



Downtown • Linwood • Northeast • Orchard Park

September 2023

This Senior Center Month We Invite You To 'Discover Yours'

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults, and have become integral to health care delivery in our communities. They offer a place for older adults to discover their unique interests, talents, and aspirations.

Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

What does "Discover Yours" mean?

"Discover Yours" encourages us to take an active role in exploring new activities, hobbies, and experiences. It emphasizes that it's never too late to try something new and encourages self-discovery.

"Discover Yours" invites an opportunity for us to focus on personal growth and self-improvement. The theme "Discover Yours" encourages us to tap into our potential, try new things, and uncover hidden talents or passions.

"Discover Yours" fosters a sense of community and camaraderie among people. By encouraging us to discover our individual interests, we can share our experiences with others, sparking conversations and connections within the senior center.

Source: <https://ncoa.org/page/national-senior-center-month>

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! Nachos and cupcakes will also be served. Open to all Senior Center Members. Individual and group talents are welcome. Please RSVP to your Center Director if you want to perform!

COMPASS BINGO!



This month we have scattered **BINGO numbers throughout the Compass**. In each section you will see a colored circle with a number in it. Be sure to write down the numbers you find as you go. Once you have found all the numbers, use the number key on this page to spell out the secret phrase. If you think you have figured it out, then **call your senior center with the correct phrase to be entered in a drawing to win a prize!**

As we celebrate Senior Center Month, the theme will be **'Discover Yours'**. We hope you take this opportunity to look through each center's sections and learn more about the fun activities being held. And now, without further ado, have fun and happy searching!

CALL TO WIN A PRIZE!

Downtown: 267-0197

Linwood: 263-3703

Northeast: 269-4444

Orchard Park: 942-2293



NUMBER KEY

16 = A

7 = B

18 = C

20 = D

9 = E

23 = F

8 = G

12 = H

25 = I

10 = J

21 = K

3 = L

24 = M

13 = N

15 = O

5 = P

17 = Q

4 = R

19 = S

1 = T

14 = U

22 = V

2 = W

11 = X

6 = Y

26 = Z

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

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DOWNTOWN SENIOR CENTER

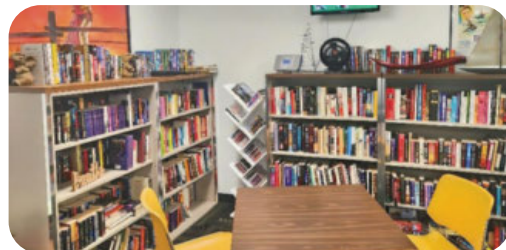
It's September!

Is everybody ready for a cool down? I know I am ready for fall!

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I have seen so many new faces in the last couple of months! People have been renewing their memberships after long absences, and new people have been signing up to take advantage of our programs! I want to say thank you to everyone for telling your friends and family about the Senior Centers and taking the time to sign your guests in with Shannon, Pattie or I. Because there have been so many new faces, I wanted to talk about our little library that is tucked in a corner but full of adventures, romance, history and even a little mystery. There isn't a formal check in and check out process. If you see a book you want to read or a movie you want to watch, take it and give it a home. If you have a book that you think needs a new home bring it to the center library, we will find it a new home. This way there is always

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
9:30 Local History Stroll
10:00-11:00 Wanda's Exercise - Rm 2
12:30-3:30 Open Pickleball - Gym
1:00 Lunch Bunch (Sept. 11)

10:00-11:00

Seated Yoga - Gym

12:30-3:30

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 - Gym
12:00 TX Hold 'em - Billiards Rm
1:00 Writer's Craft (Sept. 7) - Rm 3
1:00 Flying Saucers China Painting

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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 (Sept. 12) - Rm 3
11:00-12:00 Tai Ji Quan - Gym
1:00-2:00 Job Club - Rm 3
2:00-3:00 Bible Study - Rm 3

Friday

8:00-11:00 Competitive Pickleball - Gym
8:00-4:00 Open Billiards
8:00-4:00 Open Fitness - Rm 1
10:00-3:30 Foot Care (Sept. 22)
10:00-11:00 Wanda's Exercise - Rm 2
10:00 Drink Local (Sept. 8)
12:00-3:00 Party Bridge - Rm 2
12:30-3:00 Hand & Foot (Sept. 15) - Rm 3
12:30-4:00 Open Pickleball - Gym
1:00 Mahjongg

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

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

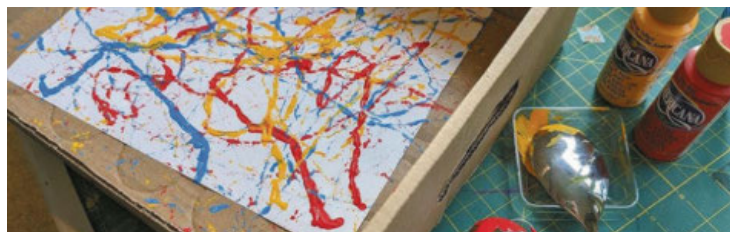
something new on the shelves! If you haven't had a chance to take a look, step in there for a second and check out the shelves. You might find your next adventure, romance or maybe even a new recipe for dinner.

I want to express my families' gratitude for the kind words and thoughts recently after the passing of my mother. My parents, Greg and Carol were members before I joined the Senior Services family and attended exercise faithfully at Linwood before Covid. She loved attending all the senior center events, the exercise classes and meeting new people. She would tell anyone that would listen how much she enjoyed the centers and the people that attended. The senior centers are truly a big family and thank you for allowing my family and I to be a part of it.

CRAFTS:

- **September 21st @ 12:30pm - Wooden Sign Painting**
- **September 26th @ 2:00pm - Painting with Marbles: Sponsored by Oxford Villa**

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CANCELATIONS & CLOSINGS:

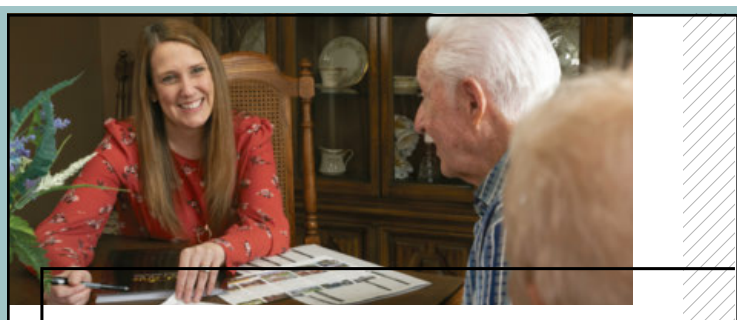
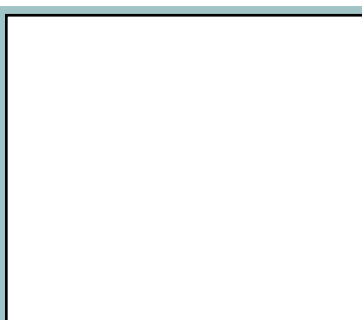
- **September 4th - Labor Day - CENTER CLOSED**
- **September 8th - Open Pickleball Cancelled -**
* Reschedule date is September 5th*

More Of Me



Design by Monica Baker
(316) 993-4622 • Monicab535@gmail.com

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DOWNTOWN SENIOR CENTER

EDUCATIONS:

- **September 6th @ 12:00pm - 1:00pm - K-State Gardening Hour: Saving Seed from Your Garden:** *Virtual Event* - Seed saving is a fun way to enjoy gardening without breaking the bank. Most plants produce seeds that can be saved from one year to the next, however, not all seeds are equally suited for saving. Jesse Gilmore, Wildcat Extension District Horticulture Extension Agent, will discuss the merits of seed saving, the different types of flowers and seeds, and which plants are most suited to seed saving.
- **September 7th @ 1:00pm - Writer's Craft:** Analyzing and Writing
- **September 7th @ 1:00pm - Mayflower Clinic Informational Session:** Mayflower Clinic is a non-profit 501(c)(3) organization that provides free medical care to low-income and uninsured patients. It was founded in 2010 by successful immigrants who wanted to give back to the Wichita community after the great recession. The clinic is staffed by a small team and relies on volunteer physicians and trained healthcare community members to provide clinical services.
- **September 13th @ 1:00pm - 2:30pm - Sip and Swipe Café:** "Apple I-phone and Tablets: Back to Basics pt. 1" Join us for a cup of coffee while learning or refreshing the basic functions of your Apple device.
- **September 27th @ 1:00pm - 2:30pm - Sip and Swipe Café:** "Android phone and Tablets: Back to Basics pt. 1" Join us for a cup of coffee while learning or refreshing your memory the basic functions of your Android device.
- **September 27th @ 9:30am - Historical Museum Lecture/Tour (204 S. Main St.):** "The Life and Times of Rea Woodman" by Jim Mason. No admission fee for Senior Center members, \$2 for guests.

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- 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.)*

UPCOMING EVENTS & ACTIVITIES:

- **September 5th - OPEN PICKLEBALL**
RESCHEDULE DATE
- **September 8th @ 10:00am - Drink Local Coffee:** Leslie Coffee Co - 930 W Douglas.
- **September 10th @ 9:30am - Local History Stroll:** Wild West Delano (part 2) - Our walk thru history will start at the Delano Clock Tower (614 W Douglas Ave). This month we will stroll west of the tower down Douglas Ave and see where history takes us.
- **September 11th @ 1:00pm - Lunch Bunch:** The Beacon - 909 E Douglas.
- **September 12th @ 10:00am - Book Club:** "An Old Country Girl's Beginning" by Bonnie Krenning.
- **September 14th @ 2:00pm - 4:00pm - Senior Stars Talent Show:** This will be a fun 4-Center Event that you won't want to miss! We will be eating nachos and cupcakes, and enjoying talent from our delightful members! Open to all Senior Center Members. Individual and group talents are welcome. Please RSVP to your Center Director if you want to perform!

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DOWNTOWN SENIOR CENTER

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6				1		7	2	
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	8		4				3	



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LINWOOD SENIOR CENTER

A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Brooklyn and brought along his portable keyboard. After telling jokes and singing songs at patients' bedsides, he said farewell and, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

Hello all you wonderful senior center members!

This is National Senior Center Month and we want you to have some FUN! The theme this year is "DISCOVER YOURS!" What it is intending to say is that you need to seek out fun things that will make your heart happy! Find ways to learn new things, and look for ways to stay active. So we are wanting to encourage you to be involved. This month you will want to join us in our search for Linnie Llama. We will be placing him at different locations around Linwood. Once you find him you will need to register to win the prize for that week. One registration per day, then the drawing will be on Fridays, starting on the 8th! Also we will have some great educational classes, from "Fraud & Seniors & How They Shouldn't Go Together" and "Natural Remedies for Life & Healing" also we **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 (Sept. 18)
11:00 Tai Ji Quan
11:30 Friendship Lunch
12:30 Bingo (Sept. 11 & 25)
1:30 Computer/Job Assistance w/ James
2:00 Tinker Time (**NEW** See Info)

1:30 Movie Time (Sept. 5, 12 & 26 *See Schedule)

Wednesday

8:00 Hip Hikers Walking Club
9:00 Stronger Seniors
9:00 Advisory Council (Sept. 27)
11:00 Tai Ji Quan
11:00 Birthday Party (Sept. 20)
11:30 Friendship Lunch
12:00 Pinochle with Friends (No Computer Lab)
1:00 Arthritis Exercise
2:00 Craft Educations (*See Schedule)

9:30 Writer's Craft (Sept. 7)
11:30 Friendship Lunch
12:00 Pinochle with Friends (No Computer Lab)
12:45 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

Tuesday

9:00 Pickleball
9:00 Stronger Seniors
10:00 Foot Care (**NEW** 4th Tues.)
10:00 Scrapping with the Best
11:30 Friendship Lunch

Thursday

9:00 Pickleball
9:00 Stronger Seniors

Daily/Anytime
Walking and Computer Lab

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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

are looking at "Housing Options for Seniors". Other new events for you to participate in is the "Nacho Average Senior Center Party" with the "Senior Stars Talent Show". This is our big get together to celebrate National Senior Center Month, also the Drone Light Show and the PBS Senior Expo later in the month, so don't miss our "THRILLING THURSDAYS as we "Discover Yours!"

Faithfully Yours, Cherise & Crew

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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

"NACHO AVERAGE SENIOR CENTER PARTY & THE SENIOR STARS TALENT SHOW"

TO CELEBRATE NATIONAL SENIOR CENTER MONTH!

At Downtown Senior Center

Thursday, September 14th @ 2:00pm - 4:00pm

We will be eating nachos and cupcakes, and enjoying talent from our delightful members!

Showcase your AMAZING Talents at the Senior Services "Senior Stars" Talent Show. 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!!!

RSVP to your senior center
(Linwood 263-3703) by Tuesday, 9/12.

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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

9/5 - "True Grit" (John Wayne Classic)

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9/12 - "A Walk in the Clouds" (Keanu Reeves love story)

9/19 - NO MOVIE AT LINWOOD WE ARE GOING OUT TO A "MOVIE OUT" ON THURSDAY 21st 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!

9/26 - "Noble" (The story of a dream that rescued a million lives. A heroine who leaves the slums of Ireland to help on the streets of Vietnam.)

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

WRITING CRAFT - September 7th @ 9:30am

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

Program: Poetry - Analyzing and Writing

Exercise Words: gallivant - gingerbread - gorilla - garage - gray

General Prompt: Write about a travel experience gone wrong.

Poem Prompt: Write a poem about a bad vacation.

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CRAFT/ART CLASS EDUCATION:

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

September 5th, 12th, 19th & 26th @ 10:00am, "Scrapping/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!

September 13th @ 2:00pm, "Scrubby Making 101" - Come and learn how to make scrubbies, you can give for stocking stuffers, as Christmas is around the bend! Our Kay Hood to teach. RSVP and pay \$3 by 9/8 please!

September 20th @ 2:00pm, "Leaf Design" - Beautiful patterning made with mandella dot technique. Cherise and Pat Collins to lead. RSVP and pay \$3 by 9/13 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!**

September 8th, "Housing Options for Seniors" - Come and find out about all the different housing options for seniors, learn the difference of assisted living and homes plus. Lexi Giannetti of Humana to facilitate.

September 15th, "Fraud and Seniors: They Shouldn't Go Together, How to Look For and Avoid Them" - Come and hear Attorney, Jason Roach share how to spot and identify fraud! All seniors need to hear this!

September 18th @ 1:00pm, "Foot Care 101" - by Nurse Cheryl Rosne. We are bringing foot care back. Cheryl is coming to talk about how to take care of your feet and if you can't how she may be able to help you! Join us!

September 29th, "Falls & How to Prevent Them" - Falls are dangerous, we need to prevent them as we are older! If you come to one education this year, please come to this one! We want to help you find ways to limit falls. Heidi Occupational Therapist to present. Cathy and Kory from Kansas Home Help will come and share.

ON-GOING GROUPS:

BIBLE STUDY - Scheduled for September 18th @ 10:00am, We will be studying Psalms. Odean Moore & Cherise to lead.



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

SPECIAL EVENTS & ACTIVITIES:

September 2nd @ 8:00am, Hip Hikers Monthly Walk – We will be walking by the River. Call for more information and where to meet (263-3703). P.S. We usually go to breakfast after, looks like Doo Dah Diner, 206 E Kellogg!

September 5th @ 11:00am, “Luncheon Lovelies & Romeo Club” – We are celebrating “National Cheese Pizza Day!” Eating at Pizza Johns in Derby, 208 S Baltimore be there at 11:00am. BEST PIZZA EVER! Cost at \$12 or so! RSVP to Cherise 263-3703 by day of @ 9:00am.

September 6th @ 1:30pm - 2:30pm, Senior Wednesday Activity at Museum of World Treasures – “The Moccasin Speaks” presentation by Ken Spurgeon. Cost is \$4 per person. **(Had to rerun this because of a cancellation! But come with us!)** 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 9/5.

September 8th @ 11:30am - 12:15pm, Common Ground Grower’s Van – Come and use your Farmer’s Market Coupons for fresh foods, vegetables and local honey, right here at Linwood.

September 21st @ 6:00pm - 10:00pm, “DRONE FESTIVAL AT EXPLORATION PLACE” – TRY SOMETHING NEW!!! We are planning on going to the drone festival on Thursday. The cost is \$15 per person, which includes getting into the museum, and then at 9:00pm the drone show. You will need to bring a bag chair, and extra money if you want to get food or souvenirs. Walking on uneven surfaces involved. Call by 9/6 for more information.

September 28th @ 10:00am - 3:00pm, “PBS SENIOR EXPO” – Booths and Goodies for the Seniors. We will not plan on going the whole day, we will meet at 9:30am to caravan from Linwood to go up to the expo at PBS, 8710 E 32nd Street. We intend to be there a couple of hours. Please RSVP. Or you can go whenever you like. (Near the old Social Security Bldg.)

THE HUNT FOR LINNY LLAMA is ON! – Come see us each day, and search for our Llama. If you find it, put your name, date and location in the jar for a prize to be given away each Friday. (1 name per person per day)

Week 1 – Snack Attack Basket

Week 2 – Cleaning Supplies

Week 3 – PT & TP

Week 4 – Gift Certificate

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NEW EVENT “TINKER TIME” – Help recycle and exercise your hands. If you like to disassemble old broken items, this is the place for you. Call Cherise for more information.

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 – Please note slight time change!

Elaine Kinder will be instructing two classes.

The **Arthritis Exercise Class** will be held on **Wednesdays from 1:00pm - 2:00pm**. Elaine’s **Beginning Line Dances** will be held on **Thursdays from 12:45pm to 1:45pm**. And **Intermediate Line Dances** from **1:45pm to 2:45pm**. Elaine 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.

SPECIAL THANKS to
Fresh Paws Mobil Pet Wash
for sponsoring Grazing in
the Grass!

Fresh Paws Mobil Wash





NORTHEAST SENIOR CENTER

Hello Everyone...Happy National Senior Center Month!

Praying all is well with you and your family.

September is National Senior Center Month. This is an opportunity to showcase our centers and all the great programs, activities, and services that we offer. It is also a great time to promote a positive image of aging, and show how important the senior centers are in the community. The National Council on Aging's theme for 2023 is: "Discover Yours". What does "Discover Yours" mean...well I am glad you asked? "Discover Yours" encourages us to take an active role in exploring new activities, hobbies, and experiences. It emphasizes that it's never too late to try something new and encourages self-discovery. This month I encourage you to step out of your comfort zone and try a new activity within the senior center. You never know you may really enjoy it. Not only that, it gives you an opportunity to meet and

Continued on pg 15

Ongoing Activities

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

***Nonmembers must pay a \$2 daily participation fee to participate - NO EXCEPTIONS!**

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

Wednesday

9:30 WSU WellRep Exercise Class
10:45 **Creative Coloring for the Soul**
***(New Day/Time)**
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

20

July Word Search Winner

Pamela Smith

Holiday Closing:

Northeast Senior Center will be
CLOSED Monday, **September 4th, 2023**
in observance of **Labor Day**.

Upcoming Activities/Events:

For the month of September we will do our **FUN FRIDAYS** (Presentations, Activities, or Events every Friday) to celebrate National Senior Center Month. Please call the center (316) 269-4444 for more details.

- **Wednesday, September 6th at 12:30pm - Being Kind to Others** - Hospice Helpers group will meet to make crafts for Hospice patients.
- **Monday, September 11th 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!

- **Thursday, September 14th from 2:00pm - 4:00pm - "Senior Stars" Talent Show** - You are invited to join us for FOOD, FUN, FELLOWSHIP and DOOR PRIZES at our 4-Center "Senior Stars" Talent Show to celebrate National Senior Center Month. Location: Downtown Senior Center - 200 S. Walnut.
- **Friday, September 22nd from 2:00pm - 3:33pm - Fall "Hat Fashion Show"** - Join us as we bring in the Fall season with a "Hat Fashion Show". All those that participate in the "Hat Fashion Show" can put their name in a drawing for a chance to win a door prize. I am also asking for members to donate their favorite Fall **Continued on pg 15**



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25

Old TV Shows 1

Find and circle all of the old TV shows that are hidden in the grid.
The remaining letters spell the name of an additional old TV show.

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

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

FLYING NUN
FUGITIVE
GOMER PYLE
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GREEN HORNET
HOWDY DOODY
I SPY
IRONSIDE
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MAUDE
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MIAMI VICE
MOD SQUAD
MOONLIGHTING
MURPHY BROWN
ODD COUPLE

PEYTON PLACE
RAWHIDE
RIFLEMAN
RIN TIN TIN
SOAP
ST. ELSEWHERE
TAXI
THREE'S COMPANY
WALTONS

13

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NORTHEAST SENIOR CENTER

Director's Notes Continued

make new friends. This month I also encourage you to invite a new friend to the senior center. If the new friend joins the center by purchasing a membership. Your name will be placed in a drawing that will be held Friday, September 29th at 4:00pm. Thank you for being a member of Senior Services, and Happy National Senior Center Month!

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

Carnesha Tucker – Center Director



Upcoming Activities Continued:

Salads and/or Snacks for everyone to enjoy. Please sign up to be in the “Hat Fashion Show” by 9/20. PLEASE RSVP to donate Fall Salads and/or Snacks or to attend the event by 9/20.

- **Wednesdays at 10:45am *(New Day/Time)**
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:

- **Tuesdays – September 5th, 12th, 19th & 26th and October 3rd & 10th from 1:30pm - 4:00pm**
- Diabetes Self-Management - The Diabetes Self-Management Program, offered by the Sedgwick County Health Department, is an interactive workshop to increase self-confidence

for managing symptoms and understanding the daily impact of diabetes. Learn how to manage diabetes through lifestyle changes such as Exercise for improving strength and endurance, Healthy eating and more. Instructor Tara Sharon – Chronic Disease Health Educator. Space is limited, PLEASE RSVP!

- **Friday, September 8th at 1:30pm - Lunch & Learn: “Wills & Trusts”** - Come join us for our Lunch & Learn to get more information on Wills, Trusts, Conservatorships, Guardianships, Power of Attorney, and Living Wills presented by Daniel Cramer, sponsored by Rachel Thompson with MidAmerican Credit Union. PLEASE RSVP ASAP for food count purposes.
- **Monday, September 18th at 1:30pm - “Shake Off the Excess Sodium”** - Are you still having problems getting your Salt-Intake under control? Come join us to learn how to shop for lower-sodium food and the importance of decreasing sodium intake for heart health. Presented by Sara Sawyer, County Extension Agent – Nutrition, Health and Wellness. PLEASE RSVP!
- **Wednesday, September 20th at 1:30pm - “Aging in Place and Ergonomics”** - We will be addressing aging in place in your home through Home Modifications, Fall Reduction, Ergonomics, and Positive Lifestyle Changes to improve quality of life and maintain independence. Presented by Kristina Weber, Occupational Therapist with Life Care Center of Wichita. PLEASE RSVP!
- **Monday, September 25th at 1:30pm - “Valuable Programs for Seniors” (Prescription Voucher Program, Vision Care Program, and Diabetes Program)** - Join us as we share valuable insights about how Cairn Health can support you on your health journey. Cairn Health offers three essential programs: The Prescription Voucher Program (for seniors, annual allocation of \$180; which can be utilized for prescription drugs), Vision Care Program (eye exams and eyeglasses), and Diabetic Program (seniors can enjoy complimentary monthly diabetic supplies to assist in their health management). This is an opportunity to discover how you can make the most of these services to enhance your well-being. Presented by Amber Beck, Executive Director of Cairn Health. PLEASE RSVP!



ORCHARD PARK SENIOR CENTER

Happy September and Happy Grandparent's Day to all of you Grandparent's out there!

Where would we be without Grandparents?

Traditionally observed on the first Sunday after Labor Day, National Grandparents Day is celebrated this year in the US and Canada on Sunday, September 10, 2023.

In the US, Grandparents Day is often celebrated with gift exchanges, family get-togethers or even civic events that celebrate grandparents throughout an entire community.

West Virginian native, Marian McQuade, pressed the U.S. Senate to proclaim a special day for grandparents in 1978 and that very same year, President Jimmy Carter, signed the bill into law proclaiming special recognition for grandparents throughout the land. **Continued on pg 19**

15

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 (Sept. 18)
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

3

10:30-12:00 Computer Lab
12:00-4:00 Open Pool Tables
1:00-1:30 Chair Exercise for Beg. (NEW)
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 (NO Pickleball on Sept. 7)
1:00-3:30 Mexican Train Dominoes

Friday

9:00-10:00 Co-Ed Exercise
10:00-11:00 Co-Ed Exercise
11:00-12:00 Enhance Fitness video with Joe Samaniego from CPAAA (all fitness levels)
12:00-4:00 Open Pool Tables
1:00-3:00 Pickleball in the Gymnasium (NO Pickleball on Sept. 8)

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

September 1st @ 10:00 – Christy Fischer with WAAL (Wichita Animal Action League) will be here to provide information about WAAL and will bring a couple of little furry friends to visit with us.

September 1st @ 2:00-3:00 – ***This is rescheduled from August*** 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.

September 1st @ 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.

September 4th – ORCHARD PARK CLOSED IN OBSERVANCE OF LABOR DAY

September 5th @ 10:30-11:30 – Jamie with "Compassion Within" Hospice will be here to play BINGO! Get your dobbers ready and your good luck charms out and get ready to win! Please RSVP.

September 6th @ 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.

September 6th @ 1:00-1:30 – ***NEW CLASS*** Chair Exercise for Beginners - Have you been wanting to start exercising but you haven't been sure where to start? Come give this class a try – it just might be what you've been looking for!

Continued on pg 18

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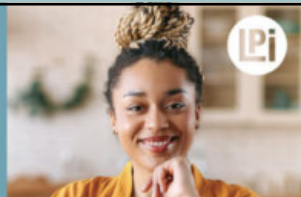
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Upcoming Events & Activities - Please RSVP to 942-2293

September 7th @ 9:00 – The “Egg-cellent” Breakfast Club – Meet at “Jimmy’s Egg” – 8728 W. Central - This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

September 7th @ 10:30-11:30 – Robert Rives, author of the book, “Baseball in Wichita” will be here to discuss his book and talk about the story of local baseball at all levels - amateur, collegiate and pro - in words and images dating from the 19th century to the present day. Sports Fans, Historians and lovers of “all things Wichita”, will not want to miss this one! Please RSVP.

September 8th – HAPPY GRANDPARENT’S DAY THIS SUNDAY! “Grandparents are the perfect blend of love, laughter, and happy memories.”

September 8th @ 9:00-3:00 – Step Right Up and Join Us for the Kansas State Fair – “Young at Heart” Day! Seniors 55+ get in to the Fair for \$2.00. We will meet at Orchard Park and drive convoy style to the Fair. We will provide water and snacks. If you would like to purchase a meal, additional snack items, souvenirs or ride tickets, please bring your own money for that. Please be sure to wear good walking shoes. Please RSVP.

September 12th @ 10:30-11:30 – Our Girl Des will be here from Oxford Grand to teach us how to paint with marbles. This is a fun action art activity with stunning results! Please RSVP.

September 13th @ 10:00-4:00 – Foot Care by Ben and Cheryl – Toenail Trimming for Diabetics and others who have difficulties doing their own toes. MUST SIGN UP FOR APPOINTMENT. Call 942-2293 to schedule or see Kelli or Jackie at Orchard to sign up.

September 14th @ 10:00-11:30 – Meet at Botanica for “Empowered Seniors” presentation. Topic TBD. Botanica: 701 Amidon. Please RSVP.

September 14th @ 2:00-4:00 – 4-Center Talent Show – Who’s Got Talent? Is your Inner Rock Star ready to jump on stage and sing? Do you have

a hidden talent of juggling and want to show off your skills? Sign up for our 4-Center Talent Show. This will be a great time full of fun and laughter. Nachos and cupcakes will also be served. This will be at the Downtown Senior Center. Run, don’t walk, to get registered for this outrageous, show stopping event!

September 15th @ 1:00 – Movie – “Mrs. Harris, Goes to Paris” (Rated PG) 2022 – Starring: Lesley Manville - A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress, and decides that she must have one of her own. 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.

September 19th @ 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. Chelsie with Medicare with Jake will be providing our donuts. Please call to RSVP.

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September 21st @ 10:30-11:30 – Liz with Mayflower Clinic will be here to talk about the great services that they provide to the Wichita community and can also answer some tricky questions about Medicare. Donuts and goodie bags will be provided as well. Please RSVP.

September 22nd @ 2:00-3:00 – Kelli and Nancy’s Cooking/Comedy Show – This month is the Kansas State Fair so we thought we would show you how to whip up one of the most popular and delicious fair treats, “Funnel Cakes”. See how you can bring the taste of the fair right to your very own kitchen and best of all, you get to sample them! Please RSVP.

September 26th @ 11:30 – “Good Grub Lunch Club” – Meet at “Roxie’s on the River” - (Locally Owned – Support Local!) – Farm Credit Bank Building (Lower Level)

Continued on pg 19



ORCHARD PARK SENIOR CENTER

245 N. Waco. All are welcome. Meet new friends or come and catch up with old friends over a delicious lunch. We can stroll around the river afterwards to walk off our yummy lunch (walk is optional). Please RSVP.

September 28th @ 10:00-3:00 – PBS Senior Expo – PBS Television Station – 8710 E. 32nd St. N. – This event is for seniors 55+ and their caregivers – to provide education and resources for ageing gracefully in our community! If you want to meet as a group, the Orchard Park group will be there from 10:00-11:00 and then will grab a quick bite for lunch afterwards. Please RSVP.

September 28th @ 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.

September 29th @ 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?

***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!**

9

Director's Notes Continued

DID YOU KNOW? Grandparents Day Fun Facts:

- In the US and Canada, Grandparents Day is celebrated in September on the first Sunday after Labor Day. Meanwhile, in the UK, it's the first Sunday in October. In Germany, Grandmothers Day is observed on the second

Sunday in October. *Dia del Abuelo*, or Grandparents Day, is celebrated in Mexico every year on August 28.

- In the US, it's grandma and grandpa. In Latin America and Spain it's abuela and abuelo. In Italy, it's nonna and nonno, and in Germany oma and opa are the traditional names for a grandmother and grandfather.
- Famous people who have been raised by their grandparents include Oprah Winfrey, Presidents Barack Obama and Bill Clinton, actor Jack Nicholson, singer Willie Nelson, funny lady Carol Burnett, and poet Maya Angelou.
- Grandparents are younger than ever today with a median age of 48. More than half the grandparents in the United States are baby boomers and about 10% have tattoos!
- Grandparents are wonderful caregivers (think about all the experience they have!) with more than 2 million grandparents in the US acting as the head of household.

Grandparents are so vital to the family! They teach, they love, they understand, they help, they give great hugs, and they pay attention sometimes when everyone else is too busy. They are always there and they are more special than they will ever know.

I think of my Grandparents often and all of the wonderful memories I have of them. I can still smell their cooking, hear their laughs and I remember most of all, the love and joy they brought to my life.

Thank you to all you Grandparents out there building special memories with your grandchildren. Trust me! They will remember... even the small little gestures, those might even be the memories they will treasure the most.

Happy Grandparent's Day and Enjoy your September to the fullest!

– Kelli

20



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Meals on Wheels Volunteers



Meals on Wheels volunteers deliver hot, nutritious meals to homebound seniors in Wichita, Monday through Friday. Volunteer drivers are often the only daily face-to-face contact for these seniors who would otherwise be alone and isolated. Our recruiter would love to talk with groups or individuals to explain the many ways you could make a significant difference with just a small gift of time.

Our local program serves between 800 – 850 hot, nutritious meals to homebound, isolated seniors each weekday. With over 70 routes delivered each day, volunteer numbers are needed and appreciated.

Your help is especially appreciated during busy times like holidays or bad weather days. Volunteers have the option of volunteering everyday or when needed.

Because we send volunteers into the homes of a vulnerable population reference checks and orientation are required prior to your first delivery.

Meals are delivered between 10:00 a.m. and 1:00 p.m. each weekday.

Join the Meals on Wheels team today and help keep our seniors safe, healthy, and happy!

To learn more call **267-0122** or visit us online at: <https://seniorservicesofwichita.org/meals-on-wheels/>.

To apply online visit:
<https://seniorservicesofwichita.org/mowvolunteer/>

