



V. 24 I. 5

Downtown • Linwood • Northeast • Orchard Park

May 2024

Embracing the Power of Connection

As we celebrate Older Americans Month this May, we are reminded of the profound impact that connections have on our lives and of the invaluable contributions and experiences that older adults bring to our communities. This year's theme, "Powered by Connection," highlights the variety of vital connections that shape and enrich our lives in all aspects of life.

Family is one of our most cherished and profound connections. Across generations, family ties serve as pillars of support, sources of love, and vessels of wisdom. Whether it's sharing stories around the dinner table, celebrating milestones together, or offering a comforting presence in times of need, the connections within our families often form the foundation of our identities.

Beyond familial bonds, our social connections play a pivotal role in creating a sense of belonging. These connections provide avenues for shared laughter, mutual support, and opportunities for growth. Whether it's joining a book club, volunteering at a local charity, or attending a community event, the connections we develop within our social circles enrich our lives and create vibrant communities.

Moreover, the connections forged through shared experiences and common interests are equally invaluable. Whether it's engaging in lifelong learning pursuits, participating in recreational activities, or volunteering for causes close to our hearts, these connections cultivate a sense of purpose, fulfillment, and belonging that transcends age barriers.

Nowadays, technology plays an important role in creating connections. It has transformed the way we connect with one another and gives us the power to bridge geographical distances. While some may argue that technology threatens interpersonal connections, embracing digital networks as a tool for connectivity, inclusivity, and empowerment enables us to stay connected, informed, and engaged in a rapidly evolving world.

At Kansas Care Connect, we recognize the significance of these connections in promoting health, well-being, and vitality among older adults.

Continued on pg 2

Embracing the Power of Connection - Continued

That's why we specialize in Medicare's Chronic Care Management (CCM) program, which is built on the foundation of connection and support. The essence of the CCM program lies in the relationships we build and emphasizes the importance of connecting patients with valuable resources and support networks within their communities. Our dedicated care managers serve as trusted allies, advocates, and partners in our patients' healthcare journeys and are committed to helping them stay connected and engaged in activities that promote health and happiness. We integrate technology through telehealth services, remote monitoring tools, and virtual support platforms, to bridge the gap between patients and healthcare, ensuring seamless communication and access to care, regardless of location.

As we celebrate Older Americans Month and embrace the theme of "Powered by Connection," let us continue to nurture and cherish the connections that enrich our lives and strengthen our communities. Whether it's through our CCM program, community partnerships, or simply reaching out to a loved one, let us celebrate the bonds that make life meaningful and create a more inclusive, compassionate, and vibrant society for people of all ages.

Rachael Rivero, APRN
Owner, Kansas Care Connect



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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

Meals on Wheels
267-0122

Senior Employment Program
267-1771

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Mission:

Senior Services, Inc. Of Wichita is dedicated to delivering services that allow older adults the opportunity to lead quality lives while continuing to make positive contributions to the community.



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Senior Services Inc. of Wichita, Wichita, KS

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DOWNTOWN SENIOR CENTER

Hello Everyone!

Have you ever played Canasta? Would you like to try your hand at it?

We play a number of card games at the Downtown Center and would love for you to join us!

Every Tuesday @ 12:00pm, we have a Canasta group. I just recently discovered Canasta is a part of the Rummy Family.

Every Thursday @ 12:00pm, TX Hold'em is played in the Billiards room. We supply the chips so just come take a seat!

Every Friday Starting at 12:00pm until we shut down the place you will find a Party Bridge game. I have bridge tutorial guides available if anyone wants to take a look!

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 (May 20)

Tuesday

8:00-4:00 Open Billiards
 8:00-4:00 Open Fitness - Rm 1
 10:00-11:00 Exercise (video) - Gym
 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
 10:00-11:00 Seated Yoga - Rm 3
 11:00-12:00 Drumball Aerobics - Rm 3

12:30-4:00 Open Pickleball - Gym

Thursday

8:00-4:00 Open Billiards
 8:00-4:00 Open Fitness - Rm 1
 10:00-11:00 Exercise (video) - Gym
 11:00-12:00 Advisory Board (May 2)
 12:00 TX Hold 'em - Billiards Rm
 1:00 Writer's Craft (May 2)
 1:00 Flying Saucers (May 2)

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. (May 17)
 12:00 Party Bridge - Rm 2
 12:30-4:00 Open Pickleball - Gym
 12:30 Hand & Foot - Rm 3
 (May 10, 24 & 31)

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

And last but certainly not least!

Every Second, Fourth and Fifth Friday, the you will find a Hand and Foot card game in room 3 and they ALWAYS welcome new players!

No need to make a reservation, just come try your hand at a new game or brush up on an old!

CANCELATIONS & CLOSINGS:

- May 15th @ 12:30pm - Open Pickleball Canceled (Re-scheduled for May 16th)
- May 23rd @ 10:00am - Exercise Canceled
- May 27th - **CLOSED** for Memorial Day

CRAFTS:

- **May 9th @ 1:00pm - DIY Scarf Tie Dye:** Everyone needs a colorful accessory for the summer so let's make our own! Cost for supplies is 5 dollars and make sure to RSVP!
- **May 13th @ 2:00pm - Flower Pot Table Lanterns:** Steve Strain with Chisolm Place will be teaching us how to make flower pot lanterns. Super easy and would make a very pretty center piece on a patio table. Please RSVP so we can make sure we have enough supplies.

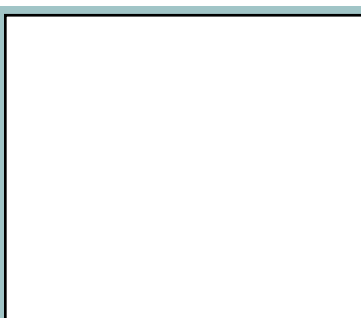


More Of Me



Design by Monica Baker
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DOWNTOWN SENIOR CENTER

UPCOMING EVENTS & ACTIVITIES:

- **May 2nd @ 11:00am - Advisory Board**
- **May 2nd @ 1:00pm - Writers Craft**
- **May 2nd @ 1:00pm - Flying Saucers China Painters**
- **May 3rd @ 9:30am - First Friday Coffee Club:** Want Bierock & Coffee Co. - 2615 W 13th St. N
- **May 4th @ 10:00am - 2:00pm - Women's VA Resource Fair:** At the Downtown Senior Center. Open to the public.
- **May 7th @ 9:30am - 12:00pm - PBS Senior Expo:** Lets meet on the east side of the building of Sedgwick County Extension Center **7001 W 21st St N Wichita, KS 67205 @ 9:30am.** Admission is free to get in and there will be food trucks on site so we can grab some lunch while we are there!
- **May 8th @ 2:00pm - 4:00pm - "Mother's Day Tea":** Please join us for tea! You are cordially invited to Linwood Senior Center for an afternoon devoted to Mothers. Festivities planned but not limited to: Cupcake decorating tutorial, Inspirational speaker, Music and Refreshments. Please **RSVP** to celebrate with us by 4:00pm on **May 6th.** Call or come by: Linwood (316) 267 - 3703 or Downtown (316) 267-0197
- **May 17th @ 10:30am - 2:30pm - Foot Care by Appointment**
- **May 20th @ 1:00pm - Lunch Bunch:** El Mexico Café @ 2544 S Seneca Wichita, KS 67217



EDUCATIONS:

- **May 14th @ 1:00pm - Sip and Swipe Cafe:** Apple Devices
- **May 15th @ 10:00am - 3:00pm - AARP Safe Driving Course:** This session is full, just a reminder.
- **May 23rd @ 10:00am - 3:00pm - AARP Safe Driving Course:** Slots still available for this session.
- **May 28th @ 12:30pm - Lunch and Learn with the Alzheimer Association**
- **May 30th @ 1:00pm - Sip and Swipe Cafe:** Android Devices

U.S. Department of Veterans Affairs
LET US HELP YOU
GET THE HEALTH CARE SERVICES & BENEFITS YOU DESERVE.

Let **VA** assist you in gaining access to your VA health care

Women's VA Resource Fair

Saturday, May 4

10:00 a.m. to 2:00 p.m.

**Downtown Senior Center
 200 S Walnut St. / Wichita, KS 67213**

Connecting Veterans with VA.

Our Outreach Team will provide education on VA health care throughout the day, enroll Veterans in VA health care, and assist with disability claims and other benefits.

This event is open to all Veterans, dependents, and family members.

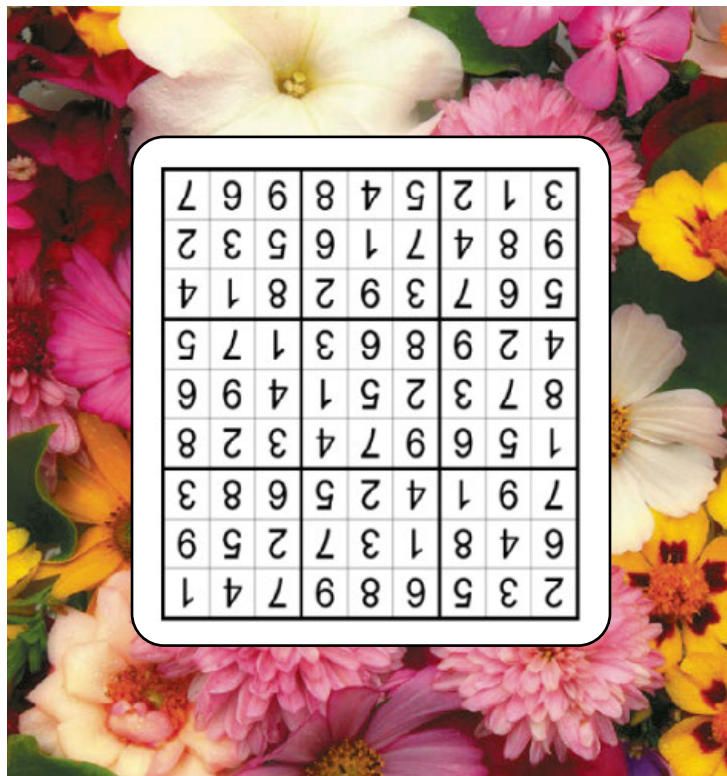
Please bring a copy of your DD-214 and most recent tax return in order to expedite enrollment and claims.





DOWNTOWN SENIOR CENTER

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LINWOOD SENIOR CENTER

“May is the most beautiful month of the year, a month alive with warm color. The flowers and trees are in full bloom, and even the sun joins this rhapsody by emitting warmer rays.”



-Lillian Berliner, *And The Month Was May: A Memoir*



Dear Friends,

Wow! It is May, hard to believe as the months seem to go by so quickly. I have seen so many changes in the past several years. Everything goes through change and we can say that about everyone as well. Whether we are ready or not, life gives us adventure, change, excitement and challenges to overcome, and life is definitely not static. I know here at Linwood we have seen change, and I think it is good. The center has changed, and we are missing people and we are gaining people. I am grateful for new friends, but I still grieve those that were a part of the center for sure. Such a treasure, we can be for one another!

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 (May 6 & 20)
- 11:30 Friendship Lunch
- 12:30 Spades (May 6 & 13)
- 1:00 Quilter's R US (May 20)
- 1:30 Computer/Job Assistance w/ James

Tuesday

- 9:00 Pickleball
- 9:00 Stronger Seniors
- 10:00 Foot Care (May 28)
- 10:00 Scrapping/Coloring with the Best
- 11:30 Friendship Lunch

- 1:00 Movie Time (May 7, 14, 21 & 28 *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 (May 15)
- 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 (May 2)
- 10:30 Book Club (May 9)
- 11:30 Friendship Lunch
- 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

This month brings a special change for me as a mother. As many of you know, my oldest son, Asa, will be working alongside me. He is the new Director for Orchard Park. Our dear Kelli Nuss the former Director suggested Asa, and he was hired! It is a little overwhelming for me, as just the other day he was a little boy. As I said time goes fast, especially for moms! Now, as we look at Mother's Day this May, let's celebrate all of you who are mothers or support and encourage people with a motherly type of love, truly, **you** make the world go round! This month we have several exciting events, from driving electric cars, to learning how to decorate cupcakes, to uplifting music, to learning a new craft. So join us as we grow together and make wonderful memories!

Hugging you, Cherise and the Linwood Crew

You are cordially invited to our Annual "Mother's Day Tea"

At Linwood Senior Center

Wednesday, May 8th

From 2:00pm - 4:00pm

Menu: Sweet things for sweet moms!

A special word of encouragement to women by Pastor Creekmore

Wonderful piano & vocal music

We will also have a cupcake making demonstration by our dear Angie Burnham, and then you can decorate and eat your own!



Space is limited, so please call to RSVP by 4pm on May 6th.



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

MOVIE TIME - Tuesdays @ 1:00pm

5/7 - "Roxanne" - Small town fire chief with big nose (Steve Martin & Daryl Hannah) and the astronomy student have some romantic misadventures. Comedy

5/14 - "A Knight's Tale" - A peasant squire breaks all the rules when he jousts and acts like a nobleman. Heath Ledger

5/21 - "Singing in the Rain" - the classic musical with Gene Kelly!

5/28 - "The Bourne Identity" - Starring Matt Damon, has lost his identity, but finds out he was a government agent with a violent past. Adventure. Some violence.

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

WRITING CRAFT - (Th) May 2nd @ 9:30am

Learn how to write about "YOU". This year and the classes we are focusing on writing about ourselves: Our memories from before you were born, to childhood, to teenage years, to your adult years, to now. First Thursdays of the month from 9:30am - 11:00am. Great writing skills not required. Desire to explore your past and present are all that matter. Call Starla for more information at 393-8195.

Program: Early Adult years - 21 to 30

Exercise Words: teacher - celery - grizzly bear - hiccup - grass

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

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

Poem Prompt: Write about a starting a career or family.

CRAFT/ART CLASS EDUCATION:

*There may be a minimum number for the

classes so don't forget to RSVP & pay!!!

(Tu) May 7th, 14th, 21st & 28th, "Scrapping/ Coloring With the Best" - Come join us and use supplies for fellowship and fun! No Cost!

(W) May 15th @ 2:15pm, "Custom Hand Made Cards"

- Have you seen the prices of cards today? Come and learn how to **make special custom cards, that you will be proud of** and that people will enjoy! Bonnie Washburn instructing. Cost is \$5 for 2 handmade cards. **Note*** Picture gives an example of the type of card you can make, but not the exact replica! Pay and RSVP by 5/10.



(W) May 29th @ 2:15pm, "Beautiful Decoupage Plates for Anytime or for Gifts" -

Join us for a neat activity made with glass plates and fabric, they can even be washed in the dishwasher! Cost is \$3 per plate. Kaye Gruver will be instructing! RSVP and pay by 5/24!



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!

(F) May 3rd, "Neighborhood Inspection Questions and Answers" - KaLyn Nethercot with the City will be here to give us insight on neighborhood issues and how to solve them! You won't want to miss this! RSVP please.

(F) May 10th, "Homestead Options - What You Need to Know" - There are types of way to access Homestead for your benefit, if you are a homeowner, come and find out for next year! Kelly Arnold, Sedgwick County Clerk will join us and provide great info. **Must call** for more information and RSVP.

Continued on pg 11



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

EDUCATIONAL PRESENTATIONS CONTINUED:

(M) May 13th @ 2:00pm, “Fresh Conversations Roasted Cauliflower & Cancer Preventable NOT Inevitable” - (Held on Monday) 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 exercise tips. You will love the class. RSVP please.

(F) May 17th, “Ladybug Love” - Join us as Aubrey Vereke, Nutritional Health Specialist from Natural Grocers teaches us how ladybugs are beneficial to our lives and gardens and yards! Great information and it's Aubrey! RSVP a must!

(F) May 31st, “Healthy Ideas & New Information about Nutrition” - Join us as our own Dr. Ron Davis give us something to think about, talk about and apply! RSVP.

SPECIAL EVENTS & ACTIVITIES:

(W) May 8th, BOOK BUS AVAILABLE - Call us to confirm.

(Th) May 9th @ 10:30am, “TBD Name Book Club” - Unnamed Book Club - name to be decided soon. 😊 Second Thursday of the Month. Join us for lively discussion of some good books, and some coffee too!

(Tu) May 14th @ 11:30am, “Luncheon Lovelies & Romeo Club” - We're celebrating National Pizza Party Day, and the BEST “thin crust pizza” at Pizza John's in Derby, Kansas at 208 S Baltimore. On Tuesday, May 14th, be there at 11:30am or be square!

(M) May 20th @ 1:00pm - 4:00pm, “QUILTERS R US!” - Please join us monthly for a time for gathering, quilting and sharing stories and ideas! This is a group of people who love to quilt and spend time together! If you want to come and have some fun, join us on Monday, May 20th. Call Starla for more information 393-8195.

(Tu) May 28th @ 10:00am - 2:00pm, FOOTCARE - Corns and calluses removed, toenails trimmed and lotions and foot rub applied. Cost is \$25. By appointment only. Call to reserve your spot! 263-3703 to RSVP.

(Tu) May 28th @ 1:00pm - 3:00pm, JOIN US FOR LINNY LLAMA'S EXCELLENT ADVENTURE - Where We Experience “Electric Cars & Evergy” - At Evergy's Wichita Connect Location - 111 S Ellis, Wichita, KS. We will be finding out more about Evergy, it's resources and we may even be able to drive an electric car! Call Cherise for more information and to **RSVP by May 24th**, 263-3703.



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

FARMER'S MARKET CHECKS will be here in June. Please call for more information. First come first served, we can not place your name on a waiting list at this time. Call the week of May 27th to see if the checks have arrived.

REMINDER:

We will be **CLOSED** on Memorial Day!



ON-GOING GROUPS:

(M) BIBLE STUDY - Scheduled for May 6th & 20th @ 10:00am. Please join us!

(Th) GRIEF SUPPORT GROUP - May 23rd @ 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 May! Happy Mother's Day!

Praying all is well with you and your family. Since the weather is nicer I am expecting to see participation pick up. I have been working hard to offer more programming. One of the newest activities that the center has is Drumball Exercise Class. This is sponsored by Cathy Swift with Home Health & Hospice. Currently, the Drumball Exercise Class meets once a month on third Mondays at 12:30 PM. If you have not had a chance to try this exercise class out, you are missing out on a good workout. Did you know that your participation in our senior centers help keep the doors open? If you want the senior centers to be around in the future, do your part now...participate in activities and educational presentations, volunteer to help out in the center (this could be teaching a class or helping with parties, activities or events), and donate needed supplies like Kleenex, Bottled Water and Candy to name a few. Or feel free to donate monetarily and we will go and purchase the items

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
11:30 Aging Projects Friendship Meals
12:30 **Drumball Exercise Class (3rd Mondays)**
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 (4th Tuesdays)

Wednesday

10:00 WSU WellRep Exercise Class
11:30 Aging Projects Friendship Meals
12:30 Line Dance (2nd & 4th Wednesdays only)
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
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

March Word Search Winner

Ronna Bailey

March Word Search Secret Message

Monty Python's Flying Circus

DIP OFF (WINNERS)

We had a tie:

Rose London (Jell-O Dip)

Wanda Brown (Fried Pickle & Ranch Dip)

Director's Notes Continued

as needed. Before I forget, thank you to those that currently donate to our senior centers. Your contributions are truly a blessing. With that said, there are also other things going on this month, to find out what they are you will have to read it for yourself.

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

Carnesha Tucker - Center Director



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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
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- Covered back patio for relaxing and entertaining
- One reserved covered carport space



1605 W. May Wichita, KS 67213
PrairieHomestead.org

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A Community of Friends, Family and Faith

Call to schedule a campus visit today!

316-263-8264





Newspaper

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

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

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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.

Friday, May 10th from 2:00pm - 3:30pm

“Mother’s Day Bingo” - Come join us as we celebrate Mother’s Day with a few rounds of Bingo. Sponsored by Dan Island, Urban Life Insurance Agent, and Impact Final Expense Services. Cost: \$5 members/\$7 non-members (NO REFUNDS)! **PLEASE RSVP by Monday, May 6th.**



Tuesday, May 28th at 1:30pm

“True Colors Paint Party” -

Join us as we paint our first ever picture using black canvas. Using black canvas really makes the colors POP! Please stop in the center to see the picture up close and pay at that time. Since we are ordering in advance. There will be no extra canvases available.



We will also have Anne Ciemny from “Paintings by Anne” here to share tips and tricks of painting. The cost per canvas is \$10. **PLEASE RSVP, and have payments in by 5/20. NO EXCEPTIONS,** because we have to preorder the canvases. Feel free to call the center (316) 269-4444 with questions or concerns.

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!**



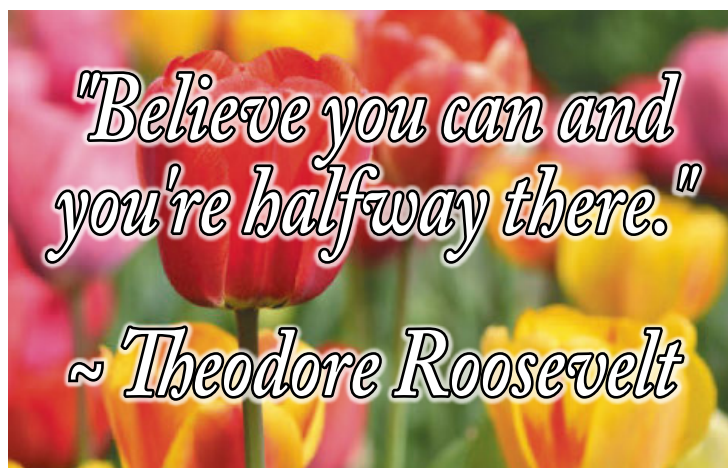
Educational Presentations:

Tuesday, May 7th at 2:00pm

Facts Not Fear ICT Series: “Stress & Mental Health” - This Educational Presentation is 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. This second session is on “Stress & Mental Health” (understanding how to manage mental health problems such as stress and depression). 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.**

Tuesday, May 14th at 1:30pm

“Dining with Dignity” - Did you know that as we become older, eating well balanced meals are very important in maintaining mental sharpness, boosting your energy levels, and fighting off illness? Join us as we learn more on nutrition and how age affects our eating habits. Presented by Shelley Williams, Hospice Liaison, Chaplain, and Bereavement Director from Providence Hospice & Home Health LLC. **PLEASE RSVP!**

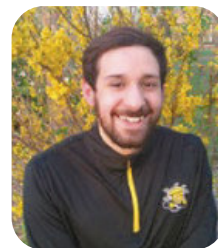




ORCHARD PARK SENIOR CENTER

Happy May Friends!

My name is Asa Langenberg, and I am the new Director at Orchard Park. My hope is to get to know each of you, in the next several months. My goal is to also learn what types of programming interests you the most. Kelli had amazing programs, and I want to continue in that tradition!



Here is a brief bit about myself. I am a WSU alumni, Go Shocks! I have been working at the East YMCA for about 10 years as a water aerobics instructor, and have taught many “Boomer” classes. I have also worked in customer service, been a lifeguard and taught swimming lessons. My degree is in marketing. I enjoy a good movie or book and like to flex my creative muscles.

I hope to meet all of you soon and form lasting friendships. Can't wait to see you at the Cinco De Mayo celebration! Have a marvelous day and a marvelous May.

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)

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

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

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 (May 3 & 17)
 1:00-3:00 Pickleball in the Gymnasium

Wednesday

8:30-9:30 Co-Ed Exercise
 9:30-10:30 Co-Ed Exercise

Orchard Park Senior Center • 4808 W. 9th, Wichita, KS 67212 • (316)942-2293
 Hours: 8:00 a.m. - 4:30 p.m. • Director: Kelli Nuss • KelliN@seniorservicesofwichita.org
Registration Required for ALL Center Activities • Membership: \$35 per year



Upcoming Events & Activites - Please RSVP to 942-2293



WEATHER SAFETY WITH ROSS

FRIDAY, MAY 3RD 12:00 PM TO 1:00 PM
Orchard Park Senior Center

Don't miss Ross Janssen from KWCH and his dog May's weather safety presentation!

Space is limited. RSVP required by 4:30pm on Wednesday, May 1, 2024 or until we've reached capacity

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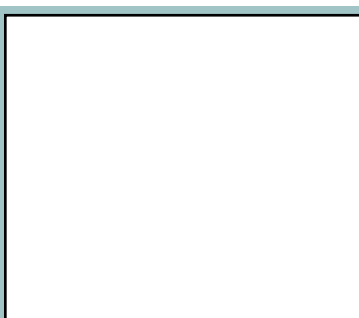
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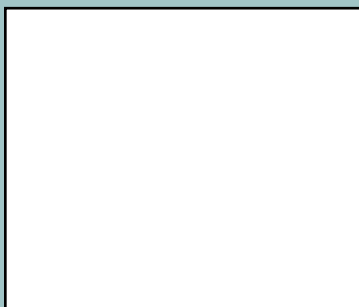
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Upcoming Events & Activites - Please RSVP to 942-2293

May 2nd @ 9:00 - The “Egg-cellent” Breakfast Club - Meet at the delicious, locally owned, “Home Grown” - 2835 N. Maize Rd. This is a great group to meet new friends or enjoy visiting with the friends you already know. All are welcome! Please RSVP.

May 3rd @ 1:00 - **CINCO DE MAYO LUNCHEON** - Please Join Us For Our Annual Cinco De Mayo Luncheon And Help Support Orchard Park Senior Center! This event is always so much fun and the food is MUY BUENO. The cost is \$10.00 per person. That includes: lunch, dessert, drink and entertainment. Trust me when I say, “YOU WON’T WANT TO MISS THIS!” Please RSVP ASAP to reserve your spot.

May 8th @ 10:00-4:00 - Foot Care by Ben and Cheryl - Toenail Trimming for Diabetics and others who have difficulties doing their own toes. Ben and Cheryl are amazing and have helped so many people with foot pain. Let them help you! Cost is: \$25.00. **MUST SIGN UP FOR APPOINTMENT.** Please call 942-2293 to schedule an appointment.

May 8th @ 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. Please RSVP.

May 9th @ 10:00-11:30 - Meet at Botanica for “Empowered Seniors” presentation. Topic TBD. Botanica: 701 Amidon. Please RSVP.

May 9th @ 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 a surprise! Laurie always brings a snack and an exercise for us that goes along with the health

topic. This series will continue until September 2024. You won’t want to miss it! Please RSVP.

May 10th @ 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.

May 14th @ 10:30-11:30 - Des (from Oxford Villa), has something up her sleeve! What could it be? Come hang out with us and see what she has in store for us this month. She is always so fun and energetic! Don’t miss out! Please be sure to sign up and have fun with us as we talk, laugh and hang out together. Please RSVP.

May 15th @ 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.

May 15th @ 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.

May 20th @ 11:00 - **Advisory Board Meeting**

May 21st @ 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.

Continued on pg 19



ORCHARD PARK SENIOR CENTER

May 27th - ORCHARD PARK WILL BE CLOSED IN OBSERVANCE OF MEMORIAL DAY! This Memorial Day, we remember those heroes who courageously gave their lives.

May 28th @ 11:30 – “Good Grub Lunch Club” – Meet at Cheddar’s – 535 S. Ridge Road. Gather with old friends and new friends. All are welcome! PLEASE RSVP.

***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

Cinco de May on May 3rd at Orchard Park Senior Center at 1:00 PM with a luncheon and entertainment. This has become an annual tradition at Orchard Park and it’s one of our biggest fundraisers of the year. We would love to invite each and every one of you to join us this year to celebrate. Please refer to the Orchard Park section of the Compass for more details and please be sure to RSVP.

What exactly is Cinco de Mayo? **Cinco de Mayo**, is a holiday celebrated in parts of Mexico and the United States in honor of a military victory in 1862 over the French forces of Napoleon III. The day is celebrated in the state of Puebla with parades, speeches, and reenactments of the 1862 battle, though it is not much noticed in most of the rest of the country. In the mid-20th-century United States, the celebration of Cinco de Mayo became among Mexican immigrants a way of encouraging pride in their Mexican heritage.

Why is Cinco de Mayo celebrated in the U.S.?

At first, the Mexican holiday was not heavily celebrated in the United States until the 1960s

when Chicano activists identified with the victory of Indigenous Mexicans over European invaders during the Battle of Puebla.

In the years that followed, Latinos in California and across the U.S. Northwest celebrated Cinco de Mayo with parades of people dressed in Civil War uniforms, giving speeches about how the Battle of Puebla into the larger narrative of the struggle for abolition.

For many Mexican-Americans, celebrating Cinco de Mayo is one way they can honor their roots and ethnicity. We want to honor them as well so we highly encourage you to come to our celebration.

May is also the month that we observe Memorial Day Weekend! Memorial Day Weekend usually marks the beginning of summer for a lot of people and it’s a time for fun and celebration. However, let us not forget all of the great Men and Women who have given their lives in the line of duty. We are so grateful to them and APPRECIATE them for their bravery!

Enjoy your month of May, have fun and stay safe!

Mother’s Day Celebration

Friday, May 10, 2024

2:00 PM - 4:00 PM

Light Appetizers Will Be Served

**RSVP to Orchard Park
Senior Center at 942-2293**





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\$10.00 payment required in advance.

Pay by cash or check.
Online is also welcomed but be sure to note it is for the Cinco de Mayo Party.

Space is limited
RSVP required by 4:30pm
on Wednesday, May 1, 2024
or until we've reached capacity