



Downtown • Linwood • Northeast • Orchard Park

July 2023

## Center Highlights For July

### DOWNTOWN

#### **Local History Stroll**

July 10th @ 9:00am

Meet us at Naftzger Park - 601 E Douglas Ave. We will stroll East on Douglas Ave, learn a little about Wichita History and window shop at the Spice Merchant while we are out! (Pg 6)

### LINWOOD

#### **“You are cordially invited to NATIONAL HOT DOG DAY”**

July 19th @ 6:00pm - 8:30pm

At Linwood Senior Center. We will have hotdogs, chips, drink and ice cream. Cost is \$3. DJ playing 60's, 70's & 80's music and a little dancing! RSVP and please pay by Monday, July 17th. (Pg 9)

### NORTHEAST

#### **“Balance, Coordination and the Risk of Falls”**

July 11th @ 1:30pm

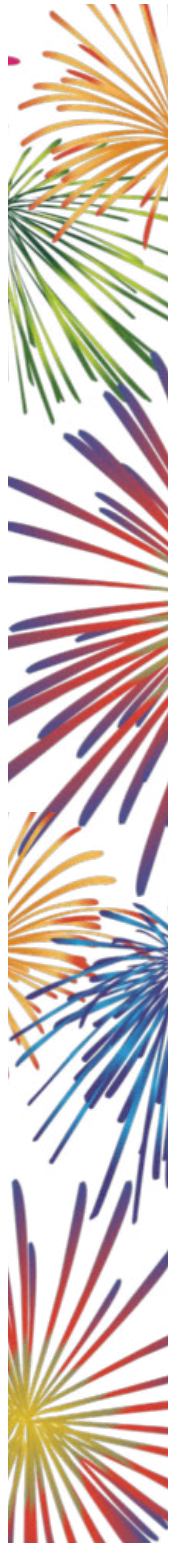
“According to the National Council on Aging, people with Osteoarthritis (OA) experience 30% more falls and have a 20% greater risk of fracture than people without OA. This is due to how OA affects a joint's function leading to impaired balance, changes in gait and a decreased ability to perform daily activities. This is the same for other comorbidities such as diabetes, weight or side effects of medication.” Join us for a review on Balance, Coordination and the Risk of Falls. Presented by Natalie Merten, Physical Therapist with Life Care Center of Wichita. PLEASE RSVP! (Pg 15)

### ORCHARD PARK

#### **RISE Farms Tour**

July 26th @ 11:00am - 12:00pm

Please meet at: 320 S. Market – The RISE Car Park Lobby – where we will be greeted by our tour guide. RISE Farms is a beacon of environmental progress in the heart of Wichita. 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. (Pg 18)



# 4th of July Activities



## Enjoy Some Fireworks

Fireworks shows are a staple of July 4th, but they usually involve large crowds, lots of noise and heavy traffic. Do some scouting ahead of time to find a good spot to watch the show. If venturing out to an organized community fireworks show isn't in the cards, turn on your TV and watch the national fireworks display broadcast. Depending on where you live, watching local fireworks on television may be an option as well.

## Have A Backyard BBQ

Throw a barbecue and invite family and friends over to enjoy the day. If your attendees enjoy a good sing along, direct everyone in rousing renditions of tunes, such as America the Beautiful.

## Sit At A Parade

Everyone loves a good old fashioned parade. Stake out a shady location early to make sure to have a comfortable place to sit. Remember to wear lightweight, loose-fitting, and light-colored clothing which is best for comfort and air circulation.

## Attend A Baseball Game

Going to a baseball game is another great 4th of July activity. Some hot dogs and a rousing rendition of "Take Me Out to the Ballgame" is a great way to celebrate America. Try to find seats in the shaded part of the stadium and don't forget to stay hydrated.

## Make Red, White, & Blue Crafts

Gather supplies at your local craft store and plan a couple hours with your loved ones to make Independence Day crafts that he/she can enjoy.

## Tie Dye

All you need for this fun craft is something white, a tie dye kit and rubber bands. Use just the red and blue paints and dye anything - beach towels, shirts, socks, etc.

## Host A Trivia Contest

After a good meal, challenge your loved ones to a little bit of history trivia. Compile facts about U.S. history and divide guests into teams. The winners get to be the first to the dessert table!

Source: <https://www.enlivant.com/blog/4th-of-july-activities-for-seniors>

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

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

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

**Meals on Wheels**  
267-0122

**Senior Employment Program**  
267-1771

### Mission:

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

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For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994





## DOWNTOWN SENIOR CENTER

Happy July!

I hope everyone has had a great summer so far! A lot of great events, educational opportunities, crafts, etc. are planned for July and the rest of the year at all the senior centers. I can write down how much fun we have had so far this year but pictures do a much better job!



### 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 (July 11) - Rm 3  
11:00-12:00 Cardio Drumming - Gym  
1:00-2:00 Job Club - Rm 3  
1:00-4:00 Open Pickleball - Gym  
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 Aerobics/Seat 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 (July 6)  
1:00 Writing Craft (July 6) - Rm 3  
1:00-2:00 Lunch Bunch (July 10)  
1:00-3:00 Flying Saucers (July 6)

#### 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  
12:30 Hand & Foot (July 14 & 28) - 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



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Our mission is to bring comfort, happiness, and healing to more people nationwide by increasing public awareness of pet therapy.

How to access this opportunity for you or your loved ones

How you and your pet can become a volunteer

Meet the volunteers and their furry companions

**Thursday**

**July 13th**

**11:30am**

**Downtown Senior Center**

**Join us to learn the benefits of pet therapy**

**RSVP  
(316) 267-0197**



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**DOWNTOWN SENIOR CENTER  
TUESDAY**

**JULY 25TH 12:45 -3:30**

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CALL (316) 267-0197**

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Senior Services Inc. of Wichita, Wichita, KS

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# DOWNTOWN SENIOR CENTER

## EDUCATIONS:

- **July 11th @ 1:00pm - Tech Tuesday:** How to attach an image or document to an email or a text message using your cell phone. Please RSVP with your name and type of cell phone you are using - (316) 267-0197.
- **July 13th @ 11:30am - Love on a Leash:** Join us to learn the benefits of pet therapy. RSVP to (316) 267-0197.
- **July 26th @ 9:30am - Historical Museum Lecture and Tour:** Located at 204 S Main St. Dowsing for Historical Clues: a brief history of Camp Beecher by Vince Marshall. We are going to learn about Camp Beecher the little known Military outpost located at the junction where the little Arkansas River and the Big Arkansas River meets. Cost is \$2.
- **July 27th @ 1:00pm - Tech Thursday:** Cell Phone Safety - Don't be a statistic, tips how to avoid being scammed. Please RSVP with your name and type of cell phone you are using - (316) 267-0197.

## UPCOMING EVENTS & ACTIVITIES:

- **July 7th @ 10:00am - Drink Local Coffee:** Want Bierock Company & Coffee House - 2615 W 13th St N. Meet us for some coffee, snacks and conversation.
- **July 10th @ 9:00am - Local History Stroll:** Meet us at Naftzger Park - 601 E Douglas Ave. We will stroll East on Douglas Ave, learn a little about Wichita History and window shop at the Spice Merchant while we are out!
- **July 10th @ 1:00pm - Lunch Bunch:** River City Brewery - 150 N Mosley.
- **July 11th @ 10:00am - Book Club:** "The Book Club" by Mary Alice Monroe.
- **July 12th @ 1:00pm - Mahjong:** Anyone up for a game of Mahjong? Come be part of the first Downtown game of 2023!

- **July 20th @ 1:00pm - BINGO:** Sponsored by Andover Life Center of Kansas.
- **July 20th @ 1:30pm - 2:00pm - Common Ground Mobile Farmers Market:** The Farmers Market is coming to Downtown! Fresh fruit and veggies without the complications of the grocery store! Use your farmer's market coupons! Common Ground also accepts cash and credit card.
- **July 21st @ 10:00am - 3:00pm - Foot Care Clinic:** Call early before spots fill up! By appointment only. Nail trim, callous removal, and diabetic foot care. Cheryl and Ben are licensed, insured and great at what they do! \$25 for a 30 minute appointment! You can't beat that!
- **July 25th @ 12:45pm - 3:30pm - Mobile Vaccine Clinic:** Are your vaccines up to date? Shots for pneumonia, shingles, tetanus and/or Covid-19 are available. All insurance types, including Medicare Part B will be accepted. Bring a copy of your Shot Record if available, Photo ID, and a copy of your Insurance. For more information call (316) 267-0197.

## CRAFTS:

- **July 11th @ 12:00pm - Towel Puppies Craft:** Come celebrate National American Pet Day with us! We are making Towel Puppies!
- **July 17th @ 2:00pm - Potted Plants:** Come pot some plants with us! Oxford Villa is bringing the pots. Don't forget to RSVP!
- **July 19th @ 11:30am - Rubber Cement Watercolor Resistant Art:** Come see how 2 substances that don't get along can make beautiful art together!

## HOLIDAY CLOSINGS:

- **July 3rd & 4th -**  
Center Closed in Observance of Independence Day

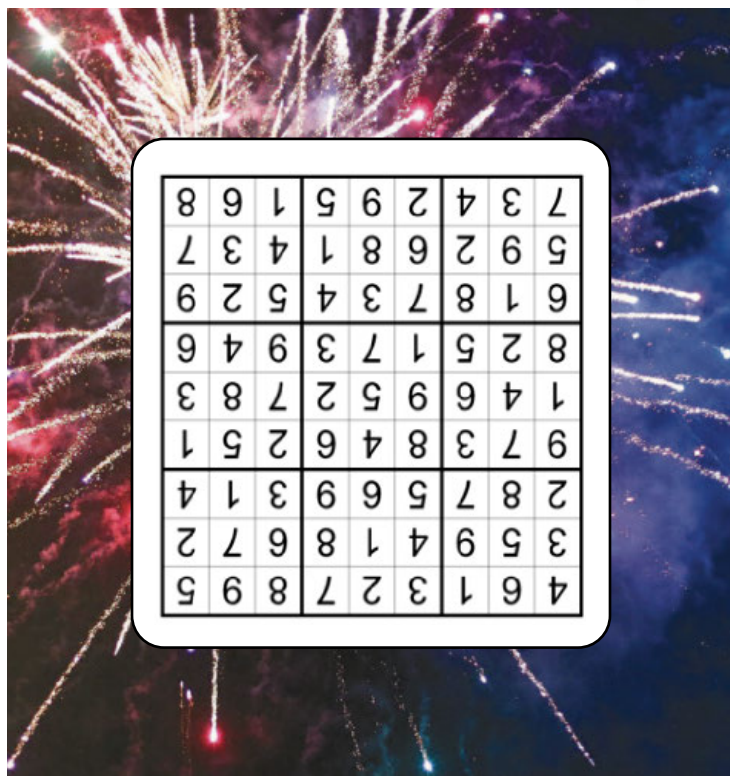






## DOWNTOWN SENIOR CENTER

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Senior Services Inc. of Wichita, Wichita, KS

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## LINWOOD SENIOR CENTER

"Rejoice as summer should, chase  
away all sorrows by LIVING!"

~ Melissa Marr

"We are blessed with the opportunity to stand for  
something - to stand for liberty, freedom and fairness,  
and these are things worth fighting for,  
and worth devoting our lives to!"

~ Ronald Reagan

Hello Friends,

Wow, we are already halfway through the year! It has been eventful! We are plugging away, trying to think of fun things to do, and creative ways to keep those juices flowing! That is for sure! I always want to take this time and celebrate FREEDOM! It is a most glorious thing! Where would we be if our forefathers and mothers, didn't take a risk, if they didn't step out of their comfort zone in life and love to reach a land that had promise?! One thing I have learned is that it is the hope and dreams of the future that keeps us going! Wow! What vision, what bravery and self-sacrifice and God fearing that has made America the leader among FREE Nations! We are blessed!

**Continued on pg 9**

### Ongoing Activities

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

#### Monday

8:00 Hip Hikers Walking Club  
9:00 Stronger Seniors  
10:00 Bible Study (July 17)  
11:00 Tai Ji Quan  
11:00 Friendship Lunch  
12:30 Bingo (July 10 & 24)

#### Tuesday

8:30 Pickleball  
9:00 Stronger Seniors  
10:00 Scrapping with the Best  
11:00 Friendship Lunch  
1:30 Movie Time (July 10 & 18  
\*See Schedule)

#### Wednesday

8:00 Hip Hikers Walking Club  
9:00 Stronger Seniors  
9:00 Advisory Council (July 26)  
11:00 Tai Ji Quan  
11:00 Birthday Party (July 19)  
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 (July 6)

11:00 Friendship Lunch  
12:00 Pinochle with Friends (No Computer Lab)  
1:30 Beg. Line Dance  
2:15 Inter. Line Dance  
3:00 Dime Bingo

#### Friday

8:00 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

### Director's Notes Continued

Come and join us for some neat new classes. We are adding a scrap book class, and we will be getting together celebrating National Hot Dog Day with food and great music and a little dancing! Also we will be having the Linwood FREEBIE! So don't forget to find your way back to fun and friends!

- Cherise & Crew

### ON-GOING GROUPS:

**BIBLE STUDY** - Scheduled for the 17th @ 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!

### "You are cordially invited to NATIONAL HOT DOG DAY"

At Linwood Senior Center

Wednesday, July 19th @ 6:00pm - 8:30pm

We will have hotdogs, chips, drink and ice cream. Cost is \$3. DJ playing 60's, 70's & 80's music and a little dancing!

RSVP to your senior center (Linwood 263-2703) and please pay by Monday, July 17th.



### SPECIAL THANKS

Our Linda Richardson is leaving, to take another position. Special thanks for ALL her kindness and gracious spirit, working for us. She is an amazing person. Linda, we LOVE and will miss you, and wish you all the best, and our beloved Max too!!!

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

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

**7/11 - "Gettysburg"** (Patriotic Movie with Martin Sheen & Sam Elliot)

**7/18 - "Private Benjamin"** (Patriotic Comedy with Goldie Hawn)

**7/27 - No movie on the 25th because we will be going to the "Movie Out" on the 27th!** At the Towne West Boulevard Movie Theatres - 4600 W Kellogg Dr, at 1:00pm. Cost is \$7 and \$5 for drink/popcorn plus tax. We will be seeing **"HARRISON FORD and the Dial of Destiny"** (263-3703 RSVP and info).

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

### WRITING CRAFT - July 6th @ 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 2

**Exercise Words:** tour - tomato - tiger - typewriter - teal

**General Prompt:** Write about traveling with a stranger.

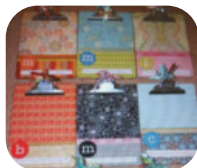
**Poem Prompt:** Write a poem about strangers.

### CRAFT/ART CLASS EDUCATION:

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

**July 11th, 18th & 25th @ 10:00am, "Scrapping with the Best"** - Come and bring your pictures and scrap book materials. We will be working on some neat pages. \*We also have some materials available, so call!

**July 12th @ 2:00pm, "Decoupage Clipboards - A Neat Gift!"** - Come and learn how to decoupage clipboards. This is a great gift for



birthdays or Christmas! Clipboards may vary in size as well. Cherise or Pat Collins to lead. RSVP and pay \$3 by 7/7 please!

**July 26th @ 2:00pm, "Decoupage Birdhouse"** - Cost is \$6. Cherise or Pat Collins to instruct. RSVP and pay by 7/21 please!



### 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!**

**July 7th, "Caregiving for Friends, and Your Mental Health!"** - Come and find out how to help your friends, without over doing it! Jessica Huber, presenting. She is a Liscensed Clinical Social Worker, and Aging Specialist, with Central Plains Area on Aging.

**July 14th, "EAGLE MED"** - Come and find out about this unique program that helps people get the medical service they need by plane and helicopter transport. \*Call to confirm this presentation.

**July 21st, "Employment & Technical Training Ideas For Seniors"** - Have you ever thought about making a little extra money? Come and find out about employment options for seniors. Also, what tech opportunities for learning are out there. Come and ask questions to James Bowman, employment specialist. James works in our Senior Employment Program and is a great technical/phone resource! Join us.

### HOLIDAY CLOSING:

The Linwood Rec Center and Senior Center will be closed on **July 3rd & 4th** to celebrate our FREEDOM, which was not by any means free!"





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

### SPECIAL EVENTS & ACTIVITIES:

**July 14th @ 11:30am, Try Thai Again** (since we cancelled last month!) - “Luncheon Lovelies & Romeo Club” - Lunch Out to Promise/Thai Cuisine - 313 S Greenwich Rd, Wichita, KS 67207. Join us for some good eating and fellowship! RSVP.

**July 17th @ 2:00pm - 3:00pm, Fireside Chat with Councilman Mike Hoheisel** - Join us to ask questions and find out what is new developments for the City of Wichita. RSVP please.

**July 28th @ 9:00am - 3:00pm, “The FREEBIES” at Linwood!** - Hey all you great members, come and purge and merge with us! We have got a few items, (and maybe even the kitchen sink) that has cluttered our storage and other areas at Linwood. We are wanting to start up a new program called “Tinker Time” but will not be able to do so, unless we de-clutter. So stop by to see if you may be able to use some of the FREEBIES and various items. We will have a limit on how many items you can take, and then reassess at the end of the day! Help us, help you! **\*We will also be having our Little Shop At Linwood SALE**, so don't forget to purchase a few items as well, to support YOUR senior center! Call for more information 263-3703.

**Common Ground Grower's Van Is BACK!** - Did you know that you can access fresh foods, vegetables and local honey, right here at Linwood? Call to find out the schedule for July. \*They also take Farmer's Market Coupons!

### FAMILY RECIPES & PICTURES!

Don't forget we have our recipe book to get ready. We want recipes you love, and recipes that have been handed down in your family. Share them and your traditions with us, so we can create new memories in our homes!!! Call for more information, or pick up the info at the Linwood front desk.

### CLASSES

#### **Arthritis Exercise & Beginning/Intermediate 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 **Beginning Line Dances** will be held on Thursdays from **1:30pm to 2:15pm**. And **Intermediate Line Dances** from **2:15pm to 3:00pm**. 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:**

**SPECIAL EVENT: We will be walking early on July 8th! Meet at Great Plains Nature Center at 6232 East 29th St. at 8:00am.** We will take a walk, and then look in their nature center museum. Then at 9:30am or so head for breakfast at Jimmy's Diner! Join us for fellowship and fun!

\*Please note that the walking club will be meeting the following days (weather permitting) to walk at 8:00am 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.

### LINNY LLAMA

That is the name, thank you to all who creatively suggested names for our mascot!





## NORTHEAST SENIOR CENTER

Hello Everyone...Happy Summer!

Praying all is well with you and your family. If you have been paying attention we are officially in the summer season. I know this is a great time of year for so many reasons (BBQ's, Picnic's, Cookout's, travelling to see friends and family, hitting the Swimming Pools and Splash Pads, going to the park with the grandkids, Gardening, and the list goes on). However, not everyone gets excited for this time of year. The summer heat can be a bit much for seniors. So this is a good time to really be mindful of the temperature and staying hydrated while out and about.

Well, I was thinking of ways to keep you in the cool more on those awful hot days...guess what? I found something to keep you from being bored and you are able to enjoy this **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  
12:30 **Creative Coloring for the Soul**  
1:30 Educational Presentations (July 11th)

#### 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

### May Word Search Winner

Betty Carson

### CLOSED

July 3rd & 4th  
In Observance of Independence Day

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, July 5th at 12:30pm - Being Kind to Others** - Hospice Helpers group will meet to make crafts for Hospice patients.
- **Monday, August 14th 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 2

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!**

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

AMBERJACK  
BASS  
BLUEGILL  
BONITO  
BOWFIN  
BUFFALO  
BURBOT  
CARP  
CHAR

CISCO  
COBIA  
CROAKER  
DOLPHIN  
FLOUNDER  
GOLDFISH  
GROUPER  
HADDOCK  
HOUNDFISH

LINGCOD  
MARLIN  
PERCH  
PICKEREL  
PIKE  
POLLOCK  
PORGY  
PUMPKINSEED  
ROCKFISH

SAILFISH  
SHAD  
SHEEFISH  
SNAPPER  
SOLE  
SPEARFISH  
STEELHEAD  
TARPON  
TROUT

TUNNY  
WALLEYE  
WEAKFISH  
WHITEFISH  
YELLOWTAIL







# NORTHEAST SENIOR CENTER

## Director's Notes Continued

while staying in the cool air at Northeast Senior Center. I have decided to add a new class called "Creative Coloring for the Soul". Ok, ok many people still feel coloring is just for children; which is so not true. Adult Coloring books are designed with very detailed images that focus on relaxing and calming the body (physically, mentally, and spiritually). With so much technology going on, many children may not even be able to tell you what a coloring book is, seriously! Coloring is for anyone that wants to venture out into their creative side; as well as enjoy the many benefits that comes along the way. What Benefits? Well, I am glad you asked...Coloring has benefits that improves your health by:

- Promoting Mindfulness – Mindfulness is the ability to focus and stay in the moment. Since you're focusing on color choice and staying inside the lines, you're only thinking about the present moment. While coloring, you use the parts of your brain to enhance focus and concentration.
- Relieving Stress – Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

**Source:** [www.mayoclinichealthsystems.org/hometown-health/speaking-of-health/coloring-is-good-for-your-health](http://www.mayoclinichealthsystems.org/hometown-health/speaking-of-health/coloring-is-good-for-your-health)

Well, I will not keep you. I just wanted to share with you that we are starting a new class that can be beneficial to your health (physically, mentally, and spiritually). We invite you to join us. No previous skills are required. Just a willingness to show your creative side.

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

Carnesha Tucker – Center Director

## Upcoming Activities/Events:

- **Tuesday, July 11th at 12:30pm**  
**Creative Coloring for the Soul** - A Coloring Class that encourages each person to be creative through coloring while listening to music. If you like to express yourself through coloring this is the class for you. If you have never cared for coloring or just wanting to try a new hobby we encourage you to step out of your comfort zone and try something new. This class is great for those who feel socially isolated and lonely. Please join us for a stress free relaxing good time. PLEASE RSVP!



- **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, July 11th at 1:30pm**  
**"Balance, Coordination and the Risk of Falls"** - "According to the National Council on Aging, people with Osteoarthritis (OA) experience 30% more falls and have a 20% greater risk of fracture than people without OA. This is due to how OA affects a joint's function leading to impaired balance, changes in gait and a decreased ability to perform daily activities. This is the same for other comorbidities such as diabetes, weight or side effects of medication." Join us for a review on Balance, Coordination and the Risk of Falls. Presented by Natalie Merten, Physical Therapist with Life Care Center of Wichita. PLEASE RSVP!



## ORCHARD PARK SENIOR CENTER

Summer Time... Summer Time... Sweet, Sweet, Summer Time! Happy July Everybody!

As I am writing this, I am getting ready to leave for our family vacation to Florida and I am so excited that I have butterflies in my stomach. You know when you would get excited as a kid and you would get butterflies in your stomach? That is how I am feeling today. Giddy and ready to get on that plane to go see the marvelous wonders of the beach. Speaking of kids... July 8th is "Be a Kid Again" Day! It is a day that celebrates taking a break from being an adult, and acting like a kid again. Sometimes, we take life too seriously. Today, we can forget our troubles and act like a kid.

Everyone can benefit by taking a break and enjoying life a little more. As a kid, didn't you love goofing off, and spending most of your days without a care in the world? Kids view the world with such wonder and curiosity. Taking a day to be a kid again is the best way to strengthen those parts of ourselves. Children are said to be our best teachers - they haven't developed bad habits, fears, inhibitions, and defenses. Kids are pure, and kind. Let's follow their lead on July 8th and return to that childlike state! I challenge you to try at least one of these fun ways to celebrate "Be a Kid Again" Day:

**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  
1:30-3:00 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](mailto:KelliN@seniorservicesofwichita.org)

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



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

**July 3rd & 4th - CLOSED IN OBSERVANCE OF THE 4TH OF JULY**

**July 6th @ 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.

**July 6th @ 11:00** - Lenzi with Ascension Via Christi will be here to talk about stroke prevention and do some stroke trivia. She will be giving out prizes during the trivia. This is such an important topic. Please be sure to join us for this. Please RSVP.

**July 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 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.

**July 11th @ 10:30-11:30** - Come hang out with our girl Des from Oxford Grand. We will be planting our own plants to take home. Our neighbors are sure to be envious. Please RSVP.

**July 12th @ 10:00-11:00** - Senior Wednesday at the Zoo - Let's meet at the Sedgwick County Zoo in the Cargill Learning Center - 5555 W. Zoo Boulevard. Shark Week 2023 has arrived and the presentation this month is... you guessed it... "Swimming with Sharks". Admission is FREE and coffee is provided.

**July 12th @ 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. Always a fun time! Please RSVP.

**Continued on pg 18**

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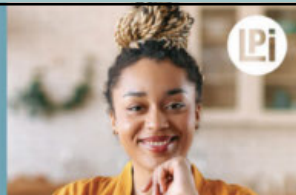
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## Upcoming Events & Activities - Please RSVP to 942-2293

**July 13th @ 10:00-11:30** – Meet at Botanica for “Empowered Seniors” presentation. Topic TBD. Botanica: 701 Amidon. Please RSVP.

**July 14th @ 1:00** – You Scream, I Scream, We All Scream for Ice Cream – Let’s meet at “Braums” at 21st and Ridge. Why are we meeting here? It’s Ice Cream Day on Sunday – why else? Ice Cream day should always be celebrated in my books. Please RSVP.

**July 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. Julian with Medicare with Jake will be providing our donuts. Please call to RSVP.

**July 18th @ 11:30-12:30** – Allie McKeown, Audiologist with Hearing Life will be here to present on Hearing Loss: “Why it’s Important to have your hearing checked and how hearing loss can affect you.” She will also provide free hearing checks after the presentation.

**July 20th @ 9:00** – The “Egg-cellent” Breakfast Club – Meet at Spear’s – 4323 W. Maple. This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

**July 20th @ 10:45-11:45** – Lieutenant Shannon Ward with the Wichita Fire Department will be here to talk about all aspects of safety in the home. Please RSVP.

**July 21st @ 1:00** – Movie – “The Lost City” (Rated PG-13) – Comedy Starring Sandra Bullock and Channing Tatum. A reclusive romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure. Concessions will be provided. I have some chair cushions for comfort here but please feel free to bring one with you if you would like. Please RSVP.

**July 25th @ 11:30** – “Good Grub Lunch Club” – Meet at “Station 8 BBQ” – 1100 E. 3rd. “Station 8” was a previous fire station and served the Wichita community until the late 1950’s. The owner and chef of the restaurant loves antiques and has filled the restaurant with numerous vintage items. Join us for a delicious homemade lunch with a touch of nostalgia on the side. Please RSVP.

**July 25th @ 1:00-3:30** – The WSU Engineering Department will be here to conduct research regarding “Computer Vision-based Weight Monitoring for Older Adults using Facial Images from Smartphones.” If you would like more information or if you would like to take part in this research, please see Kelli or Jackie for details. As a participant, you will receive a compensation of \$10.00. Please RSVP.

**July 26th @ 11:00-12:00** – Well... Let’s Try This Again! We had RISE Farms Tour scheduled for June 5th and there was a torrential down pour at that time so we have rescheduled it for today. Please meet at: 320 S. Market – The RISE Car Park Lobby – where we will be greeted by our tour guide. RISE Farms is a beacon of environmental progress in the heart of Wichita. 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.

**July 27th @ 10:30-11:30** – An Epidemiologist from Sedgwick County Health Department will be here to present “Diseases caused by Ticks and Mosquitos.” I have noticed the ticks seem to be particularly thick this year so I thought this would be a good topic to learn more about. Please RSVP.

**July 27th @ 1:00** – 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.

**Continued on pg 19**



## ORCHARD PARK SENIOR CENTER

**July 28th @ 2:00** – Kelli's Cooking/Comedy Show – Buon Appetito! This month, I will be demonstrating how to make Crockpot Lasagna in honor of Lasagna Day which is on July 29. Nancy Thomas will be assisting me as my sous chef.

**\*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

- Share some child quotes or jokes with friends – the sillier the better!
- Play a game! Pick something you loved in your childhood, like Twister, Candy Land, Monopoly, Mr. Potato Head, or Sorry!
- Pick up a coloring book and go wild. Don't even worry about coloring in the lines.
- Indulge your sweet tooth with a fun, kid-friendly dessert. Hopefully, while I am on my vacation, I find the ice cream shop that I heard about called "2 Scoops" and get my "Blueberry Pie" ice cream cone. From the sounds of it, it might be worth gaining a pound or two by trying it.
- Read a book you loved in your childhood. I used to love all of the "Amelia Badelia" books, Judy Blume books and "The Velveteen Rabbit." How about you?
- Play outside. Spend some time outside going on an adventure – a hike, a walk around the block, whatever you want. Just remember to really see everything. Kids aren't in a hurry to get anywhere. They really enjoy all the sights and sounds around them.
- Make some popcorn and have a movie marathon! You can even watch a scary movie or TV show your parents wouldn't let you see when you were growing up.
- Lay outside in the grass and watch the clouds move by. What do you see in the clouds?
- Make your favorite childhood meal. Did you like mac and cheese, hamburgers, spaghetti, or peanut butter and jelly sandwiches? The sky is limit!
- Have a play date with your best friend, and make

sure they know that no adult stuff is supposed to happen. Make sure you only do fun things.

- Decorate your den and have an indoor camping party.
- Try out your finger painting skills! When you're done you can put it on the fridge!
- Have a dance party and be the disc jockey!
- Run through a sprinkler or do a cannonball into a pool.
- Have a tea party.
- Be sure to turn off your cell phone, your computer, your email, and don't even think about checking your to-do list. Being a kid is all about being free, and having fun. All of your adult responsibilities can wait until tomorrow!

We will celebrate with you on July 8th. Stop by Orchard for a kid friendly treat. Have a Happy and Safe 4th of July Weekend!

– Kelli and Jackie



**We had the pleasure of Wind Wagon Smith, (Kay Monk-Morgan), visit our center in May. She was a delight!**



**This was the first stop on our Bison, Blue Skies and Byways Trip for all 4 Centers. Thank you, Cherise Langenberg for planning such a fun day!**



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## Appetizer Tortilla Pinwheels

### **INGREDIENTS**

1 package (8 ounces) cream cheese, softened  
1 cup shredded cheddar cheese  
1 cup sour cream  
1 can (4-1/4 ounces) chopped ripe olives  
1 can (4 ounces) chopped green chiles,  
well drained  
1/2 cup chopped green onions  
Garlic powder to taste  
Seasoned salt to taste  
5 flour tortillas (10 inches)  
Salsa, optional

### **DIRECTIONS**

1. Beat cream cheese, cheese and sour cream until blended. Stir in olives, green chiles, green onions and seasonings.
2. Spread over tortillas; roll up tightly. Wrap each in plastic, twisting ends to seal; refrigerate several hours.
3. Unwrap. Cut into 1/2- to 3/4-in. slices, using a serrated knife. If desired, serve with salsa.



**Source:** <https://www.tasteofhome.com/recipes/appetizer-tortilla-pinwheels/>