



Northeast Senior Center

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

Well, whether we like it or not the year is off and running. Can you believe we are already in February? I can, there are so many things around us that has made it hard to go unnoticed (colder weather, people wearing sweaters, taxes, etc.). I do not know about you, but I am pretty excited about the new things that are in store for this year here at the Northeast Senior Center. I would share a few things, but that would take the fun out of it all. So I guess you will just have to make it a point to stop in daily to see what is going on...

Be Blessed,
Carnesha Tucker, Center Director

February is American Heart Month

According to the American Heart Association (www.heart.org), there are many things that can be done to improve one's overall health. Here are 7 simple tips they share:

1. Get Active: Daily physical activity increases your length and quality of life.
2. Eat Better: A healthy diet is one of the best weapons for fighting cardiovascular disease.
3. Lose Weight: You give yourself the gift of active living, lower blood pressure and you feel better.
4. Stop Smoking: Smoking damages your circulatory system, and increases your risk for diseases.
5. Control Cholesterol: Eat healthy foods that are low in cholesterol, trans fats and saturated fats.
6. Manage Blood Pressure: It reduces the strain on your heart, arteries, and kidneys.
7. Reduce Blood Sugar.

Ongoing Activities

Monday

- 9:30 WSU Exercise
- 10:30 Advisory Council
- 11:30 API - Friendship Meals

Tuesday

- 9:30 Keep It Moving (Exercise)
- 10:30 Bingo
- 11:30 API - Friendship Meals
- 12:00 Conversation Spanish

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

Upcoming Events

Thursday, February 1st, 2018

Low Income Energy Assistance Program (LIEAP) Federally Funded thru DCF

Time: 9 a.m. - 4 p.m.

*Please bring the following items:

Copies of all proof of income for all permanent individuals living in the home who are 18 years old or over

Copies of utility bills (gas, electric, propane, wood, etc.)

Friday, February 9th, 2018

Northeast Senior Center Valentine's Party

Cost: \$5 members/ \$7 nonmembers

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

Friday, March 23rd, 2018

"The Green Thang"

Cost: \$5 members/ \$7 nonmembers

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

Center Holiday Closing

Monday, February 19th in observance of Presidents' Day

Monthly Events

Advisory Council:

Monday, February 12, at 10:30 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).

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Native American Tribes

There are well over 500 federally recognized tribal governments in the United States in addition to a number of tribes that are recognized by individual states but not the federal government. Here are some of the more well-known tribes.

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

- ALEUT
- APACHE
- BLACKFEET
- CHEROKEE
- CHEYENNE
- CHICKASAW
- CHIPPEWA
- CHOCTAW
- COMANCHE
- CREE
- CREEK
- CROW
- DELAWARE
- ESKIMO
- IROQUOIS
- KIOWA
- MENOMINEE
- NAVAJO
- OSAGE
- OTTAWA
- PAIUTE
- PIMA
- POTAWATOMI
- PUEBLO
- SEMINOLE
- SHOSHONE
- SIOUX
- UTE
- YAKAMA



Come visit PagesOfPuzzles.com for lots more puzzle fun!

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Northeast Senior Center Educational Opportunities

February

Friday, February 2nd @ 11:45am

“Preventing Falls”

(Blood Pressure Checks before class)
Angels Care Home Health

Thursday, February 8th @ 11:45am

“Helping Your Family Connect to Senior Living”

A Place for Mom

Friday, February 9th @ 11:45am

“Health Benefits of Walking”

Bike Walk Wichita

Thursday, February 15th @ 11:45am

“Eating & Exercise”

Home Health of Kansas

Thursday, February 22nd @ 11:45am

“Diabetes 101”

Home Health of Kansas

March

Friday, March 2nd @ 11:45am

“Keep Your Kidney’s Healthy”

(Blood Pressure Checks before class)
Angels Care Home Health

Food For Thought:

*Change the way you look at things and
the things you look at change.*

~ Dr. Wayne Dyer



Tax Appointments!!!

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)
- Both spouses should be present if filing jointly
- Copy of previous year’s tax returns
- W-2’s, 1099 forms, or other tax 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.

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



Members of Northeast Senior Center enjoyed their annual Christmas dinner and celebration December 22, many festively dressed in red. Members of Line Dance did a skit about personalities.