



Northeast Senior Center

Hello Everyone...Happy National Senior Center Month and Grandparents Day (September 9th)!!!

National Senior Center Month is celebrated every year in September. This is an opportunity to showcase our centers and all the great programs, activities, and services that we offer. It is also a great time to promote a positive image of aging, and show how important the senior centers are in the community. The 2018 theme is: "Senior Centers: Building Momentum!" The National Council on Aging shares this can be done through Growing, Learning, Giving, and Connecting. I know our four Senior Centers (Linwood, Downtown, Orchard Park and Northeast) are building momentum, because we continue to strive to keep our clients and members Growing through partnerships and resources that help them age gracefully. We offer ongoing Learning opportunities through our educational presentations and classes. We do yearly four-center Giving such as providing care packets for our veterans, dog and cat food to our Meal On Wheels clients, suitcases and tote bags for the foster kids, and the list goes on. We not only provide to the community, but we work on Connecting one another by having social gatherings (dances, dinners, parties, etc.) to help prevent social isolation and keeping one living life to the fullest. With that said, this year the four centers decided we want to Build Momentum through dance. We will have a Senior Dance Thursday, September 20th from 1 p.m. - 3 p.m. at the Downtown Senior Center located at 200 S. Walnut. There will be FREE FOOD, FUN, & FELLOWSHIP..Oh yes and DOOR PRIZES!!! Hope to see you there!

Be Blessed!!!
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 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

Upcoming Events

“Senior Expo”

Thursday, September 27th, 9 a.m. - 3 p.m.
Locations: Botanica, The Wichita Gardens, The
Advanced Learning Library, and The
Wichita Art Museum ~ Lunch: \$7

“July-September Birthday Celebration”

Friday, September 28th, 11:45 a.m.
All members are welcome
Cupcakes provided by Orchard Gardens
Rehabilitation Healthcare Center

“Grandparents & Grandchildren’s Picnic”

September 29th, 10 a.m. to 2 p.m.
2801 N. Grove (“Dr. Glen Dey Park”)
Cost: \$5 per person to eat
(Children 12 and under eat free)

NESC - “Fall Festival”

Friday, October 26th, 2 p.m. - 4 p.m.
Cost: \$5 members/\$7 nonmembers

Monthly Events

Advisory Council:



Monday, September 10, 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).

<p>LET US <i>carry</i> YOUR MESSAGE TO <i>Senior</i> THE <i>Community</i></p> <p>For advertising info call: 1-800-950-9952</p> 	<p>GO</p>	<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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 <p><i>Huntington</i> 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
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Senior Services of Wichita

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

WORD LIST:

ACTIVE	DANCE	MEALS ON WHEELS	ROVING PANTRY
ADVISORY COUNCIL	DOMINOES	MEMBERS	SENIOR CENTERS
ASSISTANCE	DOWNTOWN	NORTHEAST	SENIOR EMPLOYMENT
BILLIARDS	EDUCATION	NUTRITIOUS	SENIOR MENTORS
BINGO	EXCURSIONS	ORCHARD PARK	SHOPPING
CARDS	EXERCISE	PARTIES	SUPPORT
CAREGIVER	FRIENDSHIP	PICKLEBALL	WRITERS
COMPUTERS	LINWOOD	RESPIRE CARE	



Northeast Senior Center Educational Opportunities

September

Thursday, September 6th @ 11:45 a.m.

“Medicare 101”

Dustin Avery - Humana

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

“Staying Healthy During Cold and Flu Season”

Angels Care Home Health

Thursday, September 20th @ 11:45 a.m.

“Medicare 101: The Basics”

United Healthcare

October

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

“Stop Suffering from Allergies and Asthma”

Angels Care Home Health

Senior Dance

The four senior centers are sponsoring a senior dance on Thursday, September 20th, from 1 p.m. - 3 p.m. at the Downtown Senior Center, 200 S. Walnut, in celebration of Senior Center Month. This event is FREE to all members. Come join us for free food, fun, and fellowship...oh yes, and door prizes!!!

Flu Shot Clinic

Northeast Senior Center will have flu/pneumonia shots available again this year courtesy of Hart Pharmacy. This will take place Friday, October 5th, from 10:30 a.m. - 11:15 a.m. To get signed up, please stop by the center or call (316) 269-4444. Please make sure you bring your photo ID and Medicare card.

Holiday Closing

The center will be closed Monday, September 3rd, in observance of the Labor Day holiday.

Four Center Fundraiser

For National Senior Center Month each center will be doing a “Building Momentum Fundraiser!” Please pick up a jar at your senior center starting Monday, September 10th. The jars will be used to collect and save change, cash, or checks until Wednesday, October 31st. The funds collected will remain at your senior center to help with center needs. As always, if you have questions, comments, or concerns, call the center at (316) 269-4444.

National Grandparents Day

National Grandparents Day falls each year on the first Sunday after Labor Day. Marian McQuade started a campaign for a day to honor grandparents in 1970. She worked with civic, business, church and political leaders to launch the day in West Virginia in 1973. In 1979, President Jimmy Carter proclaimed the first Sunday after Labor Day each year as National Grandparents Day. There are three purposes for National Grandparents Day:

1. To honor grandparents.
2. To give grandparents an opportunity to show love for their children’s children.
3. To help children become aware of the strength, information and guidance older people can offer.

National Grandparents Day gives us a chance to publicly affirm the importance of grandparents, that they do play a vital role in families. It is also a day of giving - giving of self; sharing hopes, dreams, and values; and setting an example and advocating for future generations.

(www.legacyproject.org/guides/gpdhistory.html.)

Food For Thought

*It's not that some people have willpower
and some don't.
It's that some people are ready to change
and others are not.*