THE COMPASS
LIFE'S DIRECTIONS

Senior Services OF WICHITA

V. 26 I. 11

Downtown • Linwood • Northeast • Orchard Park

November 2026

NOVEMBER IS THE MONTH OF GIVING

November is here and with it comes a season of generosity and gratitude. Senior Services is deeply thankful for the incredible support of our members and volunteers. Your time, energy, and commitment make everything we do possible!

Each holiday season, our **four centers unite around a special project that gives back to the community.** This year, the cause is especially close to home: all four Senior Centers have been selected as the beneficiaries. Together, we can help every center continue to serve, connect, and inspire. **More details on page 15.**

Ready to make a difference and have a chance to win a new car? Support your local center through the **Rusty Eck Raffle**. Purchase a ticket from your center director, and you'll be entered in the drawing while helping your center raise vital funds. **Tickets are available through Monday, November 30, 2026**.

Giving back goes far beyond volunteering or making a financial contribution. You can lead a class, invite a friend to join, serve on an advisory council, or simply spread the word about your center. Every action, large or small, advances our mission and helps keep our centers vibrant, welcoming, and moving forward. Find the way that fits you and **join us in making this November a true month of giving**.

UPCOMING CENTER EVENT HIGHLIGHTS

(Tu) November 17th @ 12:00pm - 2:00pm
Thankful Hearts Chicken & Noodle Dinner
Menu: Chicken & Noodles served Southern Style with Mashed Taters! Special guest "Bonnie Bing" will be sharing her wisdom with us. Cost is $5 for all this fun! RSVP to Linwood will be firmly required by 4:00pm on November 13th. **(Pg. 9)**

(F) November 20th @ 2:00pm - 3:30pm
Soul Food Thanksgiving Dinner – Come join us for an afternoon of Good Soul Food and Good Fellowship. Cost: $10members/$12nonmembers. Please RSVP and pay by Friday, November 13th to make sure we get an accurate headcount for food purposes. **(Pg. 15)**

(M) November 30th @ 11:30am - 1:30pm
Giveback with "Good Grub Lunch Club" – Meet at Applebee's located on 320 S Ridge Rd, Wichita, KS 67209. Mentioning that you are there for Senior Services of Orchard and get 25% of the meal donated to the center. It lasts all day if you can't make it at 11:30. Please RSVP by Tuesday, November 24th. **(Pg. 18)**

(F) December 4th @ 1:00pm - 3:00pm
Sing-Along Christmas Party Volume II – Join us for merriment and a chorus, as we celebrate the music of Christmas one more time. Please RSVP and pay $13 by Wednesday, November 25th. **(Pg. 18)**

(F) December 11th @ 6:00pm - 8:00pm
4-Center Christmas Gala – *Held at the Linwood Senior Center*. Join us for a fun night of Dancing and a Live Band! Hors d'Oeuvres included. RSVP to Linwood 263-3703. Sponsored by Angels Care Hospice. **(Pg. 11)**

Angels Care HOSPICE

FALL RECIPES

CHICKEN BISCUIT CASSEROLE

Ingredients

- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 2/3 cup mayonnaise
- 2 to 3 teaspoons Worcestershire sauce
- 4 cups cubed cooked chicken
- 3 cups chopped broccoli, cooked
- 1 medium onion, chopped
- 1 cup shredded cheddar cheese
- 2 tubes (12 ounces each) refrigerated buttermilk biscuits
- 2 large eggs
- 1/2 cup sour cream
- 2 teaspoons celery seed
- 1 teaspoon salty

Directions

1. In a large bowl, combine the soup, mayonnaise and Worcestershire sauce. Stir in the chicken, broccoli and onion. Transfer to a greased 13x9-in. baking dish. Sprinkle with cheese. Cover and bake at 375° for 20 minutes.

2. Separate biscuits; cut each in half. Arrange, cut side down, over hot chicken mixture.

3. In a small bowl, combine the remaining ingredients; pour over biscuits. Bake, uncovered, 28-32 minutes longer or until biscuits are golden brown and completely baked.

Source: https://www.tasteofhome.com/recipes/chicken-biscuit-bake/

GREEN BEAN CASSEROLE

Ingredients

- 2 pounds fresh green beans, trimmed
- 2 cans (10-3/4 ounces each) condensed cream of mushroom soup, undiluted
- 1 cup 2% milk
- 2 teaspoons soy sauce
- 1/8 teaspoon pepper
- 1 can (6 ounces) french-fried onions

Directions

1. In a large saucepan, bring 8 cups water to a boil. Add green beans; cook, uncovered, just until crisp-tender, 3-4 minutes. Drain.

2. In a bowl, combine soup, milk, soy sauce and pepper. Gently stir in beans. Spoon half the mixture into a 13x9-in. baking dish. Sprinkle with half the onions. Spoon remaining bean mixture over the top. Sprinkle with remaining onions.

3. Bake at 350° until heated through and onions are brown and crispy, 30-35 minutes.

Source: https://www.tasteofhome.com/recipes/green-bean-casserole/

Compass is published monthly by:
Senior Services, Inc. Of Wichita • 200 S. Walnut, Wichita, KS 67213-4730
Postmaster send address changes to the above address.

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

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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United Way United Way of the Plains

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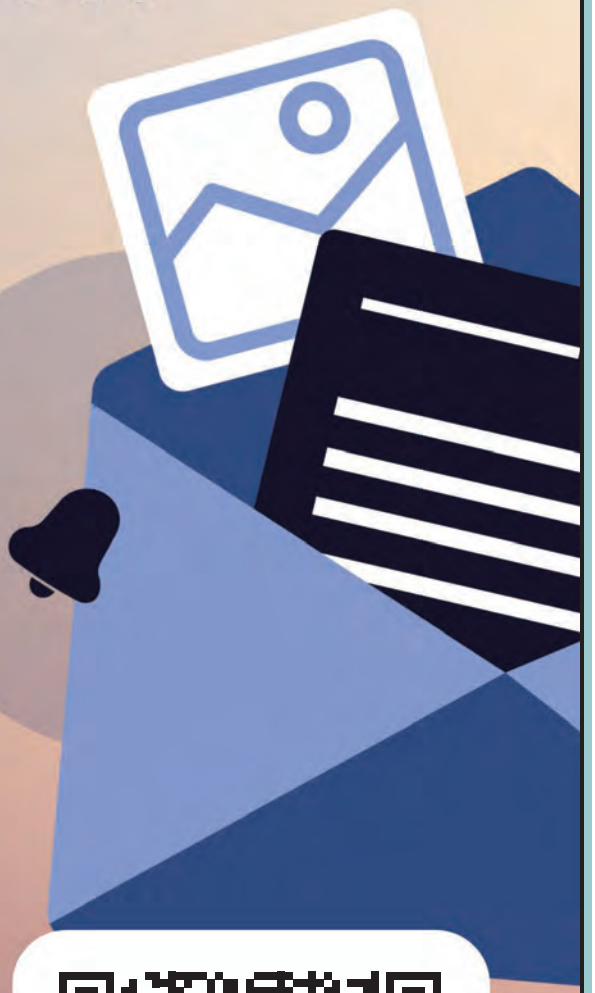

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DOWNTOWN SENIOR CENTER

"Thanksgiving is a time of togetherness and gratitude."
- attributed to Nigel Hamilton

"We must find time to stop and thank the people who make a difference in our lives." - John F. Kennedy

DOWNTOWN CLOSURES AND CANCELATIONS:

- **Thursday, November 26th – Thanksgiving**
- **Friday, November 27th – Thanksgiving**

Ongoing Activities

Please RSVP To Participate - Call: 267-0197

Monday

8:00-11:00	Competitive Pickleball - Gym
8:00-4:00	Open Billiards
8:00-4:00	Open Fitness - Rm 1
10:00-11:00	Norms' Exercise - Rm 2
11:30-12:30	Advisory Board
12:15-4:00	Open Pickleball - Gym
1:00	Spades
1:00	Lunch Bunch *(3rd Monday)*

Tuesday

8:00-4:00	Open Billiards
8:00-4:00	Open Fitness - Rm 1
10:00-11:00	Chair Exercise
11:00-12:00	Book Club *(2nd Tuesday)*
1:00-2:00	Job Club
2:00-3:00	Bible Study - Rm 3

Wednesday

8:00-10:00	Competitive Pickleball - Gym
8:00-4:00	Open Billiards
8:00-4:00	Open Fitness - Rm 1
10:00-11:00	Norms' Exercise - Rm 2
10:00-11:00	Seated Yoga - Rm 3
12:15-4:00	Open Pickleball - Gym

Thursday

8:00-4:00	Open Billiards
8:00-4:00	Open Fitness - Rm 1
10:00-11:00	Paul Eugene Exercise Video
12:00	TX Hold 'em
1:00	The Golden Pens *(1st Thursday)*
1:00	Flying Saucers Porcelain Painting *(1st Thursday)*

Friday

8:00-11:00	Competitive Pickleball - Gym
8:00-4:00	Open Billiards
8:00-4:00	Open Fitness - Rm 1
9:30	First Friday Coffee *(1st Friday)*
10:00-11:00	Norms' Exercise - Rm 2
10:00-2:00	Foot Care *(By Appt. Only - 3rd Friday)*
12:00-3:30	Party Bridge
12:15-4:00	Open Pickleball - Gym
12:30	Hand & Foot - Rm 3 *(2nd, 4th & 5th Friday)*
1:00	Knitting & Crocheting Social Club *(1st & 3rd Friday)*

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

ANNOUNCEMENTS/REMINDERS:

- Make sure to stop by the Downtown Center to buy your **$10 RUSTY ECK RAFFLE ticket**. **November is our final month for this opportunity.** The entire $10 goes directly to the Downtown Senior Center and puts you in the raffle for one of five items - a brand-new car or one of the four $1,000 cash prizes!
- **Medicare Part D Drug Coverage Counseling** continues this month through December 7th. If you need to review your plan for the upcoming year, please call (316) 267-0197 to schedule your appointment today!

Continued on pg 6

CLASS NOTES:

Prairie Moon Book Club

Please join us for some great conversations about these upcoming books! **We meet at 11:00am** on the 2nd Tuesday of each month.

November 10 – "Before Dorothy" by Hazel Gaynor

December 14 – Christmas Party

January 12 – "The Covenant of Water" by Abraham Verghese

February 9 – "Twice" by Mitch Albom

Be sure to check out the free books in the main lobby. New inventory (marked with a colored dot on the spine) is added every month! No need to return the books. Feel free to share the books with others.

Linda Cardinal

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DOWNTOWN SENIOR CENTER

ANNOUNCEMENTS/REMINDERS:

Monday, November 2nd @ 11:30am - 12:30pm Advisory Board Meeting - Come join us as we discuss upcoming activities and plan events. We value your ideas and input. Feel free to drop in and stay as long as you like.

Friday, November 6th @ 9:30am - First Friday Coffee ***Winchell's Donut House - 1205 W Pawnee St***. *Call the Downtown Center (316) 267-0197 before the event date so we can give the restaurants a heads up on how many people might be attending.

Friday, November 6th, 13th & 20th @ 11:00am - 12:00pm - Line Dancing with WSU - Come Downtown and kick up your heels with WSU! Learn some new steps or practice some old ones with your friends!

Monday, November 16th @ 1:00pm - Lunch Bunch - ***Merle's Place - 440 N Seneca.*** *Call the Downtown Center (316) 267-0197 before the event date so we can give the restaurants a heads up on how many people might be attending.

Friday, November 20th @ 10:30am - 2:00pm - Foot Care by Appointment - Foot care sessions are $25 and 30min in length. Open appointments go quickly so make sure to call (316) 267-0197 to get on schedule!

SPECIAL EVENTS:

Thursday, November 5th @ 1:00pm - 2:00pm - AARP: Caregiving for Your Family, Friends & Loved Ones - Are you caring for a loved one at home or from a distance? These can be challenging times, but you're not alone in your caregiving journey. Developing a team approach and identifying resources and tools may make caring for a loved one more manageable. Join us for this free event to connect with other caregivers in your area and share stories and tips.

We'll explore:

- How to start the caregiving conversation.
- Strategies for forming your caregiving team.
- Ways to find local resources and support.
- How to care for yourself and connect with others.

Wednesday, November 11th @ 10:30am - 1:00pm Veteran's Day Brunch and Mocktails - Cost: $8 for Non-Veterans and No Charge for Veterans. Come celebrate and tell our Veterans how much we appreciate their service to our country and to us. Guest sponsor this year will be Council Member to District 4 and Vice Mayor Councilman Dalton Glasscock. We will be serving scrambled eggs, sausage or bacon, fresh fruit, biscuits & gravy and pancakes This year's Mocktail will be the Bloody Mary.

Saturday, November 14th @ 9:30am - 2:00pm 2026 AARP Kansas Caregivers Summit - ***Carl G Brewer Community Center - 1329 East 16th Street North, Wichita, KS, 67214 -*** Millions of Americans provide care for a loved one, often balancing caregiving responsibilities with work, family, and personal commitments. The 2026 AARP Kansas Caregivers Summit is designed to connect family caregivers with the information, resources, and support they need to thrive. Join us for an engaging day of learning and connection featuring expert speakers, community resources, and practical tools to help you navigate the caregiving journey. Explore topics that support caregivers' mental, physical, and emotional well-being while gaining valuable insights on planning, caregiving challenges, and available support services. Whether you're caring for a spouse, parent, friend, grandparent, or another loved one, this summit offers opportunities to learn from experts, share experiences, and discover solutions that can make caregiving easier and more rewarding. Walk away empowered with knowledge, resources, and connections that can help you care for your loved one while caring for yourself.

EDUCATIONS:

Tuesday, November 3rd @ 10:45am - 11:45am Apple Device Assistance - Are you having a few issues with your cell phone? Does it seem like it has a mind of its own? Write down your questions, bring your Apple Device and let's talk about it. **Please make sure your device is charged or you bring a cell phone charger with you to class.**

Wednesday, November 4th @ 11:00am - Fraud: How to Recognize the Signs - *American Senior Benefits Network* - Fraud often shows clear warning signs - from urgent requests for money to unusual payment methods - and spotting these early can help you avoid losing money or personal information.

Wednesday, November 11th @ 12:00pm Support Group: Stages of Grief - There is no start time or end time for grief. Grief comes in different forms and for different reasons. Your feelings are valid, important and you are not alone. Please join Anissa Chambers with Angel's Hospice to share your thoughts, work your feelings out with the group or just to sit and listen. Sometimes it just helps to know there is someone in the room that understands. First step is to walk in the room and sit in a chair, the second step will work itself out. We will meet on the 2nd Wednesday of every month.

Thursday, November 19th @ 11:00am - Franks Golden Girls Home Health Care - Come by the center and meet the girls from Franks Golden Girls Home Health. We are going to be learning all about what they do and how they can help.

DOWNTOWN SENIOR CENTER

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Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.

LPi Call 800.950.9952

LINWOOD SENIOR CENTER

Wow, can you believe it? Thanksgiving is almost upon us. It is my favorite time of year, being with family and friends, not to mention the blessing of eating to your heart's or belly's content! This time of year can be challenging to navigate all the holiday parties and not feel overwhelmed, especially if you have had someone you loved recently pass away. So, one way to get through the busyness is to breathe, make it a point to rest your mind, meditate and/or pray for strength. Remind yourself to count the blessings, even if they seem insignificant we need to think on good things!

Look through the newsletter and join in the fun. We have some neat opportunities and we want you to join us and to celebrate a thankful heart. We have historian, "Bonnie Bing" coming to share at our "Thankful Heart Chicken & Noodle Dinner." There is the Linny Llama eating out at Crackerbarrel & Zoo Excursion to walk through and see the wild holiday lights at the zoo. Also, a little head's up, we are having a Christmas Gala with dancing and a live band in December on the 11th from 6-8pm. So remember, our door is open for fun and fellowship.

~Hugs to you, from Cherise & Crew

REMINDER:

We will be **CLOSED** on Veteran's Day on November 11th, ***BUT we have some offsite adventures.** Join us to eat out that day with our Linny Llama group, meet at 11:00am at Cracker Barrel (West 619 S Ridge Road). Then we will caravan to the zoo at 1:30pm to look at the Holiday Wild Lights, zoo cost is $14 for members and $16 for non-members.

Ongoing Activities

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

Monday
9:00 Stronger Seniors
9:00 Grief Support *(Nov. 9)*
10:00 Bible Study *(Hiatus)*
11:30 Community Lunch
1:00 Crafters R US *(Nov. 2 & 16)*
1:00 Mahjong
1:00 Computer/Job Assistance w/ James

Tuesday
9:00 Hip Hikers
9:00 Stronger Seniors
10:00 Scrapping/Coloring with the Best
11:00 Foot Care *(Nov. 24)*
11:30 Community Lunch
1:00 Movie Time *(*See Schedule)*

Wednesday
9:00 Advisory Council *(Nov. 18)*
9:00 Stronger Seniors
11:30 Community Lunch
12:00 Birthday Party BINGO *(Nov. 18)*
12:00 Pinochle with Friends *(No Computer Lab)*
1:30 Seniors on the GO! *(Nov. 4)*
1:30 Craft Educations *(*See Schedule)*
3:45 Bal-A-Vis-X

Thursday
9:00 Hip Hikers
9:00 Stronger Seniors
9:30 Golden Pens *(Nov. 5)*
10:30 Book Club *(Nov. 19)*
11:30 Community Lunch
11:45 Puppies & Pianos *(Nov. 12)*
12:00 Hand & Foot - *RSVP (1st & 3rd Thursdays)*
1:00 Collaborative Line Dance *(Call for info)*
3:00 Chair Yoga *(NEW!)*

Friday
9:00 Stronger Seniors
10:15 Educational Programs *(*See Schedule)*
11:30 Community Lunch
12:00 13 Point Pitch for Fun
1:00 Games of Fame

Daily/Anytime
Walking and Computer Lab
(RSVP)

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

You Are Invited To Our

"Thankful Hearts Chicken & Noodle Dinner"

Tuesday, November 17th, 2026
12:00pm – 2:00pm

MENU: Chicken & Noodles served Southern Style with Mashed Taters! Salad, Crackers and Whipped Topping & Pumpkin Pie.

SPECIAL GUEST
"Bonnie Bing" will be sharing her wisdom with us.

COST is $5 for all this fun!

RSVP to Linwood will be firmly required by 4:00pm on November 13th.

4-CENTER GIVE BACK FOR THE HOLIDAYS:

Start Date: Monday, November 2nd
End Date: Friday, December 11th
"Collecting Items for Senior Services of Wichita Senior Centers" **-** For years we have collected for other organizations within the community. This year we have decided to support our Senior Services 4 Senior Centers (Downtown, Linwood, Orchard Park and Northeast). Each senior center will offer a Wish List of items that they need (basically items that are used regularly within the centers). Please call the senior center for the Wish List of items that will be collected; or stop by the front desk to pick up a copy. Thank you in advance for continuing to support our Senior Centers.

If you want to support Linwood Senior Center, we always have needs that you can give towards,...tissues, hot chocolate, Clorox wipes, microwavable paper plates & popcorn, plastic forks, knives and spoons, napkins, plastic table cloths, green, white, blue, pink, orange, red, purple and yellow! Donations accepted for scholarships and for more storage wardrobes.

Thank you so much!

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LINWOOD SENIOR CENTER

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

MOVIE TIME – Tuesdays @ 1:00pm
Join us as we celebrate good to watch family movies in November!

11/3 – "Queen Esther" from Sight & Sound Theatre in Branson

11/10 – "Because of Winn Dixie" a furry friend makes the day!

11/17 – No Movie, join us for the Thankfulness Banquet!

11/24 – "National Velvet" a classic feel good movie!

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

THE GOLDEN PENS - (Th) November 5th @ 9:30am
This is a great writing class for those that want to enjoy writing with friends! Starla Criser is the facilitator and she has authored over 90 books. Come and find out how to get those writing juices flowing! Or just try something new.

Program: My fitness issues

Personal Prompt: The worst diet I've ever tried was… OR My worst exercise experience was… OR The exercise I love best is…

Exercise Words: drummer – brownies – sledding – crying – yellow

Fun Prompt: Write about a pig wanting to fly.

Sentence Prompt: Start with "I will never try again to…"

Poem Prompt: Write about exercise.

CRAFT/ART CLASS EDUCATION:

There may be a minimum number for the classes, so don't forget to RSVP & pay, unless the class is free and then all you need to do is RSVP!

(Tu) November 3rd, 10th, 17th & 24th @ 10:00am, "Scrapping/Coloring With the Best/Open Crafting" – Join us in using resources of scrapbook making, and coloring, or collage making use of some of our many craft supplies! We have supplies to share. Come and bring your pics! FREE

(W) November 18th @ 1:30pm, Marshmallows! – Come and work with professional painter Shawn Dimick to make cute ornaments! You can make a snowman marshmallow and a gingerbread marshmallow for $7.50! It is always a great time with Shawn. RSVP & Pay by 11/16.

(W) November 25th @ 1:30pm, Creative Holiday Card Making Class with Wyatt Sheeder, our Senior Services Executive Director! – Get creative and make your own one-of-a-kind holiday cards! All experience levels are welcome, and all materials will be provided. Participants will have the opportunity to create at least two original holiday cards to share with family and friends. These cards are beautiful, and there is no charge for the class! Please RSVP by 11/20, participants are limited to 10, so call soon!

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) November 6th, HEC "Healthy Eating Club" - This month Starla Criser will facilitate the meeting with the Topic: "Sugar Free Desserts!" Make healthy eating your priority! All are welcome. Join us! RSVP please!

(F) November 13th, "Instapot Cooking 101" - Many of us have instapots, but we don't know how to use them. Join us as Chef Michael shows us the ins and outs of cooking safely with an instapot! He will cook something yummy. You are also welcome to bring your own pot so he can help you if you are unsure how to use yours. Get recipes, and have fun with us! Call 263-3703 to RSVP by 11/10.

(F) November 20th, "Grief & Loneliness" - Hillary Zwetzig the Director of Outreach for the Mental Health Department of South Central Kansas is coming to share. This is a topic we all will have to address at some time in our life. Come and hear how we can best navigate this in our lives. RSVP Please!

ON-GOING GROUPS:

(M) "CRAFTERS R US!": November 2nd & 16th @ 1:00pm - 4:00pm - Please join us as we work on our own projects, quilting, crafting, etc! Our desire is for you to bring your projects and get creative with some great camaraderie, or you are welcome to use some of our craft items for fun!

(W) "Seniors on the GO!": November 4th @ 1:30pm - We are having fun and meeting new people. Stop in to find out what is going on around Wichita in theatre, music and cultural arts and activities. All senior center members are invited, we just meet at Linwood! Call for more information 263-3703.

(M) Grief Support Group: November 9th @ 9:00am - Topic "Grateful Memories" - Call 263-3703 for more information.

Continued on pg 11

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

ON-GOING GROUPS CONTINUED:

(Th) Winwood Book Club: November 19th @ 10:30am - Join us for coffee, fun and fellowship. Book to read and discuss is "The Thursday Murder Club" by Richard Osman. Great reads, and as always bring your own book list to share. Call us for more information and to RSVP! 263-3703.

(Tu) Footcare: November 24th @ 11:00am - 2:00pm Corns and calluses removed, toenails trimmed and lotions and foot rub applied. Cost is $25, if not a member add $2 for $27. By appointment only. Call to reserve your spot! RSVP to 263-3703.

(M) Computer and Phone Assistance @ 1:00pm - 3:00pm We have James Bowman, from the Senior Employment Program here on Mondays from 1-3pm. Please RSVP.

(M) Mahjong @ 1:00pm - Beginners are welcome and we are having a great time learning to play. So, we have decided to play every Monday at 1pm. Get in on the ground floor, because the only way you can go is up! Call 263-3703 to RSVP and for more info!

(Th) Chair Yoga @ 3:00pm - Instructor Rebecca McKanna - Come and reap benefits with improved flexibility and joint benefits. It also helps with stress and reduces anxiety with deep breathing. RSVP to 263-3703.

ADOPT A CAUSE & RAISE MONEY FOR YOUR CENTERS:

Each year Rusty Eck Ford & Midwest Kia will award 1 lucky winner with a brand-new car while 4 runners up receive $1,000 each! Raffle tickets are $10 each to anyone who wishes to enter the contest. Best of all ticket sales stay with your senior center! ***You can purchase tickets from your Senior Center Director.***

STATE FAIR WINNERS!

Ruby Tobey won 1st prize for her porcelain painted tea cup and Sue Schmidt won 1st for her porcelain painted plate. Both items are going to the Governors Mansion! Yay! You may also want to call the Downtown Center to learn how to paint porcelain yourself!

SPECIAL EVENTS & ACTIVITIES:

(Tu) November 10th @ 2:00pm - 4:00pm, Veterans Day gifts with Monica from Aetna – Stop in for free goodies/gifts for Veterans or families of veterans. Snacks will be provided, as well as resources for anyone who served. Thanks to all our veterans. Please RSVP by Monday, November 9th to 263-3703.

(W) November 11th @ 11:00am, Linny Llama's "Lunching Lovelies & the ROMEO Club (Retired Old Men Eating Out!) – Join us on Veteran' Day, where we will be eating at Cracker Barrell. Meet us there at 11:00am, as the Senior Center is CLOSED due to Veteran's Day. RSVP to Cherise by 11/10, 263-3703!

(W) November 11th @ 1:30pm, Zoo Holiday Lights Walk About – Meet at the entrance gate at 1:30pm. We will have fun looking at the displays for the Wild Lights. The displays are fun during the day as well. Cost: members are $14 and non-members are $16. Call 263-3703 and RSVP to Cherise by 11/10.

NORTHEAST SENIOR CENTER

Hello Everyone...Happy Veterans Day! Happy Thanksgiving!

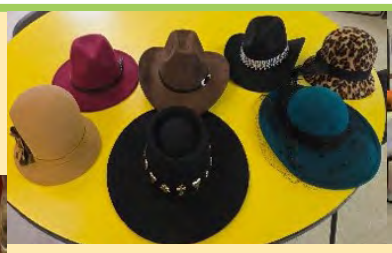
Praying all is well with you and your family.

This month we have a lot of things going on. Please take a moment to read through the newsletter to make sure you do not miss out on any of the fun. Also, be mindful, November is the month we start our Give Back for the Holidays. For more information read further along in this section.

In the meantime and between time, Be Blessed and Be Encouraged!
Carnesha Tucker – Center Director

Holiday Closing

Northeast Senior Center will be CLOSED **Thursday, November 26th and Friday, November 27th**, 2026 in observance of Thanksgiving Holiday.



If you missed our "Fall Hat Fashion Show" you really missed a real treat. We enjoyed Good Food, Fun, and Fellowship.

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	Community Meals
1:30	WSU WellRep Exercise Class

Tuesday

10:30	Keep It Moving Exercise Class
11:30	Community Meals
1:30	True Colors Paint Party (3rd or 4th Tuesdays)
1:30	Advisory Council (2nd Tuesdays)

Wednesday

10:00	WSU WellRep Exercise Class
10:45	Creative Coloring for the Soul
11:30	Community Meals
12:30	Crocheting with Love (1st & 3rd Wednesdays only)
12:30	Line Dance (2nd & 4th Wednesdays only)
1:30	WSU WellRep Exercise Class

Thursday

9:00	Computer & Job Assistance with James (SEP)
10:30	Keep It Moving Exercise Class
11:30	Community Meals
12:00	Quilters' Treasures
1:00	Card Games (Bid Whiz & Spades)

Friday

10:00	WSU WellRep Exercise Class
11:30	Community Meals
1:30	WSU WellRep Exercise Class

AVAILABLE DAILY:

Computer Lab

Dominoes (usually starts around 12:00)

Exercise Equipment Room

Wii Games (available in the afternoons)

Community Puzzle Table

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

September Word Search Winner
Diana Dobbins

September Word Search Secret Message
Rhythm and Blues

Foot Care Services at Northeast Senior Center *(every other month)*

Next Foot Care Session: Monday, December 28th
Foot Care Services will include Toenails trimmed, Corns/Calluses removed, and Foot Massages with lotion. Cost: $25 members/$27 nonmembers. Please call (316) 269-4444 to schedule an appointment.

Creative Coloring For The Soul

Wednesdays at 10:45am
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.

Crocheting with Love

1st & 3rd Wednesdays from 12:30pm - 1:30pm
Did you know that crochet offers a range of benefits? It reduces stress and anxiety, alleviates depression, enhances hand-eye coordination, and fosters community and social connections. This class will make projects for Rehab Centers, Friends and Family. If this class interests you, whether a beginner or a seasoned crocheter we have room for you. All supplies will be provided. Please RSVP!

Educational Presentations

Friday, November 6th at 1:30pm - "Patient-Centered Services" - Please join us as we learn more on how Impact Home Health provides reliable, patient-centered Home and Community-Based Services (HCBS) designed to: Reduce hospital readmissions, improve functional outcomes, shorten rehabilitation stays and Enhance quality of life in the community. Presented by: Cortez Nelson, Community Partnership Manager, Impact Home Health. Please RSVP!

Continued on pg 15

Independent & Assisted Living

A Community of Friends, Family and Faith

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

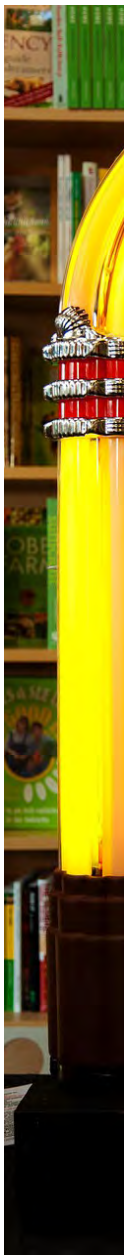
PRAIRIE HOMESTEAD
SENIOR LIVING

Call today to schedule a campus visit!

316-201-6505

1605 W. May Street, Wichita, KS 67213
PrairieHomestead.org

More 1950's Songs



Find and circle all of the 1950's song titles that are hidden in the grid.
The remaining letters spell the title of an additional 1950's song.

***Call Northeast Senior Center (316) 269-4444 with the secret message and have your name put in a drawing...Happy Hunting!**

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

ALL SHOOK UP
ALMOST GROWN
AT THE HOP
BIRD DOG
BLUE MONDAY
CHANCES ARE
CHANTILLY LACE
CRY
DON'T BE CRUEL
EL PASO
FLAMINGO
GET A JOB
GOODNIGHT IRENE
I'M A MAN
I'M WALKIN'
JIM DANDY
JUKE
LITTLE DARLIN'
LONELY AVENUE
LOUIE LOUIE
LUCILLE
MAYBE
MONEY HONEY
MR SANDMAN
PERSONALITY
REBEL ROUSER
ROLLIN' STONE
SEA CRUISE
SINCERELY
SO WHAT
SOUL ON FIRE
STAGGER LEE
THE BELLS
THE WIND
TIPITINA
TOM DOOLEY
TRY ME
WHITE LIGHTNING
YOUNG BLOOD

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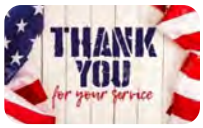
NORTHEAST SENIOR CENTER

Upcoming Activities/Events

DRUMBALL EXERCISE IS ON BREAK UNTIL APRIL 2027.

Start Date: Monday, November 2nd – End Date: Friday, December 11th - **4 Center Give Back for the Holidays *"Collecting Items for Senior Services of Wichita – Senior Centers"* -** For years we have collected for other organizations within the community. This year we have decided to support our Senior Services 4 Senior Centers (Downtown, Linwood, Orchard Park and Northeast). Each senior center will offer a Wish List of items that they need (basically items that are used regularly within the centers). Please call the senior center for the Wish List of items that will be collected; or stop by the front desk to pick up a copy. Thank you in advance for continuing to support our Senior Centers.

Wednesday, November 11th from 2:00pm - 3:30pm - **"Veteran's Day Celebration" -** Please join us as we honor our Veterans. We will enjoy FOOD, FUN, and FELLOWSHIP. Let us know at the time of signing up if you are a Veteran. Please RSVP by Friday, November 6th for headcount purposes.



Friday, November 20th from 2:00pm - 3:30pm - **"Soul Food Thanksgiving Dinner" -** Come join us for an afternoon of Good Soul Food and Good Fellowship. Cost: $10members/$12nonmembers. Please RSVP and pay by Friday, November 13th to make sure we get an accurate headcount for food purposes.

Tuesday, November 24th at 1:30pm "True Colors Paint Party" (This month there WILL be an instructor) - Join us as we paint another fun canvas picture. Yes, that is correct Anne Ciemny from "Paintings by Anne" will be here to teach the class more tips and tricks of painting. 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. The cost per canvas is $10 (CASH/NO REFUNDS). **PLEASE RSVP and have payments in by 11/16. NO EXCEPTIONS**, because we have to order the canvases. Feel free to call the center (316) 269-4444 with questions or concerns.

SOUL CHRISTMAS - Just a heads up we are making plans to have SOUL CHRISTMAS in December. The date is still TBD. The location is at WSU Hughes Metroplex (5015 E. 29th St. N. Wichita, KS 67220). If you missed the last event, mark your calendars and grab your tickets early from an Advisory Council member or the Northeast Senior Center front desk. Tickets are $20 per person (NO REFUNDS/NO CHILDREN ALLOWED). Once we get the date set in stone we will begin selling tickets at the beginning of November. We will only sell a set number of tickets for this event; which is TBD as well.

Educational Presentations Continued

Monday, November 9th at 1:30pm - **"Benefits of Gratitude" -** Did you know that cultivating an attitude of gratitude can significantly improve your health and overall outlook? Please join us as we discuss the health benefits of gratitude and share simple, actionable tips to help you feel better every day. Presented by: Anissa Chambers, Account Executive, Angels Care Hospice. Please RSVP!

Friday, November 13th at 1:30pm - **"Around the Clock Home Health Care Services" -** Do you ever feel overwhelmed by the never-ending things to do around the home? Or overwhelmed by caring for a loved one and needing a break? Maybe an extra hand from time to time would be nice. Please join us as Frank's Golden Girls L.L.C. shares how they can lighten your load around the home. They offer: 12 and 24 hour care, Personal care, Light Housekeeping, Cooking Running Errands, Transportation to appointments or just companionship. Join us to learn more. Presented by: Frank's Golden Girls L.L.C. Please RSVP!

Monday, November 16th at 1:30pm - **"Final Expense and Life Insurance" followed by a "Make It, Take It" Lantern Craft -** Please join us as we discuss Final Expenses, Life Insurance, things to talk with your family about, debt, and your Legacy. Also make sure you stick around after the presentation for a "Make It, Take It" Lantern craft. All supplies provided. Presented by: Ana Rojas-Valtierra, Retirement and Medicare Agent, American Senior Benefits. Please RSVP!

Tuesday, November 17th at 1:30pm - **"Refrigerator Dill Pickle Making Workshop" -** Join the Sedgwick County K-State Extension Master Gardeners in making refrigerator dill pickles. All necessary supplies will be provided, and each participant will take home their own pint of refrigerator dill pickles to enjoy. Space is limited to 20 participants. Sign-up is required by Friday, November 13th so we can make sure we have enough supplies available for everyone. Presented by: Nancy Davis, Sedgwick County Extension Master Gardener Mentor.

Wednesday, November 18th at 1:30pm - **"Natural Hacks for Memory Support" -** While age-related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and memory is simple. Please join us as we discover how good nutrition and healthy habits can support our memory throughout our lifespan. Presented by: Stephanie Ricke, Nutrition Health Coach, Natural Grocers (Rock Road). Please RSVP!

Thursday, November 19th at 1:30pm - **"Financial Literacy: Savings" -** Please join us as we help you understand the importance of saving and provide you with savings strategies and ways to save. Presented by: Susan Winston, Budget Success Coach, Wichita Habitat for Humanity. Please RSVP!

ORCHARD PARK SENIOR CENTER

Happy November Friends! Have you bought all your Christmas presents yet?

I blinked and here we are in November, so you know what that means. It's time for some of Orchard's biggest events of the year and my plea to hope you all can be involved.

We start off with the wonderful annual Christmas Party. Once again, the theme is that of **Sing-Along Christmas**, except this time it's the second volume. Our singing maestro, Layton will return to help lead us in a chorus of songs, as well as songs from Kely, Senior Services Account Assistant.

In addition to these performances, we will have the food of Dillons again: ham, potatoes, Jello salad, green beans and a special dessert that we will enjoy.

All participants will receive a free gift in addition to the merriment of the party. **Continued on pg 17**

Ongoing Activities

Please RSVP To Participate - Call: 942-2293

Monday

9:00-10:00	Co-Ed Low Impact Aerobics
9:00-12:00	James with Senior Employment /Tech Help (*In Library/Shop*)
10:00-11:00	Healthy Lifestyles Group (*In Arts/Crafts Room*)
10:00-11:00	Movin and Groovin
11:15-12:15	Community Meals (*In Lounge - Please RSVP*)
12:00-4:00	Open Pool Tables
12:15-1:15	Bible Study (*Nov. 2, 16 & 30 - In Arts/Crafts Room*)
1:30-2:30	Conversational Spanish for All (*Please bring laptop or cellphone if possible*)

Tuesday

9:00-9:45	Chair Exercise for Beginners
9:45-10:15	Exercise for Arthritis
11:15-12:15	Community Meals (*In Lounge - Please RSVP*)
12:00-4:00	Texas Hold 'Em Poker
12:00-4:00	Open Pool Tables
1:15-4:00	Scrabble
1:00-3:30	Mexican Train Dominoes

Wednesday

8:30-9:30	Tai Chi
9:30-10:30	Chair Exercise for Beginners
10:30-12:30	Computer Lab
11:15-12:15	Community Meals (*In Lounge - Please RSVP*)
12:00-4:00	Open Pool Tables
1:00-4:00	Art Class (*Please bring materials if possible*)

Thursday

9:00-9:45	Chair Exercise for Beginners
9:45-10:15	Exercise for Arthritis
11:15-12:15	Community Meals (*In Lounge - Please RSVP*)
11:30-4:00	Spades (*In Library/Shop*)
12:00-4:00	Open Pool Tables
1:00-3:00	Competitive Pickleball *(In Gym)*
1:00-3:30	Mexican Train Dominoes

Friday

9:00-10:00	Exercise for Arthritis
10:00-11:00	Movin and Groovin
11:00-12:00	Enhance Fitness video with Joe Samaniego
11:15-12:15	Community Meals (*In Lounge - Please RSVP*)
12:00-4:00	Open Pool Tables
1:00-3:30	Hand & Foot Card Game (*Nov. 6 & 20*)

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

ORCHARD PARK SENIOR CENTER

Director's Notes Continued

Thanks to Dillons and a special volunteer, our costs will remain at $13. If you want to pick a specific seat, we will also offer reserved seating for an additional $3. Please don't arrive until 12:45pm so we give our volunteers plenty of time to get ready.

The party takes place on **Friday, December 4th** at 1:00pm-3:00pm. Please RSVP and pay as soon as possible at **316-942-2293**, **asal@seniorservicesofwichita.org** or stop in the center during business hours. Reservations close on Wednesday, November 25th.

In addition, our **Bake Sale**, which is our biggest fundraiser, will be the following **Wednesday, December 9th** and **Thursday, December 10th** from 10:00am-3:00pm. We hope all of you can contribute by bringing in baked-good donations on Tuesday, December 8th. Bringing it in the day before helps us package them up for sale. We hope you buy some as well to support our center and share some wonderful holiday cheer if the purchase isn't for yourself.

And a merry season and Christmas to all.

- Asa ☺

CRAFT/ART ACTIVITIES:

Tuesday, November 10th @ 10:30am - 11:45am - Autumn Gnome – Join Des from Oxford Villa as she showcases how to make an autumn gnome. Please RSVP by Friday, November 6th.

Wednesdays, November 4th, 18th and 25th @ 1:00pm - 4:00pm - Orchard Art Class – All levels welcome. Work independently or partake in lessons if teacher is present. Lessons include color theory to art supply care. Different mediums encouraged. Please bring a source to paint/draw from (photo, tablet, etc.). A small mirror is recommended to check the artwork, as well as a small color wheel and an apron to protect clothing. Nitrile disposable gloves are recommended for working with mediums containing pigments. **Participants are asked to bring their own supplies to class, but some supplies available.** For participants new to art classes, a suggested supply list is available upon request. **$5 donation welcome to help supply funding.** Please RSVP and call us for more information.

ORCHARD PARK SENIOR CENTER
Upcoming Events & Activities - Please RSVP to 942-2293

Thursday, November 12th @ 9:00am - 10:30am
The "Egg-cellent" Breakfast Club – Meet at Spears on 4323 W Maple St, Wichita, KS 67209. Great group to meet new friends and enjoy eating breakfast foods. Please RSVP by Tuesday, November 10th.

Thursday, November 12th @ 10:00am - 11:00am
Medicare Resource Advisor – Please Stop by to visit a representative for Medicare resources on the second Thursday of the month for any questions you have. This can be one-on-one or with a friend/family member.

Tuesday, November 17th @ 10:30am - 11:30am
Coffee Chat – Conversation and coffee. For non-coffee drinkers too. Great place to meet friends and discuss just about anything. Please RSVP by Monday, November 16th.

Tuesday, November 17th @ 11:00am - 12:00pm
Senior Transition Support Group – Join our Senior transition support group held every third Tuesday right after coffee chat. This group gets together to discuss senior living situations, resources and changes in life. (Participants also usually get sweet treats). Please RSVP by Monday, November 17th.

Wednesday, November 18th @ 1:00pm - 2:30pm
Village Inn "Free Pie Day" – Meet at Village Inn - 7020 W Central Ave, Wichita, KS 67212. A minimum purchase of a drink comes with a free piece of pie. Pie, pleasure, and people. Please RSVP by Tuesday, November 17th.

"Good Grub Lunch Club" - See Special Events

SPECIAL EVENTS & ANNOUNCEMENTS:

Orchard Park Senior Center will be CLOSED on Wednesday, November 11th for the Veterans Day Holiday. Thank you to all who have served.

Senior Services of Wichita will be CLOSED on Thursday, November 26th and Friday, November 27th for the Thanksgiving Holiday. We hope you have a wonderful time of gratitude.

Tuesday, November 10th @ 9:00am - 10:00am
Christopher and Banks Shopping Trip – Stop in with only members of Orchard Park as this clothing store opens its doors exclusively to us for one hour. Enjoy deals, light refreshments and assistance with shopping. Please RSVP by Monday, November 9th.

Tuesday, November 10th @ 12:00pm - 1:15pm
Veterans Day gifts with Monica – Stop in for free goodies/gifts for Veterans or families of veterans. Desserts and such will be included, as well as resources for anyone who served. Thanks to all our veterans. Please RSVP by Monday, November 9th.

Friday, November 13th @ 11:00am - 1:00pm
Monthly Gameshow: Mental Health Jeopardy – Join Holly and Asa as they lead you in a jeopardy gameshow with snacks and prizes. Don't miss the monthly gameshow. Please RSVP by Wednesday, November 11th. *(Education Raffle Eligible)*

Monday, November 16th @ 11:00am - 3:00pm
Gilley's Trip – Only 24 people can attend with the van that is provided for transportation. Up to 10% off on meals, and complementary coffee included with the gambling hall. Please RSVP by Friday, November 13th to take part in the trip.

Monday, November 30th @ 11:30am - 1:30pm
Giveback with "Good Grub Lunch Club" – Meet at Applebee's located on 320 S Ridge Rd, Wichita, KS 67209. Make friends and enjoy a hearty meal. Mentioning that you are there for Senior Services of Orchard and get 25% of the meal donated to the center. It lasts all day if you can't make it at 11:30. Please RSVP by Tuesday, November 24th.

Medicare Part D Counseling runs until November 30th here at Orchard – If you need to review your plan for the upcoming year, please call 316-942-2293 to get an appointment scheduled if they are still available.

Friday, December 4th @ 1:00pm - 3:00pm
Sing-Along Christmas Party Volume II – Join us for merriment and a chorus, as we celebrate the music of Christmas one more time. A special guest will lead us in singing, a delicious meal with sides from Dillons will be shared, and a gift will be given to all guests. Please RSVP and pay $13 and sit anywhere (pay an extra $3 and reserve your specific seat for the show) by Wednesday, November 25th.

Wednesday, December 9th and Thursday, December 10th @ 10:00am - 3:00pm
Orchard's Annual Bake Sale – Join us for goodies and gingerbread. Baked goods will be on sale to benefit Orchard Park Senior Center. Please donate the goods on Tuesday the 9th or come and buy some. Whether they are for yourself or others it will be delicious and from the heart of our members.

EDUCATIONAL PRESENTATIONS:

Mondays, November 2nd, 9th, 16th, 23rd and 30th @ 10:00am - 11:00am - Healthy Lifestyles Group – Healthy Lifestyles is a former TOPS group who promotes nutrition and health for seniors. **Optional weigh-in 9:30am and Meeting starts at 10:00am.** All welcome, but $2/month to formally join group. Please RSVP.

Topics for the month are:

11/2 - COVID discussion and various other topics for the rest of the month. Please call in for full list.

Continued on pg 19

ORCHARD PARK SENIOR CENTER
Upcoming Events & Activities - Please RSVP to 942-2293

EDUCATIONAL PRESENTATIONS CONTINUED:

Thursdays, October 22nd - November, 12th @ 10:30am - 12:30pm - Hearts+Minds Class with NAMI – There is a clear need to care for mental and physical health simultaneously. Understanding this connection and synergy is vital to overall wellness. NAMI Hearts+-Minds is a 4-session wellness program designed to educate and empower you to better manage your health - mentally and physically. You are complex, unique, and interconnected from head to toe. You are a "whole" human being - not a medical condition or a mental health diagnosis. You are not alone, and you are not powerless. You can improve your symptoms by learning about how your body systems interact, and by effectively managing both the physical effects of mental illness, and the lifestyle options that can help you feel better overall. You'll gain information and tools that can help you plan and achieve recovery goals and better overall health. Please RSVP.

Monday, November 2nd @ 11:30am - 12:30pm United Way Tax Volunteering – Join Kristi as she talks about how easy it is to be a tax volunteer: whether it be greeting, checking taxes or supporting, you can find a place to make a difference in the community. Please RSVP.

Monday, November 9th @ 11:30am - 12:30pm Navigating Doctor's Appointments and Tools for Mental Well-Being – Join Shondella of COMCARE as she talks about what Comcare does in the community and tools to help with navigating the medical world of doctors' appointments. Please RSVP by Thursday, November 5th.

Thursday, November 12th @ 10:00am - 11:30am "Empowered Seniors" meets at Botanica – This month's topic is "The Untold Mysteries of Your Past: Genealogy, Legacy, and Gratitude for the Future." Every month a new seminar is offered. Enjoy the garden and education. Please RSVP by Monday, November 9th.

Friday, November 13th @ 11:00am - 1:00pm Monthly Gameshow: Mental Health Jeopardy. *See Special Events*

Tuesday, November 17th @ 12:00pm - 1:00pm How to Play Pool with Allan and Vern – Pool Players Allan and Vern offer up their assistance to show others how to play pool. Please RSVP by Monday, November 16th.

Thursday, November 19th @ 10:30am - 4:00pm AARP Safe Driving Course – Join AARP as they discuss safety and rules of the road. This extensive class helps with insurance and potentially allows for a three-year discount. It is $20 for AARP members and $25 for non-members. Please RSVP by Tuesday, November 17th as slots will fill quickly.

Monday, November 23rd @ 11:30am - 12:30pm Computer Basics – Michael from MLH Computer Mechanics talks about the fundamentals of computers as he starts with a free class here at Orchard. Snacks included. Please RSVP by Friday, November 20th.

Tuesday, November 24th @ 11:00am - 12:00pm How to Get Through the Holidays Without a Loved One – Join Jessica from Home Health and Hospice as she goes through grief processing and answers questions. Holidays can be difficult for some, it's important to reflect on that. RSVP by Friday, November 20th.

Monday, November 30th @ 11:00am - 12:00pm Community Classroom: Understanding Your Medications – Join Kelli from Angels Care Home Health who shares great information on various age-related topics. Snacks included! Please RSVP by Tuesday, November 24th.

Thursday, December 3rd @ 11:00am - 12:30pm How to Support Migrants in Your Community – In the current political climate, the International Rescue Committee helps to support those affected by global conflict around the world and support migrants in the community. With this education, the IRC will talk about how to make small differences within your own life and help those who may be affected by these challenges. Please RSVP by Monday, November 30th.

REMINDERS:

LAST MONTH OF RUSTY ECK RAFFLE. A $10 Donation puts you in the running for a new car. Don't miss out on this chance and stop in the center with cash, card or check. (We are hoping someone from Senior Services wins this year.)

DON'T FORGET OUR EDUCATION RAFFLE. Each education you attend puts you in the running for a prize at the end of the month. The more you attend, the higher chance you win. (Crafts, Educational Events, Art Class, Healthy Lifestyles, Spanish and Bible Study all count towards this). All education winners will be put in at the end of the year for our grand prize drawing.

VOLUNTEERS NEEDED. Volunteers like you are what make Orchard what it is. Please come see Asa and see if there are any things you would like to help Orchard with or check our volunteer board. Thanks to all our volunteers.

NEW FOOD BANK! Stop by our new food bank and put some donations in and take some donations out. We only allow two items to be taken per day per person so please spread the bounty around.

DONATIONS WELCOME. If you have a craft or item you think will sell and help benefit Orchard, donate to our shop. Every dollar helps our center and the events we do. (All clothes must be new/lightly used).

FOR COMMUNITY MEALS, please RSVP to Richard (TEXTING ONLY) at 316-550-9352 or call the center at 316-942-2293. Get some lunch and make some friends. Meals served every weekday at 11:15am but you must RSVP a week in advance on Monday.

PLEASE RSVP TO ALL EVENTS NOT IN ONGOING ACTIVITIES. This ensures there is a spot for you and enough supplies. Thank you.

Senior Services
OF WICHITA

200 S. Walnut
Wichita, KS 67213-4730

Return Service Requested

NONPROFIT ORGANIZATION
US POSTAGE PAID
Wichita, KS
Permit #542

PETPALS CHRISTMAS TREE AUCTION

Pets are family, and that bond only grows stronger with time.

From **Meals on Wheels PetPals** to Puppies & Pianos at Linwood Senior Center, Senior Services celebrates the companionship, comfort, and joy our four-legged friends bring to older adults.

This Giving Tuesday, join the fun by bidding on our pet-themed Christmas tree!

- **Bidding** starts at $100
- **Opens:** Monday, November 30th at 8:00am
- **Closes:** Tuesday, December 1st at midnight
- **Bonus:** The winning tree will be delivered fully assembled!

See the tree at the Downtown Senior Center in late November, then scan the QR code available at each senior center to place your bid.

Bid. Give back. And bring home some holiday cheer for the whole family!

Meals on Wheels PETPALS