



## Northeast Senior Center

Hello Everyone...Happy March!!!

Remember last month I shared that Random Acts of Kindness Foundation has a 2019 calendar focusing on “making kindness the norm”. Last month I also sent out a challenge for 2019 for us to work on showing KINDNESS daily. Well I was glancing over the month of March...since we are in March. This month they focus on “Courage - Challenging yourself to go outside your comfort zone”. We all know this can be a bit much. I would like to share some of the areas that they suggested that we should challenge ourselves for March:

- Try listening without judgment and responding with empathy.
- Apologize when you’ve made a mistake and accept someone else’s apology.
- Text an encouraging word to someone who might have had a rough week.
- Tell someone why you’re grateful to have them in your life.
- If you’re having a rough day, don’t be afraid to let someone know.
- Spend the day trying to create positive energy with everything you say and do.
- Buy a coffee for someone in line behind you.
- Give someone a call today and let them know that you are thinking about them.
- Get rid of 3 things you never use.
- Tell someone two things you appreciate about them.

Hopefully, I left you with some inspiration for March...as always, Be Encouraged!!!  
Carnesha Tucker, Center Director



### Ongoing Activities

<b>Monday</b>		11:30	API - Friendship Meals
9:30	WSU Exercise	1:00	Line Dance
10:30	Advisory Council (Every 2nd Monday)		(2nd & 4th Wednesday)
11:30	API - Friendship Meals	<b>Thursday</b>	
2:30	Computer Class	10:00	Quilters’ Treasures
		10:30	Jewelry Class
<b>Tuesday</b>		11:30	API - Friendship Meals
9:30	Keep It Moving (Exercise)	12:00	Bible Study
10:30	Bingo	1:00	Card Games (Bid Whist & Spades)
11:30	API - Friendship Meals		
12:00	Conversation Spanish	<b>Friday</b>	
<b>Wednesday</b>		9:30	WSU Exercise
9:30	WSU Exercise	11:30	API - Friendship Meals
10:30	Computer Class	1:00	Bridge

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, March 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).

## 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.

### Upcoming Event

NESC:

#### “The Green Thang”

Friday, March 15th

**Time:** 2pm-4pm

**Cost:** \$5members/  
\$7nonmembers



### Food For Thought

*Gratitude...Helps You See What Is There, Instead Of What Isn't.*




**JOIN US FOR SENIOR THURSDAY!**  
Every 2nd Thursday each month, beginning at 10:00 am, join us for some light refreshments and a free presentation  
Upcoming Dates: February 14th, March 14th, and April 11th  
Sponsored by **SKYWARD**

Every Wednesday is ½ price for Seniors 55+!

3350 S. George Washington Blvd., Wichita, KS 67210      316-683-9242  
Kansasaviationmuseum.org      Kansas Aviation Museum  
Hours: Monday Closed, Tuesday-Saturday 10:00 am-5:00pm, Sunday 12:00pm-5:00pm

**Home Buddy  
Medical Alert Solutions**

- In-Home Systems
- Mobile Systems
- Medication Dispensers



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





**BRUNCH BUFFET**



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

BACON AND EGGS  
 BAGELS  
 CEREAL  
 CINNAMON BUNS  
 COFFEE  
 CORN MUFFIN  
 CREPES  
 EGGS BENEDICT  
 ENGLISH MUFFIN  
 FRITTATA  
 HAM  
 HASH BROWNS

MILK  
 MIMOSA  
 OMELET  
 ORANGE JUICE  
 PANCAKES  
 QUICHE  
 ROAST BEEF  
 ROASTED POTATOES  
 SCRAMBLED EGGS  
 SMOKE SALMON  
 SPINACH SALAD  
 TOAST

TURKEY  
 WAFFLES  
 YOGURT





## Northeast Senior Center Educational Opportunities

### 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

### 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

### A Special Evidence Based Class For April - “A Matter of Balance”

**What is a Matter of Balance?** A matter of balance is a program designed to reduce the fear of falling and increase activity levels among older adults.

**Who should attend?** The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained a fall in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 55 or older, community-dwelling and able to problem solve

**What do participants learn?** The program enables participants to achieve significant goals. They gain confidence by learning to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

**This class will meet twice a week, 2 hours each session, for 4 weeks:**  
**Tuesdays, April 9th, 16th, 23rd, & 30th - 1pm-3pm**  
**Thursdays, April 4th, 11th, 18th, & 25th - 1pm-3pm**

\*If this class is something that may interest you, please call **Northeast Senior Center at (316) 269-4444** to sign up. Please be aware that space is limited to 12 participants.



### Upcoming in April

Friday, April 5th @ 11:45am  
**“Allergy & Asthma”**  
Angels Care Home Health