



Northeast Senior Center

Hello Everyone and Merry Christmas!!!

If you did not know it, the cold weather is here to stay. Hope you are staying warm. You know with winter there comes many benefits. Some we are aware of right off and others we never thought much about. I wanted to share 15 Benefits of Cold Weather that may at least get your mind thinking a little differently towards winter months.

1. Increases Your Energy
2. Good for Sleeping
3. It Kills Bugs
4. Stimulates Calorie-Burning "Brown Fat"
5. Your Mind Works Better
6. Clean Air, Better Breathing
7. Rosy cheeks - cold temps train blood vessels in the skin to be responsive
8. Perfect Temp for Running
9. A Longer Life
10. Reduces Inflammation
11. Fights Infection
12. Inspires face time - you are more likely to spend time talking to friends and family
13. You like your body more - A boost in self-image
14. It will make you race faster
15. Causes us to appreciate the good days to come - people's moods are the brightest after a stretch of cooler or darker days

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 & 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 Monday, December 24th and Tuesday, December 25th in observance of the Christmas Holiday.

Northeast Senior Center • 2121 E. 21st St, 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, December 10, at 10:30 a.m.

Blood Pressure Checks

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

Second Tuesday of each month at 11:15a.m., Courtesy of Orchard Gardens Rehabilitation & Healthcare Center

Upcoming Events

NESC - "Senior Christmas Dance"

Thursday, December 13th

Time: 6pm-10pm

Cost: \$10 per person

Location: Vann's Night Club (3926 E. 13th)

***IF WEATHER PERMITS**

NESC - "Christmas Bingo"

Friday, December 14th

Time: 2pm-4pm

No cost to members, nonmembers pay a \$2 participation fee.

Foot Care by Michelle Steinke



First Wednesday of each month by appointment. Michelle does nail trimming, corns, calluses and foot massages. Please call 942-0722 (please leave a message).

Oct-Dec Birthday Celebration

Friday, December 28

Time: 11:45am

We will celebrate birthdays from October-December. All members are welcome.

<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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Baking Christmas Cookies



cutouts
chocolate chip
Mexican wedding
cakes
recipe
kitchen
decorate
bowl
mixer
fudge
gingerbread

peanut butter
flour
sugar
eggs
rum balls
snickerdoodle
delicious
mint
sweet
nibble

frosting
snack
dough
sprinkles
family
tray
baking
cooling
cookbook
favorite

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 one of the key ingredients in a snickerdoodle cookie.

Answer: _____



Northeast Senior Center Educational Opportunities

December

Friday, December 7th @ 11:45am

“Holiday Stressors: Depression and Anxiety”
Angels Care Home Health

Friday, December 14th @ 11:45am

“Your right to choose your rehab provider”
Tisha Catlin - Wesley Rehab



Finding Comfort Support Group

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

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

Northeast Fall Festival

Northeast had our Cowboys & Cowgirls Fall Festival on Friday, October 26th.

The delicious menu included neckbones, brown beans and corn bread. The members also enjoyed a fashion show and line dancing from our Northeast Steppers.

All of the members who attended left with a goodie bag filled with treats.



Happy Holidays!

Stay warm and safe!

Food For Thought

“As I look back on my life, I realize that every time I thought I was being REJECTED from something good, I was actually being REDIRECTED to something better.”

