



Downtown • Linwood • Northeast • Orchard Park

December 2023

## December Highlights

All 4 Senior Centers will **CLOSE at 12:00pm on Friday, December 15th** so Senior Services of Wichita employees can attend the organization's holiday party!

### DOWNTOWN

#### **December 4th @ 11:00am, Grinch Ornament:**

What do you get when you cross an old unused, unloved Pickleball and Christmas? You get a Grinchy Christmas Ornament! (Pg. 6)

**December 11th @ 1:00pm, White Elephant Gifts & Hot Chocolate Bar:** RSVP by December 5th to join us in many laughs and hot chocolate. Admission Fee is a wrapped gift. It can be either something from your home or an item UNDER \$3. The rest will be a surprise! There may or not be a couple prizes to win just for showing up with your White elephant! See you there AFTER you RSVP. 267-0197 (Pg. 6)

### LINWOOD

**December 18th @ 1:00pm - 3:00pm, "Angels & Ornaments":** Super cute, would be great stocking stuffers! Cost is \$3 for an angel and \$2 for a snowman. RSVP by December 15th. (Pg. 10)

**December 21st @ 2:00pm - 4:00pm, Crazy Christmas Sock & Christmas Cookie Exchange Party:** Bring 2 dozen cookies, some we will eat, and we will fix up a tray for you to take home! Wear your favorite Christmas Socks, and bring a wrapped pair to trade! We will be singing Christmas Karaoke and having a mug of hot chocolate and cookies to eat! CALL & RSVP by December 19th. 263-3703 (Pg. 9)

### NORTHEAST

**December 12th @ 1:30pm, "Afternoon Arts-N-Crafts: Make a Gingerbread House":** Join us as we have fun celebrating Gingerbread House Day

by making a Gingerbread House. The cost is \$5 for supplies. There is a limited number of kits, first come first serve. So PLEASE RSVP, and have payments in by December 8th. (Pg. 15)

**December 15th @ 2:00pm - 3:30pm, "Jolly Jamboree" Christmas Party:** We will have FOOD, FUN & FELLOWSHIP. This includes a favorite Holiday Sweater Contest, holiday music, snacks and Door Prizes. Please sign-up to be in the favorite Holiday Sweater Contest by December 11th. Please RSVP to attend, because we need a headcount for snacks. (Pg. 15)

### ORCHARD PARK

**December 8th @ 1:00pm, Annual Christmas Luncheon "An Old Fashioned Christmas":** The Luncheon will be here at Orchard Park in the Dining Room and the admission will be \$12.00. The admission price includes: Lunch, Dessert, Drink and Entertainment. Everyone will be entered in to a drawing for door prizes and everyone will get to take home a very nice home-made gift. (Pg. 17)

#### **December 13th & 14th, BAKE SALE!**

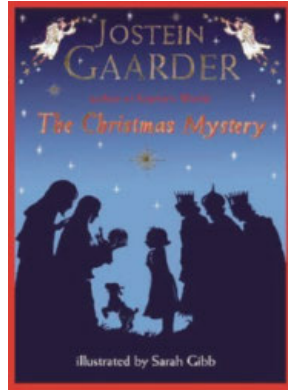
Located Inside Of The Orchard Park Senior Center – Shop For Gift Items And Food To Share With Loved Ones! **All Proceeds Will Benefit Orchard Park Senior Center.** (Pgs. 18 & 19)

**December 19th @ 10:30am - 11:30am, Coffee Chat & White Elephant Gift Exchange:** It's Christmas Time! Bring a favorite Christmas Memory and a White Elephant Gift. This is just something you have laying around at your house. Please don't spend money. The goofier the Better! Please wrap the gift. Please call to RSVP. (Pg. 18)

# "The Christmas Mystery"

by Jostein Gaarder (Norway)

"The Christmas Mystery" by Norwegian author Jostein Gaarder is a unique and enchanting holiday story. The book follows a young girl named Elisabet and a toymaker named Hans Thomas as they discover an old Advent calendar with 24 doors. Each door contains a tiny piece of paper with a snippet of a Christmas story that spans over a thousand years, from the birth of Christ to the modern day. As they read these stories, the two protagonists find themselves drawn into a mystical and thought-provoking adventure that weaves together history, philosophy, and the magic of the holiday season. This book is a beautiful exploration of the deeper meaning of Christmas and has captured the hearts of readers worldwide. It's an excellent choice for those who appreciate a philosophical and international perspective on the holiday spirit.



## WHAT DID IT COST?

Try to guess the cost of these items in the year 1965.



Easy-Bake Oven

\$ \_\_\_\_\_



Light Brite

\$ \_\_\_\_\_



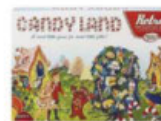
Barbie Doll

\$ \_\_\_\_\_



GI Joe

\$ \_\_\_\_\_



Candyland Game

\$ \_\_\_\_\_



Etch-a-Sketch

\$ \_\_\_\_\_

Easy Bake Oven: \$15.95, Light Brite: \$6.95, GI Joe: \$2.32, Talking Barbie Doll: \$7.97, Candyland Game: \$2.22, Etch-a-Sketch: \$2.99

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:

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267-4378

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### 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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Senior Services Inc. of Wichita, Wichita, KS

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## DOWNTOWN SENIOR CENTER

Happy Holiday everyone!

We have some fun events this month! An Uno tournament with fun prizes to treat yourself for Christmas or put under your Christmas tree for someone else, fun sponsored crafts and even a White Elephant party complete with hot chocolate bar!

For those of you that are needing to update vaccines but can't seem to make it to your doctor or the pharmacy, Central Plains Area Agency on Aging is teaming up with Damm Pharmacy and Graves Drug to meet those time crunch needs at the Downtown Senior Center on Tuesday, December 12th.

With the holiday season comes holiday activity cancelations and time changes to accommodate center holiday schedules. **Continued on pg 5**



### Ongoing Activities

**Please RSVP To Participate - Call: 267-0197**

#### Monday

8:00-11:30 Competitive Pickleball - Gym  
8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
10:00-11:00 Wanda's Exercise - Rm 2  
12:30-4:00 Open Pickleball - Gym  
1:00-2:00 Lunch Bunch (Dec. 18)

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

#### Wednesday

8:00-9:30 Competitive Pickleball - Gym  
8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
10:00-11:00 Wanda's Exercise - Rm 2

10:00-11:00 Seated Yoga - Gym  
12:30-4:00 Open Pickleball - Gym

#### Thursday

8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
10:00-11:00 Exercise - Gym  
11:00-12:00 Tai Ji Quan - Gym  
12:00 TX Hold 'em - Billiards Rm  
1:00 Writer's Craft (Cancelled)  
1:00 Flying Saucers - Gym

#### Friday

8:00-11:30 Competitive Pickleball - Gym  
8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
9:00 First Friday Coffee (Dec. 1)  
10:00-11:00 Wanda's Exercise - Rm 2  
12:00 Party Bridge - Rm 2  
12:30 Hand & Foot (Dec. 1, 4 & 5)  
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**





## DOWNTOWN SENIOR CENTER

### ACTIVITY TIME CHANGES FOR DEC. 2023:

- DEC 14th @ 10:00 - Exercise will be @ 1:30
- DEC 14th - Tai Chi will be @ 2:30
- DEC 22nd - Bridge will be from 11:00-2:30
- DEC 22nd - Hand and Foot Cards will be from 11:30-2:30
- DEC 22nd - Open Pickleball will be from 11:00-2:30
- DEC 29th - Bridge will be from 11:00-2:30
- DEC 29th - Hand and Foot Cards will be from 11:30-2:30
- DEC 29th - Open Pickleball will be from 11:00-2:30

### ACTIVITY CANCELATIONS FOR DEC. 2023:

- DEC 7th @ 1:00 - Writers Craft Canceled

- DEC 15th @ 12:00
  - Open Pickleball Canceled
  - Bridge Canceled

### CENTER CLOSURE DATES FOR DEC. 2023:

- DEC 15th - Closed @ 12:00
- DEC 22nd - Closed @ 3:00
  - All Activities will end at 2:30
- DEC 25th - Closed for Christmas
  - Center will reopen normal business hours December 26th, 2023
- DEC 29th - Closed @ 3:00
  - All Activities will end at 2:30
- JAN 1st, 2024 - Closed for New Years
  - Center will reopen normal business hours January 2nd, 2024

**More Of Me**



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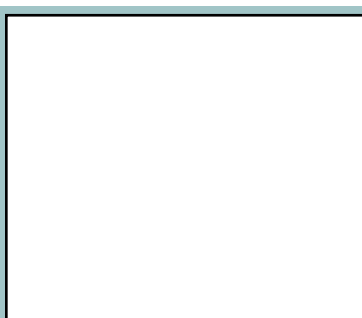
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## DOWNTOWN SENIOR CENTER

### UPCOMING EVENTS & ACTIVITIES:

- **December 1st @ 9:00am - First Friday Coffee:** Sojourner's Coffee - 7130 W Maple St suite 280
- **December 5th @ 12:30pm - The Gift Of Giving Christmas Bingo:** Bring a non-Perishable food item to trade for a Bingo card to win those last minute Christmas gifts.
- **December 7th @ 11:30am - China Painters Christmas Party**
- **December 11th @ 1:00pm - White Elephant Gifts & Hot Chocolate Bar:** *White Elephant gifts are the gifts that no one wants but everyone tries to steal!* **RSVP by December 5th** to join us in many laughs and hot chocolate. Admission Fee is a wrapped gift. It can be either something from your home (I once got a paper towel holder complete with an empty paper towel roll) or an item **UNDER** \$3. The rest will be a surprise! There may or not be a couple prizes to win just for showing up with your White elephant! See you there **AFTER** you RSVP (316) 267-0197.
- **December 12th @ 10:00am - Book Club**
- **December 12th @ 12:00am - 1:30pm - Vaccine Clinic:** CPAAA, Graves Drug/Damm Pharmacies and Sedgwick County Health Department are partnering to provide Covid-19 vaccines and flu shots to adults 60+. Each person that receives a vaccine is eligible to receive Vaccine Care Kits which will have about \$50 in supplies including a touchless thermometer, heating, cold hot packs. To ensure there are enough vaccine care packs available please RSVP (316) 267-0197.
- **December 14th @ 11:00am - Advisory Board**
- **December 14th @ 9:00am - 1:00pm - Foster Grandparents**

- **December 18th @ 1:00pm - Lunch Bunch:** Ruben's Mexican Grill - 915 W Douglas Ave
- **December 19th @ 12:30pm - UNO Tournament:** Who doesn't like an opportunity to win those last minute gifts and the right to be called the Uno card champion? **RSVP by December 18th** to get the opportunity to win prizes but more importantly the right to impress your family and friends with your UNO Champion Title! **SEE YOU AT THE TABLE!**

### EDUCATIONS:

- **December 13th @ 1:00pm - Angels Home Health:** healthy skin during the winter months

### CRAFTS:

- **December 4th @ 11:00am - Grinch Ornament:** What do you get when you cross an old unused, unloved Pickleball and Christmas? You get a Grinchy Christmas Ornament! Sponsored by Strain Senior Services and MMS Insurance group.
- **December 18th @ 2:30pm - Crafts with Dez:** You never know what type of Ornaments Dez with Oxford Villa will come up with! Join us to find out!
- **December 21st @ 1:00pm - Gnome Hot Cocoa Mug:** What could be better than a hot chocolate mug? Not much except maybe a mug with a gnome! Cost for this craft is \$3 for supplies!





## DOWNTOWN SENIOR CENTER

### CANCELATIONS & CLOSINGS:

- December 7th - Writers Craft Canceled
- December 15th - Center Closed To Public @ 12:00pm - All Afternoon Activities Canceled
- December 22nd - Center Closed @ 3:00pm For Holiday - All Afternoon Activities End @ 2:30pm
- December 25th - Center Closed For Christmas
- December 29th - Center Closed @ 3:00pm For Holiday - All Afternoon Activities End @ 3:00pm



1		8					7	
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6				2		9	8	



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## LINWOOD SENIOR CENTER

“Christmas is not only a season  
of rejoicing, but of reflection.”

~Winston Churchill~

“You can tell a lot about a  
person by the way they handle  
three things: a rainy day,  
lost luggage and tangled  
Christmas tree lights.”

~Maya Angelou~

“Winter is the time for comfort,  
for good food and warmth,  
for the touch of a friendly hand  
and for a talk beside the fire:  
it is the time for home.”

Blessings to you this season of family and love,

When you think of Christmas, Hanukkah and Kwanzaa what do you think of? Special meals, songs, traditions. We have many traditions, and traditions are what give us stability in a changing world. That which is familiar makes us long for chestnuts roasting on an open fire, and even for a white Christmas. We long for family and those special memories of days gone by, but don't forget to make new memories and celebrate life right now, right where you are!

**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  
(Dec. 4 & 18)  
11:30 Friendship Lunch  
1:30 Computer/Job Assistance w/ James

#### Tuesday

9:00 Pickleball  
9:00 Stronger Seniors  
10:00 Foot Care  
(Dec. 26)  
10:00 Scrapping/Coloring with the Best  
11:30 Friendship Lunch  
1:00 Movie Time  
(Dec. 5, 12, 19 & 26  
\*See Schedule)

#### Wednesday

8:00 Hip Hikers Walking Club  
9:00 Stronger Seniors  
9:00 Advisory Council  
(No Meeting)  
11:00 Birthday Party  
(Dec. 20)  
11:30 Friendship Lunch  
12:00 Pinochle with Friends  
(No Computer Lab)  
12:45 Arthritis Exercise  
2:00 Craft Educations  
(\*See Schedule)

#### Thursday

9:00 Pickleball  
9:00 Stronger Seniors  
9:30 Writer's Craft  
(No Class This Month)  
10:00 BINGO

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

**Daily/Anytime**  
**Walking and Computer Lab**

Linwood Senior Center • 1901 S. Kansas, Wichita, KS 67211 • (316)263-3703  
Hours: 8:00 a.m. - 4:30 p.m. • Director: Cherise Langenberg • CheriseL@seniorservicesofwichita.org  
**Registration Required for ALL Center Activities • Membership: \$35 per year**





## LINWOOD SENIOR CENTER

### Director's Notes Continued

Join us for some fun, and continuing in our Linwood Christmas Traditions as we have our Crazy Christmas Sock Party and Christmas Cookie Exchange, Christmas Selfie Scavenger Hunt, Christmas Caroling, Art and Craft Classes, and educational classes, such as Managing Pain As We Age, Medication Management, and a conversation about Christmas/Holiday Traditions.

Christmas Blessings to you! Cherise & Crew

Center **CLOSED** for Christmas on 12/25/2023.

We will also be **CLOSED** on  
January 1st for New Year's Day!



## Crazy Christmas Sock & Christmas Cookie Exchange Party



**Thursday, December 21st, 2023**

**From 2:00pm - 4:00pm**

Bring 2 dozen cookies, some we will eat,  
and we will fix up a tray for you to take home!

Wear your favorite Christmas Socks,  
and **bring a wrapped pair to trade!**

We will be singing Christmas Karaoke and having  
a mug of hot chocolate and cookies to eat!



**CALL & RSVP by  
December 19th**

**263-3703**



## LET'S GROW YOUR BUSINESS

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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 @ 1:00pm

#### \*NOTE TIME CHANGE!

**12/5 - "Nanny McPhee Returns"** - Emma Thompson, fun city!"

**12/12 - "A Christmas Carol"** Ebenezer Scrooge

**12/19 - "The Christmas Chronicles"**

**12/26 - No Movie** on Tuesday, because we are going out to the Boulevard Theatre, on **Thursday, December 28th**. Call to find out what is showing the week of 12/26!

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

### WRITING CRAFT

Calling the writer in you! Join us as author Starla Criser, sharpens our minds and understanding about the writing craft! **ATTN: There will be no classes in December! Happy Holidays!**

### CRAFT/ART CLASS EDUCATION:

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

**December 1st @ 3:00pm, "Mystery Craft!"** - Make it take it treat! FREE!!! RSVP ASAP!

**December 5th, 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!

**December 6th @ 2:15pm, "Pasta Christmas Trees Part 1"** - Join us to make some fun little trees! Cost is \$15 for the large, \$10 for the medium and the small is \$2. **Part 2 class is on Friday the 8th at 3:00pm.** RSVP and pay by 12/4.



**December 12th @ 3:00pm - 4:30pm, Drawing Class** - Come and grab a pencil to learn how to use basic shapes, shading and different techniques to make some great art! Our professional instructor Kelly Carson, who specializes in art design, with many

media, is going to come and introduce us to some amazing art in the next few months. This is a great gift to give yourself for the holiday!!! This class is FREE, and supplies will be provided! Call to RSVP!

**December 13th @ 2:15pm, "Snowman Lighted Picture Part 1"** - Cost is \$10!

Then part 2 will be on Friday at **3:00pm**. Limited to 7 people! Pay and RSVP by 12/8.



**December 18th @ 1:00pm - 3:00pm, "Angels & Ornaments"**

- Super cute, would be great stocking stuffers! Cost is \$3 for an angel and \$2 for a snowman. RSVP by 12/15.



**December 20th @ 2:15pm, "Hanging Ornament Picture"** - Cost is \$5. Pay and RSVP by 12/18.

### 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!**

**December 1st, "Managing Pain As We Age"** - Presenter: Kelli Rich, Angels Home Healthcare. Call to RSVP 263-3703.

**December 8th, "Organizing Your Meds Just Got Easier!"** - Presenter: MaryBeth McAllister, Golden Plains Pharmacy. Call to RSVP 263-3703.

**December 11th @ 2:00pm - 3:00pm, "Fresh Conversations Edamame & Corn Salad"** - Presenter Amy Draut, County Extension Agent, Sedgwick County Extension Office KSU. Come and learn how to make some wonderful meals that are healthy too! Tasting too! Call to RSVP 263-3703. **\*This class is on a MONDAY! Will be meeting for 8 months.**

**December 15th, "Sharing Holiday Traditions & Trivia!"** - Join us as we share and tell about our fun traditions. Come and share or find some traditions that you can use with your family! RSVP to 263-3703.

**December 22nd, "Crockpot Cooking, Red & Green Italian Dinner"** - We will be making a cheese spinach tomato tortellini dish, great colors for the holiday! Suggested Donation \$2 per person to help with cost! Thanks! RSVP to 263-3703 by 12/20.



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

### SPECIAL EVENTS & ACTIVITIES:

**Hip Hikers Monthly Walk** – Call 263-3703 to find out where, when, and why! And if we are having breakfast together!

**December 11th @ 2:00pm - 3:00pm, FRESH CONVERSATIONS CLASS** – Join us to learn some new healthy recipes for you to use at home! Amy Draut from Sedgwick County Extension Office will show us how to make Edamame & Corn Salad! RSVP is a must, call 263-3703 for more info!

**December 12th @ 10:00am, “Holly Jolly Selfie Scavenger Hunt”** – Join us at Towne East Mall. We will be meeting at the Von Maur lower level where the grand piano is, 10:00am sharp! Your mission, should you choose to accept it, is one of fun and laughter. We will be breaking into groups and finding different items to take selfies/pictures of! Join us for a JOLLY time! You will get in the holiday spirit. We plan on eating at the food court after we burn some calories! Walking involved so, wear good shoes! **PLEASE RSVP** by 12/8 to 263-3703.



**December 12th @ 11:30am, “Luncheon Lovelies & Romeo Club”** – We will be eating at the “Towne East Mall Food Court”. We will be combining the Holly Jolly Selfie Scavenger Hunt. See info above! RSVP to Cherise 263-3703 by day of @ 9:00am.

**December 14th @ 2:00pm - 4:00pm, CHRISTMAS CAROLING with Stan & Phillis Allen** – Join us as we caravan to several places to sing Christmas Carols to old friends! Meet at Linwood and fine tune! Then we will visit our friends. Please RSVP so we know you are coming! 263-3703

### Are you in a PICKLE for the holiday?

We will be hiding a Christmas pickle, like the old German tradition, in the Linwood Senior Center, EACH weekday in December. When you find it write down the location and you will be eligible for the Friday Drawing. Each Friday in December we will have a wrapped gift for you to potentially win, if your name is drawn!

**Merry Christmas to YOU!!!**



### ON-GOING GROUPS:

**BIBLE STUDY** - Scheduled for December 4th & 18th @ 10:00am. Please join us!

**GRIEF SUPPORT GROUP** - We will not be meeting in December, due to the holiday, but plan on joining us on January 22 at 1:30pm.



### 4-CENTER COMMUNITY HOLIDAY GIVE BACK



**This year we are going to be supporting the HumanKind Ministry.**

The mission of HumanKind Ministries is to provide outreach, shelter, affordable housing, basic needs, and supportive services to those experiencing housing insecurities or poverty in Sedgwick County. Call the center to find out more! 263-3703

**We will be collecting items from November 1st thru December 8th 2023.**

**THANK YOU FOR YOUR KIND HEARTS!!!**

### 2024 Calendars & Christmas Shopping

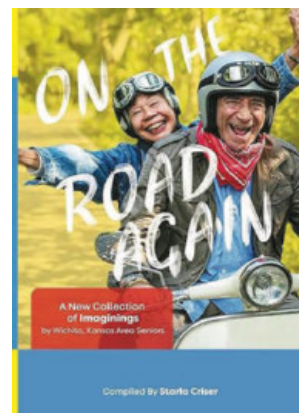
Stop by and get a delightful 2024 Calendar by Ruby Tobey. The calendars are great for stocking stuffers, and the proceeds go to your senior center! Can't beat a gift that keeps on giving! Also, we have great Christmas items at the Little Shop at Linwood, so stop by and shop for Christmas!!!

### “On the Road Again” by Starla Criser

The book, “On the Road Again”, is now for sale on Amazon. We will also have books available for purchase at a **reduced price at the senior centers.**

A new collection of imaginings including poetry, sketches, memories, and short fiction by Wichita, Kansas area seniors.

**A Great Present/Stocking Stuffer For All Ages!**







## NORTHEAST SENIOR CENTER

Hello Everyone...Merry Christmas!!!

Praying all is well with you and your family. Well Ladies and Gentlemen we have finally made it to the end of the year; which is truly a blessing. I have been very busy assisting with Medicare Open Enrollment. Like I always do around this time. I am also working on more programming and plans to have taxes again at Northeast for 2024. The days and times for taxes will be set in stone by the January issue of The Compass. So for those of you that get your taxes prepared at Northeast, keep a lookout for more information to come. This month we will also finish up collecting items for our 4-Center Community-Give back for the Holidays; which is due by Friday, December 8th. If you want to know what else will be going on this month. You will have to read it for yourself.

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

Carnesha Tucker - Center Director

### 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

#### 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  
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

#### 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  
1:30 Educational Presentation (Dec. 1 & 8)

#### **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

### October Word Search Winner

Edna Francis

### Holiday Closing:

Northeast Senior Center will be **CLOSED** **Monday, December 25th** in observance of Christmas Day. Also, we will be **CLOSED Monday, January 1st, 2024** in observance of New Year's Day.



If you missed our Fall Festival (10/27) you really missed a good time. The members enjoyed fall snacks and a few rounds of a fun Horse Racing Game.

### Upcoming Activities/Events:

- **\*Start Date: Wednesday, November 1st – End Date: Friday, December 8th - 4 Center Community - Give Back for the Holidays “Collecting Items for HumanKind Ministries”**  
HumanKind Ministries provides outreach, shelter, affordable housing, basic needs, and supportive services to those experiencing housing insecurities or poverty in Sedgwick County. All four senior centers (Downtown, Linwood, Orchard Park, and Northeast) will be collecting items from HumanKind's Wish list. Please call the senior center for the list of items that we will be collecting; or stop by the front desk to pick up a copy. All items must be **“NEW”**.
- **Wednesday, December 6th at 12:30pm - Being Kind to Others** - Hospice Helpers group will meet to make crafts for Hospice patients.

**Continued on pg 15**



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## A Christmas Carol

Find and circle all of the "A Christmas Carol" words that are hidden in the grid. The remaining letters spell a secret message.

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

P A N C H R I S T M A S P R E S E N T D  
E S U O H G N I T N U O C S M O A S T N  
T O L D F E Z Z I W I G I E N Y T I O E  
E H W E M O T I H C T A R C S R M D M O  
R A O G B N E P H E W R B S E M N O F T  
E B N U B E R J V C Y I S E R O C F S E  
C D S B O G N O A C I N N S L O I O C C  
I N D M B T B E H C I T F T T C H L H I  
R W Y U C E S R Z A O E S T E G Y K A T  
A O R H R N I A T E Z B E U S R D N R N  
V G G S A S O R P Z R Y M Y A S E O L E  
A G N U T S U I I S S S E A S C E C E R  
T N A M C C P W T A A L C S R B R K S P  
U I A E H V I I M P R M N R E L G E D P  
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ANGRY  
APPRENTICE  
AVARICE  
BAH  
BED  
BELINDA  
BELLE  
BOB CRATCHIT  
CAUSTIC  
CHAINS  
CHARLES DICKENS

CHRISTMAS PAST  
CHRISTMAS PRESENT  
CHRISTMAS YET TO COME  
CLERK  
COUNTING HOUSE  
CRUTCH  
CURTAINS  
DRESSING GOWN  
EBENEZER SCROOGE  
FOG  
GREEDY

HUMBUG  
JACOB MARLEY  
KNOCKER  
LONDON  
MARLEY'S GHOST  
MARTHA  
MERRY CHRISTMAS  
MRS CRATCHIT  
MRS FEZZIWIG  
NEPHEW  
NIGHTCAP

OFFICE  
OLD FEZZIWIG  
PETER  
REDEMPTION  
SNOW  
SPIRITS  
TINY TIM  
TURKEY  
WINTER



# NORTHEAST SENIOR CENTER

## Upcoming Activities Continued:

- **Tuesday, December 12th at 1:30pm - "Afternoon Arts-N-Crafts: Make a Gingerbread House"** - Join us as we have fun celebrating Gingerbread House Day by making a Gingerbread House. The cost is \$5 for supplies. There is a limited number of kits, first come first serve. **So PLEASE RSVP, and have payments in by 12/8.** Sponsored by A'Bria Bouska with Dedicated Senior Medical Center.



- **Friday, December 15th from 2:00pm - 3:30pm - "Jolly Jamboree" Christmas Party** - Please join us for our Jolly Jamboree Christmas Party. We will have FOOD, FUN & FELLOWSHIP. This includes a favorite Holiday Sweater Contest, holiday music, snacks and Door Prizes. Please sign-up to be in the favorite Holiday Sweater Contest by December 11th. Please RSVP to attend, because we need a headcount for snacks.



- **Tuesday, December 19th at 1:30pm - "True Colors Paint Party"** - Join us as we paint pre sketched canvas pictures. Please stop in the center to order your paint kit and pay at that time. Since we are ordering in advance. There will be no extra paint kits available. Each paint kit will include a pre sketched canvas, paints, instructions and a picture of the example painting. The cost per kit is \$10. **PLEASE RSVP, and have payments in by 12/11. NO EXECEPTIONS,** because we have to order the kits. Feel free to call the center (316) 269-4444 with questions or concerns.



- **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!

## Educational Presentations:

- **Friday, December 1st at 1:30pm - "Via Christi Research"** - Kelly Alderson, RN with Via Christi Research Department will be speaking with us regarding Research Studies that are available in the Wichita area. Some people may not be aware that Via Christi even has a Clinical Research Department! Some of the studies she will share with us are about: Alzheimer's, Gastroparesis, Stroke, Elevated Lipid Study, Depression, and Blood based test to develop a test for cancer screening. Research is vital for discovery of new ways to treat existing diseases. There will be a brief informative session and time for questions and answers. PLEASE RSVP!
- **Friday, December 8th at 1:30pm - "Ready, Set, Go Home!" - Hospital Discharge Guide (Reducing Hospital Readmissions)** - Join us for a discussion on Visiting Angels' Reducing Hospital Readmissions Program; which focuses on what causes hospital readmissions, what can be done to prevent them, important information to gather before discharge, areas of concern to discuss with your doctor/case manager prior to discharge and more. Presented by Visiting Angels Living Assistance Services owner Heather Brown, HCC/MC, and CDS. PLEASE RSVP!
- **Fresh Conversations (9 Classes, one class per month January - September from 1:30pm-2:30pm) - "Class #1: Monday, January 22nd, 2024 - Recipe: Basic Stewed White Beans"** - Fresh Conversations targets behaviors known to reduce chronic disease burden and promote healthy aging. It promotes healthier food and beverage choices across food groups. Lessons will include a tasting activity featuring the recipe in that month's Fresh Conversations newsletter. Join us as we build community around food, nutrition, and more! Presented by Amy Draut, County Extension Agent, Sedgwick County Extension Office KSU. PLEASE RSVP!





## ORCHARD PARK SENIOR CENTER

It's beginning to look a lot like Christmas... Everywhere you go!

Hello Everyone! Holiday Greetings to each of you!

This month we are celebrating Christmas by hosting our Annual Christmas Luncheon on Friday, December 8th at 1:00 PM in the Dining Room at Orchard Park Recreation Center. Tickets are \$12.00 per person and that will include: your meal, drink, dessert, entertainment, a home-made gift for each person and your chance to win one of our many door prizes. Our theme this year is "An Old Fashioned Christmas." Our Advisory Council has been working really hard on this since the summer time so we hope that you will come and enjoy all of the wonderful, personal touches, they have put in to the celebration.

We will also have a bake sale all day on December 13th and December 14th. We are looking for people who would like to contribute their baked goods. If you are interested, please sign up at the Orchard Park Senior Center. All proceeds from the bake sale will go to our center. If you aren't a baker and more of a shopper, please stop by one of those days to pick up a gift, goodies **Continued on pg 19**

### Ongoing Activities

**Please RSVP To Participate - Call: 942-2293**

#### Monday

9:00-10:00	Co-Ed Exercise
9:00-12:00	James with Senior Employment
10:00-11:00	Co-Ed Exercise
10:00-11:00	Healthy Lifestyles Group
12:00-4:00	Open Pool Tables
1:00-3:00	Hand & Foot Card Game (Dec. 4 & 18)
1:30-3:00	Conversational Spanish for All (please bring a cell phone or laptop if available)

#### 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
2:00	Scrabble ( <b>NEW</b> )

#### Wednesday

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

9:30-10:30	Co-Ed Exercise
10:30-12:00	Computer Lab
12:00-4:00	Open Pool Tables

#### Thursday

9:00-10:00	Co-Ed Exercise
10:00-10:30	Exercise for Arthritis
12:00-4:00	Open Pool Tables
1:00-3:00	Pickleball in the Gymnasium
1:00-3:30	Mexican Train Dominoes

#### Friday

9:00-10:00	Co-Ed Exercise
10:00-11:00	Co-Ed Exercise
11:00-12:00	Enhance Fitness video with Joe Samaniego from CPAAA (all fitness levels)
12:00-4:00	Open Pool Tables
1:00-3:00	Pickleball in the Gymnasium
1:00-4:00	Canasta Card Game (Dec. 1 & 29)

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

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

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





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

**Tuesdays @ 2:00** - It's America's FAVORITE "WORD" game! Let's play Scrabble. We have had a request to start a Scrabble game so we are going to give it a whirl. This is open to anyone. The game will last at least an hour and can go longer if the group decides to. Please RSVP.

**December 4th @ 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.

**December 6th - Bring A Clean Or New Sock In To The Center So That St. Nick Can Deliver A Small Gift For You In Your Sock. This Is Typically A Tradition Celebrated In Northern Europe Called St. Nick Day And He Always Visits On December 6th.**

**December 7th - If You Brought A Sock For St. Nick Day, Be Sure To Pick It Up Today To Find**

### Out What He Left You!

**December 7th @ 9:00** - The "Egg-cellent" Breakfast Club - Meet at "Delano Diner" - 1220 W. Douglas. This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

**December 7th @ 1:00-3:00 - NO PICKLEBALL! PRIVATE PARTY IN THE GYM.**

**December 8th @ 1:00** - Please join us for our **Annual Christmas Luncheon "An Old Fashioned Christmas."** The Luncheon will be here at Orchard Park in the Dining Room and the admission will be \$12.00. The admission price includes: Lunch, Dessert, Drink and Entertainment. Everyone will be entered in to a drawing for door prizes and everyone will get to take home a very nice home-made gift.



**Continued on pg 18**

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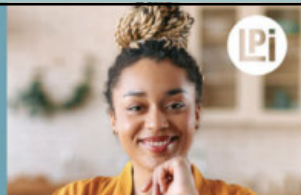
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## Upcoming Events & Activities - Please RSVP to 942-2293

**December 12th @ 10:30-11:30** – Come make a Christmas Ornament with Des from Oxford Grand. We always have a great time when she is here so be sure to sign up and make an ornament you can give as a gift or treasure for years to come. Please RSVP.

**December 13th - BAKE SALE ALL DAY - Located Inside Of The Orchard Park Senior Center - Shop For Gift Items And Food To Share With Loved Ones! All Proceeds Will Benefit Orchard Park Senior Center.**

**December 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.

**December 13th @ 2:00** – Brian Speer with Angels Care Home Health is starting a new “Community Classroom” here at Orchard. Every 2nd Wednesday of the month, Brian will have a new educational topic to present. This month will be: “Understanding Anxiety.” If you have never had the pleasure of meeting Brian, you are missing out. He is very knowledgeable and a true delight.

**December 14th - BAKE SALE ALL DAY - Located Inside Of The Orchard Park Senior Center - Shop For Gift Items And Food To Share With Loved Ones! All Proceeds Will Benefit Orchard Park Senior Center.**

**December 14th @ 10:00-11:30** – Meet at Botanica for “Empowered Seniors” presentation, “The Stuff: Liquidating Your Extra Stuff”...& our best placing/moving tips. Botanica: 701 Amidon. Please RSVP.

**December 14th @ 10:45-11:15** – “Fresh Conversation for Seniors” with Amy Druat from The K-State Extension Office – Healthy Aging (An 11 Part Series which will take place the 2nd Thursday each month with a new topic each time.)

**December 15th - \*CLOSING AT NOON\***

**December 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. It’s Christmas Time! Bring a favorite Christmas Memory and a White Elephant Gift. We are going to have a White Elephant Gift Exchange. This is just something you have laying around at your house. Please don’t spend money. The goofier the Better! Please wrap the gift. Chelsie with Medicare with Jake will also be here and will provide our donuts. Please call to RSVP.

**December 20th @ 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 – Since it’s Christmas time, let’s jot on over to “Generations of Wichita” Antiques, afterwards to look around and maybe pick up a Christmas Gift or 2... They are located at: 767 N. West Street.

**December 20th @ 2:00** – Joe Samnieto, one of our favorite’s around here, will be here to present “Growing Stronger: Strength Training for Older Adults.” Please join him for this great topic just in time for New Year’s Resolutions. This is just a presentation and not his normal exercise series.

**December 21st @ 9:00** – Coffee with the Curator at Museum of World Treasures (Topic to be determined) - 835 E 1st Street - \$4.00 + tax or Free for Members.

**December 21st @ 1:00-3:30** – We are changing Dominoes up a bit today for our countdown to Christmas. Today is “Board Game” Day. Come one, come all and we will play a variety of board games and have a hootin’, hollerin’ good time! Snacks provided.

**December 22nd - CLOSING AT 3:00 TODAY IN OBSERVANCE OF THE CHRISTMAS HOLIDAY**

**December 22nd @ 1:00** – Movie at Orchard Park – “Coat of Many Colors” Starring: Jennifer Nettles, Ricky Schroder and Gerald McRaney. Discover the magic and warmth of Dolly Parton’s Coat of Many Colors, based on the **Continued on pg 19**



## ORCHARD PARK SENIOR CENTER

inspiring story of living legend Dolly Parton's remarkable upbringing in rural Tennessee. A perfect movie for the Holiday season. Concessions, water and coffee provided. Please feel free to bring a drink of your choice and a seat cushion for extra comfort. I do have a few cushions here that can be used as well.

### **December 25th - CLOSED FOR CHRISTMAS DAY**

**December 26th @ 11:30** - "Good Grub Lunch Club" - Meet at "Cracker Barrel" - 619 S Ridge. Gather with old friends and new friends and maybe find a few ½ priced Christmas goodies on sale. All are welcome! Please RSVP.

**December 29th @ 2:00-4:00** - Celebrate Good Times... COME ON!!! Let's Ring in the New Year! Bingo and Appetizers. Everyone bring an appetizer to share and I will provide the Bingo game and prizes. LOOK out 2024... HERE WE COME!

---

### **Healthy Lifestyles Class**

The new year is just around the corner and we all like to make New Year's resolutions. Has your doctor told you that you need to watch your diet? Lose weight? Exercise? Get more sleep? Get out more?

Orchard Park has a Healthy Lifestyles Class that meets every Monday morning from 9:30 to 11:00. Come and join us to start the year off right! For those that want to track their weight, we weigh in from 9:30 to 9:45. Class starts promptly at 10:00. We learn about what makes up a healthy diet and discuss ways to improve our diets. We look at exercise as an integral part of a healthy and independent lifestyle. We talk about the importance of adequate sleep and stress control and their role in maintaining overall health. We incorporate games and weekly challenges into our program to keep things fun. We have open discussions on problem areas. Ours is an enjoyable program that will provide you support in your attempts to live a more healthy lifestyle. If your 2024 New Year's resolution is to work towards losing weight and improving your health, we hope that you will join us. See you soon!

### **Director's Notes Continued**

for holiday gatherings or buy yourself a little something (We won't tell anyone.)

Based on the theme of our Christmas Luncheon, I tried to incorporate some old-fashioned Christmas items on the Orchard Park Calendar this month. Cracker Barrel for lunch, our movie, "The Coat of Many Colors", "St. Nick Day", etc. I know it's an extremely busy time of the year, but sit down with your Compass and try to choose at least one event to come to that peaks your interest. We would love to see you!

It's so hard this year is coming to an end. It flew by so quickly. My family is going to be beyond grateful as we celebrate Christmas this year. I hope that each of you have a wonderful time celebrating with friends and loved ones. Please know that your friendships are one of the gifts I treasure the most. I wish you all a very Merry Christmas and Happy New Year!

- Kelli

---

### **Frank Lloyd Wright House Tour**

We would like to get a group together to tour the Frank Lloyd Wright House this month. The House will be beautifully decorated for Christmas and there is a 90 minute tour to take it all in. If we can get a group of 15, the admission is \$15.00 per person. If we have less than 15, the admission price is \$22.00. If you would like to participate, **PLEASE RSVP AS SOON AS YOU RECEIVE YOUR COMPASS SO THAT I CAN CALL IN OUR RESERVATION!!!** Date and Time to be determined but most group tours take place on Tuesdays between 8:00-1:00.

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### **Bake Sale at Orchard Park on December 13th and 14th**



If you would like to contribute something to the bake sale, please sign up at the Orchard Park Senior Center. All proceeds will benefit Orchard Park Senior Center.

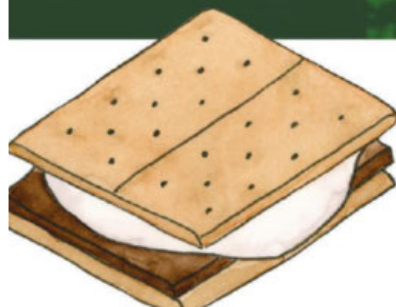




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Senior Services of Wichita will be set up at **All Things Barbecue**, 818 W Douglas Ave Wichita, KS 67203 with s'mores for donation.

Shopping & Activities - 10 am to 5pm  
Lighting of the Clock Tower - 5:15pm

For more information, call (316) 440-3950

