



Downtown • Linwood • Northeast • Orchard Park

June 2023

"4-CENTER PICNIC"

You are cordially invited to our annual 4-Center Picnic.

At OJ Watson Park - 3022 S McLean Blvd, Wichita, KS 67217

Friday, June 23rd from 11:00am - 1:00pm

Hotdogs, chips, drink and cookie.

Two tickets for each person to ride the paddle boats or train!

Come join us for BINGO and Prizes!

Cost is \$10, bring a chair if you wish, and plan on having fun!

RSVP to your senior center and please pay by Friday, June 9th.

Sponsored by Dedicated Medical Center & Life Care Center of Andover



PRESENTS

PICKLEPALOOZA SUMMER SOLSTICE CELEBRATION

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

What is Picklepalooza? Picklepalooza celebrates the sport of Pickleball, the fastest growing sport in America. During this day-long celebration teams compete in round robin type play based on skill level (beginner, recreational, competitive). Players and spectators alike enjoy the casual pace of play and beginners get the chance to learn a new, fun sport.

Players can play morning, afternoon or all day, whatever works best for you!

TICKET PRICING FOUND ON BACKPAGE

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

Learn More: <https://seniorservicesofwichita.org/picklepalooza/>

PROCEEDS BENEFIT



The Golden Ticket/100 for \$100

Tickets on sale **June 1, 2023 through June 21, 2023** at Picklepalooza 2023.

Need not be present at Picklepalooza to win.

Only 100 tickets are available to win one of these exciting prizes.



PRIZE #1: Everyy Suite at Riverfront Stadium

Package valued at \$1,200

- Attend a Wind Surge game in the luxury of a private suite.
- Entertain 17 guests in style.
- Great for birthday parties, company retreats, host colleagues, customers and clients.
- Suite comes fully stocked with snacks like chips, popcorn and non-alcoholic beverages.



PRIZE #3: Libation Nation

Package valued at \$500 - \$1,000

- Win a collection of top shelf spirits and wines like vodka, tequila, whiskey and more.
- Make a statement at your next cocktail or holiday party with some of best brands available.
- Not a drinker? Consider giving these items as gifts.



PRIZE #2: Gift Card Extravaganza

Package valued at \$1,000 - \$1,500

- Win a package full of exciting gift cards from these great businesses: Chicken N Pickle, Carolyn Sayre Jewelry, ABC Discount Liquor, 2 Brothers BBQ, Lucinda's, Bungalow 26, Botanica Membership & more.



*All proceeds support Senior Services of Wichita.

*By purchasing one Golden Ticket you have provided 10 meals to homebound, isolated seniors receiving Meals on Wheels.

PURCHASE YOUR TICKET TODAY:

<https://www.wesharegiving.org/App/Form/c071fd38-a769-4410-a45c-f967edaf83e5>



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

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

Information/Assistance on Aging

267-0122, ext. 201

Roving Pantry

267-4378

Meals on Wheels

267-0122

All Agency

267-0302

Senior Employment Program

267-1771

Mission:

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



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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Senior Services Inc. of Wichita, Wichita, KS

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DOWNTOWN SENIOR CENTER

Hello everyone!

I read a quote recently that I want to share.

“Dads are most ordinary men turned by love into heroes, adventurers, storytellers, and singers of song.”

It reminded me of my dad, I will refrain from mentioning his name but some of you know him. He is a pretty quiet guy that loves bike riding, reading and music from the 1950's and 1960's. He is also the guy that is willing to put on a woman's apron and serve tea to a bunch of mothers he has never met even though there were camera's present just because his daughter asked really nicely (begged).

I know I'm not the only one with a great dad. Father, Dad, Papa, and Grandpa whatever title you prefer come in all shapes, sizes, biologically related or not. The one thing all fathers have in common is they were and are there for us one way or another and for that alone I want to wish all of you from the Downtown Senior Center a very Happy Father's day! **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
1:00-2:00 Lunch Bunch (June 12)
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 (June 13) - Rm 3
11:00-12:00 Cardio Drumming - Gym
1:00-2:00 Job Club - Rm 3
2:00-3:00 Bible Study - Rm 3

Wednesday

8:00-9:45 Competitive Pickleball - Gym
8:00-4:00 Open Billiards
9:00-3:00 Open Fitness - Rm 1
10:00-11:00 Wanda's Exercise - Rm 2
10:00-11:00 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 Exercise - Gym
11:00 Advisory Council (June 1) - Rm 3
12:00 Texas Hold'em - Pool Rm
1:00 Writing Craft (June 1) - Rm 3
1:00-3:00 Flying Saucers (June 1) - Rm 3

Friday

8:00-11:00 Competitive Pickleball - Gym
8:00-4:00 Open Billiards
9:00-3:00 Open Fitness - Rm 1
10:00 Wanda's Exercise - Rm 2
12:00-3:00 Party Bridge - Rm 2
12:30-3:00 Hand & Foot (June 9 & 23) - 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
Registration Required for ALL Center Activities • Membership: \$35 per year



DOWNTOWN SENIOR CENTER

Director's Notes Continued

The year is officially halfway over already. Does anyone else have a love/hate relationship with the month of June? It's great because right now the sun is shining and it's beautiful outside but by the last week of the month it's scorching hot and the parking lots are like the Sahara. Please remember to hydrate!

Downtown Center Housekeeping

- Texas Hold em' is moving to every Thursday at Noon starting June 1st.
- The Downtown Center is open on June 19th for normal business hours.
- Farmers Market Vouchers are available June 1st for those of you who qualify, the vouchers are First Come First Serve.

Farmers Market Vouchers

Eligibility

To qualify, you must be at least 60 years of age, or 55 years of age and a member of an Indian Tribal Organization, and meet the following income guidelines.

Eligibility is determined by household size, but benefits are distributed individually, meaning any others in your household also meeting the age and income requirements may apply for and receive their own benefits.

Income Eligibility Guidelines, July 1, 2023 Through June 30, 2024

Household Size	Annual Income	Monthly Income	Weekly Income
1	\$26,973	\$2,248	\$519
2	\$36,482	\$3,041	\$702
3	\$45,991	\$3,833	\$885
Each additional member	Plus \$9,509	Plus \$793	Plus \$183

How to Apply

Do not wait! Benefits are given out on a first-come, first-serve basis. To complete an application, Contact the Local Distribution Agency in your area between June 1 and September 15, 2023, or until benefits are gone, whichever happens first.



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DOWNTOWN SENIOR CENTER

EDUCATIONS:

- **June 13th @ 1:00pm - Tech Tuesday:** We are bringing back Tech Tuesday! Are you wondering why your cell phone is eating so much data, why the battery on your phone needs to be charged more often than in the past or why your phone is out of storage space? Bring your cell phones and you will learn the benefits of and most importantly HOW TO perform actions of clearing the cache and limiting data usage to free up storage space, protect your privacy and to save the battery life of your phone.
- **June 15th @ 3:00pm - Stroke Awareness:** Ascension Via Christi Health will be at the Downtown Center to discuss - steps to help prevent a stroke and how to recognize and what to do if you or a loved one is having a stroke. Great information and tips, you don't want to miss it!
- **June 19th @ 12:00pm - Documentary:** *Juneteenth 1865-2021 (KHOU 11, 2021)* 56min. Learn the history and significance of this holiday. I will bring the popcorn if you will bring your drink.
- **June 22nd @ 11:00am - Doc Talk:** Dr. Caleb Frank from Docere Life Center will be at the Downtown Center discussing the benefits of taking a whole systems approach to men's health instead trying to solve issues symptom by symptom.
- **June 28th @ 9:30am - Senior Wednesday at the Wichita Historical Museum Lecture:** *Beyond Brown: Mexican Struggles for Equality Before and After Brown v Board* presented by Valerie Mendoza, sponsored by Humanities Kansas Speakers Bureau. Cost for event is \$2 and includes museum tour.
 - We will meet at 204 S Main at between 9:30am and 9:45am
 - Lecture 10:00am - 11:00am
 - Museum Tour immediately following lecture

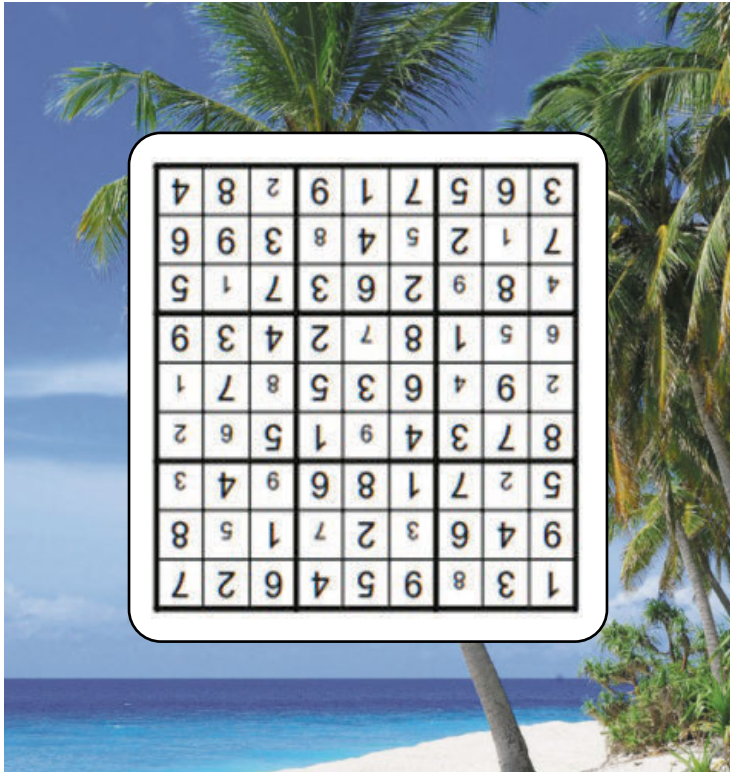
UPCOMING EVENTS & ACTIVITIES:

- **June 2nd @ 10:00am - Drink Local Coffee:** A group of us will be meeting at WANT BIEROCK COMPANY & COFFEE HOUSE - 2615 W 13th St N Wichita, KS 67203 for coffee, snacks and conversation.
- **June 12th @ 9:30am - Local History Stroll:** This Month's History Stroll will start in front of the Drury Plaza Hotel Broadview Wichita Hotel (The Broadview) - 400 W Douglas. Our stroll will take us a half mile east down Douglas to 517 E Douglas (The Eaton Hotel). We will see and discuss 9 points of interest on the way. We will then turn around and walk back. Make sure to bring your walking shoes! See you there!
- **June 12th @ 1:00pm - Lunch Bunch:** Oasis Lounge - 4121 West Maple Street. I heard the burgers are fabulous and I can't wait to try one! Please RSVP before June 12th if you can so we can call the lounge and give them a head count (316) 267-0197.
- **June 15th @ 11:30am - 1:00pm - Father's Day Breakfast for Lunch!** Father's it's time to celebrate you! Pancakes, sausages and hash brown patties. We will even throw in Coffee, Iced Tea and water because you deserve it! Cost is 3 dollars. Please RSVP by June 14th at 316-267-0197.
- **June 23rd @ 11:00am - 1:00pm - 4-Center "Picnic Without The Ants!":** OJ Watson Park - 3022 S McLean Blvd, Wichita, KS 67217. Hotdogs, chips and drink and cookie and 2 ride tickets for \$10. BINGO and Prizes! Bring chair if you want to, and plan on having fun. *RSVP to your senior center (Downtown 267-0197) & please pay by Friday, June 9th.
- **June 27th @ 1:00pm - Bean Bag Baseball (Cornhole) and Hot Dog Lunch:** Provided by Oxford Villa.



DOWNTOWN SENIOR CENTER

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2		4				8		1
6	5			7				
4		9					1	
	1		5		8			
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LINWOOD SENIOR CENTER

"It is the month of June,
the month of leaves and roses,
when pleasant sights salute the eyes,
and pleasant scents the noses."

~ Nathaniel Parker Willis

"You can tell what was the best
year of your father's life,
because they seem to freeze that
clothing style and ride it out."

~ Jerry Seinfeld

Welcome to June,

Are you ready for summer!?! Well if so, we have got a picnic without the ants you can attend! We love June and our fathers! June brings romance,...so many beautiful weddings in June, there is a saying that if you marry in June, your marriage will last a lifetime! I hope so, for those of you who were married in June. This month brings with it some fun things, a tasting trip to the farm, with our Common Ground Crew, a trip on the pond tour, and the opportunity to go to Shakespeare in the Park. So get involved, meet new people by joining in our exercise, education or art classes, you will be glad you did! Lazy summer - no way! Let's be active and learn new things!

- 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 Club
9:00 Stronger Seniors
10:00 Bible Study (June 5 & 19)
11:00 Tai Ji Quan
11:00 Friendship Lunch
12:30 Bingo (June 12 & 26)
3:00 Jewelry Making (June 12 & 26)

Tuesday

8:30 Pickleball
9:00 Stronger Seniors
10:00 Needlework/
Looming with Linda
11:00 Friendship Lunch
1:30 Movie Time (June 6, 13 & 27)

*See Schedule)

Wednesday

8:30 Hip Hikers Walking Club
9:00 Stronger Seniors
9:00 Advisory Council (NOT held this month)
11:00 Tai Ji Quan
11:00 Birthday Party (June 21)
11:00 Friendship Lunch
12:00 Pinochle with Friends (No Computer Lab)
1:00 Arthritis Exercise
2:00 Craft Educations (*See Schedule)

Thursday

8:30 Pickleball
9:00 Stronger Seniors

9:30 Writer's Craft (June 1)

11:00 Friendship Lunch
12:00 Pinochle with Friends (No Computer Lab)
1:00 Beg. Line Dance
1:45 Interm. Line Dance
3:00 Dime Bingo

Friday

8:30 Hip Hikers Walking Club
9:00 Stronger Seniors
10:15 Educational Programs (*See Schedule)
11:00 Friendship Lunch
12:00 13 Point Pitch
1:00 Games of Fame

Daily/Anytime

Walking and Computer Lab

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

"4-CENTER PICNIC"

"You are cordially invited to our annual 4-Center Picnic"



At OJ Watson Park

3022 S McLean Blvd, Wichita, KS 67217

Friday, June 23rd from 11:00am - 1:00pm

We will have hotdogs, chips and drink and cookie.

Plus two tickets for each person to ride the paddle boats or train!

Come and join us for BINGO and Prizes!

Cost is \$10, bring a bag chair if you want to, and plan on having fun.

RSVP to your senior center (Linwood 263-2703) and please pay by Friday, June 9th.

Sponsored by Dedicated Medical Center & Life Care Center of Andover

ON-GOING GROUPS:

BIBLE STUDY - Scheduled for the 5th & 19th @ 10:00am, Pastor Bennet has moved back to Louisiana, Odean Moore & Cherise to lead.

GRIEF SUPPORT - is on hold for a few months, we are looking for a person to lead this! Thanks for your patience!

ATTENTION!

Any of you who are interested in taking beginning or immediate Spanish, please give us a call at 263-3703. Classes are being organized, Judith Equino-Proctor to teach. Cost is \$5 per class.

HOLIDAY CLOSING:

The Linwood Rec Center and Senior Center will be closed on June 19th in recognition of "Juneteenth."

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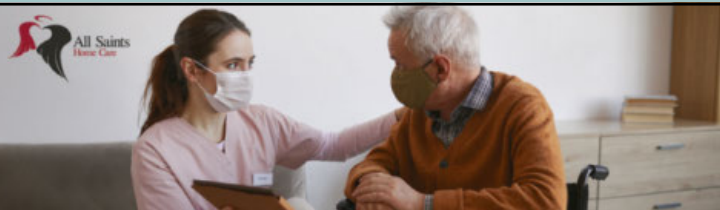
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Senior Services Inc. of Wichita, Wichita, KS

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

MOVIE TIME - Tuesdays @ 1:30pm - 3:30pm

6/6 - "The Greatest Showman" (Extraordinary circus performers trying to make it big)

6/13 - "Beauty & the Beast" (Romance & fun!)

6/22 -  NO MOVIE AT LINWOOD WE ARE GOING OUT TO A MOVIE ON THURSDAY 22nd 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).

6/27 - "The Truman Show" (Insurance salesman's life is actually a game show)

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

WRITING CRAFT - June 1st @ 9:30am

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

Program: Short Stories - Analyzing and Writing

Exercise Words: pilgrimage - pickle - panda - porch - pink

General Prompt: Write about taking pictures on a vacation.

Poem Prompt: Write a poem about a crazy trip.

CRAFT/ART CLASS EDUCATION:

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

June 12th & 26th @ 3:00pm, "Jewelry Making"

- Our Linda Richardson will teach you how to make some earrings. Cost is \$3-6 depending on what beads or charms you choose. RSVP by 6/9 please!

June 14th @ 2:00pm, "Denim Flowers" - Come and find out how to design flowers with denim, and what you can decorate! Cost is \$5 - Pat Collins instructor. RSVP by 6/9 please!



June 28th @ 2:00pm, "Sunflower Bottle Top Picture" - So cute to give or keep, neat rustic feel. Cherise or Pat Collins to lead. Cost is \$3. RSVP by the 6/17.



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!**

June 2nd, "Stroke Trivia & Information" - Come and find out about the comprehensive stroke program at Via Christi. Lenzi Kaub, manager, will share information about stroke awareness and prevention.

June 9th, "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.

June 16th, "Father's Day Fun" - Join us to celebrate Father's Day! We will tell a few jokes, have some trivia, laugh and get a sweet treat! Root beer floats and cookies!!!

June 23rd, On hiatus for the WATSON PARK 4-CENTER PICNIC! JOIN US!

June 30th, "Healthy Food = Produces Healthy Minds & Bodies Pt 3" - Presenter Kiesha McClish-Couts, Kiesha from Common Ground Growers will show us how to make "zucchini patties" and "cheesy asparagus," tasting included! Learn the connection, between healthy minds! Join us for some terrific information.



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

SPECIAL EVENTS & ACTIVITIES:

June 6th @ 11:30am - 1:00pm, "Farm Tour" at the Pearson Farm! – Join us at Pearson Farm, 2430 E 33rd North, Wichita, Ks 67219. This event is for the sites that have been participating in the Healthy Blue pilot project, with Kiesha McClish-Couts and Meka Green, the wonderful friends that have been teaching us how to improve our health with recipes and mental health activities. Some transportation can be provided. Call to RSVP by 6/2!

June 16th @ 11:30am, "Luncheon Lovelies & Romeo Club" – Lunch Out at Promise/Thai Cuisine - 313 S Greenwich Rd, Wichita, KS 67207. Join us for some good eating and fellowship! RSVP.

June 18th @ 9:00am - 6:00pm, "POND TOUR 2023" – Join us as we caravan to some local ponds in Wichita! One of our neat members, Gail Lane has her pond on the tour, so we wanna go! It will be fun and educational. Cost is \$10 per map/carload. Please call for more information and we can try to get the logistics down. RSVP by 6/15 to Linwood 263-3703.

FARMERS MARKET COUPONS 2023 – Are available for those whose household income qualifies. This year you can be eligible for \$50 worth of fresh produce or local honey. Call for more information. This is a first come, first serve program.

Common Ground Grower's Van Is BACK! – Did you know that you can access fresh foods, vegetables and local honey, right here at Linwood. We were one of the first centers to have Common Ground come to our seniors, so that we can have healthy food! They will start scheduling us for June, so call us to find out more. *They also take Farmer's Market Coupons!

SHAKESPEARE IN THE PARK – "Much Ado About Nothing" – They have not put out locations and times as of the printing. So

call 263-3703 for more information if you would like to attend by 6/2!

NEW CLASSES & CHANGES IN SCHEDULE

Arthritis Exercise & Line Dance:

Our long time teacher Elaine Kinder will be 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 line dancing classes are held on **Thursdays. "Beginning Line Dances"** will be from **1:00pm - 1:45pm. "Intermediate Line Dances"** will be from **1:45pm - 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 Quan:

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 and adding Friday 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.

COMPUTER HELP:

We have James Bowman, from the Senior Employment Program here on Mondays from 1:00pm - 3:00pm. He can help with employment options, assist with computer questions and he helps with phone technology too. This is a great asset to us! Stop by to see him, you will be glad you did!



NORTHEAST SENIOR CENTER

Hello Everyone! Happy June! Happy Father's Day!

Praying all is well with you and your family. Well Ladies and Gentlemen we have made it to June; which is truly a blessing to see. Never take life for granted.

I have noticed the increase in participation with Educational Presentations, Activities and Events. Maybe it's the weather...who knows, either way this is a good thing. This is important when it comes to our funding. They look at Numbers, Numbers, and Numbers. So, the more you participate in all that the senior centers have to offer it looks better for Senior Services. Not only that, you are able to get what you paid for. Also, thank you for continuing to sign-in the computer when you come to the senior centers. Those few moments you stop and sign-in helps us keep things in order when it is time to do our reports; which is how we get our funding. Any of you that have had to do any type of report, you know some type of paperwork with **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 (June 6th & 20th)**

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
- 1:30 **Educational Presentation (June 23rd)**

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

April Word Search Winner

Ellayne Drew

The Compass Scavenger Hunt Winner

Patricia Grimmett

Food For Thought

We Worry About Tomorrow Like It's Promised

Members please share with your guests
"All Non-Members" will need to pay a daily
\$2.00 participation fee to participate in any
activities or events. That fee is to allow them
to be in the building. Please be mindful that
there may be other fees to participate
in specific activities or events.

Upcoming Activities/Events:

- **Wednesday, June 7th at 12:30pm - Being Kind to Others** - Hospice Helpers group will meet to make crafts for Hospice patients.
- **Monday, June 12th at 1:30pm**
Living Well with Diabetes - This Diabetes Support Group will meet once a month, have a topic of the month and open discussions. The goal of this 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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Fish 1

Find and circle all of the fish that are hidden in the grid.
The remaining letters spell a secret message - a Benjamin Franklin quotation.

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

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

BARRACUDA
BLUEFISH
BONEFISH
BULLHEAD
CATFISH
CHUB
COD
CRAPPIE

CREVALLE
DOLLY VARDEN
DORADO
DRUM
GAR
GRAYLING
GRUNT
HALIBUT

JEWFISH
MACKEREL
MUSKELLUNGE
PADDLEFISH
PARROTFISH
PERMIT
POMPAÑO
REDFISH

ROOSTERFISH
SALMON
SAND DAB
SAUGER
SHARK
SHEEPSHEAD
SMELT
SNOOK

STURGEON
SUNFISH
SWORDFISH
TILAPIA
TRIPLETAIL
TUNA
WAHOO
WARMOUTH



NORTHEAST SENIOR CENTER

Director's Notes Continued

numbers is usually involved. However, you do a small part of it for us when you sign-in. Also, it is helpful to know who is in the building in an emergency situation. So, thank you again!

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

Carnesha Tucker – Center Director

Upcoming Activities/Events:

- **Friday, June 16th from 2:00pm - 3:30pm**
Father's Day Celebration & Sing-A-Long BINGO - Come and enjoy an afternoon of Sing-A-Long BINGO filled with FUN, FELLOWSHIP, and PRIZES to celebrate Father's Day. Sponsored by Brandi Bailey with Interim Healthcare. PLEASE RSVP!
- **Wednesday, June 21st from 2:00pm - 3:30pm**
Afternoon BINGO & Ice Cream (Celebrating the First Day of Summer) - 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. Also, since it's the First day of the Summer Season let's celebrate with ice cream. PLEASE RSVP by 6/16!
- **Tuesday, June 27th from 2:00pm - 3:30pm**
National Bingo Day Celebration! - Let's Celebrate National Bingo Day with a Pizza Party & Bingo. Sponsored by Membership Growth Consultant A'Bria Bouska with Dedicated Senior Medical Center. PLEASE RSVP by 6/23.
- **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 Presentations:

- **Tuesday, June 6th at 1:30pm**
"Stroke Trivia: How Well Do You Know About Strokes?" - Come test your knowledge in an afternoon game of Trivia. They say, "Use It, Or Lose It", and that is certainly true when it comes to cognitive ability. Trivia is another great way to work your brain; while having fun doing it. You never know, you may even learn something new. Presented by Lenzi Kaub with Ascension Via Christi Stroke Program. PLEASE RSVP!
- **Tuesday, June 20th at 1:30pm**
"Safety in the Home" - As we age the ability to maintain our home can become a challenge; especially if you live alone. It can also become an unsafe living environment for many that have ongoing health problems. Come learn things that you can do to remain safe in your home. Presented by Lt. Shannon Ward with Wichita Fire Department. PLEASE RSVP!
- **Friday, June 23rd at 1:30pm**
"Energy Conservation" - Energy Conservation is about prioritizing and pacing yourself. You will learn what the contributing factors are to your fatigue, learn how to keep a diary of activities that are more difficult than they previously were, and what you can do to conserve your energy and combat excessive fatigue. Presented by Ramesh Devineni, Director of Rehabilitation with Life Care Center of Wichita. PLEASE RSVP!

If you missed our "Spring Hat Fashion Show" you really missed a treat. We enjoyed Good



Food, Good Music & Dancing, and Good Old Fellowship. Be on the lookout for a Fall Hat Fashion Show for those that missed this one.



ORCHARD PARK SENIOR CENTER

Happy June Everybody!

We have reached summer in lightning speed and I am so excited for it!

Happy Father's Day to all Dad's out there! We hope you have a fun and relaxing day, celebrating. We would like to celebrate you at our 4-Center Picnic at Watson Park on June 23rd from 10:00-1:00. Be sure to sign up for a delicious picnic meal and some fun in the sun. We will recognize all of the Dads who are present that day.

Orchard Park Senior Center will be closed on Monday, June 19th in honor of the holiday, "Juneteenth."

I will be out of the office June 7-15, so please take care of Jackie and make sure she is doing ok that week. I will also have 2 volunteers assisting her in the afternoon.

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 (June 5)
- 1:30-3:00 Conversational Spanish for All (please bring a cell phone or laptop if available)
- 2:30-3:30 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 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 **NO PICKLEBALL** until kids head back to school

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 & Activites - Please RSVP to 942-2293

June 1st @ 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.

June 2nd @ 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.

June 5th @ 2:00-3:00 – RISE Farms Tour – Please meet at: 320 S. Market. RISE Farms is a beacon of environmental progress in the heart of Wichita, Kansas. It is a 15,000-square-foot specialty crop farm and a 204-panel solar farm blooming on the top floor of Fidelity Bank's RISE Car Park. Please RSVP – Limit 20 people.

June 6th @ 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!



June 6th @ 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.

Continued on pg 18

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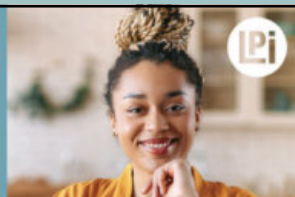
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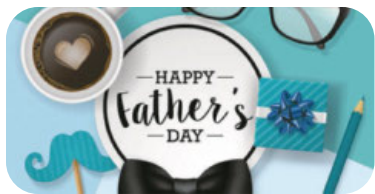
Upcoming Events & Activities - Please RSVP to 942-2293

June 6th @ 11:30 - "Good Grub Lunch Club" - Join us for Lunch at a Wichita Classic: Nu Way Burgers - 1416 W. Douglas. This is a fun group to meet people or have fun with the ones you already know. All are welcome! Please RSVP.

June 8th @ 10:00-11:30 - Meet at Botanica for "Empowered Seniors" presentation. Topic TBD. Botanica: 701 Amidon. Please RSVP.

June 13th @ 10:30-11:30 - Come hang out with our girl Des from Oxford Grand. She will be providing a Hot Dog Lunch and participants will also play Bean Bag Baseball. Doesn't get much more "summer like" than that. Please RSVP.

June 16th - HAPPY FATHER'S DAY TO ALL DAD'S!!! HAVE A FUN AND RELAXING DAY!



June 16th @ 1:00 - Movie - "A Man Called Otto" (Rated PG-13) Starring Tom Hanks. Enraged by the world and hardened by grief, a cranky retiree plots his own demise but is foiled when a lively young family bursts into his life. Concessions provided. Feel free to bring a seat cushion for more comfort. I have a few available here. One of the BEST movies that I have seen in a long time! Please RSVP.

June 19th - CLOSED IN HONOR OF JUNETEENTH!

June 20th @ 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. Choice Health at Home will be here at 11:00 to join in on our conversation and explain the importance of staying hydrated. Please call to RSVP.

June 21st - HAPPY 1ST DAY OF SUMMER!!!

June 21st @ 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.

June 22nd @ 9:00 - The "Egg-cellent" Breakfast Club - Meet at Do-Dah Diner: 206 E. Kellogg. This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

June 22nd @ 1:00 - 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.

June 23rd @ 10:00-1:00 - 4-Center Picnic at Watson Park - The cost per person is \$10.00. Lunch will be served, we will play Bingo and we will also recognize all of the Dads that are there in honor of Father's Day. This is sure to be lots of FUN in the SUN or shade (whichever you prefer). Please RSVP and pay in advance at your center.



June 27th @ 10:30 - Carolyn Harrison with TPOPP Wichita, will be here to present "All you need to know about Advance Directives." This is a very informative topic that you won't want to miss.

June 27th @ 1:00 - WELL WHO KNEW? It's National "Onion Day." Stop by for some onion rings to commemorate the day. Please RSVP.

June 29th @ 11:00 - It's National Mud Day - Come in for a relaxing D-I-Y "Mud Face Mask" session. Similar to clay masks, mud masks are known for their antibacterial and exfoliating benefits. Mud masks may remove impurities from the skin, unclogging

Continued on pg 19



ORCHARD PARK SENIOR CENTER

pores and absorbing excess oil. We will pretend we are in a spa as we have a light snack and listen to spa music. Men...this isn't just for the ladies. Please RSVP.

June 30th @ 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.

***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!**

GRACIAS! GRACIAS! GRACIAS!

I would like to thank everyone who helped throw our 2nd annual Cinco De Mayo Luncheon:

- | | |
|---|-------------------|
| • Joyce Corley | • Carolyn Manning |
| • Allan Fretzs | • Butch Nuss |
| • Lisa Hays | • Linda Parsons |
| • Gina Kropp and her granddaughter, Sarah | • Marcia Segraves |
| • Steve Loy | • Jo Squire |
| • Terry and Barbara Lyon | • Nancy Thomas |
| | • Al Urbano |

SPONSORS: Choice Health Care, Dedicated Senior, Right At Home, & Sam's Club. **THANK YOU** to Banda Hispanica for our fun entertainment!

The luncheon turned out muy bueno and it couldn't have been a success without all of your help! You are all greatly appreciated!

THANK YOU TO EVERYONE WHO CAME TO CELEBRATE WITH US AND SUPPORT ORCHARD PARK SENIOR CENTER! GRACIAS AMIGOS!!!

Director's Notes Continued

Since the nice weather is here, please take advantage of it, and come see us at Orchard. Look through the Compass Newsletter and find at least one thing that peaks your interest and sign up for it. While you are at it, bring a friend or 2 with you.

The first day of summer is Wednesday, June 21st. The first day of summer is also known as the summer solstice, and it will arrive in the Northern Hemisphere at exactly 10:58am. This is also known as the longest day of the year. You should definitely take advantage of this long day. Here are some ideas to welcome summer:

- Throw a "First Day of Summer" party.
- Write a summertime activity list. Write down things that you would like to do this summer, put those ideas in a jar and draw one out each day or week and have a good time.
- I scream, You Scream, We all Scream for Ice Cream. Stop by one of Wichita's ice cream shops and get a scoop or two or three of your favorite flavor(s).
- Freshen up your home. Maybe "spring" cleaning got away from you. Let the official change of seasons be your cue to tidy up or change things up.
- Have a picnic! Okay... so I think every family picnic we have ever had has been a disaster but go ahead and have one. You will look back later and laugh and smile for how great it went or how bad it went. Building memories is truly what it's all about.
- Go to a Baseball Game.
- Have family and friends over for a BBQ.

These are just a few ideas but I challenge you to come up with your own traditions as well to welcome Summer of 2023.

Don't forget your sunscreen, stay safe and have a HAPPY June!

– 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 your senior centers & the families stricken with Alzheimer's Disease.

Players can play morning, afternoon or all day, whatever works best for you!

- **\$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.

- **\$25 - Spectator Ticket**

Includes light appetizers & 1 drink ticket.

- **\$40 - VIP Spectator Ticket**

Includes light appetizers, lunch, & 2 drink tickets.

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