

The Senior Scoop

JULY 2018

Activities at the Park City Senior Center are available to anyone 55 years and older. No membership fee is required to participate in activities. The operation of the building is supported and funded by the City of Park City and Monies from Sedgwick County Mill Levy. For information on events, programs, activities or needed services, contact the Park City Senior Center Director at 316-744-1199.

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From the Director's Desk...

Hello all!

It has come that time again when Sedgwick County Division on Aging wants to analyze the services they provide. Following is a request to participate in a survey looking to better our senior centers:

The Sedgwick County Division on Aging is seeking information from you that will help us plan programming and services around your needs to better serve you. The information you provide will help us find out what is help-

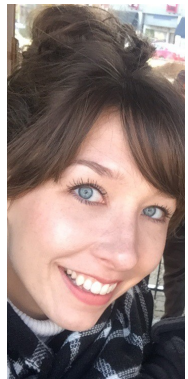
ful about the programs you receive at your Senior Center and, how we can make them better. Your answers will be kept confidential, meaning your answers will not be revealed in any way that can identify you individually. The information we learn from these surveys will hopefully help Senior Centers continue to receive funding and improve services currently being offered. Since the survey is completely voluntary, if there are any questions you feel uncomfortable with, you do not have to answer them. In appreciation of your participation, you will be entered into a drawing for a chance to win one of two \$50 gift cards that will be

given away.

Please visit <http://www.surveygizmo.com/s3/4399023/Senior-Center-Participant-Survey> to complete the online survey or visit the center for a paper copy in July!

See you at the center!

—Madison



Madison Shriner, Director
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Chisholm Trail Seniors

The Chisholm Trail Seniors, Inc. is a club for seniors 55+. They, along with their governing board, work to improve the well-being of Park City seniors and the community they live in. \$5 annual dues are required for membership to this group. For more information please contact President Larry Cross at 316-260-4282. Each month the club hosts several activities at the Park City Senior Center:

- **July 4th—BINGO & Raffle Fundraiser! 1 pm (see page 2 for details)**
- **July 17th—Breakfast Out @ Auntie C's 8 am**
- **July 19th—Card Bingo 1 pm**

Need a Ride?! The Park City Senior Center offers a volunteer transportation program. Please call 316-744-1199 to schedule a ride with one of our volunteers. Rides must be scheduled at least 3 days in advance. *Volunteer drivers & coordinators needed!*

Ongoing Programs...

Well-REP

**Tuesdays & Thursdays
9:45 AM**

WSU Exercise Science Students instruct this chair exercise class incorporating strength, flexibility, and balance training.

Line Dancing

Wednesdays 2:30PM

Group line dancing for an easy, fun, & healthy time!

Senior Dances

**1st, 3rd, 5th Saturdays
7PM**

Country & Western dance with The Wildwood Band. For more information please call Aggie Dry at 316-755-1060.

Video Exercise

**Mondays, Wednesdays,
Fridays 9:30AM**

Group exercise to a video workout series. All are welcome.

Square Dance

Thursdays 7PM

Advanced square dance group. Please call Tammy Gough at 316-371-3991 for more info!

Foot/Nail Care

2nd Wednesday with Michelle Steinke—Call 946-0722

Every 9 weeks with Hermes Healthcare—Call 260-4110

Card Groups

Pitch—Mondays 6PM

Bridge—Tuesdays 1PM

Pinochle—Fridays & Saturdays 1PM

Plus... a variety of other programs including Wii-Bowling, billiards, dominos, painting class, dance aerobics, TOPS, and Food, Fun, & Games.

MEMBER SPOTLIGHT!

Special Programs & Events...

Fridays, July 6th –August 3rd 10:00-11:30 AM

Creative Writing Workshop

This five-week workshop instructed by Becca Yenser, second year MFA Candidate in Fiction, and in partnership with Wichita State University is a strengths based program focused on experiential learning, with an emphasis on positive feedback. The core mission is to build community through writing. Participants will have the option to write stories, poems, memoir, essay, or a hybridized form. To support our writing and find inspiration, we will do some outside reading. Supplemental reading will be provided by workshop facilitator. We will read a wide variety of authors and examine their work to consider how we might utilize language, narrative, imagery, and character in our own writing. Because this workshop places emphasis on early-draft revision, each writer will receive group feedback as well as guidance from the workshop facilitator. Every participant should aim to write between two to eight pages of work per week. In addition to workshops, we will get our creative juices flowing with free writes, but the vast majority of time will be spent reading each other's writing and providing feedback. The final session will culminate with printed booklets of our collective work to take home. There is no better time to start writing than today. Materials needed for workshop: Pen or pencil, notebook or loose-leaf paper, and folder. Space is limited for this class so please call 316-744-1199 to reserve your place!

Tuesday, July 17th 11:00 am

BBB Presentation

Denise Groene, State Director for the Better Business Bureau, Inc. will be at the center to give a presentation on recent scams, complaints, and fraud attempts.

Monday, July 23rd 2:00—4:00 pm

Hearing Group

Irma Cohens, board certified hearing specialist from Hearing Group, will be providing hearing screenings, hearing aid demonstrations, and hearing aid cleans & checks at the Park City Senior Center. Please call to schedule a quick 20-30 min appointment at 316-744-1199!

Wednesday, July 4th 1:00 PM

Chisholm Trail Seniors' Fourth of July Bingo & Raffle

Chisholm Trail Seniors, Inc.'s annual fundraiser. Raffle tickets \$.50 each, bingo cards \$2 or six for \$10. Great prizes! Refreshments available for purchase.

Tuesday, July 10th 10:30 am

Keep Your Senses Sharp & BP Clinic

Presented by Angel's Care Home Health. Get your blood pressure taken and learn tips and tricks on how to remain mentally sharp as you age!

Wednesday, July 11th 8:30 am

Breakfast at Bramble Café!

Join us for an outing to Bramble Café at Elderslie Farm in Valley Center for a tasty breakfast (and maybe pick up a few blackberries while we're there)! Breakfast will be \$5-10 per person. Meet at the senior center to take our van as a group. Please call 316-744-1199 to reserve your spot with us!



Baba Yaga

- Member since July 2017
- Born in Kansas City but calls Wichita home
- Favorite things at the center include playing with straws and q-tips, getting treats, and hangin' out in Madison's office

Friendship Meals/Meals on Wheels

A hot nutritious meal is offered Monday—Friday at Noon from Aging Projects, Inc. Anyone 60 and over automatically qualifies for the meal program at the congregate site for

a suggested \$3 donation per meal. (Under 60 years \$6.75 per meal) Reservations can be made by contacting the site manager at 316-744-075. Meals on Wheels also

available for the home-bound in Park City, Bel Aire, & Valley Center. **Reservations must be made by Wednesday the week before.**

Volunteer Drivers Needed! Call 316-744-0751 for more information.

July 2018 AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 21 - SERVING DAYS - 1 HOLIDAY

Mon	Tue	Wed	Thu	Fri
2 Swedish steak Rstd garlic mashed pot. 4oz Peas & carrots 4oz Apricots 4oz Roll Milk	3 Oven fried chicken Potato salad 4oz Celery sticks w/2 Tblsp. Peanut butter Watermelon 4oz Wheat roll Milk	4 HOLIDAY	5 Cranberry meatballs Cauliflower rice 4oz Green beans 4oz Pineapple 4oz Bread Milk	6 Chicken & rice casserole Broccoli 4oz Gelatin w/fruit 4oz Plums 4oz Bran muffin Milk
9 Hot turkey sandwich (mashed potatoes/gravy) Mixed vegetables 4oz Cranberry sauce 4oz Peach crisp Milk	10 Ham & egg casserole Broccoli/carrot salad 4oz Grape juice 4oz Apricots 4oz Biscuit Milk	11 Creamy chicken & veggie casserole Mixed green salad 4oz Salad dressing .5 oz Pineapple & bananas 4oz Bread Milk	12 Meatloaf Augratin potatoes 4oz Cauliflower bean salad 4oz Mixed fruit 4oz Peanut butter cake w/PB frosting Roll Milk	13 Tuna salad on a Bun Cuke & onion salad 4oz Sliced tomatoes 4oz Cantaloupe 4oz Sugar cookie Milk
16 Beef cutlet OR Liver & onions Mashed potatoes/gravy 4oz Green beans 4oz Mandarin oranges 4oz Roll Milk	17 Chicken fajita salad Salsa Banana w/2 Tblsp peanut butter Hominy 4oz Cinnamon roll Milk	18 Pork roast 3oz w/gravy Augratin cabbage 4oz Mixed vegetables 4oz Watermelon 4oz Wheat roll Milk	19 Ham & beans 8 oz Tomato slices 4oz Parslied carrots 4oz Plums 4oz Cornbread Milk	20 Turkey 3oz w/gravy California mash 4oz w/ gravy Peas 4oz Peaches 4oz Bread Milk
23 Scalloped chicken Pickled beets 4oz Mandarin oranges 4oz Brownie Milk	24 BBQ pork on a Bun Baked potato Combination salad 4oz Salad dressing Mixed fruit 4oz Milk	25 Potato stroganoff cass. Green beans 4oz Cantaloupe 4oz Grape juice 4oz Wheat roll Milk	26 Chicken salad on a Bun Tomato slices 4oz Banana 2 Tblsp Peanut butter Apple cobbler Milk	27 Baked chicken breast OR Crunchy fish (tartar sauce) Cole slaw 4oz Macaroni & cheese 4oz Peaches 4oz Oatmeal cookie Milk
30 Ham 3oz Creamed peas 4oz Tomato slices 4oz Pears 4oz Bread Milk	31 Chicken fried steak Mashed potatoes 4oz w/ Cream gravy Mixed green salad 4oz Salad dressing Milk Pineapple 4oz Roll	Birthday Day - July 12 Choice Days - July 16 & 27 Circled Days - meals that freeze well Independence Day Holiday - July 4		Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher

Important Information

- We are hosting another AARP Smart Driver Course Thursday, July 26th 8:30—5:00 pm. This class is already full, but we are taking names for a wait list. Please call 316-744-1199 to add your name to this list.
- All regularly scheduled activities are canceled July 4th for the Chisholm Trail Seniors annual Fourth of July BINGO & Raffle Fundraiser.
- Madison will be out of her office beginning July 30th and will return August 13th. The center will be open normal business hours.



Happy Birthday to all the July Birthdays

Your name is added if you have visited in the past 12 months. If we have incorrect information about your birthday month or name please call 316-744-1199 to correct/update.

Ronnie	Murphy	Erna	Karstadt	Virginia	Allen	Ronald	Trowbridge
Wayne	Ellis	Wes	Nelson	Terry	Dunlap	Cassandra	McBeth
David	Knapp	Betty	Allen	Bonnie	Ayers	Virginia	Cully
Evelyn	Dawes	Donald	Arbogast	Jimmy	Ledbetter	Gloria	Woodward
Jimmie	Grey	Mickey	Pogue	Patty	Williams	Ronald	Maynard
Joetta	Vredenburg	Daniel	Dreiling	Edward	Arzinger	David	Shaw
David	Hooper	Judy	Pacacha	Glenn	Mann	Theodore	McMurphy
Evelyn	Neal	Carolyn	Mason	Gareth	Smith	Greta	Doty
Betty	Arzinger	Elizabeth	Trimble	Harold	Woolery	Hazel	LeVardi
Adeline	Anderson	Wanda	Tipton	Teresa	Vickers	Jane	Warner
Dorleen	Martens	Romeo	Rustia	Karen	Case	Wanda	Hodges
Jenny	Powers	Nancy	Yates	Mela	Cain	Marvin	Keck
George	Watkins	Larry	Papps	M.	Padding	Robert	Manning
Cheryl	Ferris	Earleta	Godderz	Harry	Grover	Ned	Felzien
						Jan	Stringer
						Julius	Smith
						Mark	Herron
						Terry	Ford
						Joyce	Wigner

Park City Senior Center

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