



Downtown • Linwood • Northeast • Orchard Park

May 2023

## 'Wellness in the Park' Celebrates Older Americans Month

"Aging Unbound" is the theme of the 60th year of Older Americans Month, promoting the importance of enjoying independence and fulfillment by paving our own paths as we age.

To celebrate, Central Plains Area Agency is excited to announce Wellness in the Park on May 18. They'll have hands-on demos and wellness activities including Master Gardeners and the Hy-Vee Mobile, Wichita Parks and Rec, a mobile farmer's market, robotic pets, musicians and more. They'll also have a cake to celebrate the 50th anniversary of the Area Agencies on Aging.

Please join us for Wellness in the Park Thursday, May 18, from 1:00pm to 4:00pm at the Plum Shelter in the Sedgwick County Park. Access the shelter from the 21st Street entrance. See you there!

**Wellness  
in the  
Park**

**CELEBRATING OLDER  
AMERICANS MONTH**

- ✓ Fun Demos
- ✓ Art Activities
- ✓ Wellness Information
- ✓ Hy-Vee Healthy You Mobile

May 18, 1-4 p.m.  
Plum Shelter, Sedgwick County Park,  
6501 W. 21st St. N., Wichita, KS

  
Central Plains Area Agency on Aging  
1-855-200-2372

*"Aging is  
not lost youth  
but a  
new stage of  
opportunity  
and  
strength."*

*- Betty Friedan*

# May Holiday Calendar

- **May 1 is May Day.** Mark the return of spring by bringing in branches of forsythia, lilacs, or other flowering shrubs from your region.
- **May 1 is Lei Day** in Hawaii. Leis are garlands or wreaths that are often made with native Hawaiian flowers and leaves. Nowadays, they are given as a symbol of greeting, farewell, affection, celebration, or honor, in the spirit of aloha.
- **May 5 is Cinco de Mayo (“The Fifth of May”).** This day celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862.
- **May 14 is Mother’s Day** - don’t forget! Do you have something planned for this day of parental recognition?
- **May 20 is Armed Forces Day**, which honors those who serve in all branches of the United States military.
- **May 22 is National Maritime Day.** Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.
- **May 22 is Victoria Day** in Canada. This holiday celebrates the birthday of Queen Victoria, who was born on May 24, 1819. The holiday is observed on the penultimate Monday in May.
- **May 29 is Memorial Day**—a poignant reminder of the tenacity of life. It’s tradition to raise the flag on this day.



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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Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994



## DOWNTOWN SENIOR CENTER

Hello everyone!

It's May already! The gateway month to summer! So many holidays and special events in May it can be very overwhelming. There is May Day on May 1st, Cinco de Mayo on the 5th, Mother's Day on the 14th and then of course Memorial Day on the 29th (which by the way all center's will be closed in observance of. Center's will open back up on Tuesday, May 30th.)

I am going to add one more holiday to the ever growing list. Did you know that May is National Arthritis Awareness Month? Arthritis is the leading cause of disability in America. More than 50 million adults and 300,000 children are suffering with joint pain (or disease). Arthritis Awareness Month helps all of us deal with this commonly misunderstood health issue.

According to Centers for Disease Control and Prevention (CDC), Adults with arthritis should aim for at least 150 minutes a week of moderate-intensity activity such as brisk walking or 75 minutes a week of vigorous-intensity aerobic activity, like cycling at 10 mph or faster, or an equivalent combination. You should also aim for at least 2 days a week of activities that strengthen muscles **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 - Rm 1  
10:00-11:00 Wanda's Exercise - Rm 2  
1:00-4:00 Open Pickleball - Gym

#### Tuesday

8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
10:00-11:00 Exercise - Gym  
10:00-11:00 Book Club (May 9) - Rm 3  
11:00-12:00 Cardio Drumming - Gym  
1:00-2:00 Job Club - Rm 3  
1:00-4:00 Open Pickleball (May 9 & 23)  
2:00-3:00 Bible Study - Rm 3

#### Wednesday

8:00-9:30 Competitive Pickleball - Gym  
8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
10:00-11:00 Wanda's Exercise - Rm 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 - Rm 1  
10:00-11:00 Exercise - Gym  
11:00 Advisory Council (May 4) - Rm 3  
1:00 Writing Craft (May 4) - Rm 3  
1:00-2:00 Lunch Bunch (May 11)  
1:00-3:00 Flying Saucers (May 4)

#### Friday

8:00-11:00 Competitive Pickleball - Gym  
8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
10:00-11:00 Wanda's Exercise - Rm 2  
12:00 Party Bridge - Rm 2  
12:00 Texas Hold'em (May 5 & 19)  
12:30 Hand & Foot (May 12 & 26) - Rm 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

## Director's Notes Continued

and include activities to improve balance such as standing on one foot. If you cannot do 150 minutes a week, stay as active as your health allows. Change your activity level depending on your arthritis symptoms. Some physical activity is better than none.

### Downtown Center Housekeeping

I have had a couple of schedule change requests and before I make the changes in the June calendar I want to put the matter to a vote. Texas Hold em' was moved in April to the 1st and 3rd Friday of the month. The request is to move Texas Hold 'em to Thursday's. Call (316) 267-0197 and let us know! Do we keep it or move it?

There has also been a request to add Mahjong to the calendar. Is anyone else interested? There will be a sign-up sheet at the downtown office

to gauge interest.

I am adding a little more Pickleball time to the schedule, Wednesdays mornings from 8:00am - 9:30am there will be an extra Competitive Pickleball session added. Open Pickleball session has been added for the 2nd and 4th Tuesday's of the month.

With all these new games and events we have been seeing new faces which is really exciting! What isn't exciting is there have been some attendee's that aren't members or haven't filled out a demographic form and paid the \$2.00 day fee. In some cases we can work with the financial end but everyone has to be in our system so we know who is in the building in case of an emergency. So please, if you bring guests sign them in. Thank you so much for your cooperation!



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# DOWNTOWN SENIOR CENTER

## EDUCATIONS:

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

- **May 15th @ 9:30am - Local History Stroll:** We will meet at Naftzger Park (9601 E. Douglas Ave) and stroll east down Douglas Ave visiting different spots along the way. We will learn on our self-guided tour facts about existing places we see every day and places that are no longer there like Burt Smiths Groceries, which opened in 1885. We will stroll to explore the Spice Merchant (1300 E Douglas Ave) and then head back to Naftzger Park and our vehicles. Our travels will take us a half a mile each way so bring your walking shoes and stroll Douglas with us on a beautiful May morning!



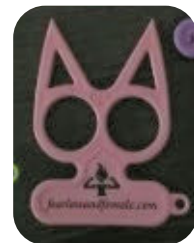
- **May 17th @ 12:00pm - City of Wichita Paratransit Services informational:** A representative from the City of Wichita's Paratransit services program will be at the Downtown Center to discuss the application process and how to enroll in the door to door services for people that have physical and cognitive issues preventing the ability to use regular bus service.

- **May 18th @ 11:30am - "Doc Talk" Microbiome, Gut Health & Arthritis:** The types of bacteria living in and on our bodies can impact arthritis. Learn what helps or harms the microbiome and the health of your gut and discover dietary changes that can make a difference.

- **May 25th @ 11:30am - Fearless and Female Self Defense:** Back by popular demand!



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.



- **May 25th @ 1:00pm - Small Space Herb Gardening:** The Sedgwick County Extension Center Horticulture Department volunteer speaker, Karen Sanders-West will be at the Downtown Center giving a hands on education opportunity on how to make and maintain an herb garden in a small space. It will be a great education to learn how to be able to have fresh herbs at home!

## CANCELTION AND CLOSINGS:

- **Closed May 29th for Memorial Day**



- **No Open Pickleball May 10th - Make-Up Day May 9th**

## DATES TO REMEMBER:

- **May 9th @ 10:00am - Book Club: "Letters Across the Sea" by Genevieve Graham**
- **May 18th - Foot Care By Appointment Only**



## DOWNTOWN SENIOR CENTER

### SPECIAL EVENTS:

- **May 5th @ 10:00am - Drink Local Coffee**  
**Hour:** A group of us will be meeting at Mokas Cafe located at **143 N McLean Blvd** to get out of the house, meet new people and try something different. I am definitely looking forward to trying Mokas' Toffee Cream Latte!
- **May 10th @ 1:30pm - 3:30pm - Mother's Day Tea:** Calling all Mothers! We will be trying our hands at flower arranging while sampling a variety of tea's and treats. It will be a fun time to socialize and celebrate mothers. Suggested donation of \$3. Please call 267-0197 to RSVP.



- **May 11th @ 1:00pm - Lunch Bunch:** We will be meeting at Spears restaurant and Pie shop located at 4323 W Maple St, Wichita, KS 67209. You can't go wrong with good food, new and good friends and a free slice of pie with lunch!

### CRAFTS:

- **May 4th @ 1:00pm - Cinco de Mayo Corn Salsa:** Learn how to make corn salsa with us! Cost for materials is 3 dollars.
- **May 22nd @ 2:00pm - Pizza Pan Memo Boards:** Des with Oxford Villa will be at the Downtown Center to teach us how to make Pizza Pan Memo Boards.



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Senior Services Inc. of Wichita, Wichita, KS

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# LINWOOD SENIOR CENTER

**"At last came the golden month of the wild folk - honey-sweet May, when the birds come back, and the flowers come out, and the air is full of the sunrise scents and songs of the dawning year."**

**- Samuel Scoville Jr., Wild Folk**

Welcome to May,

It is the month of the "wild folk!" I don't know about you, but I LOVE May! It is a month, when life gears up! High school and college graduations, Mother's Day and Memorial Day are all a part of it. May is the month of building memories, so we hope you will build them with us! A few highlights of the month are the "Mother's Day Tea" and "Bin There Done That", where we caravan and find out how to shop in the Bin stores! New classes and events include bringing back our dear Elaine Kinder and her line dancing class and arthritis exercise class. We also will bring back our Hip Hikers Walking Club, and Joe Samaniego for Tai Ji. There are some changes, as we are changing Bingo around a bit for our summer schedule, please hold on while we try something new. Also wanted to welcome our new members, all of you are a delight! So welcome back to our summer schedule!

- Cherise & Crew

## Ongoing Activities

**Please RSVP for ANY Activity - Call: 263-3703 - Open M-F from 8am to 4:30pm**

### Monday

8:30 Hip Hikers Walking  
in the Park  
9:00 Stronger Seniors  
10:00 Bible Study  
(May 1 & 15)  
11:00 Tai Ji (**New Class**)  
11:15 Friendship Lunch  
12:30-1:30 Bingo  
(May 8 & 22)  
2:00 Grief Support Group  
(May 15)

### Tuesday

9:00 Pickleball  
9:00 Stronger Seniors  
10:00 Needlework/  
Looming with Linda  
11:15 Friendship Lunch  
1:30 Movie Time  
(May 2, 9, 16, 25 & 30)

(\*See Schedule)

### Wednesday

8:30 Hip Hikers Walking  
in the Park  
9:00 Stronger Seniors  
9:00 Advisory Council  
(May 24)  
11:00 Tai Ji (**New Class**)  
11:15 Friendship Lunch  
12:00 Pinochle with Friends  
(No Computer Lab)  
1:00-2:00 Arthritis Exercise  
2:00-4:00 Craft Educations  
(\*See Schedule)

### Thursday

9:00 Pickleball  
9:00 Stronger Seniors  
9:30-11:30 Writer's Craft  
(May 4)

11:15 Friendship Lunch  
12:00 Pinochle with Friends  
(No Computer Lab)  
1:30-2:30 Line Dance with  
Elaine (**New Class**)  
3:00 Dime Bingo  
(NEW Time)

### 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)**

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

### GIFT SHOP

Don't forget to shop at our Little Shop at Linwood! We really have some neat items displayed. Special thanks to our recent donors, who have really given from the heart! And let's also give our volunteers a hand and tell them how much we appreciate all their "hard work" in displaying, pricing, and taking items to the storage. Thanks to Charlotte, Dottie, Starla, Betty, Tim, Theresa, Linda, Pat and Tanya for all they do, and anyone I forgot to mention! YOU ARE THE BEST!!!



### "MOTHER'S DAY TEA"

**Wednesday, May 10th from 1:30pm - 3:30pm**

**At the Downtown Senior Center, 200 S Walnut**

Special Speaker Marisa Smith of the Spice Merchant will attend and share with us her knowledge, "All About Tea".

Special light goodies served, fruit salad, cucumber sandwiches, pinwheels and biscuits!

\$3 suggested donation.

**Please call 263-3703 (Linwood) or 267-0197 (Downtown) to reserve your spot.**



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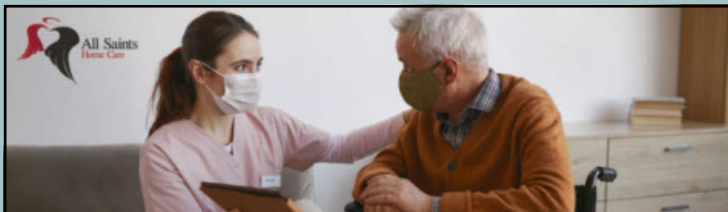
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## Fun Upcoming Events & Activities (RSVP for ALL to 263-3703)

### MOVIE TIME - Tuesdays @ 2:00pm - 4:00pm

- 5/2** - "Sister Act" (Whoopi Goldberg classic comedy)
- 5/9** - "The Namesake" (Great journey about going home, Indian roots and American birthright)
- 5/16** - "The Terminal" (Tom Hanks & Catherine Zeta-Jones, in limbo)
- 5/25** -  **"MOVIE OUT" please note no movie this week at Linwood.** we are wanting to go out to a movie on Thursday the 25th at the Towne West Boulevard Movie Theatres - **4600 W Kellogg Dr, at 1:00pm.** Cost is \$7 and \$5 for drink/popcorn plus tax. Call to find out what movies are available (263-3703 RSVP and info).
- 5/30** - "Hopalong Cassidy" (We will show 2-3 episodes of the golden age of the TV Western)

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

### WRITING CRAFT - May 4th @ 9:30am

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

**Program:** Basics of Researching

**Exercise Words:** sail - strawberry - snake - stove - salmon

**General Prompt:** Write about a memorable trip with someone special.

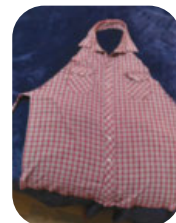
**Poem Prompt:** Write a poem about someone special.

### CRAFT/ART CLASS EDUCATION:

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

**May 8th @ 3:00pm, "Jewelry Making"** - Our Linda Richard will teach you how to make some earrings. Cost is \$3-6 depending on what beads or charms you choose. RSVP by 5/4 please!

**May 17th @ 2:00pm, "Apron Using A Man's Shirt"** - FUN to make, you can use your own shirt or ask us to get one for you. If you use your own shirt cost is \$5. If we get one for you it is \$10. Pat Collins leading, RSVP by 5/12 please!



**May 22nd @ 2:00pm, "OWL Making 101"** - You will love adding this to your home, or giving as a gift! Cherise Langenberg leading. Cost is \$3. RSVP by 5/17.



**May 24th @ 2:00pm, "Bling It T-Shirt"** - Cool to wear! Pat Collins leading. Cost is \$8. RSVP by 5/19.

**May 31st @ 2:00pm, "Bling It Hat"** - Can make it to go with the T-Shirt, of course! Cost is \$8. Pat Collins leading. RSVP by 5/24.



### 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!**

**May 5th, "Healthy Food Can Taste Good"** - Nicole Duran, Dietetic Intern, will share healthy food that tastes good. Come ready to sample!

**May 12th, "Partner With Your Doctor"** - Come and hear techniques to improve communication with your Doctor, so they can work well with you. Humana sponsored, Jessica Dinh to present.

Continued on pg 11



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

**May 15th @ 1:00pm, "Cooking Class With Meka Green"** - \*This month we will share a strawberry spinach salad recipe, just in time for summer! Meka will also teach us how to make zucchini patties. YUM CITY!!! Get healthy and learn great tips on preparing food.

**May 19th, "Disaster Prevention"** - Come and hear our presenter from the American Red Cross, how to install smoke alarms, and how you can get yours FREE!!!

**May 26th, "Healthy Food = Produces Healthy Minds & Bodies Pt 3"** - 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!

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### NEW CLASSES & CHANGES IN SCHEDULE

#### **Arthritis Exercise & Beginning Line Dance:**

Our long time teacher Elaine Kinder will be returning to Linwood in May and instructing two classes. The **"Arthritis Exercise Class"** will be held on **Wednesdays from 1:00pm - 2:00pm**, which will provide exercises to assist if you have arthritis. Elaine's **"Beginning Line Dances"** will be held on **Thursdays from 1:30pm - 2:30pm**. Elaine has been instructing for several years and has many years of experience teaching ways to improve balance and providing mind/physical exercises to keep your body healthy! RSVP if you want to attend.

#### **Tai Ji:**

Joe Samaniego, Diabetes Education and Wellness Coordinator of Central Plains Area Agency on Aging will be instructing. This class will assist with learning basic moves to help with balance coordination and strengthening muscles. The class meets two times a week for 21 weeks. Please call to find out more information and to sign up!

#### **Hip Hikers Walking Club:**

We will be meeting at 8:30am on Monday and Wednesday to walk in the park. We can walk with or without Nordic Walking Poles. Our goal is to not get too hot, but to have a good time exercising and talking. This is just starting up, so bear with us, as we get it off the ground. Later on will expand our locations to nature parks around town.

#### **Schedule Changes:**

We are having to change to our summer schedule. I want to let you know that we are moving Bingo to Mondays at 12:30pm to 1:30pm, for the 2nd and 4th Mondays. Dime Bingo will also move back to 3:00pm on Thursdays.

#### **REMINDER:**

We are closed on Memorial Day, May 29th. Let's remember our fallen!



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### ON-GOING GROUPS:

**BIBLE STUDY** - Scheduled for the 1st & 15th @ 10:00am, Pastor Bennet has moved back to Louisiana, Odean Moore & Cherise to lead.

**GRIEF SUPPORT** - Scheduled for the 15th @ 2:00pm with Chaplain Greg Schmidt.

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### SPECIAL EVENTS & ACTIVITIES:

**May 5th @ 11:30am, "Luncheon Lovelies & Romeo Club"** - Lunchout at Villars Mexico Cafe - 1860 S Hillside St, Wichita, KS 67211. Join us for some good eating and fellowship! Please RSVP.

**May 24th @ 1:00pm - 4:00pm, "BIN THERE DONE THAT!"** - Ever heard of bin shopping?!? It is where you dig thru bins to find great deals! We will be spending the afternoon caravanning to a few bin stores, and finding some bargains. We may stop and even get a treat to eat! RSVP to 263-3703.





## NORTHEAST SENIOR CENTER

Hello Everyone! Happy May! Happy Mother's Day!

Praying all is well with you and your family! Well, I am not sure about you, but I have been wondering where is the time going? We are already in May and the days are still coming and going. Speaking of time, Ecclesiastes 3:1-8 mentions "There is a time for everything, and a season for every activity under the heavens..." Feel free to Google and read the rest, because I am short on space; but I wanted to share there is not a single thing that is random. ALL things are appointed. **Continued on pg 15**



### Ongoing Activities

**PLEASE CALL: 269-4444 IN ADVANCE TO PARTICIPATE IN ANY ACTIVITY**

#### Monday

9:30 WSU WellRep Exercise Class  
10:30 Diamond Dotz  
11:30 Aging Projects Friendship Meals  
12:30 Strength & Stability Exercise Class with Joe Samaniego from CPAAA  
1:30 Living Well with Diabetes (2nd Monday each month)

#### Tuesday

10:30 Keep It Moving Exercise Class  
11:30 Aging Projects Friendship Meals  
1:30 Educational Presentations (May 9th, 16th, & 23rd)

#### Wednesday

9:30 WSU WellRep Exercise Class  
10:30 Jewelry Making Class  
11:30 Aging Projects Friendship Meals  
12:30 Line Dance (2nd & 4th Wednesdays only)  
12:30 Being Kind to Others - Hospice Helpers (1st Wednesday each month)

12:30

Strength & Stability Exercise Class with Joe Samaniego from CPAAA

#### Thursday

10:30 Keep It Moving Exercise Class  
11:30 Aging Projects Friendship Meals  
12:00 Quilters' Treasures  
1:00 Card Games (Bid Whiz & Spades)

#### Friday

9:30 WSU WellRep Exercise Class  
10:30 Diamond Dotz  
11:30 Aging Projects Friendship Meals  
12:30 Strength & Stability Exercise Class with Joe Samaniego from CPAAA

#### AVAILABLE DAILY:

**Computer Lab**

**Dominoes (usually starts around 12:00)**

**Exercise Equipment Room**

**Wii Games (available in the afternoons)**

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

### March Word Search Winner

Ronna Bailey

### DIP OFF Winner

Pamela Smith (Spinach Dip)

### CLOSED

May 29th - In Observance of Memorial Day

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!



### Upcoming Activities/Events:

- **Wednesday, May 3rd at 12:30pm - Being Kind to Others** - Hospice Helpers group will meet to make crafts for Hospice patients.
- **Monday, May 8th 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

- **Friday, May 12th from 2:00pm - 3:30pm**  
**Mother's Day Celebration** - Come join us for an afternoon of Fun & Fellowship to celebrate Mother's Day. PLEASE RSVP!



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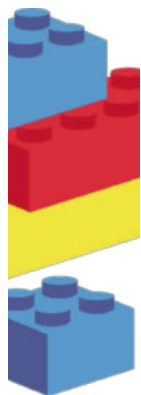
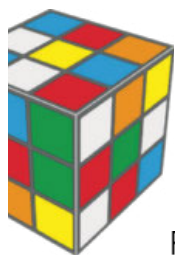




## Classic Toys

Find and circle all of the toys that are hidden in the grid.  
The remaining letters spell a quote by G. K. Chesterton.

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



P	E	L	P	O	E	P	E	L	T	T	I	L	W	S	I	Z	Z	L	E	R	S
O	Y	Y	O	H	A	T	O	N	K	A	T	R	U	C	K	T	W	A	R	R	S
P	T	W	E	T	O	C	N	B	G	D	S	R	P	O	O	Z	A	K	A	A	E
G	T	R	B	K	S	F	H	A	E	K	W	A	E	R	U	L	L	A	D	C	B
U	U	K	U	G	O	I	B	A	I	A	D	I	E	Z	R	O	E	U	I	X	E
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E	Y	I	A	M	O	R	P	R	L	T	S	H	E	F	C	Z	O	H	F	B	B
T	L	T	M	B	I	I	P	E	E	A	Y	B	B	R	L	T	I	S	L	H	S
C	L	S	O	Y	N	K	B	O	M	T	Y	C	U	A	W	E	R	W	Y	C	I
H	I	O	S	G	E	A	H	W	T	D	A	B	A	H	L	E	B	K	E	T	R
A	S	G	R	N	L	L	E	P	D	A	I	W	E	T	I	L	L	A	R	A	F
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K	P	P	O	D	V	I	T	B	S	R	L	O	L	O	A	Y	A	E	T	L	S
E	Y	E	K	N	O	M	K	C	O	S	G	O	H	L	Y	S	B	I	I	T	H
T	C	A	P	G	U	N	U	M	A	M	S	O	L	E	K	O	R	D	N	H	W
C	E	I	B	R	A	B	T	A	E	N	Y	O	R	C	A	S	E	O	K	O	E
H	G	I	J	O	E	N	Y	T	I	C	O	A	A	I	L	D	P	S	E	D	E
N	E	R	F	B	A	L	L	T	H	N	C	J	L	I	P	I	U	C	R	Y	B
E	A	S	Y	B	A	K	E	O	V	E	N	A	N	P	N	S	S	O	T	A	L
G	L	L	O	D	Y	S	T	A	L	F	I	K	N	N	I	T	W	P	O	L	E
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BALLOON  
BARBIE  
BEACH BALL  
BOP BAG  
CAP GUN  
CHATTY CATHY  
EASY BAKE OVEN  
ETCH A SKETCH  
FINGER PAINT  
FLATSY DOLL  
FRISBEE

G.I. JOE  
GUMBY  
GYROSCOPE  
HOT WHEELS  
JACKS  
KALEIDOSCOPE  
KAZOO  
KEN  
LEGO  
LITE BRITE  
LITTLE PEOPLE

MATCHBOX CAR  
MECCANO  
MR POTATO HEAD  
NERF BALL  
PADDLE BALL  
PLAY-DOH  
PLAYMOBIL  
POGO STICK  
POKEY  
POP GUN  
RADIO FLYER

RUBIK'S CUBE  
SILLY PUTTY  
SIZZLERS  
SKIPPING ROPE  
SLINKY  
SOCK MONKEY  
SOMA CUBE  
SPIOGRAPH  
SUPER BALL  
TEDDY BEAR  
TINKERTOY

TIN SOLDIERS  
TONKA TRUCK  
VIEWMASTER  
WATER PISTOL  
WEEBLES  
WIFFLE BALL  
WIZZER  
YO-YO



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# NORTHEAST SENIOR CENTER

## Director's Notes Continued

Not only are all things appointed, the time of all things IS appointed. Whether you are in mourning (loss of family, pet, or job), a change in health (homebound not able to cook or care for yourself), feeling isolated, and the list goes on...I feel Senior Services is able to meet you in your time of need. We offer Grief Services, Meals on Wheels for the homebound, Roving Pantry for those that are not able to get out and do their grocery shopping like they used to, Senior Employment for those looking for a job, and loads of activities, classes, and events at our Senior Centers to keep you active and social. Feel free to contact us and we will do our best to meet your need during your time of need.

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

Carnesha Tucker – Center Director

## Upcoming Activities/Events:

- **Monday, Wednesday, & Friday at 12:30pm Strength & Stability Exercise Class** - This is a 1 hour general fitness class for all fitness levels that focuses on building strength, improving balance, and having fun. Each class will include a warm-up, cardiovascular fitness, resistance exercises, cool-down and stretching for a well-rounded exercise routine. This class is taught by Joe Samaniego – Certified Instructor with special training, from Central Plains Area Agency on Aging.

## Educational Presentation:

- **Tuesday, May 9th at 1:30pm**  
**“It’s in the Air: Problems with Pollen?”** - Wave goodbye to your problems with pollen by learning what nutrients and foods help support a balanced immune response to airborne irritants. Presented by Nutritional Coach Aubrey Vereecke with Natural Grocers. PLEASE RSVP!



- **Tuesday, May 16th at 1:30pm**  
**“Hydration: The Importance of Staying Hydrated”** - Did you know that not drinking enough water can be crucial to your health? Yes, water regulates body temperature, lubricates joints, and keeps organs functioning properly to name a few. Come join us to learn more on the importance of drinking water. Presented by Brandi Bailey with Interim Healthcare. PLEASE RSVP!



- **Tuesday, May 23rd at 1:30pm**  
**“Something Just Doesn’t Look Right: Protecting Yourself from Predatory Lenders and Identity Thieves”** - Come join us for our first Lunch & Learn with Rachel Thompson. Sponsored by MidAmerican Credit Union. PLEASE RSVP by May 19 for food count purposes.



Has anyone been wondering what the Line Dancers at Northeast have been up to? They have been partying like they always do...here is a picture of their Mardi Gras Party they had February 22, 2023. If you enjoy music and dancing this is the group for you. Feel free to stop by 2nd & 4th Wednesdays at 12:30pm to see them in action. You will not be disappointed.



## ORCHARD PARK SENIOR CENTER

Happy May, Happy Older American's Month, Happy Mother's Day to all of the Mother's and Happy Memorial Day! Lots to celebrate this month. I have something to celebrate on a personal level this month and that is my Parent's 60th Wedding Anniversary! Wow! That is a LONG time. I am so fortunate to have been blessed with such wonderful, loving parents, not to mention great role models for what a great marriage should look like. Happy 60th Dad and Mom! You're the BEST!

Happy Older American's Month to all of you! Each year in May, we commemorate Older Americans Month (OAM) to encourage and recognize the countless contributions that older adults make to our communities. You all make great contributions to our community in many different ways and I am so inspired by you and I am grateful for everything that you do. **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 (May 1 & 15)
- 1:30-3:00 Conversational Spanish for All (please bring a cell phone or laptop if available)
- 2:30-3:30 **\*NEW** Thai Chi Quan 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 Quan 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 video 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 for 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 & Activites - Please RSVP to 942-2293

**May 1st - HAPPY MAY DAY!**

**May 1st @ 2:30-3:30 - \*NEW CLASS\* Yea!!!**

We get to keep Joe from CPAAA for another 26 weeks but... the class will changing. The new class is Thai Chi Quan: Moving for Better Balance. An Alternative Exercise Training Program for Improving Balance and Preventing Falls. Great for all fitness levels. Please RSVP.

**May 2nd @ 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!

**May 2nd @ 11:30** - "Good Grub Lunch Club" - Join us for Lunch at Sweet Allie B's located at: 707 N. Waco, Suite 106. Found this hidden little gem about 5 years ago and their food is delightful. This is a fun group to meet people or have fun with the ones you already know. All are welcome! Please RSVP.

**May 2nd @ 12:00-3:00** - Carrie Wharton with the 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.

**May 4th @ 10:00-11:00** - Orchard Park Book Club - Open to all reading enthusiasts. Come and be a part of a fun and thought provoking group. Please RSVP.

**Continued on pg 18**

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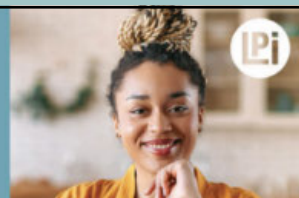


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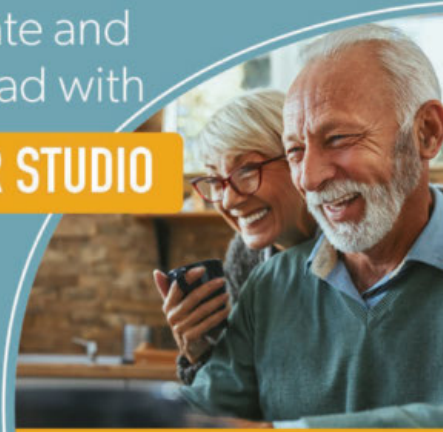


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## Upcoming Events & Activities - Please RSVP to 942-2293

**May 5th @ 1:00** – THE SALSA WILL BE HOT AND THE FOOD WILL FLOW – COME HELP US CELEBRATE CINCO DE MAYO! Back for its 2nd Year - “The Nacho Ordinary Taco” Luncheon is taking place at Orchard Park. Price is \$10.00 per person. That will include: 2 tacos, rice, chips and cheese, drink, dessert and Musical Entertainment by “Band Hispanica” (A Wichita Based Latin Dance Band). Must pay in advance through Kelli or Jackie and RSVP no later than May 2nd. Hope to see you all there Amigos!



**May 5th @ 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 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.

**May 9th @ 10:30-11:30** – Come hang out with our girl Des from Oxford Grand. We will be making Pizza Pan Memo Boards. Such a clever and cute idea! Please RSVP.



**May 10th @ 10:30-11:45** – Intergenerational Bingo in honor of Older American's Month. Maize South Middle School Students will be here to play Bingo with our Members. It's so fun to mix different generations to swap stories and laughs. Please RSVP – Limit 15.

**May 10th @ 1:30** – Meet at the Downtown Library for Senior Wednesday: Streetcars of Wichita. “The History of Wichita Streetcars”, a revealing look back at urban transportation, Wichita-style.

**May 11th @ 11:00** – Mother's Day Garden Party Brunch at Orchard Park – Join us for a light brunch, entertainment and a DIY Plant Bar where you can tap into your creative



side by creating a plant to take home with you. Please RSVP.

**May 12th @ 2:00** – Kelli's Cooking/Comedy Show – “Toaster Oven Appetizers” – We will make one of my favorite appetizers, crostini's in the toaster oven. Simple, easy and so delicious!

**May 16th @ 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. During this particular coffee chat we will have a visit from this year's Admiral Windwagon Smith XLIX, Kaye Monk-Morgan of the 2023 River Fest. Please call to RSVP.

**May 17th @ 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.

**May 18th @ 11:00** – Katherine Ambrose with Empowered Senior will be here to present “Empowering Seniors for Successful Aging.”

**May 19th @ 1:00** – Movie – “Top Gun: Maverick” (Rated PG-13) Starring Tom Cruise. After more than 30 years of service as one of the Navy's top aviators, Pete “Maverick” Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it. Concessions provided. Feel free to bring a seat cushion for more comfort. I have a few available here. Please RSVP.



**May 23rd @ 12:00-1:00** – “How To Save The Farm” This webinar session will be hosted at Orchard Park by Clinkscales Elder Law Practice. They will discuss the following: **Continued on pg 19**



## ORCHARD PARK SENIOR CENTER

- How and when to transition the farm to family members or employees
- Tax information including estate, gift, and GST tax rates and exemptions
- How to protect your spouse and family
- Health information and how to choose decision makers
- Tools that will help you achieve your succession planning goals

**May 25th @ 9:00** – The “Egg-cellent” Breakfast Club – Please meet us at Copper Oven Café and Bakery: 2409 W. 13th. This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

**May 25th @ 10:30-11:00** – Great Plains Nature Center will be here to present on Mammals. They will bring at least one animal with them to share with us during their presentation. This is sure to be informational and entertaining. You won't want to miss it!

**May 25th @ 1:00 – NEW THEATER GROUP** – Meet at The Boulevard Theater to see one of the latest movies together. Movie TBD. The Movie is \$7.00 + tax and if you would like the popcorn/drink combo it is \$5.00 + tax. We will meet at 12:45 to ensure good seats. Please RSVP.



**May 26th @ 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.

**May 29th – CLOSED IN OBSERVANCE OF MEMORIAL DAY – WE GIVE HONOR TO ALL OF THOSE WHO GAVE THEIR LIVES FOR THIS GREAT COUNTRY. THANK YOU! THANK YOU! THANK YOU!**



“Let their remembrance be as lasting as the land they honored.”

– Daniel Webster

**\*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!**

## Director's Notes Continued

I would like to wish all of the Mother's a very Happy, Peaceful and Relaxing, Mother's Day!

Last but not least, Happy Memorial Day this Month! I know that a lot of us enjoy our three day weekend but what we really need to remember is the real reason we commemorate this day. Memorial Day is to honor all of those who sacrificed their lives fighting for this great country that we live in. “For love of country, they accepted death” – James Garfield. May we never

forget our fallen heroes and appreciate those that continue to serve every day. Thank you!

On a lighter note, please be sure to look through the Compass this month and find calendar events that entice you and feed your soul. We would love to see your smiling faces.

I hope that you enjoy your May and all of the beauty this month brings.

– Kelli



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PRESENTS



## PICKLEPALOOZA SUMMER SOLSTICE CELEBRATION

Wednesday, June 21st, 2023 | 8:00am - 5:00pm | Chicken N Pickle - Wichita, KS

Come out and play for fun while supporting the isolated, homebound seniors in Meals on Wheels & the families stricken with Alzheimer's Disease.

Picklepalooza is for everyone who wants to play Pickleball!

- **\$150 - Standard Team (2 players)**

Includes light appetizers during play time & 1 drink ticket per person.

- **\$200 - VIP Team (2 players)**

Includes light appetizers, lunch, & 2 drink tickets per person.

**Purchase Tickets Online At:**

<https://www.wesharegiving.org/app/giving/WeShare-20001694?tab=home>



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