



## Northeast Senior Center

Hello Everyone...

Hope you are enjoying this nice weather. I will say I know we are at Northeast, because I have been getting positive feedback on all the special events that we have been having these past few months. For April, we had the play "Mad At Jesus," which was written by our own Ms. Connie Stone, and it was awesome. For May, we had our Mother's Day Dinner & Fashion Show which was so nice. It was great to see some new members a part of the show. For June we had our "Motown Madness" at the Boys & Girls Club. I will say each year it gets bigger and better. We also had our Father's Day Dinner and Fashion Show which again was a success. I just want to say Thank You to all who help make the center run smoothly. If you feel like what you do does not get noticed...trust me, it is noticed. From buying coffee, helping with the flowers and lawn care, calling Bingo, answering the phones, teaching a class, serving on our Advisory Council or Special Events Committee, and even those that donate towards an event...It is noticed. Thank you, Thank you, Thank you...I am truly blessed to be among a caring, compassionate, very involved center. With that said if you have any suggestions, concerns, or comments on helping bring more fun and more members to our center, please do not hesitate to stop by the office and share your ideas or thoughts. They are always appreciated.

Be Blessed,  
Carnesha Tucker, Center Director

### 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)

#### Tuesday

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

#### Wednesday

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

#### Thursday

9:30 Moving and Grooving with Otis (1st and 3rd)  
10:30 Jewelry Class  
11:30 API - Friendship Meals  
12:00 Bible Study  
1:00 Card Games (Bid Wiz & Spades)  
2:00 Drawing 101

#### 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 • Membership: \$25 per year**



## Northeast Senior Center

### Monthly Events

**Advisory Council:**  
Monday, July 10th, at 10:30 a.m.

**Special Events Committee:**  
Monday, July 17th, at 10 a.m.

**Blood Pressure Checks:**  
There are no blood pressure checks in July.

### 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:

#### Catfish & Chicken Wing Dinner (Fundraiser)

Friday, July 14th, 2017  
Cost: \$10 per dinner  
Time: 1pm

#### Northeast Senior Center "Senior Prom"

Friday, September 15th  
\*More information to come

\*Donations (Monetary, Food, and/or Prizes) to cover events or parties are always appreciated

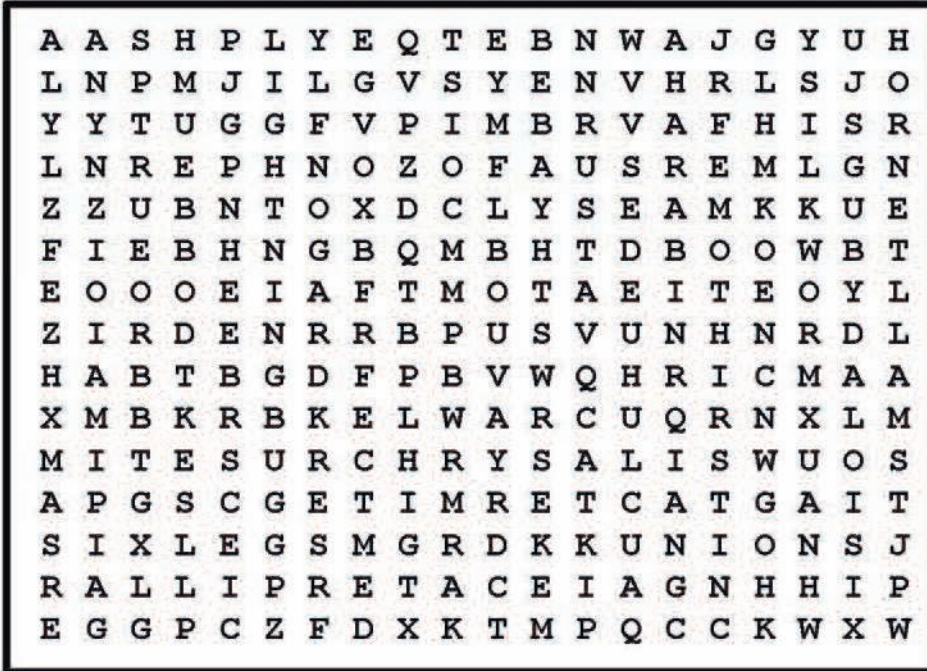
### Holiday

We will be closed July 4 in observance of the 4th of July holiday.

	<p>with HOME BUDDY's <b>ANYWHERE HELP</b> now you can!</p> <p>Call us today to find out more. 316-262-8339 Homebuddy.org</p> 	<p><b>When A Nursing Home Isn't the Answer</b></p> <p><i>HomeCare You Can Trust And Afford</i></p>  <p><b>24 HOURS A DAY, 7 DAYS A WEEK</b></p> <p>Call for a <b>FREE Information Packet</b></p> <p><b>316-721-6001</b></p> <p>7348 W 21st St N., Suite 101 • Wichita, KS</p>
<p><b>HELP PROTECT YOUR FAMILY &amp; HOME</b></p> <p><b>CALL NOW! 1-888-891-6806</b></p>   <p>HOME SECURITY TEAM</p>	<p>➤ Reach the Senior Market</p> <p><b>ADVERTISE HERE</b></p> <p>CONTACT</p> <p>Contact Jenny Lusk to place an ad today! jlusk@4LPi.com or (800) 477-4574 x6302</p>	
<p>Protecting <i>Seniors</i> Nationwide</p> <p>Medical Alert System </p>  <p><b>\$29.95/Mo. billed quarterly</b></p> <ul style="list-style-type: none"> <li>• One Free Month</li> <li>• No Long-Term Contract</li> <li>• Price Guarantee</li> <li>• Easy Self Installation</li> </ul> <p>Call Today! Toll Free 1.877.801.7772</p>	<p> LITURGICAL PUBLICATIONS</p> <p><b>WE'RE HIRING AD SALES EXECUTIVES</b></p>  <ul style="list-style-type: none"> <li>• Full Time Position with Benefits</li> <li>• Sales Experience Preferred</li> <li>• Paid Training</li> <li>• Overnight Travel Required</li> <li>• Expense Reimbursement</li> </ul> <p>CONTACT US AT: <a href="mailto:careers@4LPi.com">careers@4LPi.com</a> <a href="http://www.4LPi.com/careers">www.4LPi.com/careers</a></p>	



## Insect World



**ABDOMEN**

**ANT**

**ANTENNA**

**BEE**

**BUTTERFLY**

**BUZZ**

**CATERPILLAR**

**CHRYSLIS**

**CRAWL**

**CRICKET**

**DRAGONFLY**

**EGG**

**GRASSHOPPER**

**HEAD**

**HORNET**

**LADYBUG**

**LARVA**

**LIGHTNING BUG**

**MITES**

**MOSQUITO**

**MOTH**

**PUPA**

**SILKWORM**

**SIX LEGS**

**SMALL**

**TERMITE**

**THORAX**

**WASP**

**WINGS**

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

**Trivia: What percentage of the world's animal species are insects?**

**Answer: \_\_\_\_\_**





## Northeast Senior Center Educational Opportunities

### July

July 6th @ 11:45am

#### **“Grief & Loss”**

Eric Mitchell – Heart & Soul Hospice

July 13th @ 11:45am

#### **“The Role Of Spirituality In Maintaining Hope And A Good Attitude”**

Mark Pennington – Harry Hynes

July 14th @ 11:45am

#### **“Keep Your Senses Sharp”**

Angels Care Home Health

July 20th @ 11:45am

#### **“Talking to your Aging Relatives about your Future”**

Kevin Herrington - Humana

July 21st @ 11:45am

#### **“Nutrition: Eating Better as We Age”**

Chisholm Place

July 27th @ 11:45am

#### **“Hospice 101: Myths and Realities of Hospice Care”**

Rev. Leigh Burgass –  
Encompass Home Health & Hospice

### August

August 3rd @ 11:45am

#### **“Bereavement”**

Eric Mitchell – Heart & Soul Hospice

August 4th @ 11:45am

#### **“The Importance of Exercise, Nutrition, and Sleep to a Hopeful Attitude”**

Mark Pennington

August 11th @ 11:45am

#### **“Strong Bones and Muscles for Healthy Aging”**

Angels Care Home Health

August 24th @ 11:45am

#### **“Positive Thinking: When Life Gives Us Lemons”**

Kevin Herrington - Humana

### ***Food For Thought:***

*“Life is not measured by the number of  
BREATHS we take,  
but by the MOMENTS that take our breath  
away.”*



**The Northeast Senior Center hosted Motown Madness June 2 at the Boys and Girls Club. Everyone enjoyed an evening filled with singing, dancing and dining.**



**NESC models in the Mother’s Day fashion show.**