



Northeast Senior Center

Hello Everyone...April is National Stress Awareness Month

Since it is National Stress Awareness Month let's talk stress...Stress happens. It's unavoidable at times, as well as unbearable. Long-term stress can lead to a wide range of illnesses-from headaches to stomach disorders to depression-and can even increase the risk of serious conditions like stroke and heart disease. The best way to handle stress is to find ways to create less stress in your life. Here is a list of positive ways you can respond to the stress in your life and keep your own stress levels in check:

- Make up your mind to get and/or stay healthy - taking control: taking control of your personal health can make a great difference in the amount of stress you feel. The best way to reclaim control of your life is by taking charge of your body. Whether it is through diet, exercise, or simply getting that checkup you've been putting off, let April be the month you put yourself back in control.
- Make a change: It can be as simple as clearing the clutter off your desk or as elaborate as taking a well-deserved vacation, the important thing is that you do something different. Even a small change can make a big difference when it comes to stress.
- Focus on Now: Most folks live their entire lives in yesterday or tomorrow. In truth, however, there is only now.
- Talk to Yourself: Sometimes a good pep talk is all that is needed to keep stress at bay.
- Get the Giggles: It's true; laughter really is the best medicine. Watch a funny movie or show, tell a funny joke...whatever it takes; just laugh.

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Ongoing Activities

Monday

9:30 WSU Exercise
10:30 Advisory Council
11:30 API - Friendship Meals
2:30 Computer Class

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
10:30 Computer Class
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 Whist & 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, April 9, 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).

Food For Thought:

*6+3=9, but so does 5+4.
The way you do things isn't always the only
way to do them.
Respect other people's way of thinking.*

Upcoming Events

Friday, April 27th, 2018 *(date change)*
"Northeast Spring Fling"
Cost: \$5 members/ \$7 nonmembers
Time: 2 p.m. - 4 p.m.

Friday, May 11, 2018
"Mother's Day Dinner"
Cost: \$5 members/ \$7 nonmembers
Time: 2 p.m. - 4 p.m.

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



	GO	<p>with HOME BUDDY's ANYWHERE HELP now you can!</p> <p>Call us today to find out more. 316-262-8339 Homebuddy.org</p> 	
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• Gated Community

• Clubhouse

• Garage(s) & Storage Space(s)

• 24 Hour Fitness Center

• Washer/Dryer Connections

• Handicapped Accessible

• Business Center • Book Exchange

• Basketball Court

• Package Receiving

• Outdoor Fireplace & Grill

• Swimming Pool & Hot Tub

• Pet Playground • Pond

• On-site Laundry

Huntington

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PARK



Easter

Find and circle all of the words that are hidden in the grid.
The remaining 34 letters spell a secret message.

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

- | | | | |
|---------------|------------|---------------|--------------|
| ASH WEDNESDAY | DEATH | JESUS | PENITENCE |
| BREAD | DISCIPLES | LAST SUPPER | PRAYER |
| BUNNY | EGG HUNT | LENT | RESURRECTION |
| CALVARY | EGGS | MARY | ROAST |
| CELEBRATION | EUCCHARIST | MASS | SACRAMENT |
| CHOCOLATE | FAMILY | MEAL | SATURDAY |
| CHRIST | FASTING | NEW TESTAMENT | SUNDAY |
| CHURCH | FESTIVAL | PALMS | THURSDAY |
| CROSS | FRIDAY | PARADE | TOMB |
| CRUCIFIXION | HOLIDAY | PASSOVER | TRADITION |
| CUSTOM | HOLY WEEK | PENANCE | VIGIL |

[Did you enjoy this puzzle? Visit:](http://www.puzzles.ca/wordsearch.html) <http://www.puzzles.ca/wordsearch.html>



Northeast Senior Center Educational Opportunities

April

Thursday, April 5th @ 11:45am
“Helpful Resources For Those In Need”
Medical Service Bureau

Friday, April 6th @ 11:45am
“Home Health 101”
(Blood Pressure Checks before class)
Angels Care Home Health

May

Friday, May 4th @ 11:45am
“F.A.S.T. CVA (Stroke Awareness)”
(Blood Pressure Checks before class)
Angels Care Home Health

Director’s Notes

(continued from page 12)

- Meditate: A still mind is a stress-free mind, so take deep breather, quiet your thoughts and let the stress melt away.
- Keep a Happiness Journal: Every evening for the next 30 days spend a few minutes reflecting on the day you just experienced and list five things about the day that delighted you.
- Put a Positive Spin on it: No matter what challenge you may be facing, do your best to think about it positively and then let that new positive mindset become your focal point.
- Help someone else: Sometimes the best way to deal with stress is by providing relief to someone else. Putting your focus on others takes the focus off your own challenges leading to less rumination and stress.

(www.foh.psc.gov; www.beliefnet.com.)

- Carnesha Tucker, Center Director



Our appreciation to AARP for the tax preparation assistance offered to our members.



Northeast Senior Center has several avid domino players.

