



Northeast Senior Center

Hello Everyone and Happy February!!!

Can you believe we are already in February...yes; this year is in full swing. As I was scrolling through the awareness months I noticed it had a Random Acts of Kindness Day; which is February 17th. Then the thought crossed my mind, why does it have to be one day awareness? This is something we should work to do daily. After all it is one of the Fruits of the Spirit. I also came across Random Acts of Kindness Foundation and they have a 2019 calendar with making kindness the norm. Each month has a particular theme focusing on showing kindness daily. I would like to share the monthly themes and challenge you for 2019 to work on showing KINDNESS daily.

- January - Self-Care (The importance of taking care of yourself mentally, physically, and spiritually)
- February - Show a Little Love (Be caring & compassionate to everyone)
- March - Be Brave, Be you (Courage - step outside your comfort zone)
- April - Inclusiveness (Include others)
- May - Mindfulness (Take time out to be mindful about all the things you do every day)
- June - Generosity (When we give of ourselves, we are perpetually rewarded)
- July - Integrity (Do the right thing - even when you think no one is looking)
- August - Responsibility (When we are responsible to ourselves and others, we are showing kindness)
- September - Purpose & Passion (Without purpose or passion, life has less meaning - reflect on what you are passionate about and how you are fulfilling your purpose)
- October - Relationships (Together Everyone Achieves More)
- November - Gratitude (Be grateful to be alive - learn to appreciate the little things)
- December - Respect (If you want to be someone who is respected, start by respecting others)

Be Encouraged,
Carnesha Tucker, Center Director



Ongoing Activities

Monday

9:30 WSU Exercise
10:30 Advisory Council (Every 2nd Monday)
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
10:30 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, February 18th in Observance of Presidents' Day.

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, February 11, at 10:30 a.m.

Blood Pressure Checks

Second Monday of each month at 11:15am
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 942-0722 (please leave a message).



Valentine's Party

Friday, February 8th

Time: 2pm-4pm



Cost: \$5 members / \$7 nonmembers

Event Spotlight

Northeast Senior Steppers Line Dance Summer Workshop

When: Wednesday, June 12, 2019

Time: 9:30am-3:30pm (Beginner/
Improver line dance lessons and some
open line dancing)

Where: Dancing In Paradise
(2841 S. Hydraulic)

Tickets: \$30 per person (includes
catered lunch) or \$20 per person just
to watch (includes catered lunch)

***Tickets must be obtained in Advance
from: Judi Wynne (316) 686-4816 or
Lenora Tolbert (316) 681-9913.**


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



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

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3510 W. Central, Suite 100, Wichita, KS 67203
316-262-8339
"Peace of Mind at Home and Away"



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





FAIRY TALES



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



ANIMALS
 BALLS
 BROOMS
 CASTLE
 DAMSEL
 DANGER
 DUNGEONS
 DWARF
 EVIL
 FAIRIES
 FIGHTING
 FORESTS



GOLD
 GOOD
 HAPPY ENDING
 HORSES
 JESTER
 JEWELS
 LUCK
 MAGIC
 MIRRORS
 MONSTERS
 PRINCE
 QUEST

SORCERER
 SPELL
 STRUGGLE
 SWAMP
 SWORDS
 TOWERS
 TROLLS
 TRUELOVE
 UNICORNS
 VILLAIN
 WISHES
 WITCHES





Northeast Senior Center Educational Opportunities

February

Friday, February 1st @ 11:45am
“Understanding Parkinson’s”
Angels Care Home Health

Thursday, February 21st @ 11:45am
“Tax Updates”
Taxpayer Advocate Services

Friday, February 22nd @ 11:45am
“Heart Health”
Paulette Johnston - Lakepoint

March

Friday, March 1st @ 11:45am
“Understanding Mental Health”
Angels Care Home Health

Friday, March 22nd @ 11:45am
“Tornado & Fire Safety”
Paulette Johnston - Lakepoint

Friday, March 29th @ 1pm
Sedgwick County Division of Health is conducting a series of Community Listening Sessions in Sedgwick County.
Responses from these listening sessions will help us identify key health needs in the community and guide the Community Health Improvement Plan.

*The listening session for Northeast Senior Center will be Friday, March 29th at 1pm

A New Class: WSU - Balance & Cardio Dance Class

This class will spend time focusing on balance. Using elements from modern, ballet, and other forms of dance. The class is designed to maintain and/or regain stability and balance for everyday life. Cardiovascular activity will also be addressed by participation in faster paced dance styles such as swing, waltz, lindy hop, and line dancing.

This class will meet here at Northeast Senior Center 1st & 3rd Wednesday’s each month at 1pm starting February 6, 2019. Please call (316) 269-4444 or stop by the center to sign-up.

Tax Appointments

We are now taking appointments for tax preparation. Taxes at Northeast will take place Tuesday through Thursday, from February 5th thru April 11th. **Please call (316) 269-4444 to schedule your appointment.**

What you should bring for taxes:

- Social Security Cards (or ITIN Documents) for all people that you are filing on your taxes
- Picture ID for yourself (and spouse if filing jointly)
- Both spouses should be present if filing jointly
- Copy of previous year’s tax returns
- All W-2’s, 1099 forms, or other tax related forms
- If expecting a refund and you want it to be direct deposited, please bring a check, or debit card direct deposit form with issuer printed routing and account numbers (not hand written)

AARP Tax-Aide Volunteers Can Not Prepare:

- Schedule E - Employee Business Expenses
- Form 3903 - Moving Expenses
- Or Schedule C - Business with an Operating Loss or Expenses over \$10,000

Finding Comfort Support Group

Finding Comfort Support Group will meet every 3rd Wednesday each month at 10:30am. This group will be encouraged by a bereavement Social Worker, courtesy of Harry Hynes Hospice.

Food For Thought

Faith is taking the first step even when you don’t see the whole staircase
~Martin Luther King, Jr