



Northeast Senior Center

Hello Everyone...May is National Arthritis Awareness Month

Since May is National Arthritis Awareness Month, let's talk Arthritis. If you have continuous pain and stiffness, it could be arthritis. Arthritis is a disease that impacts more than 50 million Americans, making it the number one cause of disability in the country. It can attack joints in almost any part of the body. Some forms of arthritis can cause swelling, warmth, and redness in your joints. Other types of arthritis may cause pain and swelling lasting only a short time, but still slowly damage your joints. Here are some warning signs: lasting joint pain, joint swelling, joint stiffness, tenderness or pain when touching a joint, problems using or moving a joint. If any of these symptoms last longer than two weeks, you need to see your regular doctor or a rheumatologist. (www.arthritis.org; www.agingcare.com)

Exercise plays an important role in managing arthritis symptoms. Our senior centers offer exercise classes that help manage arthritis symptoms. So, please feel free to take advantage of them. The centers also offer educational topics that cover arthritis as well as many others that can help with your health. Getting out and staying active is the key to living mobile, independent lives. Making the senior center part of your daily routine can help you remain mobile and independent. We offer social activities (Book Clubs, Jewelry Classes, Painting Classes, etc.), games (Dominoes, Spades, Pinochle, Pool Tables, etc.), Line Dance, Pickleball, and the list goes on. If you have looked over the ongoing activities at our centers and do not see something that interests you, please stop by the office and talk with us about it. It may be something that you may be able to help us start. Remember this is your center, and the overall goal is to provide a fun-filled, enriched, fellowship environment for you.

-Carnesha Tucker, Center Director

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, May 14th, at 10:30 a.m.

Blood Pressure Checks:
Second Monday of each month at 11:15 a.m.,
Courtesy of Orchard Gardens Rehabilitation &
Healthcare Center

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:

If you want something you've never had - you have to do something you've never done...

Upcoming Events

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

Saturday, June 2nd, 2018, 6 p.m. - 9 p.m.
"Motown Madness"
Cost: To Be Determined
Boys & Girls Club (2400 N. Opportunity Dr.)

Friday, June 15th, 2018, 2 p.m. - 4 p.m.
"Father's Day Dinner"
Cost: \$5 members/\$7 nonmembers

Friday, June 29th, 2018, 11:45 a.m.
"April-June Birthday Celebration"
All members are welcome.
Cupcakes provided by Orchard Gardens
Rehabilitation & Healthcare Center

	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> 	
 <p style="font-size: 48px; font-family: cursive; color: brown;">Huntington</p> <p style="font-size: 24px; font-weight: bold; letter-spacing: 0.5em;">PARK</p>		<ul style="list-style-type: none"> • 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 	





Spring

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

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

ALLERGIES	FROGS	RAIN
APRIL	GOLF	RENEWAL
BASEBALL	GRASS	ROBINS
BEES	GREEN	SEASON
CROCUSES	GROWTH	SNOWMELT
CYCLAMENS	IRISES	SOFTBALL
DAFFODILS	LILIES	SPRING BREAK
DANDELIONS	MARCH	SPRING CLEANING
EASTER	MAY	TULIPS
EQUINOX	NEW LEAVES	WARMER
FLOWERS	PLANTING	WET

[Did you enjoy this puzzle? Visit: https://www.puzzles.ca/word-search](https://www.puzzles.ca/word-search)

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Northeast Senior Center Educational Opportunities

May

Friday, May 4th @ 11:45 a.m.
"F.A.S.T. CVA (Stroke Awareness)"
(Blood pressure checks before class)
Angels Care Home Health

Friday, May 25th @ 11:45 a.m.
"3 Steps To Wellness"
Young Living

Thursday, May 31st @ 11:45am
"Scams, Scams, Scams..."
Come learn about the latest scams
Better Business Bureau

Walk With Ease

Wichita Park & Recreation will offer Arthritis Foundation's "Walk with Ease" Program May 21 to June 29 at Linwood and Orchard Park. This is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease. Classes are one hour each and meet three times per week for six weeks. The program will be offered at two sites:
Linwood Recreation Center
1901 S. Kansas/ 316-337-9191
Monday, Tuesday & Friday, 9 a.m.
Orchard Recreation Center
4808 W. 9th St. / 316-337-9244
Monday, Wednesday & Thursday, 4:45 p.m.
Please call for more information.



June

Friday, June 1st @ 11:45 a.m.
"Enjoy Fitness At Any Age"
Angels Care Home Health

Friday, June 29th @ 11:45 a.m.
"Ways To Have Summer Fun"
Young Living



Northeast Senior Center members enjoyed "The Green Thang" Party we had Friday, March 23rd. The members played games for gift cards, ate cabbage, neck bones, cornbread and many other filling dishes. The Northeast Steppers line danced a few songs for entertainment, and then everyone left with a treat bag donated to Northeast from Lake Point.

