



## Northeast Senior Center

Hello Everyone! Happy New Year!

It is truly a blessing to see another year. So many people start the New Year reminiscing and making plans (resolutions). Let us all agree that many of those plans do not always work out for us, because of our mind-set towards it or things out of our control. People use resolutions as a motivator, but when a person sets unrealistic goals and expectations this accounts for the high rate of failure. Some of the top resolutions that many focus on are weight loss, exercise, stopping smoking, better money management, and debt reduction. Studies and research has found that in order to make resolutions work you must change your behavior. In order to change your behavior, you must change your way of thinking. I think that was a mouthful. Here are some tips to help you make them work:

1. Focus on one resolution, rather than several and set realistic, specific goals.
2. Don't wait till New Year's Eve to make resolutions. Make it a year long process; every day.
3. Take small steps. Many people quit because the goal is too big requiring too much effort and action all at once.
4. Have an accountability buddy, someone close to you whom you have to report to.
5. Celebrate your success between milestones. Don't wait until the goal is finally completed.
6. Focus your thinking on new behaviors and thought patterns.
7. Focus on the present. What's the one thing you can do today, right now, towards your goal?
8. Be mindful. Become physically, emotionally and mentally aware of your inner state as each external event happens, moment-by-moment, rather than living in the past or future.

*(continue on page 15)*

### 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
- 11:30 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

- 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

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, January 8, at 10:30 a.m.

#### Special Events Committee:

I will be calling all those on the committee to see if we can get our meetings started back up again. The Special Events Committee is responsible for set-up, clean-up, decorating and serving for parties. To volunteer, please stop by or call 269-4444.

### 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

#### “V.I.P.” /Volunteer Recognition Party


Friday, January 19th, 2018

Time: 2 p.m.-4 p.m.

\*V.I.P. stands for (Very Important Person)

This party is to recognize our volunteers of all our programs (Advisory Council, Special Events Committee, Bingo, Exercise Classes, etc....) who help keep the center running. We just want to take a moment to express our appreciation for all that you do here at Northeast Senior Center. So, members, if you are free and have a little time, please stop by and show our volunteers that they are appreciated.

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

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# Bible Mothers

*Here are thirty mothers from the Bible. Do you know who their husbands and children were? Can you remember their particular stories or significance?*

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

ABIGAIL  
 AHOLIBAMAH  
 BATHSHEBA  
 BILHAH  
 ELIZABETH  
 EUNICE  
 EVE  
 GOMER  
 HAGAR  
 HANNAH  
 JEZEBEL  
 JOCHEBED  
 JUDITH  
 KETURAH  
 LEAH  
 LOIS  
 MARY  
 MILCAH  
 NAOMI  
 PENINNAH  
 RACHEL  
 RAHAB  
 REBEKAH  
 RUTH  
 SARAH  
 SHULAMITE WOMAN  
 TAMAR  
 ZERUIAH  
 ZILPAH  
 ZIPPORAH



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## Northeast Senior Center Educational Opportunities

### January

Friday, January 5th @ 11:45 a.m.

#### **“Our Memory. What is it?”**

(Blood Pressure checks before class)  
Angels Care Home Health

Friday, January 19th @ 11:45 a.m.

#### **“The 411 on Taxes”**

Taxpayer Advocate Service

### Tax Appointments!!!

We will start taking appointments for taxes on Tuesday, January 16, 2018. Please do not call before this date. We will not be able to make appointments before the stated date.

What you should bring for taxes:

- Social Security Cards (or ITIN document) for all people that you are filing on your taxes
- Picture ID for yourself (and spouse if filing jointly), such as valid driver’s license or other government issued ID
- Both spouses should be present if filing jointly
- Copy of previous year’s tax returns
- All W-2’s, 1099 forms, or other tax related forms
- If expecting a refund and you want it to be direct deposited, please bring a check, or debit card direct deposit form with issuer printed routing and account numbers (not hand written).

AARP Tax-Aide volunteers cannot prepare:

- Schedule E – Rental Property
- Form 2106 – Employee Business Expenses
- Form 3903 – Moving Expenses
- or Schedule C – Business with an Operating Loss or Expenses over \$10,000

### Center Holiday Closings

Monday, January 1st (New Year’s Day)

Monday, January 15th (Martin Luther King Jr. Day)

### Director’s Note

*(continued from page 12)*

If all those tips seem to be a bit much to focus on, how about you just make one resolution...and that is come to the senior center at least three times a week. We offer exercise classes, T.O.P.S. (Taking Off Pounds Sensibly) to help with weight loss, Educational topics on health, money management and the list goes on. Being an active member at the senior center will help you with many of the top resolutions that many people make. It will also keep you mobile, independent and living life to the fullest, because of all the exciting events that we offer. ([www.psychologytoday.com](http://www.psychologytoday.com))

Be Encouraged,

Carnesha Tucker, Center Director

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

*We are so often caught up in our destination that we forget to appreciate the journey, especially the goodness of the people we meet on the way.  
Appreciation is a wonderful feeling; don’t overlook it.*



**Northeast Senior Center’s last day with WSU Well Rep Exercise Class. They came in and really bonded with the members this semester. They made a special effort to help the members that had many challenges while doing their exercises.**