



Downtown • Linwood • Northeast • Orchard Park

August 2023

Enjoy The Dog Days Of Summer At Your Senior Center!

DOWNTOWN

Historical Museum Lecture

August 23rd @ 9:00am

"Becoming Modern in Wichita: The Built Environment" presented by Dean Bradley. We will meet at 204 S Main between 9:30am and 9:45am. The lecture will be from 10:00am - 11:00am. Museum Tour immediately following lecture. No admission fee for Senior Center members, \$2 for guests. (Pg 6)

LINWOOD

You Are Cordially Invited To "Grazing In The Grass Potluck & Joke Festival & Watermelon Feed".

August 16th @ 12:00pm - 2:00pm

Please plan on bringing a salad to share. It can be fruit salad, chef, potato, pea, taco, etc! We will be having Watermelon and some trivia! RSVP by Tuesday, 8/14. NO exceptions! (Pg 9)

NORTHEAST

"Handling Cognitive Decline"

August 15th @ 1:30pm

Cognitive Decline is something experienced quite often in the aging process. We will explore the basics of cognitive decline, risk factors and common signs and symptoms. We will also discuss the significance of adopting a healthy lifestyle to support cognitive health and the role a balanced diet and regular physical exercise can play. Presented by Ramesh Devineni, Director of Rehabilitation with Life Care Center of Wichita. PLEASE RSVP! (Pg 15)

ORCHARD PARK

Kelli's Cooking/Comedy Show

August 30th @ 1:00pm

Let's make Ice Cream! Come learn a fun and easy technique to make your own ice cream. Participants will be able to eat the ice cream that they make. (Pg 18)

SHINE LIKE A STAR - HAVE YOU GOT A TALENT TO SHARE?

What's your Talent? Is there an Inner-Rock Star living inside of you? Do you know how to juggle? Showcase your AMAZING Talents at the Senior Services "Senior Stars" Talent Show on **September 14 from 2:00pm - 4:00pm at the Downtown Senior Center**. This will be a fun 4-Center Event that you won't want to miss! Open to all Senior Center Members. Individual and group talents are welcome. Please RSVP to your Center Director if you want to perform!!!

Healthy Lemonade

You'll only need 3 basic ingredients to make this refreshing Healthy Lemonade recipe! It's all natural, free of refined sugars, and easy to make in minutes!



Ingredients

- 5 fresh lemons
- 1/3 cup honey or other vegan honey substitute
- 4 cups cold water (or sparkling water if desired)
- ice and lemon wedges for serving (optional)

Directions

1. Juice the lemons and add the juice to a blender along with the honey.
2. Blend the lemon juice and honey until smooth.
3. Add the lemon juice and honey mixture to a jug along with the water and stir well.
4. Add ice and lemon wedges, and serve.

Storage Instructions

Store this lemonade in the fridge in a jug or airtight container for up to one week.

Is Lemonade Good For You?

When life gives you lemons, making lemonade is DEFINITELY the way to go! Lemons are not only bursting with so much delicious flavour, but they're also packed with **Vitamin C and antioxidants**, making them a healthy choice.

Staying hydrated is very important in the summer, and a refreshing glass of healthy lemonade can be a delicious way to give your body the fluids it needs for a hot summer day.

And when it comes to sweetening your lemonade, **honey** is a great choice. It's a liquid sweetener, so it dissolves easily in liquid, and it adds a lot more flavour than sugar. It also contains nourishing properties and health benefits that sugar doesn't, and because honey tastes sweeter than sugar you'll probably find yourself adding less honey than you would sugar to your lemonade.

Source: <https://thebusybaker.ca/healthy-3-ingredient-lemonade/>

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

Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994



DOWNTOWN SENIOR CENTER

Happy August!

Thank you everyone that attended the Watson Park Picnic on June 23rd. It looked like everyone had a great time playing bingo and mingling.

On Tuesday's and Thursday's starting August 1st from 11:00am - 12:00pm, Joe will be teaching Tai Ji Quan. You're probably thinking, "What in the world is that?"



This is how the "Moving for Better Balance" website explains it. "Tai Ji Quan: Moving for Better Balance® is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. Fuzhong Li, Ph.D., a Senior Scientist at Oregon Research Institute, developed the program. Although its origin can be traced to the contemporary simplified 24-form Tai Ji Quan routine represents a significant paradigm shift in the application of Tai Ji Quan, moving the focus from its historical use as a martial art or recreational activity to propagating health by addressing common, but potentially debilitating, functional impairments/deficits."

Basically it is a form of Tai Chi that doesn't concentrate on relaxation (so not as much spa music).

The techniques taught in this class improves balance by strengthening muscles and **Continued on pg 5**

Ongoing Activities

Please RSVP To Participate - Call: 267-0197

Monday

8:00-11:30 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
12:30-4:00 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 (Aug. 8)
11:00-12:00 Tai Ji Quan
1:00-2:00 Job Club - Rm 3
1:00-3:30 Indoor Walking - 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 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
11:00-12:00 Tai Ji Quan
12:00 TX Hold 'em - Billiards Rm
1:00-2:00 Writing Craft (Aug. 3) - Rm 3
1:00-2:00 Lunch Bunch (Aug. 14)
1:00-3:00 Flying Saucers

Friday

8:00-11:30 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
12:00 Party Bridge - Rm 2
12:30 Hand & Foot - 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

co-ordination; at the same time, it strengthens the mind, which promotes calmness and confidence in not falling. Falls are not a normal part of aging and can be prevented. There are some scary statistics about the risk of falling. Here are a couple of them:

- About 36 million falls are reported among older adults each year - resulting in more than 32,000 deaths.
- Each year, about 3 million older adults are treated in emergency departments for a fall injury.
- One out of every five falls causes an injury, such as broken bones or a head injury.
- Each year at least 300,000 older people are hospitalized for hip fractures.
- More than 95% of hip fractures are caused by falling - usually by falling sideways.
- Women fall more often than men and account for three-quarters of all hip fractures.

If you don't feel that Tai Ji Quan is for you that's ok, there are many other things out there to keep healthy

and to maintain mobility. Just stay active, that's the important thing. But if you think Tai Ji Quan is something you would like to try, we will see you on Tuesday, August 1st at the Downtown Center!

Also on Tuesday's from 1:00pm - 3:30pm the gym will be open to people that want to walk but do not want to melt outside while doing it. We have a chart of how many laps it takes for a mile available if you need to track your mileage.

Get ready for the next BIG 4 Center Event! September is National Senior Center month and we want to see how many shining stars we have among us! Time to Shine like A Star! What's your Talent? Is there an Inner-Rock Star living inside of you? Do you know how to juggle? Showcase your AMAZING Talents at the Senior Services "Senior Star" Talent Show on September 14 from 2:00pm - 4:00pm at the Downtown Senior Center. This will be a fun 4 Center Event that you won't want to miss! Open to all Senior Center Members. Individual and group talents are welcome. Please RSVP to your Center Director.

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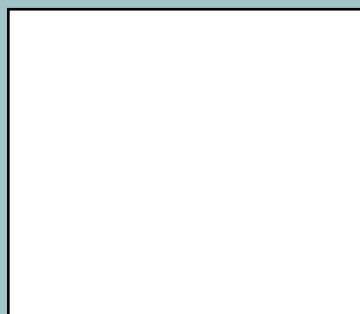
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DOWNTOWN SENIOR CENTER

EDUCATIONS:

- **August 3rd @ 1:00pm - Writer's Craft:** Movies Analyzing for Writing Tips
 - **August 10th @ 10:00am - 3:30pm - AARP Drivers Safety Class**
 - **August 15th @ 1:00pm - Tech Tuesday:** QR codes: what are they and how do I use them? Please RSVP with your name and type of cell phone you are using - (316) 267-0197.
 - **August 17th @ 11:30am - Fearless & Female Self Defense:** BACK BY POPULAR DEMAND! Learn or brush up on self-awareness and techniques that could save your life or someone else's! EVERYONE IS INVITED AND WELCOME! Bring guests because everyone will benefit from this class! Cost is \$4 and in addition to great information each participant will receive a Stabby Kitty.
- 
- **August 23rd @ 9:30am - Historical Museum Lecture:** "Becoming Modern in Wichita: The Built Environment" presented by Dean Bradley. No admission fee for Senior Center members, \$2 for guests.
 - We will meet at 204 S Main between 9:30am and 9:45am
 - Lecture 10:00am - 11:00am
 - Museum Tour immediately following lecture*Just a tip in regards to parking *information up to date as of July 14, 2023* Park on the North side of the old Wichita Public Library (there are still meters that take change. The Meters on the South side of the Original Public Library have the new QR system.)*
 - **August 24th @ 1:00pm - Tech Thursday:** Staying organized using tech - How to use your calendar, alarms and other apps to keep you on track. Please RSVP with your name and type of cell phone you are using - (316) 267-0197.

UPCOMING EVENTS & ACTIVITIES:

- **August 4th @ 10:00am - Drink Local Coffee:** The Copper Oven - 2409 W 13th St.
- **August 7th @ 9:30am - Local History Stroll:** Wild West Delano (part 1) - Our walk thru history will start at the Delano Clock Tower (614 W Douglas Ave). There are 7 historical stops between the clock tower and the river. So much history in such a small space!
- **August 8th @ 10:00am - Book Club:** "The Book of Lost Names" by Kristin Harmel.
- **August 14th @ 1:00pm - Lunch Bunch:** Tanya's Soup Kitchen - 1725 E Douglas.
- **August 16th @ 12:15pm - Importance of Self-Care while Caregiving:** Presented by Rhonda L. Custard (MHR, MBA / Caregiver Coordinator / Sedgwick County Department on Aging).
- **August 17th @ 1:00pm - Dept of VA Benefits and Eligibility Q&A:** Specialists from the Department of Veterans Affairs Regional Office will be at the Downtown Senior Center to talk about access to all military veteran and dependent benefits, eligibility and any other questions you may have. *RSVP quickly for this event! This is in person assistance directly from Veterans Affairs subject matter experts without having to fight for parking! 316-267-0197.
- **August 31st @ 9:00am - 1:00pm - Foster Grandparents**

CANCELATIONS & CLOSINGS:

- **August 10th - Exercise Cancelled**
- **August 10th - Tai Ji Quan Cancelled**
- **August 31st - Exercise Cancelled**





DOWNTOWN SENIOR CENTER

CRAFTS:

- **August 21st @ 11:00am - DIY Wax Melts:**
Come learn how to form and scent your own wax melts! It's so easy you will wonder why you ever paid retail for them! \$3 for supplies, no cost for the fun!
- **August 28th @ 2:00pm - Painted Canvas**
Totes: *Sponsored by Oxford Villa*

IMPORTANCE OF SELF-CARE WHILE CAREGIVING

Presented by

Rhonda L. Custard

MHR, MBA | Caregiver Coordinator |
Sedgwick County Department on Aging

Thursday
August 16, 2023
12:15pm

Downtown Senior Center
200 S Walnut
To RSVP
Call (316) 267-0197

SHUFFLE UP AND DEAL, LET THE TEXAS HOLD'EM FUN BEGIN.

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200 S Walnut
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LINWOOD SENIOR CENTER

"Any day in August is better than
a day in January!"

~ Keith Vik ~

Why do bananas wear sunscreen in August?

Because they "peel!"

Hello Friends,

Hey glad you are here with us to face the heat of August! Hopefully, you can stay cool with some fun events to keep you busy. I really want to encourage you to RSVP which means "RESPOND VERY PROMPTLY!" It is very important for you to do this, as we have had time and time again, where we expect people and there are no shows, and/or people do not pay. This is frustrating, and if this continues, we will not be able to do some events, in which we pay the vendors. Imagine you getting food to feed 5 people and 3 don't show up! Would this be expensive for you? Of course, and it is this way for us. Please be responsible to mark the dates and RSVP and pay when we request you too! We will appreciate this. If you don't RSVP, there will be no room (or food) at the inn, when someone shows up to an event un-announced. Now for the fun! This month we will be having our "Grazing in the Grass Potluck & Watermelon Feed" So you will want to join us. We also will be having some great speakers, sharing with us ways we can possibly access dental assistance and **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 (Aug. 7 & 21)
11:00 Tai Ji Quan
11:30 Friendship Lunch
12:30 Bingo (Aug. 14 & 28)
1:30 Computer/Job Assistance w/ James

Tuesday

8:30 Pickleball
9:00 Stronger Seniors
10:00 Scrapping with the Best
11:30 Friendship Lunch
1:30 Movie Time (Aug. 1, 8, 15 & 29)

*See Schedule)

Wednesday

8:00 Hip Hikers Walking Club
9:00 Stronger Seniors
9:00 Advisory Council (None in Aug.)
11:00 Tai Ji Quan
11:00 Birthday Party (Aug. 16)
11:30 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 (Aug. 3)

11:30 Friendship Lunch
12:00 Pinochle with Friends (No Computer Lab)
1:00 Beg. Line Dance
1:45 Inter. Line Dance
3:00 Dime Bingo

Friday

8:00 Hip Hikers Walking Club
9:00 Stronger Seniors
10:15 Educational Programs (*See Schedule)
11:30 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

hearing aids as well as topics on "Genealogy and Scrapbooking" and a special sharing time, discussing and showing off our mother's jewelry. Also, we will be having another, "Thrift Shop Hop II" and will be heading out to eat "Chicken & Waffles" and going to the World Treasures Museum to hear information about "The Moccasin Speaks," so, don't miss the fun. Stay COOL!

- Cherise & Crew

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.

YOU ARE CORDIALLY INVITED TO

"Grazing in the Grass Potluck & Joke Festival & Watermelon Feed"

At Linwood Senior Center

Wednesday, August 16th @ 12:00pm - 2:00pm

Please plan on bringing a salad to share. It can be fruit salad, chef, potato, pea, taco, etc! We will be having Watermelon and some trivia!

RSVP to your senior center (Linwood 263-2703) by Tuesday, 8/14. **NO exceptions!**



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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

8/1 - "Queen Bees" (Girls Flick for National Girlfriend's Day, Comedy Older Girls)

8/8 - "Angels in the Outfield" (feel good movie about friends and baseball)

8/15 - "Sister Act II" (Come see Whoopie and the Nuns in Action Again!)

8/22 - NO MOVIE AT LINWOOD WE ARE GOING OUT TO A "MOVIE OUT" ON THURSDAY 24th 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 flick and RSVP!

8/29 - "The Fabulous Mr Fox" (animated comedy and fun)

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

WRITING CRAFT - August 3rd @ 9:30am

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

Program: Movies - Analyzing for Writing Tips

Exercise Words: drive - delicacy - donkey - desk - denim

General Prompt: Write about traveling with pets.

Poem Prompt: Write about a mischievous dog.

CRAFT/ART CLASS EDUCATION:

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

August 1st, 8th, 15th, 22nd & 29th @ 10:00am, "Scraping/Coloring with the Best" - Come and bring your pictures and scrap book and coloring materials. We will be working on some neat pages and artwork. *We also have some materials available, so call!

August 9th @ 2:00pm, "Acrylic Painting of Flowers Using Bubble Wrap" - Come and learn how to use bubble wrap in your painting. Fun picture to keep or gift. Cherise or Pat Collins to lead. RSVP and pay \$5 by 8/7 please!



August 23rd @ 2:00pm, "Tye Dye Mosaic Tile Using Sharpies" - Cost is \$5 for 2. Cherise or Pat Collins to instruct. RSVP and pay by 8/21 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!**

August 7th, "Veterans Benefit Administration 7 the PACT Act" - Come and find out how to get connected with health care benefits. The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances. The PACT Act adds to the list of health conditions that we assume (or "presume") are caused by exposure to these substances. This law helps us provide generations of Veterans - and their survivors - with the care and benefits they've earned and deserve.

August 11th, "Wear Your Mother's Jewelry & Find Out the History" - August 8 is national "Wear Your Mother's Jewelry Day", but we are celebrating on the 11th, due to our scheduling. We are asking you to wear your mother or father's jewelry and share the history of it. We will have a brief video about the history of jewelry and then show and share!

August 18th, "Genealogy & Scrapbooking, A Wonderful Combination" - Our own Dotty Hellman is going to share how to make unique family history come to life. **Continued on pg 11**



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

Join us to find out more about Genealogy and how you can share it with your family members!

August 25th, "Independent Living Resource Center" - If you have a disabling or chronic condition, do you know where to get assistance? One of those places may be the ILRC. They can help with a myriad of services, from dental to hearing aids, to assistive devices to make your life better! Come hear Harley Anderson, ILRC Manager speak.

ON-GOING GROUPS:

BIBLE STUDY - Scheduled for the 7th & 21st @ 10:00am, We will be studying Psalms. Odean Moore & Cherise to lead.

SPECIAL EVENTS & ACTIVITIES:

August 2nd @ 1:30pm - 2:30pm, Senior Wednesday Activity at Museum of World Treasures - "The Moccasin Speaks" presentation by Ken Spurgeon. Cost is \$4 per person. Mr. Spurgeon is an Associate Professor of History at Friends University and a consultant at the Kansas Oil Museum in El Dorado, KS. He has done several video documentaries. Per Museum of World Treasures, Ken most recently completed a docudrama entitled "The Contested Plains". He is currently working on a film entitled "Sod and Stubble" based on the book by the same name. Filming is set to begin in the late summer of 2023. Join Us! Call 263-3703 to RSVP by 8/2.

August 8th @ 11:00am, "Luncheon Lovelies & Romeo Club" - We are celebrating "National Chicken & Waffles Day!" We will be eating at Slim Pickens - 2313 N Greenwick Rd. Cost @ \$12 or so!

August 12th @ 8:00am, Hip Hikers Monthly Walk - We will be walking (and talking) at Pawnee Prairie Park and having breakfast later at Panera Bread - 420 Ridge Road.

August 17th @ 10:00am - 3:00pm, "THRIFT STOP HOP II" - Join us as we go to some different thrift shops that we didn't go to last

year for National Thrift Shop Day. Come and join us as we caravan to new places, and we find great bargains, and have fun and meet people. We will have a map, and plan on eating lunch out and having some fun! Call for more information and to RSVP!!!

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! Call to find out the schedule for August! *They also take Farmer's Market Coupons! Call 263-3703 to find out when they are at Linwood!

REMINDER - 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!

Arthritis Exercise & Beginning/Intermediate Line Dance

- 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 1:00pm to 1:45pm**. And **Intermediate Line Dances** from **1:45pm to 2:45pm**. 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.

Hip Hikers Walking Club - 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.



NORTHEAST SENIOR CENTER

Hello Everyone...Happy August!

Praying all is well with you and your family.

Has anyone noticed the lost art of passing down hobbies to the grandchildren? I ask this because the summer time is a good time to teach grandchildren new hobbies. Daylight is longer and they will never be bored; which still gives you the chance to continue doing what you love while teaching it to the grandchildren. I rarely hear much about people teaching hobbies to the grandchildren. When I was coming up my grandparents spent time teaching me some of the things that they enjoyed; which I enjoy now. My grandpa took my sisters and I fishing every chance he could. Not saying I do that now, but I did enjoy it as a kid. We loved bringing food to feed

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 Presentation (Aug. 15th)

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



4 Digit Numbers

4 0 2 1 7 0 5 2 8 3 2 8 3
 0 1 8 7 6 2 4 6 6 4 9 6 6
 7 7 1 4 7 9 9 0 0 5 5 7 4
 3 5 1 1 7 0 8 2 0 8 0 7 5
 9 9 7 8 4 2 8 6 0 4 9 5 3
 1 3 9 3 9 0 0 6 6 8 2 6 0
 1 7 2 7 7 6 5 8 1 3 0 4 0
 7 6 8 7 9 6 1 0 6 9 8 4 9
 9 3 0 6 6 5 1 6 5 2 4 7 7
 1 4 1 8 8 6 6 1 7 9 3 7 6
 0 3 9 3 5 5 3 7 8 5 7 7 0
 5 1 2 5 2 7 7 9 0 6 9 1 3
 6 6 5 8 2 3 3 9 2 6 9 1 4

Find and circle all of the 4 Digit Numbers that are hidden in the grid. The numbers may be hidden in any direction.

1193	3975	8538
1725	4777	8579
2866	4978	8805
3268	5009	9146
3392	6811	9610
3666	7603	
3931	7704	

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1950's Songs

Find and circle all of the 1950's song titles that are hidden in the grid.
The remaining letters spell the title of an additional 1950's song.

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

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

BLUEBERRY HILL
BO DIDDLEY
BYE BYE LOVE
CRAZY ARMS
DJANGO
DONNA
EVERYDAY
FEVER
HEARTBREAK HOTEL
HONKY TONK

HOUD DOG
JAILHOUSE ROCK
KANSAS CITY
LA BAMBA
LONELY TEARDROPS
LONG TALL SALLY
MACK THE KNIFE
MANNISH BOY
MAYBELLENE
MISTY

MONA LISA
MOVE IT
MYSTERY TRAIN
NIGHT TRAIN
ONLY YOU
PEGGY SUE
RAVE ON
RED HOT
RIP IT UP
RUMBLE

SEARCHIN'
SHOUT
SIXTEEN TONS
SPEEDO
SUZIE Q
TAKE FIVE
TEQUILA
TUTTI FRUTTI
YAKETY YAK
YOU SEND ME



NORTHEAST SENIOR CENTER

Director's Notes Continued

the ducks that waddled by too. Even discussing this topic with you makes me smile thinking about it. My grandmothers spent time showing us how to cook. I will not say I am a good cook, but I can follow instructions. My grandparents also spent time showing my sisters and I sewing, crocheting, coloring and drawing to name a few. I know the children nowadays are glued to technology, but if we do not spend the time pouring into them some of the hobbies we enjoy will become a lost art. For example, crocheting, when was the last time you saw a kid holding yarn in their hands? Most of the children I see running around either has a cell phone or some type of tablet in their hands at all times. I just recently had my annual eye exam and we were discussing kids and technology. The doctor called the kids, "I-Pad Kids". She said it is not good to have kids under two glued to a cell phone or tablet. It will cause problems with their eyes as they get older; which made sense on so many levels. Really no children should be glued to any technology because it is bad for their eyes. So, that is why teaching hobbies is important; especially now. If we do not teach them new hobbies. Who do you think will?

Well, I will not keep you. I just wanted to share about some hobbies being a lost art if we do not pass it along to the grandchildren...just something to think about.

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

Carnesha Tucker – Center Director

June Word Search Winner

Betty Carson

Upcoming Activities/Events:

- **Wednesday, August 2nd 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!

- **Tuesdays 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, August 15th at 1:30pm**
"Handling Cognitive Decline" - Cognitive Decline is something experienced quite often in the aging process. We will explore the basics of cognitive decline, risk factors and common signs and symptoms. We will also discuss the significance of adopting a healthy lifestyle to support cognitive health and the role a balanced diet and regular physical exercise can play. Presented by Ramesh Devineni, Director of Rehabilitation with Life Care Center of Wichita. PLEASE RSVP!



ORCHARD PARK SENIOR CENTER

Hello Everybody!

Hope you are having a great summer! Speaking of summer... How has it gone by so fast? My family has had a great summer and for the most part, it has been pretty relaxing. We went on our family vacation to Anna Maria Island, Florida in June, which was phenomenal. I didn't want to leave and would gladly live there if I could. My boys went to Church Camp for an entire week in July and they always return full of enthusiasm and gusto which makes my heart happy. We have one last little hurrah at the lake before school starts so I am definitely looking forward to that. Each year, I eagerly await summer and just like that, it seems it leaves as soon as it arrives. While reading through some articles about summer's end, I ran across an article about "Autumn Anxiety" and I just might have it!

Ginny Scully, a therapist in Wales, has named the phenomenon "autumn anxiety" after seeing so many clients with feelings of anticipation and nervousness during the last week of August through the first weeks of September. Although it's not an officially diagnosable condition the way seasonal affective disorder (SAD), or clinical depression with a seasonal onset is, Scully says this is much more than a

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	Healthy Lifestyles Group
12:00-4:00	Open Pool Tables
1:00-3:00	Hand & Foot Card Game (Aug. 7 & 21)
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
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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 & Activities - Please RSVP to 942-2293

August 2nd @ 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.

August 3rd @ 9:00 – The “Egg-cellent” Breakfast Club – Meet at “Home Grown” – 2835 N. Maize Rd. This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

August 3rd @ 10:30-11:30 – Kay Hood will be here to show us how to make “Neck Coolers”. I have one and these are fantastic for the hot and sultry Kansas weather or to take on vacation. Supplies are covered but if you have a portable sewing machine, feel free to bring it with you.

August 3rd @ 12:15-1:00 – Joe Samniego with CPAAA will be here to discuss Diabetes prevention and talk about a new prevention

program coming up. He will follow up with a Q & A session. Joe is a favorite at Orchard Park. If you haven't had the pleasure of taking one of his classes, you won't want to miss out on this one for sure.

August 4th @ 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.

August 7th @ 10:00-11:00 – ***NEW*** Healthy Lifestyles Group, will meet each Monday, starting August 7th, devoted to learning to make better food choices, staying motivated and finding ways to work more movement into our daily lives. Discover that ongoing **Continued on pg 18**

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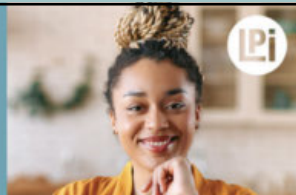
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Upcoming Events & Activities - Please RSVP to 942-2293

support, accountability (with a private weekly weigh-in, which is voluntary), education and knowledge are the keys to enhanced health for seniors. We hope to see you there! As a Senior Center Member, cost will be minimal.

August 8th @ 10:30-11:30 – Come hang out with our girl Des from Oxford Grand. We are going to paint our very own canvas bags. You can never have too many carry-all bags – am I right? Everyone will be stopping you on the streets asking you where you got that cute designer bag from. Please RSVP – Supplies are limited. LIMIT 10.

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

August 15th @ 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. With school starting for the year, bring a fun school memory to share with the group. Julian with Medicare with Jake will be providing our donuts. Please call to RSVP.

August 17th @ 10:30-11:30 – Shelley Miranowski with Reflection Ridge will be here to present “Senior Living 101.” She will go over the different types of senior housing and other helpful tips and information. Sign up for a future tour of Reflection Ridge and register for your chance to win a Gift Basket. Please RSVP.

August 18th @ 1:00 – Movie – “Where the Crawdads Sing” (Rated PG-13) Starring Daisy Edgar-Jones. A woman who grew up alone in the wild North Carolina marshes becomes a suspect in the murder of a well-to-do young man from the nearby town. 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.

August 22nd @ 11:30 – “Good Grub Lunch Club” – Meet at “Los Cocos” Mexican Restaurant (Locally

Owned – Support Local!) – 1335 N. Tyler Rd. All are welcome. Meet new friends or come and catch up with old friends over a delicious lunch. Please RSVP.

August 23rd @ 1:30 – Meet at the Mid-America All-Indian Center – 650 N. Seneca – for “Senior Wednesday.” Topic to be determined. The cost is: \$2.00 per person or FREE if you are a member. “Voices from the Drum” which is an Osage Nation Exhibit will also be on display to view in the museum.

August 24th @ 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.

August 25th @ 1:00-4:00 – Orchard Park Crafting/Sewing Circle – Bring your own craft or sewing project to work on amongst new and old friends. This is similar to an old-fashioned quilting circle. It’s more fun to chat while working on projects – don’t you think?

August 29th @ 10:30-11:30 – Have you ever watched a ventriloquist on TV and thought, “how do they do that?” Well... you are in luck! My friend, Amanda, will be here to teach you about puppeteering, will give a brief demonstration on ventriloquism, help you build a sock puppet and teach you how to become a ventriloquist. Please bring a pair of new or clean socks to use for your puppet. Please RSVP.

August 30th @ 1:00 – Kelli’s Cooking/Comedy Show – Let’s make Ice Cream! Come learn a fun and easy technique to make your own ice cream. Participants will be able to eat the ice cream that they make.

***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!**



ORCHARD PARK SENIOR CENTER

***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!**



We had a great time at our 4 Center Picnic at Watson Park on June 23rd!

Director's Notes Continued

coincidence and beyond the usual feelings that people have when the seasons change.

If you're a summer lover, you're probably feeling some panic about it coming to an end. In both cases there is likely guilt over not having done enough with the time, after all what season comes with more pressure to "make the most of it" than summer? This article spoke volumes to me. However, instead of stressing over the things I didn't accomplish or focusing all of the stress that comes with the new school year for my boys, I should just be grateful for the fun summer we DID have and look forward to all of the new adventures we will have in the Fall.

If you suffer from Autumn Anxiety, Scully gave the following ideas to beat it and take back your month:

1. Go outside

This type of anxiety can make you want to hibernate and lock yourself indoors. Spending time outdoors and in nature combats this desire, and restores mood and energy levels.

While outside, focus on your breathing. Deep breathing isn't always the best tool for an anxiety attack, but it is a good tool for high stress or high anxiety. Taking deep, diaphragmatic breaths has a soothing effect on your body.

2. Be mindful of allergies

Autumn, much like spring, is difficult for those who are allergy-prone, which can definitely contribute to anxiety and depression. Exploring antihistamines or other allergy remedies with your primary care physician can lead to a calmer nervous system.

3. Get sleep

Long sunlit days can mean you get up earlier and stay up later — a recipe for sleep deprivation. Your body releases more of the stress hormone cortisol when you're sleep-deprived, which can contribute to emotional sensitivity.

4. Take it easy

Give yourself a bit of a break. August doesn't need to be all about preparation. This is the time to rest up while you still can. Stay organized, but know that this is a transitional month, and that means taking it slow.

Intersperse higher-octane activities with lower-key ones. Leave time to wind down every night and limit caffeine, electronics, and distractions; focus on calming the noise inside and outside of your body.

5. Get some light

If your summer has been particularly rainy and dark — or so hot you've closed all of the curtains and closeted yourself in an air-conditioned cocoon — that could be making you anxious, especially if you're prone to winter-onset SAD.

Light therapy boxes can offer an effective treatment in this case. A light therapy box mimics outdoor light. Researchers believe this type of light causes a chemical change in the brain that lifts your mood and eases other anxiety and depression symptoms.

6. Seek help

Despite not being categorized as a formal disorder, the August blues are something to monitor and take care of. When an inability to focus on a task affects your ability to function at work, at home, or in your relationships, it is time to seek help. Even if seasonal anxiety is something you've always had, it is something that is treatable.

Self-compassion Goes a Long Way

Summer often feels like a time of optimism — months on end where the sun is shining, the weather is warm, and there's always ample amounts of ice cream — but it's important to remember that it's OK to feel the autumn anxiety.

Treating yourself kindly during this strange and stressful time will likely go a long way towards helping you feel a bit better.

So... here is what we all need to do — Enjoy August to it's fullest, stay in the moment and soak up all the goodness that the end of summer brings!

– Kelli



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Tips To Stay Safe In Hot Weather



Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages.

If you live in a home without air conditioning or fans, try to keep your space as cool as possible. Limit use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day; and open windows at night.

If your living space is hot, try to spend time during midday in a place that has air conditioning. For example, go to the shopping mall, movies, library, senior center, or a friend's home.

If you need help getting to a cooler place, ask a friend or relative. You could also consider taking a taxi or other car service. Don't stand outside in the heat waiting for a bus.

Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural

fabrics such as cotton may feel cooler than synthetic fibers.

Avoid outdoor exercising and other physical activity when it is very hot. Instead, try to find someplace you can be active while staying cool indoors.

If you must go outside, try to limit your time out and avoid crowded places. Plan trips during non-rush-hour times.

Make sure to use a broad spectrum sunscreen, SPF 15 or higher, and reapply it throughout the day, especially if your skin will have continuous exposure to the sun. Wear a hat and other protective clothing, and sunglasses. If you do get sunburned, stay out of the sun until your skin is healed and use cool cloths and moisturizers to treat the affected area.

Source: <https://www.nia.nih.gov/health/hot-weather-safety-older-adults>