



## Northeast Senior Center

Hello Everyone...Happy May!!!

For this month the Random Acts of Kindness calendar wants us to focus on “Mindfulness”. What is mindfulness? Well I’m glad you asked! Mindfulness is the basic human ability to be fully present, aware of where we are, what we are doing, and not overly reactive or overwhelmed by what is going on around us. The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes. So many of us get busy with the hustle and bustle of life that we become overwhelmed. We were not designed to work ourselves into the ground. We were put here to enjoy everything that was made. One way to start doing this is take time out for yourself and enjoy whatever you love doing. If you are drinking coffee enjoy the coffee. If you are walking the dog, enjoy walking the dog and take in the scenes that you see while walking. If you are eating with a friend, enjoy the moment. Whatever the case, be mindful (mentally, spiritually, and physically) about all the things that you do...after all tomorrow is not promised.

As always, Be Encouraged!!!



### 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 CLOSING

**Northeast Senior Center will be closed on Monday, May 27th in observance for Memorial 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, May 13, at 10:30 a.m.

### 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).

### Attention: Please Note

Northeast Senior Center will be **closed Monday, May 27th thru Friday, May 31st. Friendship Meals will NOT be served.** Updates will be taking place at the Center during this time. We look forward to seeing you on **Monday, June 3rd.** Thank you for your understanding.

## 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.

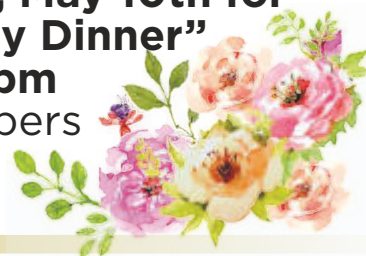
### Food For Thought

*Ships don't sink because of the water around them; Ships sink because of the water that gets in them. Don't let what's happening around you get inside you and weigh you down.*

Join us Friday, May 10th for a "Mother's Day Dinner"

from 2 pm - 4pm

Cost: \$5 members  
/\$7 non-members




**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 1/2 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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"Peace of Mind at Home and Away"



# Northeast Senior Center - Word Search

## Childhood Candies



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



**ABBAZABA**  
**AIRHEADS**  
**ASTROPOP**  
**BONKERS**  
**BOTTLECAPS**  
**CANDY CIGARETTES**  
**CHARLESTON CHEW**  
**CHICLETS**  
**CHUCKLES**  
**CIRCUS PEANUTS**



**DOTS**  
**FIZZ**  
**FUN DIP**  
**GOBSTOPPER**  
**GOLDMINE**  
**GUSHERS**  
**HUBBA BUBBA**  
**KITZ**  
**LAFFY TAFFY**  
**LEMONHEAD**

**NERDS**  
**PEZ**  
**PIXYSTIX**  
**RUNTS**  
**SIXLETS**  
**SQUEEZEPOP**  
**THRILLS**  
**WARHEADS**  
**WHOPPERS**







## Northeast Senior Center Educational Opportunities

### 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

### June

Friday, June 7th @ 11:45am

#### **“Falls”**

Angels Care Home Health

### Upcoming Events in June

#### **“Father’s Day Dinner”**

**Friday, June 14th**

Time: **2pm - 4pm**

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

#### **“Motown Madness”**

**Saturday, June 8th**

Time: **6pm - 9pm**

**Cost:** \$10 per person

**Location: Boys & Girls Club  
(2400 N. Opportunity Dr.)**

### Quilters Treasure

Inspired by an article in The Wichita Eagle newspaper, the Quilters Treasures quilting group (QTs) have begun creating six-inch hearts out of colorful cotton and flannel, called “scented hearts.” Recently, several members delivered over 150 of the hearts to the Neonatal Intensive Care Unit at Wesley Medical Center.

The hearts are part of a nationwide program to strengthen the bonds between parents and premature infants by giving the infants a sense of the parents’ presence even when the parent

### Quilters Treasure Continued

is unable to be at the hospital. The hearts are given to parents to wear against their skin and then returned to the NICU to be placed near or under the baby’s head. The parents’ smell is absorbed by the soft fabric and calms and comforts the infant.

The reverse is also true. After spending some time with the infant, the heart becomes infused with the baby’s scent and can be sent home to soothe and comfort the parents, further strengthening the bond with the infant.

Once the infant goes home, the families can continue to use the scented hearts to calm the infant when the parents go back to work. And later the hearts can be saved in a scrapbook as a quilted treasure.

The QTs began in 1989 as a group of quilters who got together for sharing quilting experiences, having fun and helping others, in response to the needs of tornado victims in Andover, Kansas. Through the years, the QTs have given away nearly a thousand baby quilts to needy families at St. Anthony’s Family Shelter, Inter-Faith Ministries, and Our Lady of Guadalupe Clinic, and other groups. Each quilted treasure comes with a stuffed animal and doll quilt.

The QTs meets most Thursday mornings at 10 AM at the Northeast Senior Center. You can’t miss them. Just follow the sounds of talking and laughter.



**Pictured Standing (left to right): QT members Marilyn, Diana, Barbara & Candy**  
**Behind counter: NICU nurse Ashley**