

4-CENTER EGGSTRAVAGANZA!!!

Thursday, April 13th, from 1:30pm – 3:00pm

Get your bunny ears on and join us as we decorate some eggs, eat some cupcakes, and have an egg hunt! (Pg 9)

Sponsored By:



Humana.



APRIL CENTER HIGHLIGHTS

April 21st @ 8:00am - 3:00pm

Garage Sale

Lunch available from 11:00am - 2:00pm. Cost is \$6 for a BBQ sandwich, side, desert and a drink. A 10x10 spot which includes 1 table and 2 chairs is \$20. An extra table is \$3. Reserve your booth by April 14th, call 267-0197 or stop by the downtown office! (Pg 6)



Join us as we bring in the Spring season with a “Hat Fashion Show”. This is an occasion for everyone to look in the back of their closet or on a top shelf for that favorite hat, that hidden “gem” to wear and show off. All those that participate in the “Hat Fashion Show” can put their name in a drawing for a chance to win a door prize. (Pg. 15)



April 19th @ 1:00pm

“Monogram Wall Hanging”

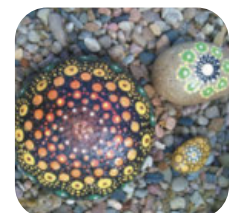
You will love adding this to your home, or giving as a wedding gift! Cost is \$10. (Pg. 10)



April 13th @ 10:30am

Painted Rocks

Garden Season is upon us. Join us to make a painted rock for your garden, to give as a gift or to hide around the community for someone to find and enjoy. (Pg. 18)



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

Spring “Hat Fashion Show”

Sudoku

Sudoku #1303 (Medium)

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

Turn Over for **ANSWER**

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

Sudoku #1303 (Medium)

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

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267-1771

Mission:

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





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Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994



DOWNTOWN SENIOR CENTER

Hello everyone!

April is here! The sun is sometimes shining, and just as long as no one sneezes we might not get snow. (This is Kansas after all, you just never know!) Regardless of how the weather turns, this is a great time to get together with family and celebrate not only the Easter holiday but any of the traditions you and your family enjoy in the spring. But with the warm air flowing in and thoughts of winter fading please make sure you are prepared for the severe weather that follows all that warm air into tornado alley.

There are a few updates and changes in existing classes and games this month.

- Joe, the Wellness Coordinator with CPAAA will be leading in person exercise for Downtown's **Tuesday and Thursday 10:00am** exercise class. I am looking forward to seeing what he has planned for the class! **Continued on pg 5**



Ongoing Activities

Please RSVP To Participate - Call: 267-0197

Monday

8:00-11:00 Competitive Pickleball - Gym
8:00-4:00 Open Billiards
8:00-4:00 Open Fitness - Room 1
10:00-11:00 Wanda's Exercise - Room 2
11:00 Lunch Bunch (Apr. 10)
1:00-2:00 Bunco (Apr. 3) - Room 2
1:00-4:00 Open Pickleball - Gym

Tuesday

8:00-4:00 Open Billiards
8:00-4:00 Open Fitness - Room 1
10:00-11:00 Exercise - Gym
10:00-11:00 Book Club (Apr. 11) - 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

8:00-4:00 Open Billiards
8:00-4:00 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

1:00-4:00 Open Pickleball - Gym

Thursday

8:00-4:00 Open Billiards
8:00-4:00 Open Fitness - Room 1
10:00-11:00 Exercise - Gym
11:00 Advisory Council (Apr. 6) - Room 3
1:00 Writing Craft (Apr. 6) - Room 3
1:00-3:00 Flying Saucers (Apr. 6) - Gym

Friday

8:00-11:00 Competitive Pickleball - Gym
8:00-4:00 Open Billiards
8:00-4:00 Open Fitness - Room 1
10:00-11:00 Wanda's Exercise - Room 2
12:00 Party Bridge - Room 2
12:00 Texas Hold'em (Apr. 7 & 21)
12:30 Hand & Foot (Apr. 14 & 28) - 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
Registration Required for ALL Center Activities • Membership: \$35 per year



DOWNTOWN SENIOR CENTER

Director's Notes Continued

- We added an extra game and moved the days for poker. Texas Hold em' will be played during the week. The new dates are the **1st** and **3rd** Fridays of the month. This month Hold Em' will be played on **April 7th and 21st @ 12:00pm.**

**Don't forget to Reserve your Booth for this month's Garage Sale! There is an advertisement in the April Edition of Active Age so it should be a good turn out! See the Downtown Center for more details!

There is another AARP Safety Driving Class scheduled for **May 11th @ 10:30am - 3:30pm. Cost is \$20 for AARP members and \$25 for non-AARP members. Sign up quick, spots do fill up fast!

STORM PLANNING TIMELINE

A few days out	The day before	The day of
<i>If the forecast calls for severe weather in a few days, start preparing now.</i>	<i>The day before, forecast accuracy continues to improve.</i>	<i>Remain vigilant and aware of any active Watches. A Warning may be issued at a moment's notice!</i>
Make sure that you have emergency supplies	Adjust plans	Remind your family of the communication plan
Know your safe places	Make sure your phone can receive WEAs	Know how to evacuate and/or get to safety from wherever you are
Have a family communication plan	Ensure your shelter is clean and accessible	When a Warning is issued, you may only have seconds to take action!

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DOWNTOWN SENIOR CENTER

SPECIAL EVENTS:

- **April 7th @ 10:00am - Sunflower Cafe & Collective:** A group of us will be meeting at Sunflour Cafe & Collective (located at **6120 W Central Ave**) to get out of the house, meet new people and sample some of the locally made products that Sunflour Cafe & Collective has to offer. We look forward to seeing you there!

- **April 10th @ 11:00am - Lunch Bunch:** The Lunch Bunch will be meeting for lunch at Egg Cetera located at **242 N Mosely**. This is another great opportunity to get out and meet new people, talk to old friends and try a restaurant you maybe haven't tried yet!
- **April 13th @ 1:30pm - 3:00pm - EGG-STRAVAGANZA:** We will be at LINWOOD Senior Center (1901 S Kansas) celebrating at the EGG-STRAVAGANZA. If you haven't had a chance to visit Linwood Senior Center yet, it is located next to a beautiful park and maybe you will even get a glance at the Easter bunny in action or at least meet up with friends new or returning to enjoy the festivities! Call to RSVP at 267-0197. Sponsored by Dedicated Senior Medical Center and Humana.

- **April 21st @ 8:00am - 3:00pm - GARAGE SALE:** Lunch available from 11:00am - 2:00pm. Cost is \$6 for a BBQ sandwich, side, desert and a drink. A 10x10 spot which includes 1 table and 2 chairs is \$20. An extra table is \$3. Reserve your booth by **April 14th**, call 267-0197 or stop by the downtown office!

- **April 27th @ 2:00pm - Afternoon Bingo:** We will be playing a little bit of Afternoon Bingo.

EDUCATIONS:

- **April 4th @ 12:30pm - Documentary - European Easter:** We will be watching the documentary, "Rick Steves' European Easter". He will highlight how Spain, Slovenia, Switzerland, Italy, and Greece, celebrates this 2,000-year-old story in a variety of cultures. Run time is 57 minutes and there will be treats!

- **April 6th @ 1:00pm - Doc Talk - Diabetes:** Join us for, "Doc Talk, all about Diabetes". Dedicated Medical is bringing in a Physician to discuss prevention and how to manage complications of diabetes. **BINGO**, sponsored by Dedicated Medical, will immediately follow. **RESERVE YOUR SEATS!**

- **April 20th @ 12:00pm - "Downsizing Made Easy":** Back by popular demand, Laurie Ungles will be presenting "Downsizing Made Easy". Please make sure to RSVP for this presentation at 267-0197 to get a free booklet.


DATES TO REMEMBER:

- **April 6th @ 11:00am - Advisory Council**
- **April 6th @ 1:00pm - Writers Craft: Rules of Creative Writing**
- **April 11th @ 10:00am - Book Club: "Can't We Talk About Something More Pleasant" by Elizabeth Letts**
- **April 20th @ 3:30pm - 5:30pm - *Set up for Garage Sale on April 21st**
- **April 27th @ 9:00am - 1:00pm - Foster Grandparents**



DOWNTOWN SENIOR CENTER

CRAFTS:

- **April 12th @ 11:00am - Candle Painting:**
We are going to try our hands at Candle Painting. RSVP at the Downtown Center to pick your candle in advance! There are 3 styles to choose from! Cost for materials is \$3.
- **April 17th @ 11:30am - Food Craft - Bunny Pretzels:** We have a cute food craft we want to teach everyone! We will be making Bunny Pretzels. You can't go wrong with pretzels, almond bark and chocolate.



CANCELATION AND CLOSINGS:

- **NO COMPETITIVE OR OPEN PICKLEBALL APRIL 21ST**
- **10:00AM EXERCISE IS CANCELLED APRIL 27TH**



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LINWOOD SENIOR CENTER



**"A good day isn't always
P**erfect. It challenges you to
Release your potential. And
Inspires you to appreciate the
Little amazing things in life!"



Welcome to April!

We love these spring days with showers dotted throughout! This month we are celebrating siblings day on April 10th, you will also want to join us for our NEW cooking classes with "Meka Green" the culinary arts coordinator with Common Ground Producers & Growers, who will come to our center to share with us healthy veggies, fruits and honey in their van over the next few **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
(Apr. 3 & 17)
11:15 Friendship Lunch
1:00-3:00 Open Crafting
(*See Schedule)
2:00 Grief Support Group
(Apr. 17)

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
(Apr. 4, 11, 18 & 25
*See Schedule)

Wednesday

9:00 Stronger Seniors
9:00 Advisory Council
(not scheduled)
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)

Thursday

9:00 Pickleball
9:00 Stronger Seniors
9:30-11:30 Writer's Craft
(Apr. 6)
11:15 Friendship Lunch
12:00 Pinochle with Friends
(No Computer Lab)

12:30 WSU Well Rep
1:30 Dime Bingo
(No Bingo on Apr. 13)

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

months. Also, we are having some GREAT art projects, we are going on a field trip to see the Senior Wednesday Program at the Wichita Art Museum on "Fashions in Wichita from 1888 through 1988." And we have our great educational classes, Movie about "Greenfire" and discussion with Tom Elman to celebrate our Earth and Earthday! So don't miss the excitement and of course our EGGSTRAVAGANZA, where we will be having fun with eggs! And we are adding our Nordic walking class in the mix, so you literally can "SPRING into SPRING" and walk with us"! So look thru your newsletter and RSVP!!!

~ Cherise & Crew



4-CENTER EGGSTRAVAGANZA!!!

Thursday, April 13th, from 1:30pm - 3:00pm

We will be demonstrating how to decorate some eggs, with shaving cream! We will share some egg-cellent recipes, and have an egg hunt and eat some cupcakes for good measure!



So get on your bunny ears and join us!

Sponsored by Dedicated Senior Medical Center and Humana.



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Take a walk together
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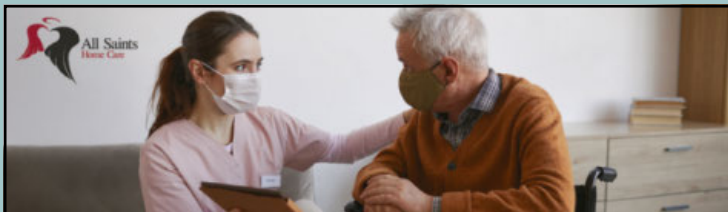
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Senior Services Inc. of Wichita, Wichita, KS

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

MOVIE TIME - Tuesdays @ 1:30pm

4/4 - "The Frisco Kid" (Gene Wilder & Harrison Ford)

4/11 - "Rebel Without A Cause" (Good kid gone bad, James Dean)

4/18 - "Greenfire" (Celebration of the Earth, and the wise steward ship of it, discussion to follow with our own Tom Elman, an early volunteer with Greenfire)

4/25 - "Wild Artic" (National Geographic Program to Celebrate World Penguin Day)

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

WRITING CRAFT - April 6th @ 9:30am

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

Program: Common Rules of Creative Writing

Exercise Words: wanderer - watermelon - whale - whistle - white

General Prompt: Write about going on a "walkabout".

Poem Prompt: Write about someone special.

CRAFT/ART CLASS EDUCATION:

***There may be a minimum number for the classes so don't forget to RSVP & pay!!!**

April 5th @ 1:00pm, "Chicks & Bunnies" - Our Barb Palmer is leading this class! These are cute to add to your grandchild's Easter Basket (\$5 for 2). RSVP by 4/3 please!



April 12th @ 1:00pm, "Spring Runner" - Super Cute Runner for your table. Gail Lane & Betty



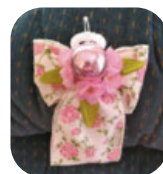
Jacobs are leading. (\$5 fee for supplies). RSVP by 4/10 please!

April 19th @ 1:00pm, "Monogram Wall Hanging" - You will love adding this to your home, or giving as a wedding gift! Pat Collins leading. (\$10) RSVP by the 14th.



April 26th @ 1:00pm, "Spring Ribbon Angels"

- They will lift your spirits adding fun to any home! Pat Collins leading. The 3 inch angel is \$2 or 2 for \$3.50, and the 5 inch angel is \$3 or 2 for \$5. RSVP by 4/24.



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!**

April 3rd @ 1:00pm, "Cooking Class with Meka Green" - Get healthy and learn great tips on preparing food. (see article on pg 11)

April 10th @ 10:00am, "National Sibling Day/ Sibling Funnies" - Presenter: Cherise Langenberg. Bring a picture of your brothers and sisters, we will give stats and have good discussion!

April 14th, "Headaches Decoded" - Presenter: Jessica Dinh of Humana. Find out about headaches, and how to manage and prevent them! Please RSVP.

April 17th @ 2:00pm - 3:00pm, "Fireside Chat with Councilman Hoheisel" - The lines for the districts have been redrawn, and we have a new Councilman in the district. Come meet & greet, Mike and find out about the future of our neighborhood!

Continued on pg 11



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

April 21st, "Maintaining Muscle Mass" - with nutritional health coach Aubrey Vereke. Join us to find out how to keep yourself STRONG!

April 24th @ 1:00pm, "Cooking Class with Meka Green" - Get healthy and learn great tips on preparing food. (see article on pg 11)

April 28th, "Healthy Food - Produces Healthy Minds & Bodies Pt 2" - Presenter: Kiesha McClish-Couts. Kiesha will share fresh food information and the connection, between healthy minds! Join us for some terrific information. She is bringing goodies too!

NORDIC WALKING GROUP

Wanting to start a "Nordic Walking Group". Call **263-3703** for more info. Floyd Gruver will lead the group.

SPECIAL EVENTS & ACTIVITIES:

April 5th @ 10:30am, "Senior Wednesday at the Wichita Art Museum!" - Please join us as we attend the program, "Wichita Wore What?" on April 5th at 10:30am at the Wichita Art Museum. You will go through the years of fashion from 1888 through 1988! \$2 fee for seniors. Call 263-3703 to RSVP by 4/3 and for more information!!!



<https://wam.org/whats-on/exhibitions/wichita-wore-what-a-century-of-local-fashion/>

April 12th @ 9:00am, "Luncheon Lovelies & Romeo Club" - Breakfast out at Jimmy's Diner, 1519 Geo Wash Blvd. Join us for some good eating and fellowship! Please RSVP.



ON-GOING GROUPS:

BIBLE STUDY - Scheduled for the 3rd & 17th @ 10:00am, Pastor BJ Bennet leading.

GRIEF SUPPORT GROUP - Scheduled for the 17th @ 2:00pm with Chaplain Greg Schmidt.

COOKING CLASS WITH MEKA GREEN

Common Ground Growers and Health Blue, present Chef Mechiala "Meka" Green. Meka has been cooking since age 8, and she has a catering business and is a culinary coordinator for Common Ground. Meka has shared her food for family reunions, churches, and elite beauty shops and barber shops. Meka will come and share some healthy recipes to help you lead a better life. Please RSVP to get your taste! **Dates and times in the educational section!**



FIRESIDE CHAT WITH COUNCILMAN HOHEISEL

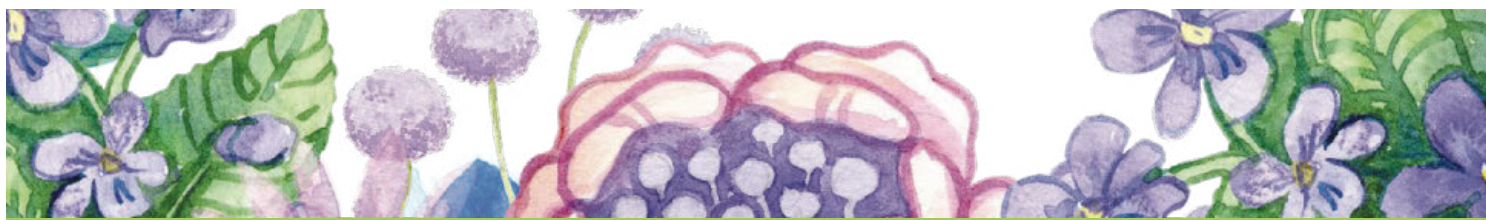
Fireside chat with "District 1 Councilman Mike Hoheisel" on **April 17th from 2:00pm - 3:00pm**. He is a family man and a business man in Wichita. He is ready to share upcoming planning ideas for the community and hear about your needs and concerns. Plan on joining us! RSVP please to 263-3703.



NORTHEAST SENIOR CENTER

Hello Everyone! Happy April!

Praying all is well with you and your family! How many of you actually read The Compass from front to back? Or do you just read the section of the senior center that you attend? I ask this because, I hear so many commenting on the differences between the centers. Yes, each senior center is unique and that is good; this gives you options for your money. Each location offers what the members that attend regularly enjoy. However, you are more than welcome to stop by any of our offices with new ideas that you think would be good for our centers. Now even if we decide to try them that does not mean that it will go over like it would at one of the other locations; again that is why you have options. The Center Directors work hard to offer a variety of activities and events. **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

Reminder For Line Dance Class:

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

February Word Search Winner

Betty Carson

February Educational Handouts Bingo Winner

Patricia Grimmert



TOP Early Learning Center (North) made Valentines Cards for the members of Northeast Senior Center (Feb. 14th).

Upcoming Activities/Events:

- **Wednesday, April 5th at 12:30pm - Being Kind to Others** - Hospice Helpers group will meet to make crafts for Hospice patients.
- **Monday, April 10th 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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Flowers

Find and circle all of the flowers that are hidden in the grid.
The remaining letters spell a secret message - a quotation from *Romeo and Juliet*.

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

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

ALSTROEMERIA
AMARYLLIS
ANTHURIUM
ASTER
BABY'S BREATH
BELL FLOWER
BIRD OF PARADISE
BOUVARDIA
CALLA
CARNATION
CHRYSANTHEMUM
CLEMATIS

CORNFLOWER
DAFFODIL
DAISY
DELPHINIUM
FORGET-ME-NOT
FOXGLOVE
FREESIA
FUCHSIA
GERANIUM
GERBERA
GINGER
GLADIOLUS

GOLDEN ROD
HEATHER
HOLLYHOCKS
HYACINTH
HYDRANGEA
IRIS
LAVENDER
LILAC
LILY
LISIANTHUS
MARIGOLD
ORCHID

PANSY
PEONY
PETUNIA
ROSE
SNAPDRAGON
STATICE
STOCK
SUNFLOWER
TULIP
VIOLET
YARROW

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NORTHEAST SENIOR CENTER

Director's Notes Continued

All with a goal of keeping you living active, mobile, and independent lifestyles. We are always looking for volunteers to assist us around the centers. This could be teaching classes like computers, exercise, arts-n-crafts and/or helping with parties and events. So with that said, your membership of \$35/year gives you permission to venture from center to center; which is Downtown, Linwood, Orchard Park and Northeast Senior Center. To help you check out what all our senior centers have to offer for April I would like to challenge you to a Mini Newsletter Scavenger Hunt. All the answers to the mini scavenger hunt are in The Compass. You will have from April 3rd - April 27th to complete the Mini Newsletter Scavenger Hunt. If you are up for the challenge. Feel free to stop by any of the four senior centers (Downtown, Linwood, Orchard Park, and Northeast) and pick up a copy of the Mini Newsletter Scavenger Hunt list. All entries must be turned in to Northeast Senior Center no later than April 27th. I will draw one winner on Friday, April 28th...HAPPY HUNTING!

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

Carnesha Tucker - Center Director

Educational Presentation:

- **Monday, April 17th at 1:30pm**
"The Shakedown on Sugar" (Part 1) -
Presented by Joe Ann Hunter with Humana.
PLEASE RSVP!
- **Wednesday, April 19th at 1:30pm**
"The Shakedown on Sugar" (Part 2) -
*This is a Make It, Take It Class. Presented by
Joe Ann Hunter with Humana. PLEASE RSVP!
- **Friday, April 21st at 1:30pm**
"Healthy Heart Nutrition" - 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!

Upcoming Activities/Events:

- **Tuesday, April 11th at 2:00pm**

Afternoon Bingo - Come and enjoy a round of Afternoon Bingo filled with FUN, FELLOWSHIP, and PRIZES. Sponsored by Marketing Director Mark Davis with Our Kansas Guardian Home Health. Please RSVP!



- **Friday, April 14th from 2:00pm - 3:30pm**
Spring "Hat Fashion Show" - Join us as we bring in the Spring season with a "Hat Fashion Show". This is an occasion for everyone to look in the back of their closet or on a top shelf for that favorite hat, that hidden "gem" to wear and show off. All those that participate in the "Hat Fashion Show" can put their name in a drawing for a chance to win a door prize. I am also asking for members to donate their favorite Spring Salads for us to snack on. Please sign up to be in the "Hat Fashion Show" by 4/12. PLEASE RSVP to donate Spring Salads or to attend!



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!**



ORCHARD PARK SENIOR CENTER

Happy Spring and Easter, Friends!

How is it, that the older you get, the faster the years seem to fly by? When I was in elementary school, it seemed like time stood still and now in the blink of an eye we are already in to the fourth month of 2023. However, I am sure that the majority of you are just as excited as I am to have spring here.

We have quite a few fun and interesting things planned for this month. Of course, Easter is always at the top of the list. Please be sure to stop by the center on Friday, April 7th, to find an Easter Egg and register for an Easter Basket Give-a-way. Also, be sure to take a look at the entire line up and sign up for anything and everything that peaks your interest. You might be on the fence about coming to something but jump over that fence and come anyway. I bet you will end up

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 (Apr. 3 & 17)
- 1:30-3:00 Conversational Spanish for All (please bring a cell phone or laptop if available)
- 2:30-3:30 ***NEW** Thai Chi 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 ***NEW** Thai Chi 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

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



Upcoming Events & Activities - Please RSVP to 942-2293

April 4th @ 10:30-11:30 – Come play Singo Bingo with Brandy from Interim Healthcare and you might just win a PRIZE! This is such a fun game. No singing required – I promise! Brandy will play a clip of a song and you have to guess the name of the song. Anyone who has the title of the song on their bingo card will get to mark it off. Before you know it, you will be singing out loud and tapping your feet to the music. Last time we did this, we had a blast! Please RSVP – You won't be sorry!

April 4th @ 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.

April 4th @ 11:30 – “Good Grub Lunch Club” – Since the weather is getting nicer, it reminds me of picnics and then that made me think of

“Bob's Charcoal Grill” so that's where I decided we should go this month. Please meet at Bob's Charcoal Grill – 2957 N. Arkansas. This is a fun group to meet people or have fun with the ones you already know. All are welcome! Please RSVP.

April 6th @ 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.

April 7th – Easter is this Sunday.
Stop in today to find a hidden
Easter Egg and register
to WIN an Easter Basket!
HAPPY EASTER, FRIENDS!!!



April 7th @ 2:00-3:30 – 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 **Continued on pg 18**

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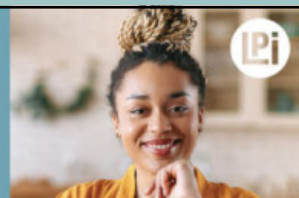


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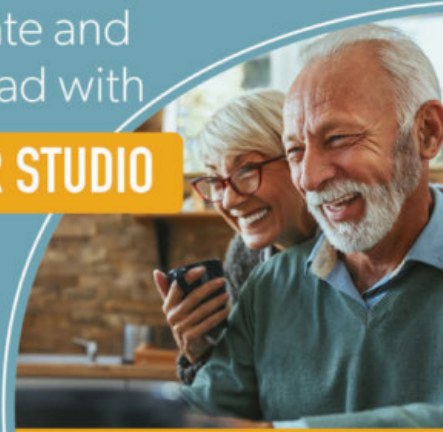


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Upcoming Events & Activities - Please RSVP to 942-2293

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.

April 11th @ 10:30-11:30 – Des from Oxford Grand will be here and she is taking it up another notch... this month. Instead of our usual craft project, we are playing the game “Farkle.” Come on, all you game enthusiasts. Who will be the lucky winner? Prize awarded - Please RSVP.

April 13th @ 10:30 – Garden Season is upon us. Join Kelli and Jackie to make a painted rock for your garden, to give as a gift or to hide around the community for someone to find and enjoy. All materials provided. Please RSVP.



April 14th @ 2:00 – Kelli's Cooking/Comedy Show – “Air Fryer 101” – A Beginner's Guide to using an Air Fryer. We will make a snack or two in the Air Fryer and the audience will get to sample the snacks.

April 18th @ 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.

April 18th @ 11:45-12:45 – Rachel Thompson and Jeff Weatherspoon with Mid-American Credit Union will be here to present “Surviving the New Normal – Inflation”. Lunch will be provided by Mid-American Credit Union. Please RSVP – Limit 20 people.

April 19th @ 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.

April 20th @ 10:30-11:30 – Micala Gingrich Gaylord with Comfort Care Homes will be here to discuss useful tips for caregivers of loved ones

with Alzheimer's and Dementia. Dessert will be provided – compliments of Comfort Care Homes.

April 21st @ 1:00 – Movie – “Elvis” (Rated PG-13) Starring Tom Hanks and Austin Butler. From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years. Central to Presley's journey and happiness is one of the most influential people in his life - Priscilla. Concessions provided. Feel free to bring a seat cushion for more comfort. I have a few available here. Please RSVP.



April 24th @ 11:00 – Advisory Council will meet for 2023 Brainstorming Session.

April 25th @ 10:30-11:30 – Rae Flowers will be here to present on her new Venture called “Caring Compassion.” Her presentation is called “Busting Loneliness” – “How Caring Compassion Helps You Live a Long and Happy Life.” Please RSVP.

April 26th @ 10:30-4:30 – AARP Safe Driver Course – Refresh your driving skills and knowledge of the rules of the road. Please RSVP – Class Limited to 20 Students. Cost of course: \$20.00 for AARP Members and \$25.00 for Non-Members.

April 27th @ 9:00 – The “Egg-cellent” Breakfast Club – Well we go here all of the time for Pie Day – Now let's give them a whirl for Breakfast. Please meet us at Village Inn: 7020 W. Central Ave. This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

April 28th @ 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

Continued on pg 19



ORCHARD PARK SENIOR CENTER

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, 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 donated school supplies for "Random Acts of Kindness" Day on February 17th. You have helped make some Students and Teachers very happy with your generous donations.

WE APPRECIATE YOU!!!



Thank you Carolyn Manning for coming up with the FABULOUS idea of "THE KISSING BOOTH" for Valentine's Day.

Nancy Thomas also contributed her Valentine Mugs. Together, these girls made \$55.00 for Orchard Park. What a fun way to celebrate the day!

THANK YOU! THANK YOU! THANK YOU!

Director's Notes Continued

being glad that you did and learn something that you didn't know before coming. Remember, spring time is about growth so break out of your comfort zone and expand your horizons. You will be proud that you did.

I hope that you all have a fun Easter planned. My boys are 14 and 15 now but we still make them hunt for eggs. I believe that you are never too old for a good ol' fashioned Easter Egg Hunt. We will go to Church, spend our day with family and eat too much food as always and of course, include the Egg Hunt. As I was typing this, I started to wonder why we do Egg Hunts at Easter and I decided to google it. What would we do without good old google? Here is the answer: The egg hunt became an Easter tradition in 16th-century Germany. Martin Luther held egg hunts at the church for his congregation, where the women and children would look for eggs that the men

hid around the property. This practice is symbolic of the women who discovered that the tomb was empty after the resurrection. When reading this it took me back to my childhood when my Dad and Uncle would hide the eggs for me and my cousins. They would hide them so well that sometimes they couldn't even find them or they would be up so high we couldn't reach them. My Dad and Uncle would always get a kick out of that. I love having memories like that. Don't forget to make plans and build lots of memories with your friends and loved ones this holiday.

However you choose to spend your Easter, I am wishing you sunshine, good times and a joyous day!

- Kelli





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TORNADO SEASON IS HERE!



Are you prepared for a disaster like a tornado or an extended power outage that can occur from spring storms? The Centers for Disease Control and Prevention (CDC) is a great resource and some of the items below are part of their list of information targeted specifically for older Americans facing an emergency. Another resource used in the list below is The Department of Homeland Security's Ready.gov site.

Things To Consider:

- Have you thought about the best escape routes or where to take shelter within your home?
- Do you have an emergency contact card with phone numbers?
- Do you have your wallet or purse, phone & charger, glasses and/or hearing aids, shoes and clothes handy?
- Do you have your medication bottles/medical supplies ready to go?
- Do you have enough bottled or gallon jugs of water and nonperishable food for you and your pets?

Some Suggestions For Emergency Supplies:

- Food (that doesn't spoil or require cooking) with a manual can opener
- Whistle/signal flare (will help people locate you)
- Several flashlights with extra working batteries
- Battery-powered radio
- Plastic sheeting, trash bags and/or a rain slicker
- Blanket or sleeping bag
- Toilet paper, incontinence supplies
- Fire extinguisher

Personal First Aid Kit:

- Scissors and tweezers
- Anti-bacterial ointment
- Adhesive tape (2" wide)
- Adhesive bandages-various sizes
- Sterile gauze pads-various sizes
- First aid manual
- COVID supplies-masks, soap/hand sanitizer and disinfecting wipes

