



## Northeast Senior Center

Hello Mrs. Lola Simmons and everyone else!

Guess what...We have been blessed to see November. I am praying that all is well with you and your family. I have always considered the month of November a month to give thanks. Each month we should show and give thanks, but November just really sets a special tone for me. We get a chance to show our appreciation to our veterans and the Thanksgiving Holiday is also celebrated.

If you did not get the chance these past months to show and tell all the important people in your life how much you appreciate them, please take this month to show and tell those important people (friends and family) how much you appreciate them. This can be done by making a phone call, cooking a meal, sending a gift or card, running and/or helping with errands and the lists goes on.

With tomorrow not being promised to you or anyone else, why leave room for regrets. Let us carry an Attitude of Gratitude for the remainder of the year and watch the overflow of blessings begin to happen in your life.

Be Blessed,  
Carnesha Tucker, Center Director

## Holiday Closing

The Northeast Senior Center will be closed November 23rd & 24th for Thanksgiving.

## Ongoing Activities

### Monday

9:30 WSU Exercise  
10:00 Special Events Committee (3rd Monday)  
10:30 Advisory Council (2nd Monday)  
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  
11:30 API - Friendship Meals  
12:00 Spanish Class

### Wednesday

9:30 WSU Exercise

11:30 API - Friendship Meals  
1:00 Line Dance (2nd and 4th Wednesday)

### Thursday

10:00 Quilters' Treasures  
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  
11:30 API - Friendship Meals  
1:00 Bridge

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, November 13th, at 10:30 a.m.

#### Special Events Committee (3rd Monday):

Monday, November 20th, at 10 a.m.

### 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).

### Four-Center Christmas Lights Tour

Friday, December 8th, 6pm-8pm  
\$10 per person. Sign up by November 9th.

### Upcoming Events

#### NESC - "Veteran's Day Celebration"

Friday, November 10th

Time: 2pm-4pm

Cost: No Charge Event

#### NESC - "Thanksgiving Dinner"

Friday, November 17th

Time: 2pm-4pm

Cost: \$5 member/ \$7 nonmembers






#### NESC - "Christmas Dinner"

Friday, December 22nd

Time: 2pm-4pm

Cost: \$5 members/ \$7 nonmembers

\*Donations (monetary, food, and/or prizes) to cover events or parties are always appreciated

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<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 <b>24 SEVEN</b></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><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>



### American Holidays

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

**APRIL FOOLS DAY**

**CHRISTMAS**

**COLUMBUS DAY**

**FATHER'S DAY**

**FOURTH OF JULY**

**GRANDPARENT'S DAY**

**GROUNDHOG DAY**

**HALLOWEEN**

**MOTHER'S DAY**

**NEW YEAR'S**

**PRESIDENT'S DAY**

**ST. PATRICK'S DAY**

**THANKSGIVING**

**VALENTINE'S DAY**

**VETERAN'S DAY**



## Northeast Senior Center Educational Opportunities

### November

November 2nd @ 11:45am  
**Yellow Brick Road Series**  
**“How Much Are You Willing To Sacrifice?”**  
Wayne Cash - Oxford Grand

November 3rd @ 11:45am  
**“Community Resources”**  
United Methodist Open Door

November 9th @ 11:45am  
**“Healthy Feet”**  
Hermes Healthcare

November 10th @ 11:45am  
**“Knee & Hip Arthritis”**  
David Reinsch, PA -  
Kansas Orthopaedic Center

November 16th @ 11:45am  
**Yellow Brick Road Series**  
**“Time for the Tough Conversation”**  
Wayne Cash - Oxford Grand

November 17th @ 11:45am  
**“Assisted Living vs. Home Plus”**  
Tolu Adaranijo - Ultra Care Home Plus



### December

December 7th @ 11:45am  
**Yellow Brick Road Series #5**  
**“Senior Living Today”**  
Wayne Cash - Oxford Grand

December 21st @ 11:45am  
**Yellow Brick Road Series #6**  
**“The Senior Living Experts”**  
Wayne Cash - Oxford Grand

### *Food For Thought:*

*Gratitude can transform common days  
into thanksgiving,  
turn routine jobs into joy, and change ordinary  
opportunities into Blessings.*  
~ William Arthur Ward

### Blanket Collection for the Homeless

All four senior centers (Downtown, Linwood, Orchard Park, and Northeast) will be collecting new and/or gently used long blankets for the homeless. Please donate if you are able.

\*Start date: Monday, November 20th -  
Ending date: Friday, December 15th.



Northeast Senior Center members and their guests enjoyed the Senior Prom October 7.