



Northeast Senior Center

Hello Everyone...Happy April!

On the Random Acts of Kindness calendar for this month we focus on inclusiveness (including others). I have a question for you, when you attend any one of our 4 Senior Centers (Downtown, Linwood, Orchard Park, and Northeast) do you feel included in like a family? Or would you say the opposite? Hopefully, you answered yes, you feel like family...if that is not the case maybe you can suggest some areas that we may have missed. With all the many activities and programs that we offer something could have slipped by us. As humans we have a need to belong, feel included, supported, and valued by others socially. Speaking for myself, it is never my intent to make anyone feel less than. Here are some areas that The Random Acts of Kindness Foundation suggest we should challenge ourselves for April:

- Introduce yourself to someone new today and ask them about something they enjoy doing.
- Take time to listen to someone's ideas.
- When others are gossiping, be the one to chime in with something nice.
- Stand up for someone or something you believe in.
- Have a meal with someone new.
- Remember that no one is perfect & we all make mistakes.

Sources: (www.randomactsofkindness.org) ;(Dr. David Rock, Director of the NeuroLeadership Institute).

Hopefully, I left you with something to think about for the month...as always, 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

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, April 8, 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 946-0722 (please leave a message).

Upcoming Events

“Spring Fling”

Friday, April 19

Time: 2pm-4pm

Cost: \$5members/\$7nonmembers



Join us Friday, May 10th for a “Mother’s Day Dinner”

from 2 pm - 4pm

Cost: \$5members /\$7nonmembers




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



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SPRING IS IN THE AIR



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

APRIL
BASEBALL
BIRD
BLOOM
BUTTERFLY
CATERPILLAR
CHICK
CLOUD
DAFFODIL
DIG
EARTH
EGG
FLOWER

FOG
GARDEN
GROW
HATCH
INSECT
KITE
LEAF
LILAC
MARCH
MAY
NEST
PICNIC
PLANT

PUDDLE
RAINBOW
RAINCOAT
RAINY
ROOTS
SEASON
SEED
SHOVEL
SHOWER
SOIL
SPRING
SPROUT
STEM

STORM
SUNSHINE
THAW
TULIP
UMBRELLA
VIOLET
WARM
WATER
WEED
WIND
WORM





Northeast Senior Center Educational Opportunities

April

Friday, April 5th @ 11:45am

“Allergy & Asthma”

Angels Care Home Health

Thursday, April 18th @ 11:45am

“Happy Healthy Feet - The Importance of taking care of your feet”

Midwestern Podiatry Services

Friday, April 26th @ 11:45am

“CPAAA and Other Community Resources”

Celia Easley - CPAAA

Upcoming in May

Friday, May 3rd @ 11:45am

“Take a Breath”

Angels Care Home Health

Thursday, May 23rd @ 11:45am

“Talking With Your Doctor”

Celia Easley - CPAAA

Friday, May 24th @ 11:45am

“The Normal Aging Process”

Paulette Johnston - LakePoint

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

Some people come in your life as BLESSINGS. Some come in your life as LESSONS.

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 8 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.**