



Northeast Senior Center

Hello Everyone...Happy November!!!

Yes, that is correct - we are in November. This year is truly flying by...where did the time go? As I am working on this newsletter I am looking out the window noticing how the season is changing right in front of me; which is truly amazing. Ecclesiastes 3:1 says, "To everything there is a season, a time for every purpose under heaven". Did you know that seasons are important? Seasons represent change as well as growth. Winter often brings chills...a time when everything seems to take a break and relax; which is needed for growth (spiritually, physically, and mentally). In spring the weather is warmer and often wetter...seeds take root and things begin to grow. Spring is also associated with birth, new beginnings, fertilization, and planting. In the summer the temperatures may increase to their hottest of the year...and we try to enjoy each day to the fullest. Summer is associated with watering the positive and weeding out the negative. It is also the time between planting (the beginning), and reaping (the outcome) of all things. Autumn (fall) represents reaping the harvest you've planted and tended over the spring and summer. In the fall temperatures are cool again, colors change and our energy changes towards life. It's a time to reflect and embrace so to speak. It is a time for letting go and releasing things that have been a burden or have come to the end of their purpose. With that said...Spend this month having an ATTITUDE OF GRATITUDE, because we are truly blessed...Be encouraged!

www.thefourseasonswayoflife.com

-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)

Friday

9:30 WSU Exercise
11:30 API - Friendship Meals
1:00 Bridge

Holiday Closings

Northeast Senior Center will be closed on Thursday and Friday, November 22 and 23, in observance of the Thanksgiving holiday.

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, November 12, at 10:30 a.m.

Blood Pressure Checks:

Second Monday of each month at 11:15 a.m.,
Courtesy of HealthBack Home Health.

Second Tuesday of each month at 11:15am,
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

NESC - "Thanksgiving Dinner"

Friday, November 16th

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

Cost: \$5members/\$7nonmembers

Donations appreciated.

Finding Comfort Support Group

Finding Comfort Support Group will meet each month every 3rd Wednesday at 10:30 a.m.

This group will be encouraged by a bereavement social worker courtesy of Harry Hynes Hospice.

The topic for Wednesday, November 21st, is "Coping with the Holidays."

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

For advertising info
call: 1-800-950-9952



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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





Dining at the Diner

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

- | | | |
|---------------------|-----------------|-------------------|
| BOOTH | FORK | PLATE |
| BREAKFAST | FRESH | REGISTER |
| CHEESEBURGER | FRIES | SANDWICHES |
| CHERRY PIE | GRILLED | SOUP |
| CHICKEN | KETCHUP | SPOON |
| COFFEE | KNIFE | STOOL |
| COMFORT FOOD | LUNCH | SUPPER |
| COOK | MENU | WAFFLES |
| COUNTER | NAPKIN | WAITRESS |
| DESSERT | OMELET | |
| DINER | PANCAKES | |

To answer the trivia questions, look a words or phrases that are hidden in the puzzle, but not in the word list.

Trivia #1: A "bubble dancer" is diner slang for this kind of employee. Answer: _____

Trivia #2: "Foreign entanglements" is diner slang for what meal? Answer: _____



Northeast Senior Center Educational Opportunities

November

Friday, November 2nd @ 11:45 a.m.

“Care Connections and Pre-Palliative Care: What is it?”

Angels Care Home Health

Friday, November 9th (Special Time: 1 p.m.)

“Wills, Power of Attorneys, Transfer of Death Deeds, etc.”

Are you clueless when it comes to legal service matters like the rest of us?

Have you tried to get legal paperwork in order in case something happens to you and you do not know where to start? If you answered yes to either question, please join us as we help you understand the importance of having your legal matters in order beforehand, and also share with you what happens when you do not. Bring your questions and concerns.

Danielle Saunders – Kansas Legal Services

December

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

“Holiday Stressors: Depression and Anxiety”

Angels Care Home Health

Veterans’ Show & Tell Celebration

Are you a Veteran...We want to hear your story!! Bring old photos, personal artifacts, or other memorabilia and come share a small piece of history. We want to celebrate you! Please call (316) 269-4444 or stop by the center to sign up to share your story. We will have a Veterans Show & Tell Celebration Monday, November 12th from 2pm-4pm. There is no charge for members and a \$2 donation for nonmembers. Please join us and help us celebrate our Veterans.

Food For Thought

What you tell yourself every day will either lift you UP or tear you DOWN.

Medicare Open Enrollment

I wanted to send a friendly reminder that Medicare Open Enrollment will end December 7th. Open Enrollment is when all people with Medicare can change their Medicare health plan and/or Part D prescription drug plans. It is not required that you change anything. However, this would be an opportunity to check for ways of saving money, as well as making sure your plan is the best available for you. If you are interested in looking at your coverage plan and available options, please stop by the center or call (316) 269-4444 to schedule your appointment. As your center director, I am SHICK (Senior Health Insurance Counseling for Kansas) trained and available by appointment to help you with the basics of Medicare Part D.

Annual Meeting Volunteer of the Year

Our annual meeting acknowledges the achievements of the year before, discusses the challenges ahead, and spotlights employees and volunteers who make it all possible.

Robert Edmondson was honored as Northeast Senior Center’s Volunteer of the year at this year’s Annual Meeting. Mr. Edmondson is our “Conversation Spanish” instructor. He shared Spanish is easier taught in conversation so that is how the class got its name. Mr. Edmondson enjoys spending time with others and is a regular around the center. He plays dominoes daily, attends parties, and participates in our plays and skits that the members put on from time to time. He is a joy to be around because he looks for the good in all he comes in contact with. I am thankful to have him at our center.

