



Downtown • Linwood • Northeast • Orchard Park

March 2024

## March for Meals

Throughout the month of March, Senior Services will celebrate **March for Meals** to raise awareness for our Meals on Wheels program and the homebound and vulnerable seniors who rely on its safety net.

Throughout March, local, state and federal officials, and other prominent community figures are invited to deliver hot, nutritious meals to homebound seniors and to speak out and raise awareness. There is no single reason for the increasing threat of senior hunger. Contributing factors include financial difficulties, physical/health issues and food availability. These situations continue to force them to skip meals due to their limitations.

Meals on Wheels is more than just a meal. It addresses three of the biggest threats of aging: isolation, hunger and loss of independence. Frequent in-home visits and phone calls provide unique opportunities to meet nutritional needs, combat social isolation, address safety hazards and provide holistic care.

Senior Services currently serves approximately 800 senior citizens with over 300 waiting for the opportunity to receive meals. It is projected that the program will serve over 200,000 meals in 2024.

For more information or to volunteer visit our website <https://seniorservicesofwichita.org/meals-on-wheels/>

## CELEBRATE THE LINWOOD GRAND RE-OPENING!!!

**We Will Be Having A Biscuits & Gravy Feed**

**Plus Dime/Dollar Drawing Fun-Draiser For Linwood Senior Center!**

**Thursday, March 7th, 2024**

**8:00am - 11:00am**

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

**Plus Dime/Dollars Drawing**

Tickets for drawings are \$1 for Dime Ticket with 10 chances to win various prizes.

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, Tea/Coffee Lovers Gift Basket, Gardener's Gift Basket, Family Game Night Basket, Crochet/Sewing Gift Basket, Cowboy Gift Basket, Pet Gift Basket, Kitchen Gift Basket, Bath & Beauty Spa Basket, Pies, Cookies and Cakes for sale as well. 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!



*Special thanks to sponsor  
Mike Seltzer Jewelers*





# Happy St. Patrick's Day

[illegible]

## ST. PATRICK'S DAY Word Scramble

harmc\_\_\_\_\_

hisri\_\_\_\_\_

aksmrcho\_\_\_\_\_

odgl\_\_\_\_\_

aapred\_\_\_\_\_

cvolre\_\_\_\_\_

wirbona\_\_\_\_\_

kclu\_\_\_\_\_

necpuhalcre\_\_\_\_\_

отр\_\_\_\_\_

enegr\_\_\_\_\_

itsna\_\_\_\_\_

lbnyaer\_\_\_\_\_

nciso \_\_\_\_\_



# HAPPY ST. PATRICK'S DAY

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

Senior Services, Inc. Of Wichita is not a government organization. We are a not-for-profit charity which relies on several funding sources, including private donations, to operate our programs and senior centers:

**Information/Assistance on Aging**  
267-0122, ext. 201

**Senior Employment Program**  
267-1771

**Meals on Wheels**  
267-0122

**All Agency**  
267-0302

## 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.





# Meet your licensed Medicare sales agents

## With all these agents, Humana has this town covered

When you want to talk about Medicare Advantage plans, it'll be easy to find somebody to listen.

## For any Medicare help you need

If you're looking for information, want to enroll or add coverage, these agents are ready to help. So is Humana. Humana goes the extra mile to help you get the care you need. That might mean doing something unexpected, like helping you find the right doctor. Humana calls that human care.

## Call a licensed Humana sales agent



**Lexi Giannetti**

**316-895-0001 (TTY: 711)**

**8 a.m. – 5 p.m.**

**LGiannetti@Humana.com**



**Humana**®

**A more human way  
to healthcare™**

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Applicable to H0028. At Humana, it is important you are treated fairly. Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion or language. English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 877 - 320 - 1235 (TTY: 711). Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 877 - 320 - 1235 (TTY: 711). 繁體中文 (Chinese): 注意:如果您使用 繁體中文, 您可以免費獲得語言援助服務。請致電 877 - 320 - 1235 (聽障專線:711)。

Y0040\_GHHXDEEN\_23\_AD\_M



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994





# DOWNTOWN SENIOR CENTER

**Hello Everyone and Happy March!**

I love holiday fun facts! So here are some fun facts about Saint Patrick's Day.

## 1. The Real St. Patrick Was Born in Britain

At age 16 he was kidnapped by Irish raiders and sold as a slave to a Celtic priest in the area now known as Northern Ireland. After toiling for six years as a shepherd, he escaped back to Britain.

## 2. Corned Beef and Cabbage Was an American Innovation

The meal that became a St. Patrick's Day staple across the country—corned beef and cabbage—was an American innovation. While ham and cabbage were eaten in Ireland, corned beef offered a cheaper substitute for impoverished immigrants. Irish Americans living in the slums of lower Manhattan in the late 19th century and early 20th purchased leftover corned beef from ships returning from the tea trade in China. The Irish would boil the beef three times—the last time with cabbage—to remove some of the brine.

**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 (Mar. 18)

### Tuesday

8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
10:00 Exercise (video) - Gym  
10:00 Book Club (Mar. 12)  
12:00 Canasta - Billiards Rm  
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

Seated Yoga - Rm 3

11:00

Drum Ball - Rm 3 (unless noted)

1:00-4:00

Open Pickleball - Gym

### Thursday

8:00-4:00 Open Billiards  
8:00-4:00 Open Fitness - Rm 1  
10:00 Exercise (video) - Gym  
12:00 TX Hold 'em - Billiards Rm  
1:00 Writer's Craft (Mar. 7)  
1:00 Flying Saucers (Mar. 7)

### Friday

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  
10:30-2:30 Foot Care by Appt. (Mar. 22)  
12:00 Party Bridge - Rm 2  
12:00-4:00 Open Pickleball - Gym  
12:30 Hand & Foot - Rm 3  
(Mar. 8, 22 & 29)

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

### UPCOMING EVENTS & ACTIVITIES:

- **March 1st @ 9:30am - First Friday Coffee Club:**  
Want Bierock & Coffee Co. - 2615 W 13th St. N
- **March 7th @ 1:00pm - Writers Craft**
- **March 7th @ 1:00pm - Flying Saucers**  
China Painters
- **March 7th @ 11:00am - Advisory Council**
- **March 12th @ 10:00am - Book Club:**  
*Lessons in Chemistry* by Bonnie Garmus
- **March 18th @ 1:00pm - Lunch Bunch:**  
Il Vicino Wood Oven Pizza - 4817 E Douglas Ave, Wichita, KS 67218
- **March 21st @ 10:00am - 3:30pm - AARP Safe Driving Course**
- **March 22nd @ 10:30am - 2:30pm - Foot Care**  
by appointment
- **March 28th @ 9:00am - Foster Grandparents**



**More Of Me**



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

**Hats with Hair**  
East Kellogg Flea Market  
6801 S Kellogg Dr. 67207

**NeighborWorks**  
CHARTERED MEMBER

**Menonite Housing**  
Menonite Housing Rehabilitation Services, Inc.

Main Office: 2145 N. Topeka, Wichita  
**316.942.4848**



**LEASING NOW!**

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



Save time for what you love.



**OXFORD VILLA**

Active Senior Apartments | [OxfordVilla.com](http://OxfordVilla.com)

**Fresh Paws Mobil Wash**



**Dog & Cat Wash**  
Deshedding • Dry Skin • Flea & Tick  
Nile File & Muzzle Upon Request  
**Skunk Removal**  
Includes Wash & Treatment



**EXPERIENCE YOU NEED.  
RESULTS YOU CAN TRUST.**

**MORE INFORMATION**

**McCurdy**  
REAL ESTATE & AUCTION

[MCCURDY.COM](http://MCCURDY.COM)  
316.867.3600

**\$5 OFF Per Wash**

Good For Up To 4 Pets

Entire coupon must be used in one visit.  
Offer Expires 7/14/23  
BEST Of Kansas

Call or Text  
(785) 782-7750



**Only Angels Home Healthcare**

1624 S. Rutan Ave • Ste. B  
Wichita, KS 67218  
(316) 364-4757  
[OAHC.Marketing@gmail.com](mailto:OAHC.Marketing@gmail.com)







# DOWNTOWN SENIOR CENTER

## Director's Notes Continued

### 3. The Shamrock Was Considered a Sacred Plant

The shamrock, a three-leaf clover, has been associated with Ireland for centuries. It was called the "seamroy" by the Celts and was considered a sacred plant that symbolized the arrival of spring. According to legend, St. Patrick used the plant as a visual guide when explaining the Holy Trinity. By the 17th century, the shamrock had become a symbol of emerging Irish nationalism.

There is so much going on this month! 2 holidays, changes to the exercise classes and of course the weather change! Hopefully the Lion doesn't roar to loud so the lamb will show up a little sooner.

## CANCELATIONS & CLOSINGS:

- March 28th - No 10:00am Exercise

## EDUCATIONS:

- March 6th @ 1:00pm - Learn the story behind Saint Patrick's Day! Join us to watch the Documentary/ Drama, "*I Am Patrick: The Patron Saint Of Ireland*" and munch on some Irish inspired snacks.



- March 12th @ 10:00am - Would you like to take a walk in Ireland with me? We don't even have to pack! Join me for a virtual LIVE walking tour at the Rock of Cashel. We will join a live tour guide via Zoom. Take in the sights, listen and ask the expert questions. MUST RSVP by March 8th. No Exceptions!



**"For each petal on the shamrock, this brings a wish your way: Good health, good luck, and happiness for today and every day."**

**- Irish Blessing**

**AARP**

## SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!\*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

### THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

**Date & Time:** Thursday March 21, 2024

Registration 10:00-10:30 AM

Class 10:30 AM-3:30 PM We will break for lunch

Class Limited to 20 students

**Location:**

Downtown Senior Center

200 S. Walnut

Wichita, KS

**Register:**

1. Location or phone 316-267-0197
2. Bring Cash or Check payable to AARP for registration.
3. Registration starts 30 minutes before class.
4. Must bring: Cash/check, Driver's license, and AARP card.

### CLASSROOM COURSE

**\$20** for AARP members  
**\$25** for non-members

### TO FIND ADDITIONAL COURSES

Visit: [www.aarp.org/driving36](http://www.aarp.org/driving36)  
Call: 1-888-773-7160

\*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

017174 (7/2021)





## DOWNTOWN SENIOR CENTER

### CRAFTS:

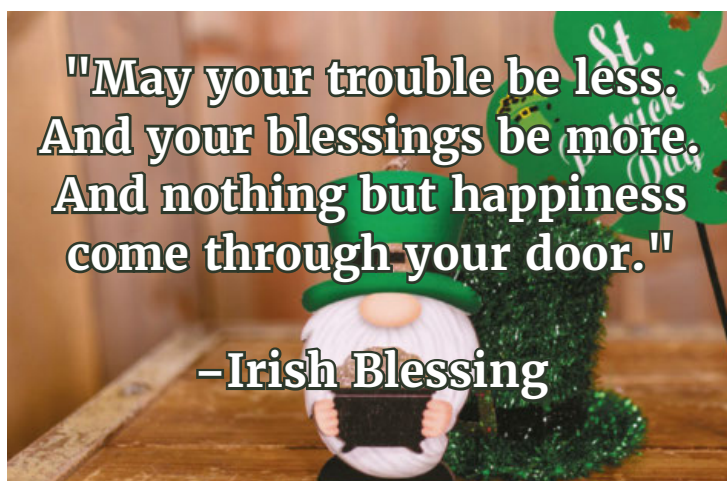
- **March 11th @ 1:00pm - Leprechaun Gnome:** What do you get when you cross a leprechaun with a gnome? I'm not sure but it sure is cute. RSVP by March 8th to create one of your own and bring the luck o' the Irish to your home!



- **March 26th @ 2:00pm - Curious Bunny:** Who doesn't love a Curious Bunny on their window sill? Regency Senior Living is hopping into downtown to help us create a little Easter sunshine to bring home. RSVP by March 12th.



- **March 25th @ 2:00pm - Beaded Bracelets:** Accessories anyone? Dez from Oxford Villa is going to be teaching us how to make green beaded bracelets. Dez has always looks so put together so I am super excited to see what she has put together for us!



**SUPPORT THE  
ADVERTISERS**  
that Support our  
Community!





# LINWOOD SENIOR CENTER



How sweet the daffodil, its sunlight hue calls out,  
"Notice me ~ for I am JOY!"

~unknown~



Blessings and Hugs!

This month brings a GRAND RE-OPENING and a BISCUITS & GRAVY FUN-DRAISER!!! We are excited to have a new coat of paint, cleaned floors, shelving/storage and a new fireplace to welcome our favorite seniors. This is a labor of love, and our wonderful volunteers were here helping paint, clean, organize, and decorate. We celebrate and thank all who have been involved. This endeavor is a grant from the Central Plains Area on Aging through ARPA funds bestowing a grant to us as well, and we also used funds from the gift shop for the new fireplace. Collaboration and volunteers and your giving is what I am grateful for. As the old quote notes, "Team work makes the DREAM WORK!"

So join us in celebrating Linwood and YOU!

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 (Mar. 4 & 18)  
11:30 Friendship Lunch  
12:30 BINGO (Mar. 11 & 25)  
1:00 Computer/Job Assistance w/ James

### Tuesday

9:00 Pickleball  
9:00 Stronger Seniors  
10:00 Foot Care (Moved to Mar. 26)  
10:00 Scrapping/Coloring with the Best  
11:30 Friendship Lunch  
1:00 Movie Time (Mar. 5, 12, 19 & 26)

\*See Schedule)

### Wednesday

8:00 Hip Hikers Walking Club  
9:00 Stronger Seniors  
9:00 Advisory Council (Mar. 27)  
11:00 Birthday Party (Mar. 20)  
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 (Mar. 7)

10:30 Book Club (Mar. 14)  
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**





## CELEBRATE THE LINWOOD GRAND RE-OPENING!!!

We Will Be Having A Biscuits & Gravy Feed

Plus Dime/Dollar Drawing Fun-Draiser For Linwood Senior Center!

**Thursday, March 7th, 2024**

**8:00am - 11:00am**

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



*Special thanks to sponsor  
Mike Seltzer Jewelers*

### Plus Dime/Dollars Drawing

Tickets for drawings are \$1 for Dime Ticket with 10 chances to win various prizes.

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, Tea/Coffee Lovers Gift Basket, Gardener's Gift Basket, Family Game Night Basket, Crochet/Sewing Gift Basket, Cowboy Gift Basket, Pet Gift Basket, Kitchen Gift Basket, Bath & Beauty Spa Basket, Pies, Cookies and Cakes for sale as well. 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!

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Bill Clough**

wclough@lpicommunities.com

(800) 950-9952 x2635

### **ADT-Monitored Home Security**

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

**ARE YOU REACHING  
THE MEMBERS IN YOUR  
COMMUNITY?**

To advertise here  
visit [lpicommunities.com  
/adcreator](http://lpicommunities.com/adcreator)

## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Senior Services Inc. of Wichita, Wichita, KS

D 4C 02-0994





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

### MOVIE TIME - Tuesdays @ 1:00pm

- 3/5 - "Fireproof"** - The story of how to never leave your partner behind.
- 3/12 - "Harvest of Fire"** - Amish family and outsider learn about each other's worlds.
- 3/19 - "Call of the Wild"** - with Charleton Hesston in the wilderness.
- 3/26 - "The Snows of Kilimanjaro"** - snow in spring, impossible! LOL!

**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 - March 7th @ 9:30am

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

**Program:** Youth Years - Toddler to Pre-teen

**Exercise Words:** singer - casserole - moose - shout - rose

**General Prompt:** Write about something related to your parents/adoptive parents: their life, their attitude, their home life, or their dream/dreams in your early years.

**Sentence Prompt:** Start with "Mom/Dad said..."

**Poem Prompt:** Write about the trials of a toddler.

### CRAFT/ART CLASS EDUCATION:

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

**March 5th, 12th, 19th & 26th, "Scrapping/ Coloring With the Best"** - Come join us and use supplies for fellowship and fun! No Cost! (This is at 10:00am on Tuesdays)

**March 6th @ 2:15pm, "Pillow Heart"** - Pat Collins and Kay Hood Teaching. Call for more



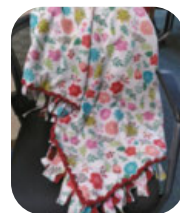
information! Cost is \$8 for supplies. Must RSVP & Pay by 3/4.

**March 13th @ 2:15pm, "Heart Board Necklace Holder"** - Pat Collins teaching. Cost is \$7, RSVP and pay by 3/11.

**March 20th @ 2:15pm, "Oven Door Hand Towel"** - Betty Jacobs and Gail Lane teaching. Cost is \$5, RSVP and pay by 3/18.



**March 27th @ 2:15pm, "Lap Robe Blanket"** - Fun to use or give as a gift! Cost is \$10, first payments allow for first choices of material/patterns etc. RSVP and pay by 3/25.



### 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!**

**March 1st, "Bill Goffrier Wichita Artist Discussion"** - See the article on page. Bill will bring his special "Authenti-City" pictures of Wichita for us to see! Join us! RSVP.

**March 8th, "The Buzz About Bone Broth"** - Join us as Aubrey Vereke, Nutritional Health Specialist from Natural Grocers teaches us how to use and enjoy it for optimal health. RSVP to confirm this class.

**March 11th @ 2:00pm, "Fresh Conversations Cabbage and Carrot Soup 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 2pm! Will be meeting for 9 months.** RSVP.

**Continued on pg 11**





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

### EDUCATIONAL PRESENTATIONS CONTINUED:

**March 15th, “Diabetes Questions & Answers”** - with our own Sherry Phillips. Sherry will be giving us tips and ideas on managing diabetes. Call to RSVP.

**March 18th @ 2:00pm, “Fireside Chat with Councilman Mike Hoheisel”** - Join us as Mike shares with us what neighborhood updates are happening with the city. We want your voice to be heard. Must RSVP.

**March 22nd, “Lower Your Cable Bills”** - Tagg Oleson, media specialist will be here to share with us ideas about keeping costs low by subscribing to alternative methods. Must RSVP.

### SPECIAL EVENTS & ACTIVITIES:

Celebrate together the ideas of March with the Lunching Lovelies and the Romeo Club! Please join us at our Grand Reopening & Biscuits and Gravy Feed. See page 9 for details.

**March 14th @ 10:30am, BOOK CLUB!!!**  
Held on the Second Thursday of the Month.

**March 20th, BOOK BUS AVAILABLE** - Call us to confirm.

**March 28th @ 2:00pm - 3:30pm, Eggstravaganza is back!** - Join us for a fun party, we will be decorating, hiding eggs and enjoying the spring! Call for more info and to RSVP!



**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!” DUE MARCH 30TH!**

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!

### ON-GOING GROUPS:

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

**GRIEF SUPPORT GROUP** - March 25th @ 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.

### BILL GOFFRIER ART PRESENTATION

**Friday, March 1st at 10:15am**

Wichitan Bill Goffrier began as a boy painting with Betty Dickerson, Wilma Wethington, and Don Weddle. His first professional exhibit was at Reuben Saunder's Gallery in 1980, followed by a master's degree in painting from Boston University. Since then his work has been exhibited across the U.S., from Maine to Alaska.

Bill's current series of Wichita oils, “Authenti-City”, started in 2014 after his return to Wichita and now numbers 321 paintings. The subjects include iconic, historic, unique and beautiful elements of the city. His art is owned by private collectors internationally, and the Wichita Sedgwick County Historical Museum includes his work in their permanent collection.

**Follow Bill on Facebook, Instagram, and his website [goffrier.com](http://goffrier.com).**





## NORTHEAST SENIOR CENTER

Hello Everyone...Happy March!!!

Praying all is well with you and your family. The Spring season is coming upon us; which is a little easier on the body for many. I hope you take the change in seasons as a chance to renew, refresh, and get moving. If you have been in hibernation for the winter months. It is definitely time to get moving. Not only is moving good for your health physically. It is good for your mental health too. What is mental health...well, I am glad you asked. According to the Centers for Disease Control and Prevention (CDC), "Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices." ([Source: cdc.gov/mentalhealth/learn](https://www.cdc.gov/mentalhealth/learn)). Seniors Services four Senior Centers (Downtown, Linwood, Northeast, and Orchard Park) continues to strive to maintain programming that will assist you in meeting your mental health (emotional, psychological, and social well-being) needs. **Continued on pg 13**

### 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

10:00 WSU WellRep Exercise Class  
(NEW TIME)  
10:30 Diamond Dotz  
11:30 Aging Projects Friendship  
Meals  
1:30 Strength & Stability Exercise  
Class (NEW TIME)

#### Tuesday

10:30 Keep It Moving Exercise Class  
11:30 Aging Projects Friendship  
Meals  
1:30 True Colors Paint Party  
(March 26)

#### Wednesday

10:00 WSU WellRep Exercise Class  
(NEW TIME)  
11:30 Aging Projects Friendship  
Meals  
12:30 Line Dance  
(2nd & 4th Wednesdays only)  
12:30 Being Kind to Others - Hospice  
Helpers (1st Wednesday each  
month)  
1:30 Strength & Stability Exercise

#### Class (NEW TIME)

#### 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

10:00 WSU WellRep Exercise Class  
(NEW TIME)  
10:30 Diamond Dotz  
11:30 Aging Projects Friendship  
Meals  
1:30 Strength & Stability Exercise  
Class (NEW TIME)

#### 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](mailto:CarneshaT@seniorservicesofwichita.org)

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





## NORTHEAST SENIOR CENTER

### January Word Search Winner

Diana Dobbins

### January Word Search Secret Message

Times Square In New York City

### Reminder for Line Dance Class

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

### Director's Notes Continued

Please feel free to read through the entire newsletter to see what we have to offer. Remember, your yearly \$35 membership provides you access to all four of our senior center locations and a copy of The Compass newsletter; which is truly a price you cannot beat. While it is fresh on my mind, please be mindful that we are in the process of updating our newsletter mailing list. Again, the newsletter goes out to paid members. So, if you would like to continue receiving The Compass. Check with your base senior center location to make sure your membership is paid. Otherwise your name will be taken off the mailing list.

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

Carnesha Tucker – Center Director



*Things are different at Prairie Homestead.  
We are a community of friends... a community of  
fun... and a community that cares about one another.  
A sense of belonging that takes living  
to a whole new level.*

*Simplify your life in our Independent Living Patio Homes*

- One- and two-bedroom units available
- Emergency call system
- Daily lunch in the main dining room
- Utilities and cable TV included
- Bi-weekly housekeeping service
- Interior and exterior maintenance
- Lawn care and snow removal
- Comes with all appliance including washer & dryer
- Walk in closet that serves as a severe weather room
- Covered back patio for relaxing and entertaining
- One reserved covered carport space



1605 W. May Wichita, KS 67213  
PrairieHomestead.org

**Independent & Assisted Living**  
**A Community of Friends, Family and Faith**

*Call to schedule a campus visit today!*

**316-263-8264**







## Old TV Shows 2

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

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

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

A-TEAM

ALF

AIRWOLF

BARETTA

BARNABY JONES

BENSON

BIG VALLEY

BONANZA

CHEERS

COACH

DALLAS

DOCTOR WHO

DYNASTY

EQUALIZER

FALCON CREST

FAME

FANTASY ISLAND

FISH

FLINTSTONES

FULL HOUSE

GROWING PAINS

HAWAII FIVE-O

HEE HAW

HUNTER

JEFFERSONS

KNIGHT RIDER

MACGYVER

MAVERICK

MAYBERRY R.F.D.

MISTER ED

MUNSTERS

NANNY

NEWHART

NIGHT COURT

OUTER LIMITS

PRISONER

S.W.A.T.

SILVER SPOONS

T.J. HOOKER

TWILIGHT ZONE

VIRGINIAN

WEBSTER





# NORTHEAST SENIOR CENTER

## Upcoming Activities/Events:

**Wednesday, March 6th at 12:30pm**

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

**Friday, March 15th from 2:00pm - 3:30pm**

**"Shake the Shamrock" St. Patrick's Party -**

Please join us for our "Shake the Shamrock" St. Patrick's Party filled with FOOD, FUN, & FELLOWSHIP!

Cost: \$5 members/\$7 nonmembers (NO REFUNDS)! PLEASE RSVP for food count purposes by Monday, March 11th.



**Monday, March 18th at 12:30pm**

**Drumball Exercise** - Have you ever heard of "Drumball Exercise"? It is a new exercise class that is finally making its way to Northeast Senior Center. This is a Cardio Workout Class that uses two drumsticks, a big ball, and great music to get you moving. This class will meet once a month. If this exercise class is something that interest you please call the senior center for more information and to RSVP.

**Friday, March 22nd from 2:00pm - 3:30pm**

**"DIP OFF!" (Favorite HOMEMADE DIP) Contest -**

March 23rd is National Chip & Dip Day! To celebrate this day we will have a DIP OFF on Friday, March 22nd. For those of you that enjoy making homemade dips, this is the thing for you. Does your dip have what it takes to win the DIP OFF? Register to bring in your favorite HOMEMADE DIP by March 18th. The person of the winning dip will receive a prize. You bring the DIPS, we got the veggies, crackers, and tortilla chips. To attend and participate in the voting on the best DIP, the cost is \$5 members/\$7 nonmembers (NO REFUNDS)! Sponsored by Visiting Angels Owner, Heather Brown. PLEASE RSVP!



**Tuesday, March 26th at 1:30pm**

**"True Colors Paint Party"** - Join us as we paint a pre sketched mug. Please stop in the center to order your mug and pay at that time. Since we are ordering in advance. There will be no extra mugs available. The cost per mug is \$15, **NO REFUNDS.** **PLEASE RSVP, and have**



payments in by 3/15. **NO EXCEPTIONS**, because we have to order the mugs. Feel free to call the center (316) 269-4444 with questions or concerns.

**Taxes! Taxes! Taxes! (March - 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:

**Friday, March 8th at 1:30pm**

**City of Wichita Home Repair Program** - Joe Rasico of City of Wichita's Housing and Community Services will be doing a presentation on the Home Repair Program. This program is funded by HUD and administered by the City. It covers all the big ticket items such as roofs, plumbing, sewers, and HVAC. PLEASE RSVP!

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

**Class: Monday, March 25th, 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

Well Hello All You Terrific People!

Happy March to all of you! The Groundhog did not see his shadow in February so here's hoping that his prediction is correct and we will have an early spring.

I am going to keep my article short and sweet this month. Can you believe it? I know... I know... no comments, please. That was a rhetorical question.

This month we have a lot going on. We are celebrating St. Patrick's Day and Easter. We are going to go watch Academy Award Shorts at the Library and we are going to make candles downtown at a locally owned candle shop. Be sure to check out your Compass from front to back and look at all of the fun activities your Directors have planned for you this month. Once you have decided what you would like to attend, mark it on your calendar and then call us to RSVP. If it's going to be nice weather

**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 (Mar. 25)
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	Hand & Foot Card Game (Mar. 1 & 15)

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

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

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





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

**March 1st @ 2:00-4:00** – Meet at Lola's Candle Company – 1029 W. Douglas, Suite 1. We will have our own private party and will be making wax melt clam shells (which are used in wax warmers). The cost is \$10.00 per person and you can pay upon arrival (cash only).



**March 7th @ 9:00** – The “Egg-cellent” Breakfast Club – Meet at “Home Grown” – 2835 N. Maize Rd., Suite. This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

**March 7th @ 10:30-1:30** – Meet at the Advanced Learning Library for the “Academy Awards Shorts Documentary” Screenings. 711 W. 2nd Street – Conference Room BC. There will be a total of 5 short films to watch that are up for an Academy Award. We went last year and it was so fun! It's neat to see which ones win, the night of the

Awards Ceremony. We can grab a bite to eat at Moka's Café (next door to the library) afterwards if anyone is up for it. Also, you don't have to stay for all of the screenings if you aren't able. It is a come and go. This a FREE event at the Library. Please RSVP.

**March 8th @ 11:00-12:00** – Joe Samniego will be here in person for a special presentation of “Marchin' to the Oldies”. Since it's March, we thought it would be fun to have him come and do an hour of exercise similar to Richard Simmon's “Sweatin' to the Oldies” but we renamed it in honor of the month of March. Come have fun with Joe as we exercise our way fit to fun music. Please RSVP.

**March 8th @ 1:00** – Come join Cathy Swift from Home Health & Hospice of Kansas as she leads the class in Drumball Exercise. Improves your coordination, sense of

**Continued on pg 18**

### Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**SUPPORT OUR ADVERTISERS!**



**TheisRealty**



Jeff Theis • 316-519-3700 Jim Richond • 316-258-6282

### For ALL Your Real Estate Needs

Call Jeff or Jim for a **FREE MARKET ANALYSIS** of your home

MEMBERS OF THE SENIOR CENTER

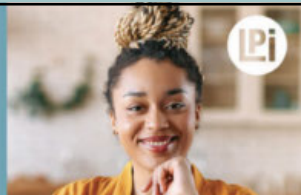
**Ask about our senior discount!**

### WE'RE HIRING!

**AD SALES EXECUTIVES**

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Senior Services Inc. of Wichita, Wichita, KS

F 4C 02-0994





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

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.

**March 12th @ 10:30-11:30** – Our FANTASTIC Des will be here from Oxford Villa. We will be making bracelets with her this time. 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.

**March 12th @ 3:00-5:00** – **\*NEW\*** The Wichita Public Library has a new “Book Bus”. It will be here from 3:00-5:00 PM in the west parking lot near the Orchard Park Playground. You can check out books, drop off returned books, order books, etc. They will be here the 2nd Tuesday of the month through May and then will take a break during the summer months.

**March 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.

**March 13th @ 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 is TBD. If you have never had the pleasure of meeting Brian, you are missing out. He is very knowledgeable and a true delight.

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

**March 14th @ 10:00-11:15** – **\*PLEASE NOTE** –

**NEW TIME CHANGE\*** “Fresh Conversation for Seniors” with Laurie Carr from The K-State Extension Office – Healthy Aging (An 11 Part Series which will take place the 2nd Thursday each month. This month’s topic will be: “Macular Degeneration” which is a leading cause in vision loss in older adults. Laurie always brings a snack and an exercise for us that goes along with the topic. This series will continue until September 2024. You won’t want to miss it! Please RSVP.

**March 15th @ 12:00** – Patrick Joseph O’Connor, MA, ARPS, Writer and Publisher, will be here to discuss Irish Lore. Wear your green and we will have a “Who has the best green costume” contest. Irish themed snacks provided as well.



**March 15th @ 1:00** – Movie at Orchard Park – “NYAD” – Rated PG-13 (2023) The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida. Starring: Jodi Foster and Annette Bening. 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.

**March 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! Please call to RSVP.

**March 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.

**March 20th @ 2:30-3:30** – Amy with Dedicated Senior will be here for lots of FUN with Bingo and snacks. She will provide the snacks and prizes. You provide the Bingo Ready Mindset and your beautiful Smiles. Please RSVP.

**Continued on pg 19**





## ORCHARD PARK SENIOR CENTER

**March 21st @ 10:30-11:30** – Blood Pressure Checks provided by “Only Angels Home Care and Hospice”. Please be sure to sign up.

**March 22nd @ 2:00-3:00** – Kelli and Nancy’s Cooking/Comedy Show – March 28th is National “Something on A Stick” Day so guess what? We are making things on a stick. Come see what fun things you can make to serve on a stick. Samples will be given. Hopefully, we can provide some “shtick” comedy along with it. (Get it stick/shtick?) Please RSVP.

**March 25th @ 11:00** – Advisory Board Meeting

**March 26th @ 11:30** – “Good Grub Lunch Club” – Meet at the locally owned “TJ’s Burger House” 1003 W Douglas. Gather with old friends and new friends. All are welcome! Please RSVP.

**March 27th @ 1:00** – Get those Bingo Dobbers ready and come play Bingo with Renee from Dove Estates. Prizes for each winning game! Please RSVP.

**March 27th @ 2:00-3:30** – Have you ever wanted to learn how to do wood carving? Maybe you have dabbled with it but would like to learn more? Will and Trudy Jensen have been in the business of wood carving for years and Will Jensen, will be here to demonstrate his tremendous wood working skills. If you are interested in taking up wood carving or want to learn more about it, please join us. Please RSVP.

**March 28th @ 10:30** – Getting a hand-made card is still something special to create and receive. Bonnie Washburn will share her passion of papercrafting with us. Come bring a friend and we will make 2 unique greeting cards with envelopes to share with others. This will be a fun and easy class! All materials will be provided. Cost for the class is \$5.00. RSVP required.

**March 29th @ 11:00** – Come celebrate Easter at Orchard Park with us. We will have an Easter Egg



Hunt sponsored by “Right at Home” and special guests that you won’t want to miss seeing. Be sure to bring your Easter Baskets and get ready to have lots of fun. Please RSVP.

**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!**



### **Director’s Notes Continued**

like the groundhog says, then make it a point to get outside, be active and come visit us. We always love to see you.

I told you this was going to be short and sweet. Happy St. Patrick’s Day! Don’t forget to wear your green on March 17th. Also, I would like to wish you all an Egg-cellent Easter spent with all of your Favorite Peeps!

Blessings to All!

– Kelli





PRESORT STANDARD  
US Postage  
PAID  
Permit #542  
Wichita, KS

200 S. Walnut  
Wichita, KS 67213-4777  
Return Service Requested



**A Wichita Tradition!**

**MARCH 16, 2024**

**Parade Starts at Noon  
Activities from 10am - 6pm**

Parade route will go west on Douglas  
from McLean Blvd to Walnut St.

**DelanoPaddyDayParade.com**

