

## TRICK OR TREAT

Happy October Everyone!

This month we played a **TRICK** in the Compass. But don't worry, there is also a hidden treat as well. As you go through the issue, you will notice your center's section isn't where it should be. Don't worry! The trick was switching the center sections around! As you look through for your section, take a moment to look at some of the other centers and see what fun events are being held this month. Now for the fun part, **THE TREAT**! Pumpkins are scattered throughout the Compass and we need your help to figure out how many there are. After counting all the pumpkins, call your senior center director! If you guessed the amount correctly you will be entered into a drawing for a surprise treat!

Have fun exploring the newsletter and come see us this month for a SPOOKTACULAR time!

## Center Highlights

### DOWNTOWN

**October 13th @ 11:00am-1:00pm**

**Pumpkin Patch Trip** - Cox Farms - 6059 S. Seneca St. Participation cost - Admission and Box Lunch: \$13. Sign up by **October 10th** to reserve your spot. Join all four center's for a fun filled couple of hours and you can take home a pumpkin. (Pg. 10)

**October 31st @ 1:00pm-3:00pm**

**Halloween Bingo with a "Finger Food" Lunch** - Join us for a "Finger Food" Lunch and Spooky Bingo. Dress up is optional. (Pg. 10)

### LINWOOD

**October 25th @ 2:00pm**

**"Cutting Board Pumpkins"** - These are super cute, and will look good in the kitchen or would be great for a gift! Pat Collins to lead. Pay \$5 by 10/18. (Pg. 18)

**October 31st @ 2:00pm-4:00pm**

**"Howlin Halloween" Party** - We will be having food, fellowship and Howling Good FUN! Join us and bring a snack to share. Prizes, Games and Gremlins! (Pg. 17)

### NORTHEAST

**October 24th @ 1:30pm**

**"Superfoods: Extraordinary Cranberry"** - Join us as we learn more about the benefits of cranberries. Presented by Aubrey Vereecke - Nutritional Coach from Natural Grocers. PLEASE RSVP! (Pg. 7)

**October 27th @ 2:00pm-3:30pm**

**"Fall Festival"** - Come join us for our "Fall Festival" where we will have Finger Food, Fun, Fellowship and Door Prizes. PLEASE RSVP! (Pg. 5)

### ORCHARD PARK

**October 3rd @ 11:30am**

**OKTOBERFEST Celebration** - Meet at "Prost" German Restaurant. We will eat lunch and then we will play a few OKTOBERFEST games. (Pg. 13)

**October 31st @ 11:30am-1:00pm**

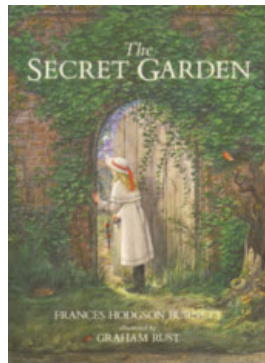
**"PIZZA AND PUMPKINS"** - I will order Pizza for lunch and we will have SPOOKTAKULAR fun decorating pumpkins. (Pg. 15)



## Discovery

In a world bustling with modern distractions, the simple pleasure of getting lost in a good book can be a rejuvenating experience. For seniors, reading not only offers a delightful escape but also numerous cognitive and social benefits. Coming to Compass is Discovery, a book review series to promote cognitive stimulation. Like most books you can find this book at your local library.

Published over a century ago, "The Secret Garden" by Frances Hodgson Burnett continues to captivate readers of all ages with its enchanting narrative. Burnett originally named the novel "Mistress Mary" after the English nursery rhyme: "Mary, Mary, quite contrary, How does your garden grow? With silver bells, and cockle shells, And pretty maids all in a row" but after her death, her son changed it to "The Secret Garden" to honor her love of the country side. The story revolves around Mary Lennox, a young girl who, after being orphaned, discovers a hidden, neglected garden on her uncle's estate. Through her journey, readers are transported to a world of healing, growth, and renewal.



## WHAT DID IT COST?

Try to guess the cost of these items in the year 1953.



**Postage Stamp**  
\$ \_\_\_\_\_



**Gallon of Gas**  
\$ \_\_\_\_\_



**New Car**  
\$ \_\_\_\_\_



**A Dozen Eggs**  
\$ \_\_\_\_\_



**Pound of Beef**  
\$ \_\_\_\_\_



**New House**  
\$ \_\_\_\_\_

Gallon of Gas \$.03, Postage Stamp \$.03,  
A Dozen Eggs \$.70, New Car \$1,970,  
Pound of Beef \$.45, New Home \$8,200

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

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Senior Services Inc. of Wichita, Wichita, KS

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## NORTHEAST SENIOR CENTER

Hello Everyone...Happy October!

Praying all is well with you and your family.

Well Ladies and Gentlemen it is finally October. This year is really moving right along. For this month we will have our Fall Festival. This includes Finger Food, Fun, Fellowship and Door Prizes. Also, I have scheduled a lot of Educational Presentations for you to gain helpful information to keep you healthy, mobile, and active. Remember the Educational Presentations are some of the **Continued on pg 6**



### 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)  
1:30 Educational Presentations (Oct. 16, 23 & 30)

#### Tuesday

10:30 Keep It Moving Exercise Class  
11:30 Aging Projects Friendship Meals  
1:30 Educational Presentations (Oct. 17 & 24)

#### Wednesday

9:30 WSU WellRep Exercise Class  
10:45 Creative Coloring for the Soul  
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  
1:30 Educational Presentation (Oct. 4)

#### Thursday

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

#### Friday

9:30 WSU WellRep Exercise Class  
10:30 Diamond Dotz  
11:30 Aging Projects Friendship Meals  
12:30 Strength & Stability Exercise Class with Joe Samaniego from CPAAA  
1:30 Educational Presentation (Oct. 6)

#### **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



### August Word Search Winner

Linda Field



## Word Search This Month Is On Page 11

### Upcoming Activities/Events:

- **Wednesday, October 4th at 12:30pm - Being Kind to Others** - Hospice Helpers group will meet to make crafts for Hospice patients.
- **Monday, October 9th 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!

- **Friday, October 27th from 2:00pm-3:30pm - "Fall Festival"** - Come join us for our "Fall Festival" where we will have Finger Food, Fun, Fellowship and Door Prizes. I am asking for members to donate your favorite Fall Snacks for everyone to enjoy. PLEASE RSVP!
- **Wednesdays at 10:45am - 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!

**Continued on pg 6**

# More Of Me



Design by Monica Baker  
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## LEASING NOW!

Mennonite Housings newest edition to affordable housing for seniors will be Harvest Pointe. Harvest Pointe will consist of one and two bedroom units is located in Newton, KS near 1st & Boyd

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# NORTHEAST SENIOR CENTER

## Director's Notes Continued

center's requirements that helps us keep our funding. Your attendance is needed to make this happen. So, please read over the details of each topic and RSVP to those that interest you. Thank you in advance for helping the center meet our requirements.

October is also Medicare Open Enrollment. Just a friendly reminder that it starts October 15th and ends December 7th. Open enrollment is when all people with Medicare can change their Medicare health plan and/or Part D prescription drug plans. It is not required that you change anything. However, this would be an opportunity to check for ways of saving, as well as making sure your plan is the best available for you. If you are interested in looking at your coverage plan and available options, please stop by the center or call (316) 269-4444 to schedule your appointment. As your center director, I am SHICK (Senior Health Insurance Counseling for Kansas) trained and available by appointment to help you with the basics of Medicare Part D.

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

Carnesha Tucker – Center Director



## Upcoming Activities Continued:

- **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:

- **Diabetes Self-Management – Cancelled due to not having enough members sign up.**

- **Wednesday, October 4th at 1:30pm - “Benefits Check-Up”** - It's that time of year again...yes, Medicare Open Enrollment. Come and check out all the new programs available and see if you qualify for extra benefits. Presented by Monica Ingalls, Community Outreach Coordinator with Aetna. PLEASE RSVP!
- **Friday, October 6th at 1:30pm - “Safe and Steady® Fall Prevention Program”** - Join us for a discussion on Visiting Angels' Safe and Steady® Fall Prevention Program; which is focused on helping your elderly loved one's reduce the risk of slips, trips, and falls at home and decrease the chance of serious injuries that could result in hospitalization, loss of independence, permanent disability, or even death. Presented by Visiting Angels Living Assistance Services owner Heather Brown, HCC/MC, and CDS. PLEASE RSVP!
- **Monday, October 16th at 1:30pm - “Healthy Eating on a Budget”** - When food prices are high and money is tight, buying groceries can become a challenge for many people. Planning meals and snacks is one of the best ways to stick to your food budget all while incorporating more fruits, vegetables, lean proteins, and whole grains. This presentation will provide tips and tricks for healthy eating on a budget. Presented by Sara Sawyer, County Extension Agent – Nutrition, Health and Wellness. PLEASE RSVP!
- **Tuesday, October 17th at 1:30pm - “How to Optimize and Protect Brain Health as we age”** - We will be discussing the six lifestyle factors that have been shown to specifically target brain health: Diet, Exercise, Sleep Optimization, Stress Reduction, Social Interaction and Cognitive Stimulation. Presented by Fiona Harper RN, BSN, Founder of Changing Minds LLC, Positive Approach to Care and Apollo Health ReCode certified. PLEASE RSVP!

Continued on pg 7



## NORTHEAST SENIOR CENTER

### Educational Presentations Continued:

- **Monday, October 23rd at 1:30pm - "Healthy Body, Healthy Brain"** - What you eat, how much you move, how well you sleep, and how you manage your stress affect nearly every aspect of your well-being, including your physical and mental health. This presentation will touch on several ways to protect the health of your body and brain through nutrition, physical activity, and stress management. Presented by Sara Sawyer, County Extension Agent - Nutrition, Health and Wellness. PLEASE RSVP!
- **Tuesday, October 24th at 1:30pm - "Superfoods: Extraordinary Cranberry"** - Did you know that there are many benefits to eating cranberries? This super fruit goes beyond bladder health to support the gut, heart, immune system and blood sugar stability. Join us as we learn more about the benefits of cranberries. Presented by Aubrey Vereecke - Nutritional Coach from Natural Grocers. PLEASE RSVP!
- **Monday, October 30th at 1:30pm - "Audio-Reader: Sharing the Gift of Sight through Sound"** - Audio-Reader is a free audio information service that fosters independence by providing access to information and the arts for people who have difficulty reading standard print. Trained volunteers provide live audio information of Local and Regional Newspapers and Magazines, Books, Grocery & Discount Store Ads, Sports Shows, Inspiration & Religion, Arts & Entertainment. Join us for a discussion on the Audio-Reader and see some of the products in-person. Presented by Martha Kehr, Audio-Reader Communications & Listener Services Coordinator with The University of Kansas. PLEASE RSVP!



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# DOWNTOWN SENIOR CENTER

Hello!



It's Medicare Season once again! Open Enrollment starts October 15, 2023 and ends December 7, 2023 so don't forget to make your appointment to enroll if you haven't yet and are able to. Even if you don't think you will make any changes, it's always a good idea to at least review your plan and compare it to any changes that are made for FY 2024. There are ALWAYS changes to Medicare so even if you do not think it will affect you, it doesn't hurt to take a peek.

Each center director has set up a different schedule so call your center director for scheduling. At the Downtown Center, the schedule is as follows: Mondays, Wednesdays and Fridays, 10:00am and 1:00pm from October 23rd to December 7th, 2023.

Just a few of the changes to Medicare Part D this year are:



- Medicare Part D Premiums are projected to decrease in 2024

**Continued on pg 9**

## 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  
 12:30-3:30 Open Pickleball - Gym

### Tuesday

8:00-9:30 Comp. Pickleball - Gym  
 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 (Oct. 10) - Rm 3  
 11:00-12:00 Tai Ji Quan - Gym  
 1:00-2:00 Lunch Bunch (Oct. 17)  
 1:00-2:00 Job Club - Rm 3  
 2:00-3:00 Bible Study - Rm 3

### Wednesday

8:00-9:30 Comp. 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  
 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 (Oct. 5) - Rm 3  
 1:00 Flying Saucers (Oct. 5)

### Friday

8:00-11:00 Comp. Pickleball - Gym  
 8:00-4:00 Open Billiards  
 8:00-4:00 Open Fitness - Rm 1  
 10:00-3:30 Foot Care (Oct. 27)  
 10:00-11:00 Wanda's Exercise - Rm 2  
 10:00 First Friday Coffee (Oct. 6)  
 12:00-3:00 Party Bridge - Rm 2  
 12:30-3:00 Hand & Foot (Oct. 12 & 27) - Rm 3  
 12:30-4:00 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**





## DIRECTOR'S NOTES CONTINUED

- Insulin coverage through Medicare Part D may not charge more than \$35 for a month's supply of insulin in the initial coverage phase or coverage gap phase.
- Medicare part D Extra Help program will be expanded to those who fall between 135% and 150% of the federal poverty line and meet the predetermined resource limit requirements.

These are just a few of the changes. To see the list of changes for 2024, you can visit the Medicare website before your Medicare review appointment. (Hint: make sure to schedule your part D review.)

### Downtown Senior Center Housekeeping:

Did you know the check-in kiosk at the Downtown center can take your picture? I recently found that out. What does that mean for you? I need everyone's picture for their Senior

Center file! There are so many new faces and so much more member movement between centers (which is awesome!) to make sure everyone who attends senior center events, classes, etc., are center members. Updated photos are also helpful in case of an emergency. The next time you check in for activities at the Downtown center, stop in the office and let us take your photo. It won't go anywhere but your file, scout's honor!

### **LUNCH BUNCH GROUP CHANGE FOR THE MONTH OF OCTOBER:**

Normally, Lunch Bunch is scheduled on the third Monday of every month. But because the restaurant that was chosen for October, Ty's Diner located at 928 W 2nd St N, Wichita, KS 67203 is CLOSED ON MONDAY'S, the Lunch Bunch meeting will be moved to **TUESDAY, OCTOBER 17th from 1:00pm - 2:00pm.**

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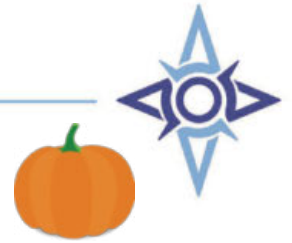
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# DOWNTOWN SENIOR CENTER



## EDUCATIONS:

- **October 5th @ 1:00pm - Writer's Craft:** Types and Writing
- **October 11th @ 1:00pm - Sip and Swipe Café (navigating the internet with iPhone/iPad):** Join us for refreshments and learn or brush up on how to effectively navigate the internet with your Apple device. We will be using the Generations on-line program format. Which is a supported hands on learning model.
- **October 12th @ 10:00am - 3:30pm - AARP Safe Driving Course:** Registration begins @ 10:00am - Class time is 10:30am - 3:30pm with breaks and lunch hour. We can provide a list of area restaurant to grab lunch at and/or you are welcome to bring your lunch from home. AARP Members \$20, please bring your AARP member card. Participation fee for is nonmembers \$25.
- **October 19th @ 1:00pm - Ascension Living HOPE - PACE Program:** Join us in learning about P.A.C.E. (Program of All-Inclusive Care for the Elderly). The Pace program provides community-based medical and supportive services to people age 55 or older who are struggling to maintain their independence and safety at home.
- **October 25th @ 1:00pm - Sip and Swipe Café (navigating the internet with your Android Device):** Join us for refreshments and learn or brush up on how to effectively navigate the internet with your Android device. We will be using the Generations on-line program format. Which is a supported hands on learning model.

## CRAFTS:

- **October 4th @ 1:00pm - Dream Catcher Weaving:** Learn how to create and weave dream catcher webbing then learn a little bit about the history from a experienced weaver. \$8.00 for supplies to participate. Supplies provided but not limited to: 1 metal ring - wrapped in leather cord, weaving material, beads and feathers. I have an example of the

artist's work in my office.

- **October 9th @ 12:00pm - Fall Wall Décor:** Create a spectacular piece for Fall!
- **October 23rd @ 2:00pm - Halloween Blocks:** creations sponsored and taught by Dez from Oxford Villa.

## UPCOMING EVENTS & ACTIVITIES:

- **October 6th @ 10:00am - First Friday Coffee:** Panera - 420 N Ridge Road
- **October 10th @ 10:00am - Book Club:** "All the Lonely People" by Mike Gayle.
- **October 13th @ 11:00am - 1:00pm - Pumpkin Patch Trip:** Cox Farms - 6059 S. Seneca St. Participation cost - Admission and Box Lunch: \$13. Sign up by **October 10th** to reserve your spot. Names will not be accepted after October 10th so make sure to sign up at your center! It's that time of year again! Join all four center's for a fun filled couple of hours and you can take home a pumpkin. We will all meet at the Cox Farms parking lot between 10:50 and 11:00am. Group will enter farm at 11:00am, don't be late! We can explore the corn maze, Feed the animals, ride the hayrack to the pumpkin patch and take a whole lot of silly pictures! From 11:45 to 12:15pm, we will have boxed sandwich lunch from Dillon's (your choice turkey or ham) under a covered picnic area. Then from 12:15 to 1:00pm we will have more time to explore the farm.
- **October 17th @ 1:00pm - Lunch Bunch:** Ty's Diner - 928 W 2nd St N
- **October 23rd - December 15th - Medicare Part D:** by appointment only.
- **October 26th @ 9:00am - 1:00pm - Foster Grandparents**
- **October 31st @ 1:00pm - 3:00pm - Halloween Bingo with a "Finger Food" Lunch:** Join us for a "Finger Food" Lunch (please bring your own fingers) and Spooky Bingo. Dress up is optional but not required - fun however is required. It will be a "Howling" good time!



## 60's Songs

Find and circle all of the 1960's song titles that are hidden in the grid.  
The remaining letters spell the title of an additional 1960's song.

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

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

BABY LOVE  
BLUE MOON  
BLUE VELVET  
BUS STOP  
CARA MIA  
CHAIN GANG  
CHERISH  
CRAZY  
CRYING  
DIZZY

DOWNTOWN  
EL PASO  
ELENORE  
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HEATWAVE

HEY JUDE  
HOLIDAY  
ITCHYCOO PARK  
LAST KISS  
MEMPHIS  
MY GIRL  
MY GUY  
PEOPLE  
PUPPY LOVE  
RESPECT

RUNAWAY  
SHERRY  
SOUL MAN  
SPOOKY  
STAY  
SURF CITY  
TEEN ANGEL  
THE BOXER  
THE TWIST  
THESE EYES

VALLERI  
VOLARE  
WHITE RABBIT  
WILD THING  
WINDY  
WIPEOUT  
WORDS  
YESTERDAY

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# ORCHARD PARK SENIOR CENTER

Happy October to You!

I was exercising at home the other day to a workout I found on YouTube. At the end of the workout, the instructor put a blurb up on the screen that talked about being less sedentary. I decided right then and there, that would be the topic of my next newsletter article.

I have been a regular exerciser for the past 30 years. Although, it doesn't always help me in my weight loss journey, it does make me feel better. I compare it to not brushing my teeth. When I don't brush my teeth, my mouth feels yucky and it's the same with exercise. When I don't get my exercise in for the day, I feel, well...yucky. Do I always feel like exercising or want to exercise? NO! However, once I have finished, those endorphins have kicked in and I feel great!

I have been hearing a lot lately that "sitting" is the new "smoking." Sitting for long, uninterrupted periods of time, may make you more prone to cardiovascular problems. Seniors 65 and older should get at least 2.5 hours of moderate aerobic exercise (such as brisk walking) every week. That averages out to **Continued on pg 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 (Oct. 2 & 16)  
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)

10:30-12:00 Computer Lab  
12:00-4:00 Open Pool Tables  
1:00-1:30 Chair Exercise for Beg.  
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

### 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

### Wednesday

8:30-9:30 Co-Ed Exercise  
9:30-10:30 Co-Ed Exercise



### 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  
1:00-4:00 Canasta Card Game **\*NEW\*** (Oct. 6 & 20)

Orchard Park Senior Center • 4808 W. 9th, Wichita, KS 67212 • (316)942-2293

Hours: 8:00 a.m. - 4:30 p.m. • Director: Kelli Nuss • [KelliN@seniorservicesofwichita.org](mailto:KelliN@seniorservicesofwichita.org)

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





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

**October 2nd @ 2:30-3:30** – BINGO with Chelsie from “Medicare with Jake” – Bring your Bingo Dobbers and your Good Luck Charms and come play Bingo with us. Prizes will be given for the winners.

**October 3rd @ 10:30-11:00** – Leslie with the “Senior Companion” Program at the Mental Health Association will be here to talk about her program and will offer a light breakfast as well. Please RSVP.

**October 3rd @ 11:30** – Meet at “Prost” German Restaurant for our own little OKTOBERFEST Celebration. We will eat lunch (lunch is on you) and then we will play a few OKTOBERFEST games out in their courtyard (prizes for the winners) and visit their German grocery store. Please RSVP.

**October 4th @ 12:00-1:00** – K-State Garden Hour – (This will be shown on a webinar at Orchard Park Senior Center) Putting Your Garden to Bed: Winter Garden Prep -The growing season is nearly over, but your garden work may not be done just yet. Join Anthony Reardon, West Plains District Horticulture Extension Agent, as you learn about all of the various gardening tasks that can help your landscape throughout the winter and prepare your garden for the growing season to come.

**October 5th @ 9:00** – The “Egg-cellent” Breakfast Club – Meet at “Fusion Restaurant” (Locally Owned and in my opinion, VERY DELICIOUS!) – 9506 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. **Continued on pg 14**



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**316-263-8264**





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

**October 5th @ 11:00-11:45** – Vicki Flores, Interior Designer, will be here to present “How to Make Your Home Safer and More Comfy.” Please RSVP.

**October 6th @ 11:00** – **\*FOR ALL VETERAN’S\*** Veteran’s Drive-Thru Resource Fair at the Sedgwick County Extension Office. Begins at 11:00. They will have Vendors set up to answer questions for you.

**October 6th @ 2:00-3:30** – Join Starla Criser (Author) on a writing adventure. Come take part in this class which will capture and celebrate life’s most meaningful moments by writing about them and preserving your memories for future generations to come. A sort of journaling type class, if you will.

**October 10th @ 10:30-11:30** – Come make Halloween Blocks with Des from Oxford Grand. We always have a great time when she is here so be sure to sign up and make a fun Halloween creation to take home. Please RSVP.

**October 11th @ 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.

**October 11th @ 1:30-2:30** – Meet at Senior Wednesday at the Advanced Learning Library – 711 W. 2nd St. N. “Railroaded” – The Industry that Shaped Kansas. Learn how the railroad dominated the 19th Century Economy. Presented by Dr. Leo Oliva.

**October 12th @ 10:00-11:30** – Meet at Botanica for “Empowered Seniors” presentation. Topic: Ignite Your Safety! Fire and Emergency Preparedness. Botanica: 701 Amidon. Please RSVP.

**October 13th @ 1:30** – **IT’S BACK!!!** Drum Ball with Cathy Swift from Home Health and Hospice of Kansas. This is a fun exercise bringing together a yoga ball and drumsticks for movement and rhythm. Space is limited so please be sure to RSVP.

**October 16th @ 11:00-11:30** – Advisory Council Meeting



**October 17th @ 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.

**October 18th @ 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.

**October 19th @ 10:45** – “National Nut Day” is coming up on October 22nd so let’s celebrate by going on a fun little jaunt to the Nifty Nut House! Meet at the Nifty Nut House at 11:00 (527 S. St. Francis) and we will drool and dream as we shop and look at all of the delicious treats they have to offer.

**October 20th @ 1:00** – Movie – “Glass Onion” (Rated PG) 2022 – Starring: Daniel Craig, Edward Norton and Kate Hudson. Tech billionaire Miles Bron invites his friends for a getaway on his private Greek island. When someone turns up dead, Detective Benoit Blanc is put on the case. 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.

**October 24th @ 11:30** – “Good Grub Lunch Club” – Meet at “Red Robin” (Gourmet Burgers and other American Fare) – 7355 W. Taft St. Meet new friends or come and catch up with old friends over a fun and yummy lunch. Please RSVP.

**October 25th @ 10:00-10:30** – Marria with Aging Projects would like to share information about “Friendship” Meals that are served during lunch, M-F at Orchard Park Recreation Center and how the programs works. She will have a “sample” meal on display and there will be a give-a-way.

**This presentation will be in** **Continued on pg 15**



# ORCHARD PARK SENIOR CENTER

the dining room area of Orchard Park.

**October 26th @ 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.

**October 27th @ 2:00-3:00** – Kelli and Nancy's Cooking/Comedy Show – This month we will show you how to make a fun Halloween Trail Mix that you can keep at home to snack on or give as a Fang-Tastically fun gift! Please RSVP.

**October 31st @ 11:30-1:00** – Orchard Park Halloween PARTY - **"PIZZA AND PUMPKINS"** – I will order Pizza for lunch and we will have SPOOKTAKULAR fun decorating pumpkins. Please bring your own pumpkin and I will provide the decorations. Pizza will be \$1.00 per slice and Orchard will provide the drinks. Feel free to bring candy or Halloween treats to share with everyone as well. Halloween Costumes optional but would be REALLY FUN!

**CALLING ALL POOL PLAYERS!** We are recruiting Pool Players for Week-Day Afternoons, Noon-4:00. If you love to play pool and are looking for something to do in the afternoons, then head to Orchard Park. We would love to have you!

**\*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 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!**

## Orchard's Healthy Lifestyle Group's October Schedule:

**October 2** – Increasing Daily Protein Intake

**October 9** – Learning About the Role of Sodium and Potassium plus resources

**October 16** – Vitamins and Minerals for Seniors

**October 23** – More on Vitamins for Seniors

**October 30** – Hoarding/Decluttering as it pertains to Seniors

Meeting time is at 9:30 on Mondays and open to any Senior Center Member.



## Director's Notes Continued

about 30 minutes on most days of the week. Or you should get 1 hour and 15 minutes of vigorous exercise (such as jogging) each week. You should also do strength training at least 2 days a week. You can work on balance and flexibility every day. There are many ways you can add short bursts of movement to your daily routine:

### **Set a reminder.**

**Take care of your chores less efficiently.** Put your groceries or other purchases in small bags and make multiple trips from your car to your home. Stand up while folding laundry, and put just a few items of clothing away at a time to get more steps in.

**Pace or tidy up during phone calls.** Whenever you're on the phone, stand up. Try to walk back and forth or in circles while you talk. Or use a hands-free headset and do some light housework while you chat.

**Move a little while you watch TV.** The average American watches close to five hours of television a day, and that amount increases as people age. At least once an hour, stand up and march in place, swing your arms, or do some easy stretches.

**Take the long way.** Whenever you drive somewhere, park in a spot farther from the door to get in some extra steps. Take the stairs instead of the escalator or elevator, even if you climb only one or two of the total flights.

So... How much time do you spend sitting each day? Take a look through the Compass Newsletter and see if there is an exercise class that interests you and give it a try. We have many to choose from. We would love to see additional smiling faces working hard and getting healthier. Happy Exercising, Happy Fall and have a SPOOKTAKULAR Halloween!

– Kelli



**WAAL came to visit us in September and brought these 2 cuties!**

**Looking to adopt a Dog or Cat?**

**Please check out their website: [waalrescue.org](http://waalrescue.org)**



## LINWOOD SENIOR CENTER



"October's the month, when the smallest breeze,  
Gives us a shower of autumn leaves.  
Bonfires and pumpkins and leaves sailing down,  
October-is red, golden and brown!"



Happy October!

This month brings the most wonderful colors, oranges, reds and yellows! It also brings our annual "Halloween Party" and our trip to Cox Pumpkin Patch and "sweater weather!" Some of our highlights include our "Wills & Trusts Seminar" with attorney Danielle Saunders. This is early in the month, so don't miss it! We also have "10 Tips to Boost Your Energy" with Lexi Gianetti of Humana, and we all need an energy boost, especially going into the winter. We also have our Fireside Chat with Councilman Mike Hoheisel. "Natural Remedies for Life & Healing" and a beginning series on "Crock Pot Cooking", where we teach you how to make a pumpkin pecan dump cake! Our foot care is back and you will want to make sure you sign up for Medicare Pt D counseling. So have a great month!

Faithfully Yours,

Cherise & Crew

### 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 (Oct. 2, 16 & 30)  
11:00 Tai Ji Quan  
11:30 Friendship Lunch  
12:30 Bingo (Oct. 9 & 23)  
1:30 Computer/Job Assistance w/ James  
2:00 Medicare Pt D Counseling

1:30 Movie Time (Oct. 3, 10, 15 & 24 \*See Schedule)

#### Wednesday

8:00 Hip Hikers Walking Club  
9:00 Stronger Seniors  
9:00 Advisory Council (None for Oct.)  
11:00 Tai Ji Quan  
11:00 Birthday Party (Oct. 18)  
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 (Oct. 5)  
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  
3:00 Medicare Pt D Counseling

#### Tuesday

9:00 Pickleball  
9:00 Stronger Seniors  
10:00 Foot Care (Oct. 24)  
10:00 Scrapping with the Best  
11:30 Friendship Lunch

#### Thursday

9:00 Pickleball  
9:00 Stronger Seniors

**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**







JOIN US FOR OUR ANNUAL

# “Howlin Halloween” Party







**Tuesday, October 31 from  
2:00pm – 4:00pm**

We will be having food, fellowship  
and Howling Good FUN!

Join us and bring a snack to share.

Prizes, Games and Gremlins!



<p><b>Place Your Ad Here and Support our Community!</b></p> <p>Instantly create and purchase an ad with</p> <div style="background-color: orange; color: white; padding: 5px; text-align: center; font-weight: bold;">AD CREATOR STUDIO</div> <div style="display: flex; align-items: center;">   </div> <p style="text-align: center;"><a href="http://lpicommunities.com/adcreator">lpicommunities.com/adcreator</a></p>	<div style="background-color: white; height: 100px; width: 100%;"></div> <div style="background-color: #4682B4; color: white; padding: 20px; text-align: center; font-weight: bold;">SUPPORT OUR ADVERTISERS!</div>
<p><b>WE'RE HIRING!</b></p> <p><b>AD SALES EXECUTIVES</b></p> <p>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</p> <ul style="list-style-type: none"> <li>• Paid training • Some travel</li> <li>• Work-life balance</li> <li>• Full-Time with benefits</li> <li>• Serve your community</li> </ul> <div style="display: flex; align-items: center;">  <div style="background-color: orange; color: white; padding: 10px; text-align: center;"> <p>Contact us at <a href="mailto:careers@4lpi.com">careers@4lpi.com</a> or <a href="http://www.4lpi.com/careers">www.4lpi.com/careers</a></p> </div> </div>	<div style="text-align: center;">  <p style="font-size: 1.2em; font-weight: bold; color: green;">TheisRealty</p> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;">   </div> <p style="font-size: 0.8em; margin-top: 5px;">Jeff Theis • 316-519-3700    Jim Richond • 316-258-6282</p> <div style="background-color: yellow; padding: 10px; text-align: center;"> <p><b>For ALL Your Real Estate Needs</b></p> <p>Call Jeff or Jim for a <b>FREE MARKET ANALYSIS</b> of your home</p> <p>MEMBERS OF THE SENIOR CENTER</p> <div style="background-color: green; color: white; padding: 5px; text-align: center; font-weight: bold;">             Ask about our senior discount!         </div> </div>



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

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

**10/3 - "Night at the Museum 1"**

**10/10 - "Night at the Museum Battle at the Smithsonian"**

**10/15 - NO MOVIE AT LINWOOD WE ARE GOING OUT TO A "MOVIE OUT" on Thursday the 19th! Showing "My Big Fat Greek Wedding PT 3" 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!**

**10/24 - "Narnia, The Lion, the Witch & the Wardrobe"**

**10/31 - NO MOVIE, *Come to the Halloween Party!***

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

**WRITING CRAFT - October 5th @ 9:30am**

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

**Program:** Mystery - Types and Writing

**Exercise Words:** motor - mushroom - mouse - mattress - mustard

**General Prompt:** Write about getting lost on a trip.

**Poem Prompt:** Write a poem about using a map.

### CRAFT/ART CLASS EDUCATION:

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

**October 3rd, 10th, 17th, 24th & 31st @ 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!



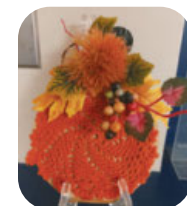
**October 4th @ 2:00pm, "Cheesecloth GHOSTS"** - Join us to make some spooky characters! Cost is \$4. We will work on them the 4th and then come back on Friday the 6th to add embellishments. Call/pay by the 2nd to reserve a spot!



**October 11th & 18th @ 2:00pm, "Milk Jug SKELETONS"** - Cost is FREE! Lots of Cutting! Kay Hood to lead. Limited to 5 people! Call by 10/6.



**October 25th @ 2:00pm, "Cutting Board Pumpkins"** - These are super cute, and will look good in the kitchen or would be great for a gift! Pat Collins to lead. Pay \$5 by 10/18.



### 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!

**October 2nd @ 1:00pm - 3:00pm, "Wills & Trust Seminar"** - Come and find out about what you need to get your will in order, or maybe you just need a transfer on death deed. Learn what you can do to get your house in order with attorney Danielle Saunders. Paper work and assistance provided. Call to RSVP, limited number of slots available. 263-3703

**October 13th, "10 Tips to Boost Your Energy"** - Stay energized and active! Lexi Giannetti of Humana to share.

**October 16th @ 2:00pm - 3:00pm, "FIRESIDE CHAT"** - with Councilman Mike Hoheisel. Find out what is happening with the city and any related needs in your neighborhood. We may even have the mayor coming along this time. RSVP to 263-3703. **Continued on pg 19**



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



**October 20th, "Natural Remedies for Life & Healing"** - Come and find out about ways to strengthen your immunity. Elaine Kinder and Cherise Langenberg to facilitate.

**October 27th, "Crockpot Cooking"** - New Series where you can dump and cook! We will be sharing recipes and getting inspiration. Suggested donation \$2 to help with cost! Tasting included. Recipe Pumpkin Pecan Dump Cake

### ON-GOING GROUPS:

**BIBLE STUDY** - Scheduled for October 2nd, 16th & 30th @ 10:00am, We will be studying Psalms. Odean Moore & Cherise to lead.

### SPECIAL EVENTS & ACTIVITIES:

**October 10th @ 11:00am, "Luncheon Lovelies & Romeo Club"** - We will be eating at "Kelly's Family Diner" at 2131 S Broadway. They have great options, for those that like diner dining! Join us! RSVP to Cherise 263-3703 by day of @ 9:00am.

**October 13th @ 10:00am, PUMPKIN PATCH TRIP** - We will be heading to Cox Farm. The cost is \$7 for entrance and a small pumpkin. If you would like lunch it will be \$5 more for a total of \$12. Pay & RSVP by 10/10. Call Cherise for more info!

**October 14th @ 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!

**October 15th - December 7th, Medicare Pt D Counseling Appointments Are Available:** Call 263-3703 for more information. This is

important to do to see if you can get your medications cheaper, for the 2024 year. This is for people that primarily do not have advantage plans. Call 263-3703 for more information.

**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 12:45pm to 1:45pm**. And **Intermediate Line Dances** from 1:45pm to 2:45pm.

**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!

**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.

**NEW EVENT "TINKER TIME"** - We are trying to help recycle and get people to exercise your hands. If you like to disassemble old broken items, like sewing machines, blenders, general mechanical items, this is the place for you. We will be working to disassemble things on Mondays starting in October. Call Cherise for more information.

*"Autumn is a second spring when every leaf is a flower." - Albert Camus*





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**November 4th 1pm - 3pm**

1423 N Webb Rd, Ste 117 Wichita, KS 670206

**Shop for good supporting Senior Services Inc. of Wichita where 20% of sales will go back to their organization during this time or shop online using the code below.**

**GIVEBACK - EUWKW**

Valid November 4th - 5th



KENDRA SCOTT



Senior Services  
OF WICHITA