

Apple Watch For Seniors

The smartwatch tops the wearable technology market, with the Apple Watch by far the most popular. While you might think smartwatches are only for the tech-savvy younger generation, the newest version has many built-in features and available apps that make Apple Watch for seniors a helpful option. An Apple Watch for yourself (or for elderly parents, especially those living alone) guards health and safety, with the added bonus of giving caregivers peace of mind with access to medical events and other useful information. Fall detection is activated by default for customers over 55. Later models iPhone 14 and 14 Pro also send notifications to emergency services via satellite, when available, if you're outside of cellular and Wi-Fi coverage. Be sure to completely set up Medical ID, add emergency contacts, and wear the watch consistently for uninterrupted service.

Emergency SOS

The Apple Watch includes a feature called Emergency SOS that lets you quickly call 911 (or local emergency numbers outside of the U.S.) in a medical or other emergency. Instead of searching through apps and icons to make a call, you can simply press the button on the side of the watch until the Emergency SOS sliders appear. Emergency services are notified of your location. You can further set up other contact numbers – caregivers or family members, for example – to call in an emergency.

In addition, an Apple Watch can work like a medical alert bracelet. The Health app lets you set up a Medical ID, which lets first responders access your medical information from your Apple Watch. You can store information about medications you take, allergies, emergency contact numbers, and blood type. This information can also be shared automatically during an emergency call and appears on the Lock Screen of the iPhone and Apple Watch. Be sure to enable this feature by opening the Health app on your iPhone, tapping your picture at the top right, tap Medical ID, tap Edit, scroll to the bottom, and turn on "Show When Locked" and Share During

Emergency Call

Apple Watch models Series 8, Ultra, and SE (2nd generation) can also call emergency services and send an alert to emergency contacts when a severe car crash is detected.

Health Monitoring

iPhone, by Ifeelstock. While many of Apple Watch features can be useful for people of all ages, Apple Watch for seniors provides extra safety and peace of mind. Apple's Health app comes pre-installed on iPhones; it works with the Apple Watch to gather, record, and track health data. Apple Watch models Series 4, 5, 6, 7, 8, or Ultra also have a built-in electrical heart rate sensor. While the sensor is pre-installed, you do have to download the app to take readings. Once you install the app, it can record your heartbeat and rhythm and display the data as an electrocardiogram (ECG) on the watch. The models listed also work with the ECG app to record an electrocardiogram representative of the electrical pulses that cause your heart to beat. After simply touching the watch crown for 30 seconds, the app will give a result of sinus rhythm, atrial fibrillation, low or high heart rate, or inconclusive. The watch stores this medical data for you, your caregiver, or your doctor to view. Be sure that you have a snug fit on your watch band to ensure the best reading. The Apple Watch can also monitor your sleep. In addition to creating bedtime schedules to help you meet your sleep goals, your watch can also estimate the time you spent in each sleep stage (REM, Core, and Deep) and tell you when you may have woken up. The Sleep app on your iPhone also records your sleep trends over the past 14 days.

Caregiver Check-ins

Apps like ElderCheck Now (free on the App Store) let loved ones or caregivers quickly check in. They can see the person's heart rate and location and request that the person check in through their Apple Watch and let the

Apple Watch for Seniors Continued:

caregivers know they're OK by pressing a button. Alternatively, caregivers and loved ones can request a phone call to let them know everything's fine. It's one of the many reasons individuals get an Apple Watch for elderly parents.

Medication Reminders

Mango Health is a free app enables medication and healthy habit reminders and serves as a health diary to log weight, blood pressure, glucose levels, and more. CareZone (also free), a similar app, includes some medication automation options, such as organizing delivery of prescription medications.

In addition to these helpful features and apps, the Apple Watch is connected to your iPhone, so most of the activities you do on your iPhone, you can do on your Apple Watch. Stay connected by checking Facebook to keep up with kids and grandkids, reading news articles, checking the weather, and texting or calling friends and family.

While many of these features can be useful for people of all ages, Apple Watch for seniors provides added safety and peace of mind.

WHAT DID IT COST?

Try to guess the cost of these items in the year 1920.



Flour: \$ 0.40, Eggs: \$ 0.27, Sugar: \$ 0.27, Milk: \$ 0.60, Coffee: \$ 0.47, Butter: \$ 0.34

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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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 2024!

It's hard to believe it is now 2024! It seems like we were celebrating Mother's day, sneezed then suddenly it was Halloween! So, I hope everyone made short term goal resolutions this year because if 2024 mimics 2023 then it's going to be August when we wake up tomorrow! Kansas Day is January 29th so I thought I would share some facts about our state.

- The name Kansas came from a Sioux word meaning "people of the south wind"
- Dodge City is the windiest city in the United States, with an average wind speed of 14 miles per hour.
- Almon Stowger of El Dorado invented the dial telephone in 1889.
- Handel's Messiah has been presented in Lindsborg each Easter since 1889.
- Kansas was the first state to ratify the 15th Amendment to the U.S. Constitution which gave African-American men the right to vote.

There are too many interesting facts about Kansas for me to list them all! If there are any facts that should have made the list but didn't let me know! I love to learn new history facts.

Ongoing Activities

Please RSVP To Participate - Call: 267-0197

Monday		10:00-11:00	Seated Yoga - Gym
8:00-11:30	Competitive Pickleball - Gym	1:00-4:00	Open Pickleball - Gym
8:00-4:00	Open Billiards		
8:00-4:00	Open Fitness - Rm 1	Thursday	
10:00-11:00	Wanda's Exercise - Rm 2	8:00-4:00	Open Billiards
12:30-4:00	Open Pickleball - Gym	8:00-4:00	Open Fitness - Rm 1
1:00-2:00	Lunch Bunch (Jan. 22nd)	10:00-11:00	Exercise - Gym
		11:00-12:00	Tai Ji Quan - Gym
Tuesday		12:00	TX Hold 'em - Billiards Rm
8:00-4:00	Open Billiards	1:00	Writer's Craft (Cancelled)
8:00-4:00	Open Fitness - Rm 1	1:00	Flying Saucers - Gym
10:00-11:00	Exercise - Gym		
10:00-11:00	Book Club	Friday	
11:00-12:00	Tai Ji Quan - Gym	8:00-11:30	Competitive Pickleball - Gym
1:00-2:00	Job Club - Rm 3	8:00-4:00	Open Billiards
2:00-3:00	Bible Study - Rm 3	8:00-4:00	Open Fitness - Rm 1
		10:00-11:00	Wanda's Exercise - Rm 2
Wednesday		12:00	Party Bridge - Rm 2
8:00-9:30	Competitive Pickleball - Gym	12:30	Hand & Foot RM 3 (Jan 12th & 26th)
8:00-4:00	Open Billiards	1:00-4:00	Open Pickleball - Gym
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

Homemade Chicken Soup

This homemade chicken soup recipe is well worth making — it's good for the body and the soul. How is it that plain chicken and vegetables simmered together can taste so satisfying? You don't have to be sick to deserve to enjoy it!

Ingredients

- o 1 (3 pound) whole chicken
- o 4 carrots, halved
- o 4 stalks celery, halved
- o 1 large onion, halved
- o water to cover
- o salt and pepper to taste
- o 1 teaspoon chicken bouillon granules (Optional)

Directions

Place chicken, carrots, celery, and onion in a large soup pot; add enough cold water to cover. Bring to a boil over medium heat; reduce heat to low and simmer, uncovered, until meat falls off of the bone, about 90 minutes. Skim off foam every so often, as needed.

Remove chicken from the pot and let sit until cool enough to handle; chop meat into pieces, and discard skin and bones.

Strain out vegetables, reserving the stock; rinse the soup pot and return the stock to the pot. Chop vegetables into smaller pieces; return chopped chicken and vegetables to the pot.

Warm soup until heated through; season with salt, pepper, and chicken bouillon to taste.

More Of Me



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DOWNTOWN SENIOR CENTER

UPCOMING EVENTS & ACTIVITIES:

- January 4th @ 1pm Writers Craft :
Class Subject: Pre-Me Life – Parents, adoptive parents
- January 5th @ 9:30 First Friday Coffee:
Kelly's family Diner - 2131 S Broadway
- January 9th @ 10:00am - Book Club:
A Pipe for February by Charles H Red Corn
- January 22nd @ 1pm Lunch Bunch:
Delano Diner - 1220 W. Douglas

EDUCATIONS:

- January 17th @ 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 non-members \$25



- January 17th @ 1pm Sip and Swipe Cafe
Apple Devices:
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.

- January 31st @ 1pm Sip and Swipe Cafe -
Android Devices:
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:

- January 22nd @ 2pm - Crafts with Des
We are making an adorable snowman with Dez from Oxford Villa



- January 25th @ 1pm - Sunflower Wreaths
We are making Sunflower wreaths to getready for Kansas Day! It is super pretty and takes less than an hour to do.



- January 29th @ 1pm - Cookie Decoratings
We will be commemorating the birth of our beautiful state and all the symbols that represent it with Cookie Decorating. Have you ever seen a chocolate chip bison?



DOWNTOWN SENIOR CENTER

CANCELATIONS & CLOSINGS:

- January 4th - 10am Exercise canceled
- January 4th - 11am Tai Ji Quan canceled
- January 15th - Center Closed for MLK Day
- January 17th - Open Pickleball session canceled
RECHEDULE DATE: January 18th

1	9	4	8	5	3	6	2	7
7	5	8	2	6	4	1	3	9
3	2	6	7	1	9	4	8	5
4	8	3	5	9	2	7	6	1
9	1	2	6	3	7	5	4	8
6	7	5	4	8	1	2	9	3
2	6	1	3	7	8	9	5	4
8	4	7	9	2	5	3	1	6
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LINWOOD SENIOR CENTER

"We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential.

— Ellen Goodman

Happy 2024!

Wow, did you ever think it would get here this quickly? I think the past few months are a blurr with holiday activities, and all the busyness it brings. Now we can breathe! We can pause a bit to reflect about the past and look to new opportunities for the future.

This month brings some goal setting and some new activities at Linwood. We are resurrecting our Bookclub and wanting to add a few things to the center. We also received a grant to make some updates and changes to the Linwood Center, so you will see us walking through the senior center, room by room drawing up a list of work to be done via the above quote, some new paint, furniture and some new additions to the various rooms with storage and a few more benefits to get our center up spruced up! So we may need to close for a few days within February, so we can get started rising from our ashes, just like a Phoenix! - 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 (1/29) 11:30 Friendship Lunch 12:30 BINGO! (10,9, &23) 1:30 Computer/Job Assistance w/ James 2:00 Medicare Pt D Counseling	Wednesday 8:00 Hip Hikers Walking Club 9:00 Stronger Seniors 9:00 Advisory Council (1/24) 11:00 Birthday Party (1/17) 11:30 Friendship Lunch 12:00 Pinochle with Friends (No Computer Lab) 12:45 Arthritis Exercise 2:00 Craft Educations (*See Schedule) 2:00 Craft Educations (*See Schedule)	12:00 Pinochle with Friends (No Computer Lab) 12:45 Beg. Line Dance 1:45 Inter. Line Dance 3:00 Dime Bingo (New Time)
Tuesday 9:00 Pickleball 9:00 Stronger Seniors 9:30 Writing Craft (11,4) 10:00 Foot Care (4th Tues 1/23) 10:00 Scrapping/Coloring with the Best 11:30 Friendship Lunch 1:00 Movie Time	Thursday 9:00 Pickleball 9:00 Stronger Seniors 9:30 Writer's Craft (1/4) 10:30 Book Club (1/11) 11:30 Friendship Lunch	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 Coounseling

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

THANK YOU ALL FOR your giving to the Linwood Center, and for giving to HumanKind Ministry! Your generosity has helped many people this past year! We also have been blessed by your giving and have been able to purchase basic art supplies, and new chairs for our front lobby area, and scholarships for those who are limited in funds to help pay for memberships to the Center. Another thank you goes to the Central Plains Area on Aging who recently approved a grant request to update the center with paint, shelving and storage wardrobes, a few laptop computers, chairs and a megaphone, and newer refrigerator and projector, button maker and TV. We also will be looking at a time to close the center to get the walls painted and update where we can. So stay tuned as we refresh and update for the 2024 year! Lastly, I want to thank Ruby Tobey for her generous gift of the 2024 calendars, she donated all the proceeds to the center!



Special thanks to all the volunteers, who are constantly supporting the center, your hours are valuable and you are loved, and cherished more that we can ever express.
Hugs to infinity and beyond!!!

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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 2023,

Tuesdays at 1:00pm *NOTE TIME CHANGE!

1/2 "The Ultimate Gift" – Young man with trust fund figures out life!

1/9 "True Spirit" – True story about a 13 year old girl sails around the world

1/16 "The Basket" – Hoop/Basketball Dream With Heart

1/23 "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!

1/30 "Castaway" – with Tom Hanks and Wilson on a deserted island

Popcorn at Linwood 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! **Please note WC has changed to the first Tuesday of the month. Join us!
Jan 4 Linwood at *9:30am

Program: Pre-Me Life – Parents, adoptive parents

Exercise Words: juggler – pizza – possum – doorbell – pine tree

General Prompt: Write about something related to your future

parents/adoptive parents: their life, their attitude, their home life, or their dream/dreams before your birth.

Sentence Prompt: Start with "I don't know..."

Poem Prompt: Write about dreams of parenthood.

CRAFT/ART CLASS EDUCATION:

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

1/ the 2,9,16,23,30 "Scrapping and Coloring With the Best! Come join us and use supplies for fellowship and fun! No Cost!

1/10 "Cardinal Memories Keepsake" Great gift for those bird lovers or a gift for those family members that have had loved ones pass away. Cost is \$6 pay and RSVP by 1/8

1/17 "Gnome Craft" this is a fun little craft for those who love gnomes! Cost is \$4 for two. Pay and RSVP by 1/12



1/24 "Toilet Paper Roll Painting" Come and see some fun

designs you can make with some unique inspiration! FREE, but you must RSVP by 1/19!!

1/31 "Clay Ornaments" with Unique Natural Designs, Cost is \$3 for two or \$5 for three. Pay and RSVP by 1/26

EDUCATIONAL PRESENTATIONS:

ARE ON FRIDAYS AT 10:15 am * unless otherwise noted
Must RSVP a day ahead of the presentation and let us know you are coming! THANKS!

1/19 "The Good4You Lifestyle" – Find out what you can do enhance your life in a holistic manner! Aubrey Ver-eeke, presenter of Natural Grocers RSVP.

1/26 "Crockpot Cooking, Broccoli Cheddar Soup Dupe" We will be making an easy soup! Bring some soup recipes with you to trade! Suggested Donation \$2 per person to help with cost, but only if you are able too! Thanks! RSVP to 263-3703 by 1/22.

1/5 "Thankfulness Journaling & Other Types of Journals" Start off the New Year Right, With A Grateful Heart Presenter: Cherise Langenberg, Call to RSVP 263-3703



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

SPECIAL EVENTS & ACTIVITIES:

1/8 *"Fresh Conversations Basic Stewed White Beans" 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 at 2pm! Will be meeting for 7 months.

1/12 "Clean Eating – Ditching The Processed Food" Let's start off the New Year right, as we realign our health! Presenter Lexi Gianetti of Humana. RSVP

Luncheon Lovelies and ROMEO Club is eating at "Jason's Deli West"

Art/Drawing Class

Tuesday, January 9th at 3pm

We have professional Artist Kelly Carson with us to fine tune our drawing abilities. He loves to draw and wants to share that gift with you! This is a special class that he wanted to provide for those of us who can't drive at night. Cost is free, and we are able to purchase supplies for our members because of our revenue from our little shop at Linwood! Please call and RSVP! You will be glad you did!

GET SET UP CLASSES

For those of you who would like a variety of video classes, please stop by on Monday afternoons, in the following Mondays the 22nd and 29th at 1:55pm. Get Set Up are video classes for the senior population with a variety of topics from learning how to cook and bake and can to charting a destination of a place you may be interested in armchair travelling. They have exercise classes and technology classes and art classes as well. For those of you that are interested, we will vote on a class or two to watch, and then you can see what options are available in the future. It is really fun and educational! Enhance your learning in 2024!

BOOK CLUB!!!

Second Thursday of the Month on January 11th at 10:30am Join us as we welcome our new Book Club leader, Janelle Oliver! Janelle is a lover of history and a lover of books and a seasoned traveller!

She also is a retired nurse, and has skills and great understanding in the medical field as well. Janelle is a perfect fit to lead our club and will navigate us through some wonderful reading opportunities, so you won't want to miss our kick off! We will revitalize with a new name and share some Coffee & Hot Chocolate and good conversation.

HIP HIKERS MONTHLY WALK

Call 263-3703 to find out where, when, and why! And if we are having breakfast together!

ON-GOING GROUPS:

BIBLE STUDY - Scheduled for Jan 29th @ 10:00am. Please join us!

GRIEF SUPPORT GROUP - Chaplain Greg Schmidt with Traditions Health (formerly Serenity) will be sharing with us how to navigate losses in our lives. Join us, as Greg is a wonderful support for us here, all members are welcome! Please call to find out more information.

FRESH CONVERSATIONS CLASS

Come and 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 Basic Stewed White Beans on Monday, January 8th from 2-3pm! RSVP is a must call 263-3703

Computer and Phone Assistance:

We have James Bowman, from the Senior Employment Program here on Mondays from 1-3pm. 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, holiday recipes 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.



NORTHEAST SENIOR CENTER

Hello Everyone! Happy New Year!

Praying all is well with you and your family. Well, it is officially 2024; which is truly a blessing to see. I am still working on more programming, activities, and events. So keep your eyes open for more to come. We started Creative Coloring for the Soul and True Colors Paint Party in 2023; which I think are doing really well. If you have not had a chance to try either of the two out, you should. They are both great ways to have a stress free relaxing good time. Also, a great way to meet new friends. Before I forget, for our new members and our seasoned members that need a reminder, from the end of January until the middle of April Northeast Senior Center will have VITA (Volunteer Income Tax Assistance) Tax Services here again. So we will have a lot of traffic in and out of the building on Mondays and Wednesdays. If you want to know what else is taking place this month feel free to read it for yourself.

Well, I will not keep you. I pray the New Year is full of Blessings for you and your family. 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		Thursday	
9:30	WSU WellRep Exercise Class	10:30	Keep It Moving Exercise Class
10:30	Diamond Dotz	11:30	Aging Projects Friendship Meals
11:30	Aging Projects Friendship Meals	12:00	Quilters' Treasures
		1:00	Card Games (Bid Whiz & Spades)
12:30	Strength & Stability Exercise Class		
Tuesday		Friday	
		9:30	WSU WellRep Exercise Class
10:30	Keep It Moving Exercise Class	10:30	Diamond Dotz
11:30	Aging Projects Friendship Meals	11:30	Aging Projects Friendship Meals
		12:30	Strength & Stability Exercise Class
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		

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

THANK YOU! THANK YOU! THANK YOU!

To all that donated to the HumanKind Ministries Community-Give Back for the holidays.

Reminder for Line Dance Class: Line Dance Classes will start at 1:00pm (2nd & 4th Wednesdays) for February, March & April due to Tax Season and Dining Room scheduling.

November Word Search Winner – Allan Fretz
November Word Search Secret Message:
When You Are Feeling Stressed, a Solution Is
"STRESSED" Spelled Backwards

Holiday Closings:

Northeast Senior Center will be CLOSED:

Monday, January 1st, 2024 (Observance of New Year's Day)

Monday, January 15th, 2024 (Martin Luther King Jr. Day)

Veteran's Day Celebration honoring some of our Veteran's. We have several Veterans that did not make it in time for the picture or was not in attendance



True Colors Paint Party enjoyed a fun afternoon of socializing & painting pre sketched turkeys



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Senior Services Inc. of Wichita, Wichita, KS

E 4C 02-0994



Happy New Year

Find and circle all of the words that are hidden in the grid.
The remaining letters spell the name of a popular location for celebrating New Year's Eve.

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

S E I B A B N E W Y E A R S E V E Y
G C H A M P A G N E T Y I M N S T T
E N S S U E T H C D A N C E D R H R
S Q I N F E T O O D M U A Y O E I A
E F C G F I N A S L S U E R F K R P
D H E F N F R R R R I A S E D A T S
A I U S E I A S E B R D N I E M Y K
R B B T T E S M T I E S A F C E F R
A M T A Y I A N N O R L A Y E S I O
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APPETIZERS
BABIES
BALLOONS
BANNERS
BUFFET
CELEBRATE
CHAMPAGNE
CONFETTI
DANCE
DAY ONE

DECORATIONS
END OF DECEMBER
EVENTS
FAMILY
FATHER TIME
FEAST
FESTIVITIES
FIREWORKS
FIRST OF JANUARY
FRIENDS

HATS
HOLIDAY
HORNS
KISS
MIDNIGHT
MUSIC
NEW YEARS DAY
NEW YEARS EVE
NOISEMAKERS
OCCASION

PARADES
PARTY
PUNCH
RESOLUTIONS
SINGING
STREAMERS
THIRTY FIRST
TIARAS
WINE
YEAR IN REVIEW



NORTHEAST SENIOR CENTER

Upcoming Activities Continued:

- Wednesday, January 3rd at 12:30pm
Being Kind to Others – Hospice Helpers group will meet to make crafts for Hospice patients.
- Friday, January 5th at 2pm
New Year's Bingo
Come join us as we celebrate the New Year with a few rounds of Bingo, sponsored by Dan Island, Urban Life Insurance Agent, Impact Final Expense Services. PLEASE RSVP!
- Tuesday, January 23rd 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 and paints. We will also have Anne Ciemny from "Paintings by Anne" here to share tips and tricks of painting. The cost per kit is \$10. PLEASE RSVP, and have payments in by 1/16. NO EXCEPTIONS, 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
Our Creative Coloring for the Soul class is really enjoying their time together. We invite you to stop in and see a new way to have a stress free relaxing good time. PLEASE RSVP!
- Taxes! Taxes! Taxes!
VITA (Volunteer Income Tax Assistance) will be providing free Federal & Kansas income tax preparation as well as filing free Kansas Homestead Claims at Northeast Senior Center (2121 E. 21st St.). Free Tax preparation is provided to low income individuals, families, and seniors; generally those under \$60,000 of annual income. They will start tax appointments at Northeast Senior Center the end of January. All appointments must be scheduled through the 211 United Way of the Plains service. You will need to: DIAL 2-1-1 and request a tax appointment at



the Northeast Senior Center. NO WALK-INS WILL BE ACCEPTED!!

What you should bring for taxes:

Social Security Cards (or ITIN document) for all people that you are filing on your taxes

Picture ID for yourself (and spouse if filing jointly), such as valid driver's license or other government issued ID

Both spouses should be present if filing jointly

Copy of previous year's tax returns

All W-2's, 1099 forms, or other related forms

If expecting a refund and you want it to be direct deposited, please bring a check, or debit card direct deposit form with issuer printed routing and account numbers (not hand written)

Educational Presentations:

- 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!
- Tuesday, January 16th at 1:30pm
"Diabetes: You Are In Control"
A diagnosis of diabetes can be scary, but studies have shown that with healthful eating and modest regular physical activity, type 2 diabetes can be delayed, controlled, and even prevented. This presentation is for those with type 2 diabetes, prediabetes, and caregivers of those living with diabetes and will touch on the seven self-care behavior steps to managing your diabetes. Presented by Sara Sawyer, County Extension Agent – Nutrition, Health and Wellness. PLEASE RSVP!



ORCHARD PARK SENIOR CENTER

Happy 2024 My Friends!

January marks a fresh new start as we begin a new year. I typically like to take the first couple of months of the new year to slow down after a busy last few months of the following year. I like to unwind and relax a little more, stay nice and cozy inside of my house with my family and dogs and start making plans for the year ahead. I declare that we all make January our Self Care Month. Slow down and smell the Pine Trees (instead of the roses because it's winter – get it?). Take in the following:

January 3rd – International Mind-Body Wellness Day

January 16th – National Do Nothing Day

January 8th – Bubble Bath Day

January 19th – National Good Memory Day

January 12th – Have a cup of Hot Tea Day

January 20th – Take a Walk Outdoors Day

January 15th – Celebrate the great MLK Day

Ongoing Activities

Please RSVP To Participate - Call: 942-2293

Monday		9:30-10:30	Co-Ed Exercise
9:00-10:00	Co-Ed Exercise	10:30-12:00	Computer Lab
9:00-12:00	James with Senior Employment	12:00-4:00	Open Pool Tables
10:00-11:00	Co-Ed Exercise		
10:00-11:00	Healthy Lifestyles Group	Thursday	Co-Ed Exercise
12:00-4:00	Open Pool Tables	9:00-10:00	Exercise for Arthritis
1:00-3:00	Hand & Foot Card Game (Jan. 29)	10:00-10:30	Open Pool Tables
1:30-3:00	Conversational Spanish for All (please bring a cell phone or laptop if available)	12:00-4:00	Pickleball in the Gymnasium
		1:00-3:00	Mexican Train Dominoes
		1:00-3:30	
Tuesday		Friday	Co-Ed Exercise
9:00-10:00	Co-Ed Exercise	9:00-10:00	Co-Ed Exercise
10:00-10:30	Exercise for Arthritis	10:00-11:00	Enhance Fitness video with Joe Samaniego from CPAAA (all fitness levels)
12:00-4:00	Open Pool Tables	11:00-12:00	Open Pool Tables
1:00-3:30	Mexican Train Dominoes		Pickleball in the Gymnasium
2:00	Scrabble (NEW)	12:00-4:00	Canasta Card Game (Jan. 5 & 19)
		1:00-3:00	
Wednesday		1:00-4:00	
8:30-9:30	Co-Ed Exercise		

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



Director's Note Continued

January 22nd – Celebration of Life Day – Celebrating your Children and Grandchildren and recognizing the joy they bring to your life (this can be fur babies too)

January 23rd – National Handwriting Day – Pick up your journal & write down your thoughts or write a letter to a friend you haven't talked to in a while.

January 27th – National Chocolate Cake Day – Enjoy one BIG GIGANTIC piece of chocolate cake without an ounce of remorse.

January 29th – National Puzzle Day

January 30th – National Plan a Trip Day – YESSSSS! Life is short! Take the Trip, Buy the Shoes, Eat the Cake!!!

January 31st – National Hot Cocoa Day

One last thing, be sure to look through your Compass and find some activities that spur your interest. Break out of your comfort zone and do something you will be proud of yourself for doing afterwards. While you're at it, bring a friend. Expose them to our fun world that we have created at each of our centers. I don't know about you, but 2023 was an awful year for our family and we are not sad to see it go in the least. Hopefully, your year was a lot better than ours, but if your year wasn't so great either, I am hoping that 2024

is your year. I hope it's full of fun and surprises and memories to last a lifetime.

Here's to all of us having lots of fun together in 2024!

-Kelli

<p>Place Your Ad Here and Support our Community!</p> <p>Instantly create and purchase an ad with</p> <p>AD CREATOR STUDIO</p>   <p>lpicommunities.com/adcreator</p>		 <p>TheisRealty</p>   <p>Jeff Theis • 316-519-3700 Jim Richond • 316-258-6282</p>
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Upcoming Events & Activities - Please RSVP to 942-2293

- Monday, January 1st
CLOSED FOR NEW YEARS. HAPPY 2024!!! A new year means a new chapter. I hope 2024 is an incredible part of your story.
- Wednesday, January 3rd at 10:00am
Meet at the Wichita Art Museum – 1400 Museum Blvd. for Senior Wednesday. The Exhibit will be “Special Fighters for Freedom” by William H. Johnson. Docents will be giving tours and you will be able to see both Art Exhibits for \$2.00 that day. If anyone is interested, we can stay and eat lunch at 1400 By Elderslie afterwards, which is the new restaurant located inside of the museum. Please RSVP
- Thursday, January 4th at 9:00am
The “Egg-cellent” Breakfast Club – Meet at “The Huddle House” – 1735 W. 21st, #200. This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP
- Friday, January 5th at 1:00pm
It’s Kansas Day this month and you know what else? It’s WOO-HOO Fri-YAY! Meet at the Workroom ICT – 150 N. Cleveland. If you have never been, you are in for a real treat! This is a shop with all things made by Kansans. Afterwards we will make our way over to the Donut Whole – 1720 E. Douglas (a local favorite) and have a cup of Joe and donut. Nothing says “Kansas” like shopping and eating!
- Monday, January 8th at 11:30am
James Bowman, Job Training Specialist with Senior Employment, will be here to talk about his program. James can assist Seniors with their job resume’s and help them in their job search. Please RSVP
- Tuesday, January 9th at 10:30am
10:30 -11:30 – Let’s craft with Des from Oxford Grand! We always have a great time when she is here so be sure to sign up and have fun with us as we talk, laugh and craft together. Please RSVP
- Wednesday, January 10th at 10:00am
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.
- Wednesday, January 10th at 2:00pm
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: “Exercising Your Brain.” If you have never had the pleasure of meeting Brian, you are missing out. He is very knowledgeable and a true delight.
- Thursday, January 11th at 10:45am
“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.)
- Friday, January 12th at 1:00pm
DRUMBALL IS BACK!!!! Come join Cathy Swift from Home Health & Hospice of Kansas as she leads the class in Drumball Exercise. Work up a sweat with two drumsticks and a big ball!!! Tons of fun and a great cardio workout. Improves your coordination, sense of rhythm and works your heart at the same time with moves choreographed to favorite tunes. Cardio Drum Ball is proven to benefit the body, strengthen the heart and lungs, build healthy bones, improve flexibility, and increase muscular strength and endurance. Adaptable to all physical ability levels. If you have never tried Drum Ball, I highly encourage it. You will definitely leave here with a smile on your face.
- Friday, January 15th
CLOSED IN HONOR OF MARTIN LUTHER KING DAY! “FAITH IS TAKING THE FIRST STEP, EVEN WHEN YOU DON’T SEE THE WHOLE STAIRCASE” – Martin Luther King, Jr.



ORCHARD PARK SENIOR CENTER

- Wednesday, January 17th at 1:00pm
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
- Friday, January 19th at 1:00pm
Movie at Orchard Park – "The Intern" – Starring: Anne Hathaway and Robert DeNiro. A 70-year-old widower who becomes a senior intern at a fashion website, forms an unlikely friendship with the company's workaholic CEO. 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.
- Tuesday, January 23rd at 11:30am
"Good Grub Lunch Club" – Meet at the famous locally owned Connie's Mexican Restaurant: 2227 N. Broadway. Gather with old friends and new friends. All are welcome! Please RSVP
- Wednesday, January 24th at 1:00pm
Get those Bingo Dobbers ready and come play Bingo with Renee from Dove Estates. Prizes for each winning game!
- Friday, January 26th at 2:00pm
Kelli and Nancy's Cooking/Comedy Show – This month we celebrate this great State that we live in. In honor of "Kansas" Month, we will demonstrate how to make Haystack Cookies. Everyone will also get to sample the end result. Please RSVP
- Wednesday, January 31st at 1:00pm
As you grow older, you will discover you have two hands — one for helping yourself, the other for helping others. - Audrey Hepburn Beginning this year, Orchard Park is going to volunteer in the community on a quarterly basis. I have selected the first place and after that, we will take turns choosing. Our first volunteering adventure will be at the Ronald McDonald House. Please meet there at 1:00. We are going to bake homemade goodies for the children and their families. Ronald McDonald House is located at: 551 N. Hillside, Ste. 100. Please RSVP (Limit 10)

The Orchard Park Senior Center Crafting/Sewing Circle will be on Hiatus for a while. We apologize for the inconvenience.

**** 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!!

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!

Friendship Meals - Orchard Park Dining Room
Monday - Friday @ 11:15am
(MUST SIGN UP FOR THIS PROGRAM BEFORE YOU CAN 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 a.m. 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!



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