

Embracing Love In Later Years

In the pursuit of love, age is but a number. As life unfolds, evolving needs and experiences shape the journey to finding love later in life. From divorce to dating, companionship to caregiving, this guide navigates the unique path of seeking love, regardless of relationship status.

Treva Brandon Scharf, a first-time bride at 51, challenges conventional norms. On the podcast “Done Being Single,” Treva and her husband Robby share insights gained from decades of singleness, proving that love knows no age boundaries.



Jodi J. De Luca, Ph.D., a licensed clinical psychologist, emphasizes that the desire for love remains constant, even growing stronger with age. Life's trials may have shaken confidence, but De Luca asserts that an open heart can renegotiate life plans, reminding us that love's magic is timeless.

Experts weigh in on the benefits and challenges of seeking love later in life. Dr. Randy Schroeder acknowledges the normalcy of dating fears, particularly among those who have faced loss. Older adults seek companionship, focusing on shared activities rather than the pressures of traditional dating.

Schroeder advises creating lists of desirable qualities and deal-breakers early in the dating journey to navigate potential challenges. He emphasizes the advantages of older age relationships, marked by patience, logic, and a focus on lasting compatibility.

Relationship and dating coach Amy Schoen addresses the imperfections of older individuals seeking love. In a digital age, older adults embrace online dating, urging each other to put themselves out there. Schoen emphasizes aligning life goals for a successful, long-term connection.

Continued on pg 2



Embracing Love In Later Years Continued

Jodi De Luca stresses the importance of trusting instincts, advising individuals to listen to their gut feelings about readiness to date. She advocates for analyzing past relationship patterns to identify common traits and determine compatibility.

Couples counselor Raffi Bilek emphasizes the uniqueness of each new partner, cautioning against seeking replacements. He encourages acknowledging differences, celebrating individual strengths and weaknesses, and embracing authenticity in new relationships.

In the pursuit of love later in life, the journey is nuanced, shaped by a lifetime of experiences. From overcoming dating fears to aligning life goals, embracing imperfections to trusting instincts, finding love later in life is a journey worth taking – a journey that transcends age and embraces the richness of shared experiences.

WHAT DID IT COST?

Try to guess the cost of these items in the year 1980.



Wedding Dress
\$ _____



Wedding Cake
\$ _____



Photography
\$ _____



Flowers
\$ _____



Invites
\$ _____



Church
\$ _____

Dress: \$66.50, Cake: \$100, Photography: \$50, Flowers: \$140, Invites: \$250, Church: \$75

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Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994



DOWNTOWN SENIOR CENTER

Hello Everyone!

Did you know that **February 4th is National Thank a Mail Carrier Day**? Delivering mail is a hazardous job. Not only is there the heat, rain and ice but the delivery person has to dodge unfriendly animals, dangerous terrain, and dangerous insects and I am pretty sure USPS doesn't offer hazard pay. Despite all that, we get our mail like clockwork (usually). So make sure to thank your Mailman or Mailwoman on the 4th of February because otherwise we wouldn't get our bills.

USPS Random Fact:

The phrase, "neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds" is not the motto of the United States Post Service? The post office in fact does not have a motto. Then where did the phrase come from? The phrase is chiseled in granite over the entrance to the New York City Post Office and comes from *The Persian Wars* by Herodotus. In the book during the wars between the Greeks and Persians, the Persians ran a system of mounted postal couriers who performed the job with loyalty and dependability.

Continued on pg 6

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 Lunch Bunch (Feb. 9)

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 (Feb. 13)
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
1:00-4:00 Open Pickleball - Gym

Thursday

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

Friday

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

Downtown Senior Center • 200 S Walnut, Wichita, KS 67213 • (316)267-0197
Hours: 8:00 a.m. - 4:30 p.m. • Director: Angie Burnham • AngieB@seniorservicesofwichita.org
Registration Required for ALL Center Activities • Membership: \$35 per year

DOWNTOWN SENIOR CENTER



"WE'VE GOT THE BEAT!" ***Music from the 80's DANCE!"***

4-Center Dance at the Downtown Center

Wednesday, February 14th

2:00PM - 4:00PM

Live Music provided by "Timeless"

MUST RSVP at your Home Senior Center by 2/12/24

Entry Fee: Bring a Snack to Share

Fun Drawings and Prizes for the BEST 80's Costumes

Come and Join Us and
Be 2 HIP 2 be SQUARE!!!

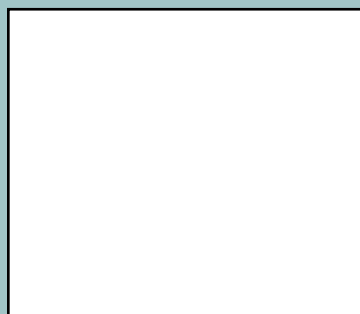


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DOWNTOWN SENIOR CENTER

Director's Notes Continued

I know everyone has been waiting for the release of tax preparation dates for the Downtown Senior Center. **Tax preparation dates and times have been set for:**

- **Monday, February 19th @ 10:00am – 5:00pm**
- **Tuesday, February 20th @ 9:00am – 3:30pm**
- **Friday, February 23rd @ 9:00am – 3:30pm**

Call (316) 267-0197 to make your appointment. As of right now there are **no walk-in** periods set as of yet but that may change. I will keep everyone posted.

Please Make Sure To Bring:

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents
- An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and your dependents if you do not have a Social Security number
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- Interest and dividend statements from banks (Forms 1099)
- Health Insurance Exemption Certificate, if received
- A copy of last year's federal and state returns, if available proof of bank account routing and account numbers for direct deposit such as a blank check
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms:

- Forms 1095-A, B and C, Health Coverage Statements
- Copies of income transcripts from IRS and state, if applicable

If Filing Kansas Homestead Only Bring:

- Photo ID
- SSN Card
- Property Taxes
- SSI/SSD statement if they have one

Please make sure to bring all the documents that are applicable to your tax situation to your appointment. There are only a certain amount of appointments available for this tax season at the downtown center and I can't guarantee there will be any spots available if you need to come back to finish your taxes.

UPCOMING EVENTS & ACTIVITIES:

- **February 1st @ 1:00pm - Writers Craft**
- **February 1st @ 1:00pm - Flying Saucers China Painters**
- **February 2nd @ 9:30am - First Friday Coffee:**
Want Bierock Company & Coffee House -
2615 W 13th Street N
- **February 5th @ 2:00pm - Advisory Board Meeting**
- **February 9th @ 1:00pm - Lunch Bunch:**
Prost - 2721 E Central Ave #101
- **February 13th @ 10:00am - Book Club:**
A Pipe for February by Charles H. RedCorn
- **February 21st @ 1:00pm - Classic CANASTA**
- **February 27th @ 11:00am - *LAST Tai Ji Quan Session @ The Downtown Center**



DOWNTOWN SENIOR CENTER

CRAFTS:

- **February 6th @ 12:00pm - Valentine's Day Jar:** We are going to transform a mason jar into a Valentine's Day glitter votive to help set the ambiance of your Valentine's Day table.



- **February 26th @ 2:00pm - Crafts with Dez:** Dez with Oxford Villa is going to show us how to make heart shaped bird feeders. Who says birds don't get to celebrate Valentine's Day too?



EDUCATIONS:

- **February 13th @ 1:00pm - Sip and Swipe Café - Apple Devices:** Jot your questions down and join me for a Q&A session about your Apple Device.
- **February 21st @ 11:00am - Heart Healthy Spice Blending:** In honor of National Heart Health Month we are going to learn how to blend spice and create our own take home sodium free spices. Cost is \$5.00 for supplies. Make sure to RSVP by calling (316) 267-0197.
- **February 29th @ 1:00pm - Sip and Swipe Café - Android Devices:** Jot your questions down and join me for a Q&A session about your Android Device.

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LINWOOD SENIOR CENTER

**"Roses are Red, Violets are Blue,
I'm allergic to flowers - Aaa-choo!"**

~unknown~

Blessings and Hugs!

I remember the poem written in my yearbook back in 1985 that said "Roses are Red, Violets are Blue, You've Got a Nose, like a B-52!" Isn't that great, I laughed but I was glad it wasn't from a guy I had a crush on! Anyway, it is always fun to reminisce about love and life, so join us for our program, Odd Dates, Creative Dates and Poetry. This month brings some fun events, so look closely. We will be having our Galentine's Lunch Out with the Luncheon Lovelies, also we will have our 4-Center Valentine Dance: We've Got the Beat - Music from the 80's, The Go-Go's and more! Finally we will be closed for updates, painting and floor cleaning the week of the 19th and will re-open on the 26th.

So join us in love, laughter, and dancing,

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 (Feb. 5)
11:30 Friendship Lunch
12:30 BINGO (Feb. 12 & 26)
1:30 Computer/Job Assistance w/ James

Tuesday

9:00 Pickleball
9:00 Stronger Seniors
10:00 Foot Care (Feb. 27)
10:00 Scrapping/Coloring with the Best
11:30 Friendship Lunch
1:00 Movie Time (Feb. 6, 13 & 27)

*See Schedule)

Wednesday

8:00 Hip Hikers Walking Club
9:00 Stronger Seniors
9:00 Advisory Council (No Meeting)
11:00 Birthday Party (Feb. 21)
11:30 Friendship Lunch
12:00 Pinochle with Friends (No Computer Lab)
12:45 Arthritis Exercise
2:15 Craft Educations (*See Schedule)

Thursday

9:00 Pickleball
9:00 Stronger Seniors
9:30 Writer's Craft (Feb. 1)

10:30 Book Club (Feb. 8)
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

We will be having a **BISCUITS & GRAVY FEED**

PLUS DIME/DOLLAR DRAWING FUN-DRAISER for LINWOOD SENIOR CENTER!

Thursday, March 7th, 2024

8:00am - 11:00pm

Tickets are \$5 for food (RSVP and pay early by March 4th, and get 1 free dime drawing ticket for the dime drawing)



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Or \$5 for a chance to win a more expensive prize.

Or a \$10 Ticket for 10 chances to win our grand prize necklace. (With a \$1200 retail value)

Purchase tickets to win one or more of the following baskets and prizes in our drawings:

Book Lovers Gift Basket, Coffee Lovers Gift Basket, Gardeners Gift Basket, Family Game Night Basket, Crochet/Quilter's Gift Basket, Gift Certificates & Beautiful Jewelry and Our **Grand Prize:** A Beautiful Necklace donated by Mike Selzer Jewelers.

Our goal is to raise some funds to help with a few things our grant didn't cover, like a new white board, and a new cordless microphone for our speaker system. \$5 can get you some delicious biscuits and gravy and juice/coffee and maybe win a prize or two! Join us and bring a friend!

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

MOVIE TIME - Tuesdays @ 1:00pm

2/6 - "The Holiday" - Two young women trade homes and find love.

2/13 - "Rewrite" - Award winning writer takes teaching position and finds love. (Hugh Grant and Melissa Torme)

2/27 - "Edie" - Older woman finds adventure and friendship in climbing a mountain.

Movie Out is on hold until further notice!

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

WRITING CRAFT - February 1st @ 9:30am

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

Program: My Appearance in the World

Exercise Words: reporter - enchiladas - rabbit - whisper - dandelion

General Prompt: Write about something related to your parents/adoptive parents: their life, their attitude, their home life, or their dream/dreams after your birth.

Sentence Prompt: Start with "He/She is so..."

Poem Prompt: Write about a baby's birth.

CRAFT/ART CLASS EDUCATION:

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

February 6th, 13th & 27th, "Scrapping/Coloring With the Best" - Come join us and use supplies for fellowship and fun! No Cost!

February 7th, "Swirl Painting" - 8X10, taught by Heather Dwyer! Call for more information. Cost is \$8 for supplies. Must RSVP & Pay by 2/5.



February 9th, "Puzzle Heart Wreath" - Free! RSVP by 2/7.

February 12th @ 3:15pm, "Basic Watercolor Flowers" - Suggested donation is \$1.



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!**

February 2nd, "What's up With the Public Library: Book Bus and Other Resources!?" - Come and hear Robin Dauster, Outreach Specialist & Heather Dwyer Family Literacy Coordinator share all about the resources and changes with the Wichita, Public Library. Join us! RSVP

February 5th @ 10:00am, "Low Income Energy Assistance Program (LIEAP) - Save on those Energy Bills" - Come and find out if you qualify for some assistance with your energy bills. Presenter Kimberly Bailey of Everygy will be here to tell you about the program and also help with applications. Call to RSVP.

February 8th, "Odd Dates, Creative Dates and Roses Are Red Poetry" - Come and join us as we celebrate the ROR poem, you may want to write a line yourself! Also we will have a sharing session on odd and creative dating! RSVP

February 12th @ 2:00pm, "Fresh Conversations With the Sedgwick County Extension Office" - Join us as we find out ways to make sure you are eating and exercising for your health. This is an amazing class, with tastings and last month we got blessed with Yoga exercise bands. Join Us! ***This class is on a MONDAY at 2:00pm! Will be meeting for 9 months.** RSVP

February 16th, "Heart Health by Chocolate" - Join us as Aubrey Vereke, Nutritional Health Specialist from Natural Grocers teaches us how to partake in healthy chocolate! This may be a sweet class for all! RSVP



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

SPECIAL EVENTS & ACTIVITIES:

February 8th @ 10:30am, BOOK CLUB!!!

(Held on the Second Thursday of the Month) – 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 is also 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.

February 14th @ 10:00am - 12:00pm, BOOK BUS AVAILABLE

– We have a new bus that is visiting Linwood. It will be here on Wednesday, February 14th from 10:00 to noon, in the parking lot. Pick up a book for Valentine's Day you will LOVE!!!

February 14th @ 11:00am, CELEBRATE GALENTINES DAY EATING OUT with the Lunching Lovelies and the Romeo Club!

– We will plan on eating at GOLDEN CORRAL (because they have a CHOCOLATE FOUNTAIN and SWEETS FOR THE SWEET!) We will meet at 11:00am on Tuesday, February 14th. Address is 616 S ridge Road. Cost is \$15 with tip. Please join us!

GET SET UP CLASSES – For those of you who would like a variety of video classes, please stop by on **Monday afternoons at 1:50pm**. Get Set Up are video classes for the senior population with a variety of topics from learning how to cook and bake 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!

COMPUTER & PHONE ASSISTANCE – We have James Bowman, from the Senior Employment Program here on **Mondays from 1:00-3:00pm**. He can help with employment options, assist with computer questions and he helps with phone technology too.

FAMILY RECIPES & PICTURES! – We Are Finishing Up And We Need Your Recipes! Submit Your Recipes And We Will Add Them Into Our “Heirloom Cookbook!” We want recipes you love, holiday recipes and recipes that have been handed down in your family. Call for more information, or pick up the info at the Linwood front desk. We want recipes from all 4 center members!

ON-GOING GROUPS:

BIBLE STUDY - Scheduled for February 5th @ 10:00am. Please join us!

GRIEF SUPPORT GROUP - February 22nd @ 1:30pm. Chaplain Greg Schmidt with Traditions Health (formerly Serenity) will be sharing with us how to navigate losses in our lives. Join us, Greg is a wonderful support for us here, all members are welcome! Please call to find out more information.

CENTER CLOSED FOR UPDATES!!!

LINWOOD CENTER WILL BE CLOSED FOR SOME PAINTING/CLEANING & UPDATING the week of **February 19th - 23rd**. We have been blessed with a grant from Sedgwick County out of the ARPA Funds (America Rescue Fund Act) that will help us to repaint and get some new shelving and supplies. **We will re-open on Monday, February 26th** with a fresh face!

“WE’VE GOT THE BEAT - Music from the 80’s DANCE!”

**4-Center Dance at the Downtown Senior Center
Wednesday, February 14th
From 2:00pm - 4:00pm**

Live Music provided by “Timeless”!

MUST RSVP by 2/12/24 to your home center - No Exceptions!

Entry Fee: Bring a Snack to Share.

Fun Drawings and Prizes for the BEST 80’s Costumes.

Come and Join Us and Be 2 HIP 2 be SQUARE!!!





NORTHEAST SENIOR CENTER

Hello Everyone...Happy February!!!

Praying all is well with you and your family. This year is really off and running. We are seeing the true signs of winter with this weather that the year started off with. Please be mindful when you are out and about to take your time. The whole goal is to get where you are going safely. I want to remind you that during the winter months as the weather becomes bad the senior centers may be closed from time to time. Please check the news and Facebook for cancellations. Do not forget that we also have a My Senior Center service where we can send out messages by phone. So watch for the phone number 855-959-1584 when the weather is bad to let you know if the senior centers will be closed. If possible, save this number in your contacts. That way you know it is from Senior Services and not a Scam Likely call. With that said, 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 (Joe Samaniego video)

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 (Joe Samaniego video)

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 (Joe Samaniego video)

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

December Word Search Winner

Diana Dobbins

December Word Search Secret Message

And So, As Tiny Tim Observed,
God Bless Us Every One!

Holiday Closings

Northeast Senior Center will be **CLOSED**:
Monday, February 19th in observance
of Presidents' Day.

Reminder for Line Dance Class

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

Spot-Light: "Quilters' Treasures"

In December, members of the Quilters' Treasures (QTs) quilting group delivered 15 homemade baby quilts to St. Anthony Family Center in Wichita, a place for homeless families in need of temporary shelter. Each quilt was wrapped around a stuffed animal which had its own doll blanket; and the volunteers at the Center said the children were especially excited to get a toy.

QTs began as a response to a request for quilts for families who lived through a tornado. The group now makes baby quilts from donated fabric for well-baby clinics, Maude Carpenter Children's Home, and other shelters in Wichita. The members are all volunteers and get together to quilt, share stories, and laugh every Thursday at noon at the Northeast Senior Center.



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John Wayne Movies

Find and circle all of the John Wayne movies that are hidden in the grid. The remaining letters spell a John Wayne quotation.

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

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

ALAMO
ARIZONA
BABY FACE
BIG JAKE
BIG TRAIL
BLOOD ALLEY
BLUE STEEL
BRANNIGAN
CHISUM
CIRCUS WORLD
COMANCHEROS
CONFLICT
CONQUEROR

COWBOYS
DAKOTA
DAWN RIDER
DECEIVER
DESERT TRAIL
EL DORADO
FLYING TIGERS
FORT APACHE
GREEN BERETS
HATARI
HELL FIGHTERS
HONDO
IN HARMS WAY

JET PILOT
LONELY TRAIL
LONGEST DAY
MCLINTOCK
MCQ
NEW FRONTIER
NIGHT RIDERS
PITTSBURGH
QUIET MAN
RANGE FEUD
RED RIVER
RIO BRAVO
RIO GRANDE

RIO LOBO
SEA CHASE
SEARCHERS
SHOOTIST
SPOILERS
STAGECOACH
STAR PACKER
TRUE GRIT
TYCOON
UNDEFEATED
WAR WAGON
WESTWARD HO



NORTHEAST SENIOR CENTER

Upcoming Activities/Events:

Fundraiser For The Month Of February

Give a "Kiss" for Valentine's Day!

Stop in and purchase Hershey Kisses for your loved ones (friends and family) and/or yourself. The cost is \$2.00 for 10 kisses. All money collected will benefit Northeast Senior Center. Monetary donations will be accepted as well.



Wednesday, February 7th at 12:30pm

Being Kind to Others - Hospice Helpers group will meet to make crafts for Hospice patients.

Friday, February 9th from 9:00am - 12:00pm

Every LIEAP (Low Income Energy Assistance Program) Program - LIEAP is a federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit.

Please bring the following items:

- Copies of all proof of income for all permanent individuals living in the home who are 18 years old or over
- Copies of utility bills (gas, electric, propane, wood, etc.)
- Social Security Numbers of all members of the household

Friday, February 16th from 2:00pm - 3:30pm

Mardi Gras Party "Pot Luck" -

Please join us as we celebrate Mardi Gras with FOOD, FUN, & FELLOWSHIP. Please sign up to bring a dish or dessert to share; as well as, **RSVP by Friday, February 9th** to attend. **Cost:** \$5 members/ \$7 nonmembers



Tuesday, February 27th 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 2/20. NO EXCEPTIONS**, because we have to order the kits. Feel free to call the center (316) 269-4444 with questions or concerns.

Taxes! Taxes! Taxes! (February - April)

VITA (Volunteer Income Tax Assistance) will be providing free Federal & Kansas income tax preparation as well as filing free Kansas Homestead Claims as 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.

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!!!**

Wednesdays at 10:45am

Creative Coloring for the Soul -

This class enjoys socializing and coloring, while listening to music. We invite you to stop in and see a new way to have a stress free relaxing good time. **PLEASE RSVP!**



Educational Presentations:

Fresh Conversations (9 Classes, one class per month January - September from 1:30pm-2:30pm)

"Class #2: Monday, February 26th, 2024 -

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

February Greetings, My Friends!

Awww... February, the month of love and Valentine's Day! How exactly was Valentine's Day originated? Glad you asked. It originated as a Christian feast day honoring a martyr named Valentine and through later folk traditions, it has also become a significant cultural, religious and commercial celebration of romance and love in many regions of the world.

Who came up with Valentine's day and why? Another great question. Oruch, a University of Kansas English professor (shout out to Kansas), determined that Chaucer was the first to link love with St. Valentine in his 14th-century works "The Parliament of Fowls" and "The Complaint of Mars," notes the Times. Therefore, Oruch claimed, Chaucer invented Valentine's Day as we know it today.

I know many people that thoroughly enjoy Valentine's Day. In fact, my In-Law's always celebrated from February 10-14. They were married on the 10th and they celebrated that entire week each year. Since my Father-n-law has been deceased since 2003, we try to help keep some of that **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
11:15	Friendship Meals
12:00-4:00	Open Pool Tables
1:00-3:00	Hand & Foot Card Game (Feb. 26)
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
11:15	Friendship Meals
12:00-4:00	Open Pool Tables
1:00-3:30	Mexican Train Dominoes
2:00	Scrabble

Wednesday

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

9:30-10:30	Co-Ed Exercise
10:30-12:00	Computer Lab
11:15	Friendship Meals
12:00-4:00	Open Pool Tables

Thursday

9:00-10:00	Co-Ed Exercise
10:00-10:30	Exercise for Arthritis
11:15	Friendship Meals
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)
11:15	Friendship Meals
12:00-4:00	Open Pool Tables
1:00-3:00	Pickleball in the Gymnasium
1:00-4:00	Canasta Card Game (Feb. 2 & 16)

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

Hours: 8:00 a.m. - 4:30 p.m. • Director: Kelli Nuss • KelliN@seniorservicesofwichita.org

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



Upcoming Events & Activites - Please RSVP to 942-2293

February 1st @ 9:00 - The "Egg-cellent" Breakfast Club - Meet at "Jimmie's Egg" - Corner of Central and Tyler, 8728 W. Central. This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

February 1st @ 10:30-11:30 - Senior Phone Safety Presentation with Victor and Alec from Only Angels Home Care and Hospice. This will be a 30 min. presentation, then you can sign up for a one on one, 5 minute Q & A Session with them afterwards from 11:00-11:30. Please RSVP.

February 2nd @ 1:00 - It's WOO-HOO Fri-YAY! I am rescheduling this event from last month. It was cancelled due to inclement weather. Let's try it again! 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. If you enjoy shopping and eating, this is the outing for you!

February 8th @ 10:00-11:30 - Meet at Botanica for "Empowered Seniors" presentation. Topic TBD. Botanica: 701 Amidon. Please RSVP.

February 8th @ 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.)

February 9th @ 1:00 - 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

Continued on pg 18

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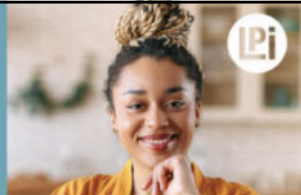
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Upcoming Events & Activities - Please RSVP to 942-2293

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.

February 13th @ 10:30-11:30 - Let's craft with Des from Oxford Villa by making a snowman wall hanging! 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.

February 14th @ 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.

February 14th @ 2:00 - *NEW* - 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: "Heart Health" in honor of Valentine's Day. If you have never had the pleasure of meeting Brian, you are missing out. He is very knowledgeable and a true delight.

February 14th @ 2:00-4:00 - "We've Got the Beat" 80's Themed Valentine's Dance at the Downtown Senior Center, 200 S. Walnut. Dress up in fun 80's attire (dressing in 80's is optional) and dance the afternoon away to the Band, Timeless. Bring a pre-packaged snack to share and we will provide the water. Door Prizes will be given away as well. This will be **TOTALLY RAD MAN! YOU WON'T WANT TO MISS IT! PLEASE RSVP.**

February 15th @ 10:30-11:30 - Larry Hatteberg is a favorite of mine. I have watched him since I was a child. I still love to watch re-runs from past interviews. I thought it would be fun to share some of his interviews that are still just as interesting today as they were back then. Refreshments will be served.

February 16th @ 1:00 - Movie at Orchard Park - "STILL" - The Michael J. Fox Documentary. 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.

February 19th - CLOSED IN HONOR OF PRESIDENT'S DAY!

"In the end, it's not the years in your life that count. It's the life in your years."
- Abraham Lincoln

February 20th @ 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! Please call to RSVP.

February 21st @ 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.

February 22nd @ 10:30-11:30 - We have had some requests to bring back rock painting so let's do it! Come grab a rock and use your imagination to create a rock for your garden, to give as a gift or to hide for someone to find out in the community. I have the supplies but please feel free to bring your own rock(s) if you prefer.

February 23rd @ 2:00-3:00 - Kelli and Nancy's Cooking/Comedy Show - With the cold weather right now, let's pretend we are dining near the ocean in Greece with the sun shining down on the beautiful ocean waves while we take a little rest from our travels and enjoy one of my favorite appetizers, Hummus. We will demonstrate how to make Hummus and everyone will also get to sample the end result. Please RSVP.

February 26th @ 11:00 - Advisory Board will meet today since we were closed last week.

February 27th @ 11:30 - "Good Grub Lunch Club" - Meet at the NEW locally owned Italian Restaurant, "AMORE": 2315 W 21st St N Suite 101. Gather with old friends and new friends. All are welcome! Please RSVP.

Continued on pg 19



ORCHARD PARK SENIOR CENTER

February 28th @ 1:00 – Get those Bingo Dobbers ready and come play Bingo with Renee from Dove Estates. Prizes for each winning game!

February 29th @ 11:30-1:00 – Ready for a Challenge that comes with BRAGGING Rights? We are hosting our 1st ever Casserole Contest. Each entry will compete in 4 different categories. Best part is, we get to try all of them. 20 casseroles maximum so first come, first serve. Please RSVP to enter the baking contest and please RSVP to come watch.

THANK YOU!

Thank you to all who helped with the Christmas Luncheon on December 8th. You all know who you are and how much I APPRECIATE you! We had a fantastic turn out and even better time! Thank you to all who attended as well.

Thank you once more to all of those who helped with the Bake Sale December 13-14. Again, you know who you are. A special Shout out to Carolyn Manning and Nancy Thomas for putting it all together! Also, thank you to all of you who came to shop and purchase all of the BEAUTIFUL goodies and handmade items!

YOU ALL ROCK!!!



Director's Notes Continued

tradition alive by sending my Husband's Mother a box of chocolates and flowers each year. She loves flowers! Other people I know could not care less about Valentine's Day and say it's just a big holiday made up by the Hallmark Company.

I did a little research to find out other ways to celebrate Valentine's Day in general. I found a fantastic way to celebrate, or at least I think so. It's called "International Quirky Alone" Day. Although "International Quirky Alone" Day takes place on the same day as Valentine's Day, and its

name seems to imply it is an anti-Valentine's Day holiday that should be spent alone, that is not absolutely the case. Rather, it is a less commercial alternative to Valentine's Day, and can be celebrated alone or with others. It celebrates self-love, but also romantic, platonic, and familial love, and there aren't many rules on how it must to be celebrated.

A "quirky alone" is defined as a person who enjoys being single or spending time by themselves. When they date, they do so with a purpose, not just so they can be in a relationship - they believe in waiting for the right person instead of settling. According to Sasha Cagen, the creator of "International Quirky Alone" Day, "quirky alone is ultimately a philosophy about finding happiness within yourself whether you're single or in a relationship." Those who are single embrace the possibilities and ways they can live a fulfilling life while being single. Those who have the spirit of the day but are in relationships are called "quirky togethers." They celebrate their individuality while still being in a partnership.

To me this new found holiday means celebrating the love you have with your significant other, your children, your pets, your friends, your neighbors, really anybody or anything. But it especially means having love for yourself.

Whatever you want to call February 14th, we would like to celebrate it with you again this year. We are having an 80's Dance Party at the Downtown Senior Center on February 14th from 2:00pm - 4:00pm. Dig out your best 80's gear and come celebrate. The band "Timeless" will be there playing live tunes from the 80's. You won't want to miss it, it will be, "Totally Rad!"

We will also be watching the Groundhog this month to see if he sees his shadow. Will it be 6 more weeks of winter?

President's Day is also this month and we will be honoring them on February 19th. Orchard Park Senior Center will be closed that day.

I hope you guys are staying warm and that your 2024 is off to a GREAT start!

Wishing you all an "International Quirky Alone or Togetherness" Day!

– Kelli

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