



Northeast Senior Center

Hello Everyone...Happy Mother's Day and Arthritis Awareness Month!!!

Arthritis is not a single disease; it is an informal way of referring to joint pain or joint disease. There are more than 100 different types of arthritis and related conditions. People of all ages, sexes and races can and do have arthritis, and it is the leading cause of disability in America. More than 50 million adults and 300,000 children have some type of arthritis. It is most common among women and occurs more frequently as people get older. Common arthritis joint symptoms include swelling, pain, stiffness and decreased range of motion. Symptoms may come and go. They can be mild, moderate or severe. They may stay about the same for years, but may progress or get worse over time. Severe arthritis can result in chronic pain, inability to do daily activities and make it difficult to walk or climb stairs. If you have a concern with your health about the aches and pains that you are having, talk with your doctor about testing you for arthritis.

There is no sure way to prevent arthritis, but you can help reduce your risk, and delay the potential onset of certain types of arthritis by maintaining a healthy weight and getting regular physical activity. (www.arthritis.org) With that said, we do offer exercise classes and educational presentations at all four senior centers that can help if you are dealing with arthritis and if you need to stay mobile and active to reduce the risks of arthritis.

Be Encouraged,
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, May 8th, at 10:30 a.m.

Special Events Committee:
Monday, May 15th, at 10 a.m.

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

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 "Mother's Day Dinner/Fashion Show"
Friday, May 12th, 2017
Time: 2pm-4pm
Cost: \$5 members/\$7 nonmembers

NESC "Father's Day Dinner/Fashion Show"
Friday, June 16th, 2017
Time: 2pm-4pm
Cost: \$5 members/ \$7nonmembers

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

Food For Thought:

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.
~ Maya Angelou

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Busy Bees



ANTENNAE
BEEKEEPER
BUMBLEBEE
BUSY
BUZZING
DRONES
HIVE
HONEY
INSECT
KILLERBEE
LARVAE

NECTAR
POLLEN
QUEEN
SIX LEGS
STINGER
SWEET
WAX
WINGS
YELLOW AND
BLACK

To find the answer to the trivia fact, look for a word or phrase that is hidden in the puzzle, but not in the word list

Trivia: Honey bees must tap the nectar of this many flowers to make one pound of honey.

Answer: _____



Northeast Senior Center Educational Opportunities

May

May 4th @ 11:45am

“VA Partnership”

Eric Mitchell – Heart & Soul Hospice

May 5th @ 11:45am

“10 Surefire Tips For Breaking Out Of A Slump When You Are Depressed”

Mark Pennington – Legacy on College Hill

May 11th @ 11:45am

“Diabetes”

Lucy Lavelle – Wesley Rehab

May 12th @ 11:45am

“Immune System & Aging”

Chisholm Place

May 19th @ 11:45am

“The Benefits of a Good Night’s Sleep”

Chris Martin – Wichita Mattress Direct

May 26th @ 11:45am

“Eating Right for Healthy Aging”

Angels Care Home Health

June

June 1st @ 11:45am

“Caregiver Stress”

Eric Mitchell – Heart & Soul Hospice

June 2nd @ 11:45am

“Taking Control Of The Heritage That You Are Leaving Your Children And Grandchildren”

Mark Pennington – Legacy on College Hill

June 9th @ 11:45am

“Cardiovascular Disease”

Chisholm Place

June 23rd @ 11:45am

“Lower High Blood Pressure for better Health”

Angels Care Home Health

A Special Evidence-Based Class for June: “A Matter of Balance”

“A Matter of Balance” is a structured group intervention that utilizes a variety of activities to address physical, social and cognitive factors affecting fear of falling and to teach fall prevention strategies. The activities include group discussion, problem-solving, skill building, assertiveness training, videotapes, sharing practical solutions and exercise training. The program was designed to benefit community-dwelling older adults who:

- Are concerned about falls.
- Have sustained a fall in the past.
- Restrict activities because of concerns about falling.
- Are interested in improving flexibility, balance and strength.
- Are age 60 or older, ambulatory and able to solve problems.

This class will meet twice a week, 2 hours each session, (8 sessions total), for 4 weeks:

Tuesdays, June 6th, 13th, 20th, & 27th –
1 p.m. - 3 p.m.

Thursdays, June 8th, 15th, 22nd, & 29th –
1 p.m. - 3 p.m.

*If this is something that may interest you, please call Northeast Senior Center at (316) 269-4444 to sign up. Please be aware that space is limited.

