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APRIL      PRANKS      LAUGHTER      TRICKS  
 JOKES      SPRING      GAMES      SILLY  
 FOOL      HOLIDAY      SURPRISE      PLAYFUL

Compass is published monthly by:  
 Senior Services, Inc. Of Wichita • 200 S. Walnut, Wichita, KS 67213-4730

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.



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Senior Services Inc. of Wichita, Wichita, KS

A 4C 02-0994



# DOWNTOWN SENIOR CENTER

Hello Everyone!

Spring has arrived and I have two questions for you... When's the last time you rode a bicycle and do you know about the Wichita Bicycle Master Plan?

Over the last decade we have all seen if not taken advantage of the many changes and improvements to bicycling in Wichita. The City of Wichita is now in the process of developing a new Wichita Bicycle Plan, which will update the 2013 Wichita Bicycle Master Plan. The Wichita Bicycle Plan will establish a new vision and goals for bicycling in Wichita. To support the vision and goals, the plan will include:

- A city-wide bicycle network
- Priority locations for bicycle infrastructure improvements
- Bicycle parking improvements

**Continued on pg 5**

## Ongoing Activities

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

### Monday

8:00-11:30 Competitive Pickleball - Gym  
 8:00-4:00 Open Billiards  
 8:00-4:00 Open Fitness - Rm 1  
 10:00-11:00 Wanda's Exercise - Rm 2  
 12:30-4:00 Open Pickleball - Gym  
 1:00-2:00 Lunch Bunch (Apr. 15)

11:00-12:00 Drumball Aerobics - Rm 3  
 12:30-4:00 Open Pickleball - Gym

### Tuesday

8:00-4:00 Open Billiards  
 8:00-4:00 Open Fitness - Rm 1  
 10:00-11:00 Exercise (video) - Gym  
 10:00-11:00 Book Club (Apr. 9)  
 1:00 Canasta - Billiards Rm  
 1:00-2:00 Job Club - Rm 3  
 2:00-3:00 Bible Study - Rm 3

### Thursday

8:00-4:00 Open Billiards  
 8:00-4:00 Open Fitness - Rm 1  
 10:00-11:00 Exercise (video) - Gym  
 11:00-12:00 Advisory Board (Apr. 4)  
 12:00 TX Hold 'em - Billiards Rm  
 1:00 Writer's Craft (Apr. 4)  
 1:00 Flying Saucers (Apr. 4)

### 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 - Rm 3

### 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. (Apr. 19)  
 12:00 Party Bridge - Rm 2  
 12:30-4:00 Open Pickleball - Gym  
 12:30 Hand & Foot - Rm 3  
 (Apr. 12 & 26)

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

## Director's Notes Continued

- Programs and policies to support bicycling
- Action plan and funding strategies
- Conceptual bicycle improvements for several priority locations

You are probably thinking, Angie, what does this have to do with me?

Venice Communications, Inc and the City of Wichita Bicycle Pedestrian Advisory Board (BPAB) will be asking for the public's feedback to verify that the right priority routes are being identified and to assist with selecting a top ten list of projects for construction in the next ten years.

There will be additional information and surveys, both paper and electronic available at the Downtown Center on a later announced date in April. This is a great opportunity to get involved in some of the great improvements that have been taking place in Wichita!

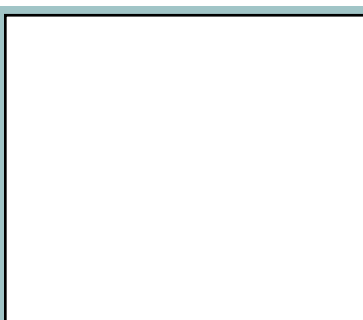


**More Of Me**



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

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## DOWNTOWN SENIOR CENTER

### UPCOMING EVENTS & ACTIVITIES:

- April 4th @ 11:00am - Advisory Council
- April 4th @ 1:00pm - Writers Craft
- April 4th @ 1:00pm - Flying Saucers China Painters
- April 5th @ 9:30am - First Friday Coffee Club: Want Bierock & Coffee Co. - 2615 W 13th St. N
- April 9th @ 10:00am - Book Club
- April 15th @ 1:00pm - Lunch Bunch: N & J Cafe & Bakery - 5600 E Lincoln
- April 19th @ 10:30am - 2:30pm - Foot Care by Appointment
- April 25th @ 9:00am - Foster Grandparents

---

### DOWNTOWN SOCIAL CARD GAMES:

- Every Tuesday @ 1:00pm - Canasta
- Every Thursday @ 12:00pm - TX Hold'em poker
- Every Friday @ 12:00pm - Party Bridge
- Every 2nd, 4th and 5th Friday @ 12:30pm - Hand and Foot Cards

Don't see your Game? Make a suggestion!

---

### CRAFTS:

- April 17th @ 12:30pm - Washi Tape Wall Decor
- April 22nd @ 2:00pm - Let's make Crafts with Dez!

### EDUCATIONS:

- April 11th @ 11:00am - Home Health vs Hospice: What's the difference? Angels only Home Health and Hospice will be joining us to explain the differences between Home Health and Hospice care. I was surprised to learn some of the more unknown differences and what factors can decide what service is best for the patient.
- April 16th @ 1:00pm - Sip and Swipe Cafe: Apple Devices
- April 18th @ 11:30am - Stroke Awareness: Prevention and Recognizing the Signs: We will be discussing the different types of strokes, prevention and how to recognize the signs to get medical assistance as soon as possible.
- April 22nd @ 11:30am - Downsizing Made Easy: Do you have questions about downsizing? Do you need to know for yourself or a family member what to do if you have to downsize. Come join us in learning about a step-by-step process to downsize. Workbook provided.
- April 23rd @ 12:00pm - Lunch and Learn with the Alzheimer Association - Topic: Effective Communication Strategies: \*Must pre-register with Alzheimer's association for this event call their 24/7 line @ 1.800.272.3900 - Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

- April 25th @ 1:00pm - Sip and Swipe Cafe: Android Devices

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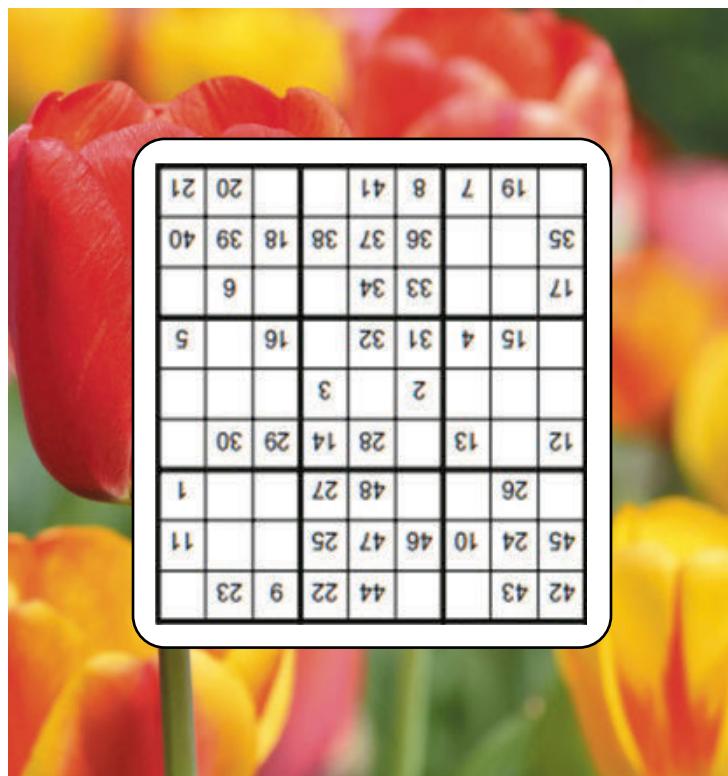
### CANCELATIONS & CLOSINGS:

- April 25th @ 10:00am - Exercise Canceled



## DOWNTOWN SENIOR CENTER

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# LINWOOD SENIOR CENTER



**“No duty is more urgent than giving thanks!”**

**~James Allen~**



Dear Senior Benefactors,

I have such a big heart FULL of gratitude for your kindness and giving. This past month and a half has been busy, exciting, thrilling and tiring! We have had some neat changes, and it is due to your giving, supporting and due to ARRPA funding. First of all I want to thank all the volunteers, who picked up a paint brush, cut a board or two, assembled wardrobes, screwed on switch plates, made quilts, blankets, food, signs and bulletin boards, and posters and pins, gave wholeheartedly in creating baskets, filling them and putting them together. I also want to thank those who purchased items to organize our center better, who hung pictures, who gave pictures, who took pictures and who painted pictures to hang in our center. I am thankful to all of you who gave more funds, **Continued on pg 9**

## Ongoing Activities

**Please RSVP for ANY Activity - Call: 263-3703 - Open M-F from 8am to 4:30pm**

### Monday

- 8:00 Hip Hikers Walking Club
- 9:00 Stronger Seniors
- 10:00 Bible Study (Apr. 1, 15 & 29)
- 11:30 Friendship Lunch
- 12:30 BINGO (Apr. 1 & 29)
- 1:00 \*NEW Quilter's R US (Apr. 15)
- 1:30 Computer/Job Assistance w/ James

### Tuesday

- 9:00 Pickleball
- 9:00 Stronger Seniors
- 10:00 Foot Care (Apr. 23)
- 10:00 Scrapping/Coloring with the Best
- 11:30 Friendship Lunch
- 1:00 Movie Time

(Apr. 2, 9, 16 & 23  
\*See Schedule)

### Wednesday

- 8:00 Hip Hikers Walking Club
- 9:00 Stronger Seniors
- 9:00 Advisory Council (No Mtg. This Month)
- 11:00 Birthday Party (Apr. 17)
- 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 (Apr. 4)

- 10:30 Book Club (Apr. 11)
- 11:30 Friendship Lunch
- 12:00 Pinochle with Friends (No Computer Lab)
- 12:45 Beg. Line Dance
- 1:45 Inter. Line Dance
- 3:00 Dime Bingo

### Friday

- 8:00 Hip Hikers Walking Club
- 9:00 Stronger Seniors
- 10:15 Educational Programs (\*See Schedule)
- 11:30 Friendship Lunch
- 12:00 13 Point Pitch
- 1:00 Games of Fame

**Daily/Anytime  
Walking and Computer Lab**

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





# LINWOOD SENIOR CENTER

## Director's Notes Continued

purchased tickets and gathered items for the baskets and gave items to put in our store! And served at the biscuits and gravy fundraiser,...You are the BEST. You are amazing and appreciated! YOU make Linwood a better place, because you give, from your wallet and your time, the sweat of your brow and most of all from your heart! We raised \$1100 from the Biscuits and Gravy Fundraiser! Our best amount yet! Also, special thanks goes out to our sponsors, ONLY ANGELS HOME HEALTH & HOSPICE and Mike Selzer Jewelers, we couldn't do it without your support. I pray I have not forgotten anybody, so thank you all!

Celebrating With a GRATEFUL HEART,

Cherise & Crew

## LINWOOD CENTER REMODEL 2024



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

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

4/2 - "Kate & Leopold" - Star Crossed Lovers & Chilvary, with Meg Ryan

4/9 - "Seabiscuit" - Horses & Racing, what's not to love!

4/16 - "American Dreamer" - your guess is as good as mine!

4/23 - "Hoosiers" - Basketball feel good movie!

**Movie Out is on hold until further notice! No movie on the 30th due to Legal Services being at the center. We will have attorneys in place to make sure you are taken care of with Durable Power of Attorney & Financial Power of Attorney. Free services with several attorney being at the Senior Center. Please see the announcement on the following pages!**

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

### WRITING CRAFT - April 4th @ 9:30am

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

*Program:* Teen Years

*Exercise Words:* pilot - donut - eagle - scream - cactus

*General Prompt:* Write about something related to you: your attitude, your home life, your friends, or your dream/dreams in your teenage years.

*Sentence Prompt:* Start with "Why can't I,..."

*Poem Prompt:* Write about a teenager's frustrations.

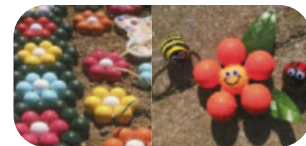
### CRAFT/ART CLASS EDUCATION:

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

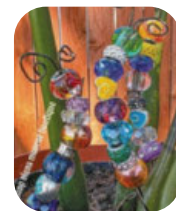
April 2nd, 9th, 16th, 23rd & 30th, "Scrapping/ Coloring With the Best" - Come join us and use

supplies for fellowship and fun! No Cost! (This is at 10:00am on Tuesdays)

**April 10th @ 2:15pm, "Garden Flower Golf Balls"**  
- Kay Hood Teaching. Call for more information! FREE! Must RSVP.



**April 24th @ 2:15pm, "Beaded Fairy Sticks or Glass Bead Caterpillar"** - Kay Hood Teaching. Cost is \$8, RSVP and pay by 4/19.



### 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!**

**April 5th, "Art Quilts"** - Our own Starla Criser will be with us to discuss and show her special quilts with a custom design. Come and see quilts she has made and share in the stories of her loved ones and where her travels have taken her! You will be glad you did! Also find out about our newest sewing club, called "Quilt R US!" RSVP.

**April 8th @ 2:00pm, "Fresh Conversations Muffin Pan Eggs 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 great exercises for you to use at home. Join US! **\*This class is on a MONDAY at 2pm!** Will be meeting for 9 months. RSVP.

**April 12th, "Care for the Caregiver"** - Join us as we provide tips and ideas to help caregivers remain strong minded, healthy and well. Shelley Williams, Chaplain, Bereavement Director to present.

**April 19th, "The Buzz About Bone Broth"** - Join us as Aubrey Vereke, Nutritional Health Specialist from Natural Grocers teaches us how to use bone broth for a healthier diet! RSVP.



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

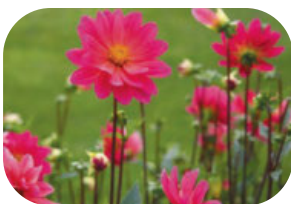
### SPECIAL EVENTS & ACTIVITIES:

**April 9th @ 11:15am, “Luncheon Lovelies & Romeo Club”** – We will be eating at “Promise Thai Cuisine” - 313 S Greenwich Road (North of Kellogg). We will meet there at 11:15am. Join us as we enjoy the gracious hosting and food (especially the orange chicken) at this wonderful restaurant with delightful owners. Cost is \$15.

**April 11th @ 10:30am, PRAIRIE MOON BOOK CLUB!!!** – Held on the Second Thursday of the Month.

**April 15th @ 1:00pm - 4:00pm, “QUILTERS R US!”** – Please join us monthly for a time for gathering, quilting and sharing stories and ideas! Work on individual projects with this group of people who love to quilt and spend time together! Call Starla for more information 393-8195.

**April 16th @ 12:00pm - 3:00pm, GARDEN PARTY** – Held at Botanica. Wichita Alumnae Panhellenic Spring Scholarship Fundraiser. Tickets are \$20 each (**cash only**). Lunch of Chicken Salad on Croissant, Fresh Fruit, Cookie & Beverage. There will be a fashion show, strolling in the gardens, card games, silent auction and door prizes. Call Cherise for more information 263-3703. **RSVP by 4/10.**



**April 17th, BOOK BUS AVAILABLE** – Call us to confirm.

**April 23rd @ 10:00am - 2:00pm, FOOTCARE** – Corns and calluses removed, toenails trimmed and lotions and foot rub applied. Cost is \$25. By appointment only. Call 263-3703 to RSVP.

**April 26th @ 9:00am - 2:00pm, LINNY LLAMA’S EXCELLENT ADVENTURE** – Join us as we caravan to LAZY MOON RANCH in Augusta to paint with the Alpacas! We will be having lunch,



painting with the Alpacas, checking out the mercantile and petting the animals on the ranch! We promise fun and great fellowship. **Cost is \$25. RSVP by 4/19.** Call 263-3703 for more information.

**April 30th @ 10:00am, FREE LEGAL POWER OF ATTORNEY CLINIC** – Now more



than ever, it is important to be ready for unexpected challenges in your life. For example: do you know who will take care of finances if you were in a medical quandary? Having a Durable Power of Attorney in place is so important in case of emergency. Also make sure your Power of Attorney for Health Care Decisions gives a peace of mind that you can confidently be secure that someone is looking out for your best interests in case you are incapacitated for a while or have a medical emergency. Don’t let details be left up to chance. Putting the proper people in place can help everyone in the long run. All assistance is provided by Kansas Legal Services and generous pro-bono attorneys who are helping you get paperwork in place to give peace of mind! **RSVP to reserve your spot on Tuesday, April 30th at 10am to visit with legal counsel and get your information up to date! Please call Cherise at 263-3703 by April 19th for an RSVP, so we can get you on the schedule!**

**COMPUTER & PHONE ASSISTANCE** – We have James Bowman, from the Senior Employment Program here on **Mondays from 1:00-3:00pm**. Please RSVP.

### ON-GOING GROUPS:

**BIBLE STUDY** - Scheduled for April 1st, 15th & 29th @ 10:00am. Please join us!

**GRIEF SUPPORT GROUP** - April 25th @ 1:30pm (Note Day Change to Thursday). Greg Schmidt, Chaplain to help us find ways to cope with our grief and loss.



# NORTHEAST SENIOR CENTER

Hello Everyone...Happy April!!!

Praying all is well with you and your family. Did you know that we can overeat and not be aware we are doing it? Yes, there are several factors that triggers us to overeat. April is Emotional Overeating Awareness Month and I wanted to spread the word about being mindful when you are eating. Emotional overeating is an eating disorder where a person uses food to deal with negative emotions such as anger and sadness, getting an abrupt compulsion to eat whenever they are confronted by such feelings. Emotional eating is an attempt to manage mood with food and can happen at any age, it is a major cause of overeating, weight gain, and weight regain. If you are an emotional eater, it is important to take the time to identify your emotional eating triggers, whether they are feelings, situations, or even certain people or relationships.

**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  
10:30 Diamond Dotz  
11:30 Aging Projects Friendship Meals  
1:30 Strength & Stability Exercise Class

### Tuesday

10:30 Keep It Moving Exercise Class  
11:30 Aging Projects Friendship Meals  
1:30 True Colors Paint Party (April 23)

### Wednesday

10:00 WSU WellRep Exercise Class  
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

### Thursday

9:00 Computer & Job Assistance with James (SEP)  
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  
10:30 Diamond Dotz  
11:30 Aging Projects Friendship Meals  
1:30 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

## February Word Search Winner

Ronna Bailey

## February Word Search Secret Message

Tomorrow Hopes We Have Learned  
Something from Yesterday

## Reminder for Line Dance Class

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

cause of overeating. Also, try keeping a food record of what you eat, when you eat, and why you eat. Recognizing what triggers eating can often make it easier to make changes.

### Sources:

[nationaltoday.com/emotional-overeating-awareness-month/](http://nationaltoday.com/emotional-overeating-awareness-month/)

[newhealthcenter.org/april-is-emotional-overeating-awareness-month/](http://newhealthcenter.org/april-is-emotional-overeating-awareness-month/)

Well, I will not keep you. I just wanted to share with you April is Emotional Overeating Awareness Month and to be aware and mindful of what you eat, when you eat and why you eat, because you can become an Emotional Overeater; which is harmful to your health.

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

Carnesha Tucker - Center Director

## Director's Notes Continued

By getting to the root of your overeating, you can start learning how to respond effectively. The next time a craving or an urge to overeat strikes, ask yourself why you are eating or why you are feeling hungry. This helps you identify the root



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*A sense of belonging that takes living to a whole new level.*

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- Utilities and cable TV included
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- Lawn care and snow removal
- Comes with all appliance including washer & dryer
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Independent & Assisted Living  
**A Community of Friends, Family and Faith**

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# Animals 1

Find and circle all of the animals that are hidden in the grid.  
The remaining letters spell the name of an additional animals.

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

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

AARDVARK  
 ALLIGATOR  
 BABOON  
 BARRACUDA  
 BEAR  
 BISON  
 CAMEL  
 CHIMPANZEE  
 CHINCHILLA  
 COBRA  
 COUGAR  
 CROW  
 DONKEY  
 DOVE  
 EAGLE

ELK  
 FERRET  
 FOX  
 GECKO  
 GOAT  
 GOPHER  
 HAMSTER  
 HAWK  
 HERON  
 HIPPOPOTAMUS  
 JACKAL  
 JELLYFISH  
 KIWI  
 LEOPARD  
 LION

LLAMA  
 MACAW  
 MEADOWLARK  
 MINK  
 MOOSE  
 NIGHTINGALE  
 OTTER  
 PANTHER  
 PARROT  
 PEACOCK  
 PELICAN  
 PIG  
 PORCUPINE  
 QUAIL  
 RACCOON

RAVEN  
 REINDEER  
 ROADRUNNER  
 SALMON  
 SLOTH  
 SWAN  
 SWORDFISH  
 TIGER  
 TORTOISE  
 TROUT  
 TURKEY  
 VULTURE  
 WOLVERINE  
 WOODPECKER  
 WREN

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# NORTHEAST SENIOR CENTER

## Upcoming Activities/Events:

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.

### **Wednesday, April 3rd at 12:30pm**

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

### **Friday, April 12th from 2:00pm-3:30pm**

#### **“Spring Hat Fashion Show” -**

Join us as we bring in the Spring season with a Hat Fashion Show. This is an occasion for everyone to look in the back of their closet or on a top shelf for that favorite hat, that hidden “gem” to wear and show off. All those that participate in the “Hat Fashion Show” can put their name in a drawing for a chance to win a door prize. I am also asking for members to donate their favorite Spring Salads for everyone to snack on. Please sign up to be in the Hat Fashion Show by 4/10. PLEASE RSVP to donate Spring Salads and/or to attend the event by 4/8! Cost: \$5 members/\$7 nonmembers (NO REFUNDS)! PLEASE RSVP for food count purposes.



### **Tuesday, April 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. The cost per kit is \$10. **PLEASE RSVP, and have payments in by 4/15. 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! (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:

### **Tuesday, April 16th at 1:30pm**

**“VA Services and Benefits” - U.S. Department of Veterans Affairs** - Shaurie Cudjo, VBA Outreach Coordinator with the VA will stop by to discuss services such as Compensation, Pension, Burial, and Survivor Benefits. We encourage anyone that is a Veteran, Dependent, or Survivor to meet with them to ensure that you are getting all the benefits that you are entitled to. Many of the VA’s rules and regulations have changed recently and even if you have been denied in the past you may have possible entitlement now. PLEASE RSVP!

### **Tuesday, April 30th at 2:00pm**

**Facts Not Fear ICT Series: “Healthy Behaviors”** - Northeast Senior Center will be starting a new Educational Presentation Series sponsored by Facts Not Fear ICT - KU School of Medicine (Wichita). Facts Not Fear ICT aims to improve health literacy, health disparities and access to health care, all of which have deteriorated as a result of the COVID-19 Pandemic. The first session will be on “Healthy Behaviors” (reading labels and making healthy food choices). Each person that attends the full session will receive a \$50 gift card at the end. Check-in is from 2:00pm-2:30pm. Session is from 2:30pm-3:30pm. Again, you must attend the whole session to receive the \$50 gift card. No late participants will be accepted into the session. Space is limited, you must RSVP in advance to attend. **NO EXCEPTIONS!** **Please call Northeast Senior at (316) 269-4444 to Register.**



# ORCHARD PARK SENIOR CENTER

Hi My Beautiful Friends!

Wow! This is going to be a hard article to write. If you haven't heard, I have taken a new position with Friends University and my last day was March 22nd. As you are reading this, I am off to new adventures but please know what a tough decision it was to leave all of you. I spent many hours in thought, prayer and conversation agonizing over the decision. On the day I had to make my final decision on what I was going to do, I asked God to give me a sign. That evening, my family all had other obligations so nobody was eating dinner at home. I ran to get something to eat from Panda Express. Much to my surprise, as I finished my meal and opened my fortune cookie, it read, "The World is ready to receive your talents - Don't hold back." Well, as Jeff Foxworthy would say, "There's your sign." I looked up and said, "I know that was you God." My son, Max, also gave me some words of wisdom and told me that we always need to continue to grow. I took all of that to heart and made the leap. **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  
 1:30-3:00 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 Hand & Foot Card Game (Apr. 5 & 19)  
 1:00-3:00 Pickleball in the Gymnasium

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

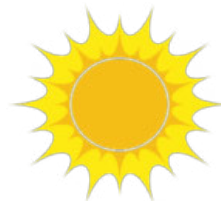
**April 2nd @ 10:30-11:15** – Denise Vann and Ashley Perez will be here from the Alzheimer’s Association. This will be an informational presentation about the Alzheimer’s Association and all of the resources they are able to provide. They can also answer questions about Alzheimer’s and Dementia. Please RSVP.

**April 4th @ 9:00** – The “Egg-cellent” Breakfast Club – Meet at “Huddle House – 1735 W. 21s St. #200. We had such a great time and great turn out last time we went to Huddle House, let’s try it again! This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

**April 4th @ 10:30-11:30** – “Coping with Grief and Loss” presented by Mark Davis with Faith Home Health and Hospice. Mark will present on this topic and will open up the last part of the class

for discussion. He will have a gift to register for as well. Please RSVP.

**April 9th @ 10:30-11:30** – Our Des (from Oxford Villa), who is an absolute ray of sunshine, will be here to make what else, “Suncatchers”. How fun is that?



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.

**April 9th @ 3:00-5:00** – 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.

**Continued on pg 18**

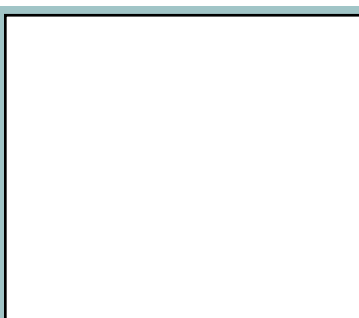
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## Upcoming Events & Activities - Please RSVP to 942-2293

**April 10th @ 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.

**April 10th @ 2:00** – Brian Speer with Angels Care Home Health is starting a new “Community Classroom” here at Orchard. Every 2nd Wednesday of the month, Brian will have a new educational topic to present. This month is TBD. If you have never had the pleasure of meeting Brian, you are missing out. He is very knowledgeable and a true delight.

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

**April 11th @ 10:30-11:15** – “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: “Breaking News... Eggs Are Good For You.” 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.

**April 12th @ 1:00** – 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.

**April 15th @ 11:00** – **Advisory Board Meeting**

**April 16th @ 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.

**April 17th @ 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.

**April 17th @ 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.

**April 18th @ 10:30-11:30** – Blood Pressure Checks provided by “Only Angels Home Care and Hospice”. Please be sure to sign up.

**April 23rd @ 11:30** – “Good Grub Lunch Club” – Meet at the locally owned “Cholita’s Mexican Restaurant” - 8987 W. Central. Gather with old friends and new friends. All are welcome! Please RSVP.

**April 24th @ 1:00** – Get those Bingo Dobbers ready and come play Bingo with Renee from Dove Estates. Prizes for each winning game! Please RSVP.

**April 30th @ 10:30-11:30** – “Self Care and Caregiver Burnout” presented by Shelley Williams and Judy Penner of Providence Home Health and Hospice. If you are currently caring for a loved one, you won’t want to miss this. Please RSVP.





# ORCHARD PARK SENIOR CENTER

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

To give you some history, I first served on the Board of Senior Services, then I first took a position helping seniors who were looking for work, which was in the downtown office and then I moved here as the Director of Orchard Park and I would have been here four years in October so needless to say this place and all of the people are near and dear to my heart. The time I have been here has flown by so fast. I have met so many great people, have heard so many wonderful stories, and have learned so many new things from your brilliant minds and words of wisdom. I will miss each and every one of you more than you will ever know. You each bring something unique to the center and you each have so much to share. Always remember that and don't ever stop being YOU! Continue to exercise, continue to learn but most of all continue to laugh, love each other and ENJOY LIFE!

I will never ever forget you or Orchard Park Senior Center and I will always be your BIGGEST FAN! I plan on continuing to cheer you on and support you from the sidelines.

Thank you for a GREAT 3 YEARS and for all of your love, support and friendships!

With much love,

Kelli

*Thank You*



## WORD SEARCH - SPRING GARDEN

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

BIRDS

BLOOMING

BLUEBELL

BOUQUET

CROCUS

DAFFODIL

DAISY

FLOWERS

GARDEN

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INSECTS

IRIS

LADYBUG

LILY

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