Rd (New Market Square). In honor of March Madness this month, let’s go check **Continued on pg 18**

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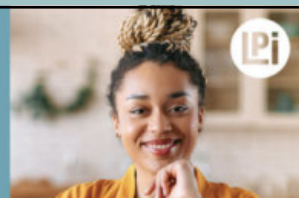


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## Upcoming Events & Activites - Please RSVP to 942-2293

out the new Walk-On's and beat the crowds before the tournaments start on March 14th. This is a fun group to meet people or have fun with the ones you already know. All are welcome!

**March 8th @ 11:00-1:00** - "IRISH I HAD A BOWL OF SOUP" - Come join us for our Soup Contest in honor of St. Patrick's Day! Enter a soup in the contest or come purchase a bowl of soup and vote for your favorite soup recipe. \$5.00 for a Bowl of Soup, Irish Soda Bread, dessert and a drink plus 3 other samples of additional soups. All money raised will benefit Orchard Park Senior Center. If you would like to enter a soup in the contest, please notify the Orchard Park office no later than Friday, 3/3. Please RSVP if you plan on attending.



**March 10th @ 10:15-1:30** - Academy Award Shorts Documentaries Screening - Advanced Learning Library - 711 W. 2nd St. N. - (Conference A) Watch the films nominated for best short film in the Documentary category. Each film is 40 minutes or less and may not be suitable for all audiences. **Total Program Runtime: 2hrs 53mins.** **There will be a short break between the second and third films.**

### Documentary Shorts:

- The Elephant Whisperers - Kartiki Gonsalves and Guneet Monga, India, 40 min.
- Haulout - Evgenia Arbugaeva and Maxim Arbugaev, UK, 25 min.
- How Do You Measure a Year? - Jay Rosenblatt, USA, 29 min.
- The Martha Mitchell Effect - Anne Alvergue and Beth Levison, USA, 40 min.
- Stranger at the Gate - Joshua Seftel and Conall Jones, USA, 29 min

After the screening, please join us at Mokas Coffee next door the Library - 143 N. McLean Blvd. for a bite to eat.

**March 14th @ 10:30-11:30** - Des from Oxford Grand will be here and she is changing it up a bit in the month of March. Instead of our usual craft project, she is going to do Trivia. Come on all you Smarty Pants - Join us for lot of FUN, TRIVIA AND PRIZES! Please RSVP.

**March 15th @ 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.

**March 16th - Snacks and Green Drinks served in the afternoon for St. Patrick's Day!**

**March 17th - DON'T FORGET YOUR GREEN TODAY!!!**  
**HAPPY ST. PATRICK'S DAY!**

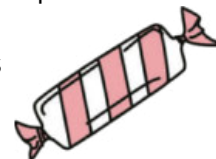


**March 20th - 1st Day of Spring!**  
**Stop in to register for a gift basket and get a complimentary packet of garden seeds!**



**March 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. Please call to RSVP.

**March 22nd @ 1:00** - Let's go on a little Spring Break Excursion! Meet at Milkfloat Bakery, 535 W. Douglas, #140, for an afternoon pick me up and then we will venture a couple of doors down to Sweet and Saucy - 535 W. Douglas, Ste. 110 - Wichita's premier candy, bottle pop and sauces store! Oh and socks!



**March 23rd @ 9:00** - The "Egg-cellent" Breakfast Club - We will meet at: Town and Country - 2315 W. 21st St. - Same old Town and Country, new location! This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

**Continued on pg 19**



## ORCHARD PARK SENIOR CENTER

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

**March 27th @ 11:00** – Advisory Council will meet for 2023 Brainstorming Session.

**March 29th @ 10:30-12:00** – Computer Lab – CLASS FOCUS WILL BE PHOTOGRAPHY 101 ON YOUR CELL PHONE.

**March 31st @ 12:00** – Sarah with Natural Grocers will be here to present “Building Healthy and Delicious Meals.” Sarah will give us some great ideas for meal time and will also provide us with lots of good nutritional information.

**March 31st @ 1:00** – Movie – “Ticket to Paradise” (Rated PG-13) Starring Julia Roberts and George Clooney. A man and his ex-wife race to Bali, Indonesia, to stop their daughter from marrying

a seaweed farmer. Concessions provided. Feel free to bring a seat cushion for more comfort. I have a few available here. 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, 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!**

LUCK.  
St. Patrick's Day



### Director's Notes Continued

On March 20th, we welcome the first day of Spring. I don't know about you but I will welcome Spring with open arms and hope that it brings much warmer weather with it. I love it when the flowers and trees start to bloom and I hear the birds chirping. Be sure to drop by on the 1st day of spring and register for a gift basket and pick up a packet of complimentary garden seeds.

Speaking of Spring...Spring is all about **new beginnings and transformations** – think of it as a season that symbolizes starting fresh and starting over. A lot of us could use a fresh start in 2023. Maybe you would like to exercise more? Maybe you would like to learn something new? Maybe you would like to get out of your house and socialize more? Be sure to read through the

Compass Newsletter and look for things that might spark your interest and RSVP to Orchard Park or one of the other centers to let us know you're coming. While you're at it, bring a friend or relative with you too. We would love to see all of your beautiful, smiling faces.

I hope that you all have a WONDERFUL AND HAPPY MARCH! Don't forget to wear your GREEN on March 17th! (You don't want to get pinched.) Happy St. Patrick's Day, Happy Spring and everything in between!

– Kelli





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## VOLUNTEERS NEEDED TO DELIVER MEALS ON WHEELS



March For Meals is a national annual campaign promoted by Meals on Wheels America. During the month of March local programs raise awareness and attention for homebound, isolated seniors who receive Meals on Wheels services. Our local program serves between 750 - 850 hot, nutritious meals each week day. Currently, our volunteer numbers are very low. Help is needed each week day to deliver the over 70 routes located in the Wichita, Kansas city limits.

If you and a buddy or family member want to make a difference in the lives of seniors who are not able to attend a senior center, please fill out an application online by visiting our website: <https://seniorservicesofwichita.org/meals-on-wheels/>. The online volunteer application will appear in the middle of the page. Please note

your senior center director as a reference.

\*Because we send volunteers into the homes of isolated and vulnerable seniors we must do reference checks and an orientation prior to letting volunteers deliver their first routes.

More than a just a meal, you provide a warm friendly face for people who may not see anyone else all day.

Thank you for your consideration!

