



Northeast Senior Center

Hello Everyone.....Happy August!!!

I do not know about you, but this heat has been something else lately. I hope you are staying cool and drinking plenty of water. If you must get out, try and do so before the heat of the day. While you are out and you need a cool place to stop and rest, then stop by the senior center and chit-chat with some of your fellow members while you cool down. It never hurt anyone to have a good laugh or two. On another note...a kind word never hurt anyone either. With all that is going on today, kind words are definitely needed. All of you were raised before I was even thought about, but if you were raised like I was raised, "If you don't have nothing nice to say, then don't say nothing at all." We never know what a person may be going through or dealing with. So, if you cannot think of anything nice to say, how about saying a prayer for them? That kind word or prayer may be just what that person needed to be encouraged to keep on keeping on.

As always, if you have questions, comments, or concerns, feel free to stop by the office. Remember this is your center and we are here to help you enjoy life to the fullest...Be Encouraged!

-Carnesha Tucker, Center Director

Food For Thought

Our job is not to see through one another, but to see one another through.

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 is the 3rd Monday each month @ 10 a.m.

Advisory Council is every 2nd Monday each month @10:30 a.m.

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, August 13th, 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).

Upcoming Events

August 2nd, 3rd, & 4th ~ starting at 9 a.m.

Northeast Senior Center will have our

“Indoor Garage Sale & Bake Sale”

We will be asking members to donate items for
the Garage Sale as well as the Bake Sale

September 29th

Northeast Senior Center will have a

“Grandparents & Grandchildren’s Picnic”

Time and Location “To Be Determined”

*Also September is

National Senior Center Month -

keep an eye out for some fun exciting things
during the month of September.

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

LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*

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Huntington

PARK

- 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





Precious Gemstones



jewelry

hematite

polish

emerald

sapphire

color

agate

tanzanite

carat

turquoise

opal

rarity

pyrite

asteria

beauty

jasper

pearl

fashion

quartz

topaz

luster

diamond

precious

ruby

value

To find the answer to the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

Trivia: This is a word for a person who specializes in the science, art, and profession of evaluating gemstones.

Answer: _____



Northeast Senior Center Educational Opportunities

August

Friday, August 3rd @ 11:45 a.m.

“Staying Healthy During Cold and Flu Season”

Angels Care Home Health

Thursday, August 9th @ 11:45 a.m.

“Aging in Place”

Celia Easley - CPAAA

Thursday, August 16th @ 11:45 a.m.

“Resources That May Help Keep You Living Independently As Possible In The Home”

Independent Living Resource Center

Friday, August 24th @ 11:45 a.m.

“The Importance Of Home Care Concerning Teeth And Dentures”

HealthCore Clinic



Meet our first Lifetime Member, Glen Crenshaw. Mr. Glen brought the idea of a Lifetime Membership to us to see if this would be something that Senior Services would be interested in offering. He shared seniors have enough to remember and if he could just pay his membership one time and not have to worry about paying it anymore that is what he would rather do. So thank you, Mr. Glen, for bringing this new idea to our attention. As our first Lifetime Member you can now check Senior Services off your yearly expenses and just enjoy your days at the center.

September

Friday, September 7th @ 11:45 a.m.

“Stop Suffering from Allergies and Asthma”

Angels Care Home Health



Northeast Senior Center celebrated our mothers at a dinner May 11.



Northeast Senior Center celebrated our fathers at a dinner June 15.