



Northeast Senior Center

Hello Everyone...Happy Black History, American Heart Month, and Valentine's Day!!!

With so much going on in the world today sometimes it takes a different view on life to shift the atmosphere. We all have enough going on in life to be depressed, disturbed, and discouraged. I want to shift your focus on life to be grateful, thankful, and appreciative of what we do have. Sometimes just seeing things differently will give you a positive energy and drive towards life. So, if it is ok with you can I shift the atmosphere? For February can we focus on Black History and American Heart Month? These are two areas that play a big factor in all of our lives; whether it is admitted or not.

Black History is an opportunity for us to recognize, remember, and celebrate the achievements and central role of African Americans in U.S. History. For some it may have no value, but for so many it is priceless. So many men and women endured things you will never have to experience; just so you can enjoy what you have today...Be Grateful, Thankful, and Appreciative! Remembering our history shows us that we have come a long way. Everything is not perfect, but it is better than it was...Be Grateful, Thankful, and Appreciative! We all can continue to make things better by showing "LOVE". Unconditional love, that is what has been given to us...with no questions asked. With that said, in order for us to show love, we need to take care of our bodies and our overall health. If we do not take care of us we are no good to ourselves, as well as no one else.

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Ongoing Activities

Monday

- 9:30 WSU Exercise
- 10:30 Advisory Council
- 11:30 API - Friendship Meals
- 12:30 T.O.P.S. (Taking Off Pounds Sensibly)
- 1:30 Sing-Along

Tuesday

- 9:30 Keep It Moving (Exercise)
- 10:30 Bingo
- 11:30 API - Friendship Meals
- 1:00 Spanish Class

Wednesday

- 9:30 WSU Exercise
- 10:00 Special Events Committee
- 11:30 API - Friendship Meals
- 1:00 Line Dance (2nd and 4th Wednesday)
- 2:30 Drawing 101

Thursday

- 9:30 Cross-Stitching
- 9:30 Moving and Grooving with Otis
- 10:30 Jewelry Class
- 11:30 API - Friendship Meals
- 12:00 Bible Study

Friday

- 9:30 WSU Exercise
- 10:00 Crochet Class
- 11:30 API - Friendship Meals
- 1:00 Bridge

Special Events Committee has moved to the 3rd Monday each month @ 10am

Advisory Council is every 2nd Monday each month @10:30am

Northeast Senior Center • 2121 E. 21st, 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



Northeast Senior Center

Director's Notes

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With this also being American Heart Month, I want to take a moment to share some risk factors and preventative things you can do to keep your heart in good health. Heart disease can often be prevented when people make healthy choices and manage their health conditions. Several health conditions (lifestyle, age, and family history) can increase the risk. These are called risk factors. Some risk factors cannot be controlled, such as age or family history. However, you can take steps to lower and control the factors that you can.

Here are some risk factors for developing heart disease:

- Age
- Sex (Male Or Female)
- Family History

- Smoking
- Poor Diet
- High Blood Pressure
- Diabetes
- Physical Inactivity
- Stress
- High Blood Cholesterol Levels
(www.cdc.gov, www.mayoclinic.gov, www.healthfinders.gov.)



- Heel Pain
- Bunions
- Neuropathy
- Ingrown Toenails
- Fungal Nails
- Foot Pain?

Get Back to What You LOVE

316.283.4330

THE KANSAS FOOT CENTER

www.kansasfootcenter.com

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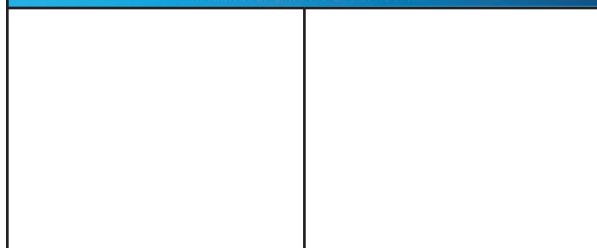
Right at Home

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Wichita, KS 67205
(316) 665-7171

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www.OxfordatNewMarket.com



Be My Valentine!

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

hearts

romance

flowers

candy

blush

love

Cupid

bow

arrows

surprise

pink

white

red

valentine

kindness

special

card

chocolates

saint

boyfriend

girlfriend

husband

wife

bouquet

roses

February

fourteenth

To answer the trivia question, look for words or phrases that are hidden in the puzzle, but not in the word list.

Trivia: The first recorded associations of Valentine's Day with love can be traced to this English author.

Answer: _____



Northeast Senior Center

Monthly Events

Advisory Council:

Monday, February 13th, at 10:30am

Special Events Committee:

No meeting this month

Blood Pressure Checks:

First Wednesday of each month, at 11:15 a.m.
Courtesy of HealthBack Home Health

Foot Care by Michelle Steinke

First Wednesday of each month by appointment. Michelle does nail trimming, corns, calluses, and foot massages. Please call 946-0722 (leave a message).

Upcoming Events

NESC Valentine's Party

Friday, February 10th, 2017

Time: 2pm-4pm

Cost: \$5 members/ \$7 nonmembers

NESC "The Green Thang" Party

Friday, March 17th, 2017

Time: 2pm-4pm

Cost: \$5 members/ \$7 nonmembers

2017 Tax Schedule (by appointment only)

Northeast Senior Center will be doing taxes Tuesdays, Wednesdays, and Thursdays from 9 a.m. - 2:15 p.m. until April 13th (last tax appointment day).

Food For Thought:

Look for something positive in each day, even if some days you have to look a little harder.

Northeast Senior Center will be closed:

Monday, February 20th in observance of Presidents' Day.

Caged Bird

By Maya Angelou

A free bird leaps
on the back of the wind
and floats downstream
till the current ends
and dips his wing
in the orange sun rays
and dares to claim the sky.

But a bird that stalks
down his narrow cage
can seldom see through
his bars of rage
his wings are clipped and
his feet are tied
so he opens his throat to sing.

The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.

The free bird thinks of another breeze
and the trade winds soft through the sighing
trees
and the fat worms waiting on a dawn bright
lawn
and he names the sky his own

But a caged bird stands on the grave of
dreams
his shadow shouts on a nightmare scream
his wings are clipped and his feet are tied
so he opens his throat to sing.

The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.