



Northeast Senior Center

Hello Everyone...Happy June!!!

For this month the Random Acts of Kindness calendar wants us to focus on “Generosity”. Generosity is a quality that’s a lot like unselfishness. Someone showing generosity is happy to give time, money, food, or kindness to people in need. Generosity is a quality – like honesty and patience – that we all probably wish we had more of. When you show generosity, you might give away things or money or put others before yourself. Generosity is about more than cash and stuff. When you’re forgiving and gentle to people, you show generosity of spirit. If you give others help or credit, that shows generosity. The world would certainly be a better place if more people showed generosity to others.

www.vocabulary.com.

Hopefully, I left you with something to think about this 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, June 10, at 10:30am

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 (Leave a message)

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.

Blood Pressure Checks

Second Tuesday of each month at 11:15am. Courtesy of Heart & Soul Hospice

Upcoming Events in June

Motown Madness



Saturday, June 8th

Time: 6pm - 9pm

Cost: \$10 per person

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

Food For Thought

Sometimes when you're in a dark place you think you've been buried, but actually you've been planted.



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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Northeast Senior Center - Word Search

Famous Elizabeths



ARDEN
BANKS
BARRETT BROWNING
BEHRS
BERKLEY
BLACKWELL
BRODERICK
BRONTE
CADY STANTON
DOLE
EDWARDS

FORD
GILBERT
GRABLE
HOWLAND
HURLEY
MITCHELL
MONTGOMERY
NIELSEN CHAPMAN
OAKES SMITH
OLSEN
PHOENIX

ROSS
SHERBURNE
SHORT
SHUE
SMART
STERN
TAYLOR
THE QUEEN MOTHER
TRUMAN
WARREN
WHITE



Northeast Senior Center Educational Opportunities

June

Thursday, June 6th @ 11:45am

“S.E.N.I.O.R.S PROGRAM”

(Sheriff’s Elderly/Disabled Notification Intensive Outreach Response System)

If you live alone this program may be very beneficial to you. Through the use of a secure database this program allows law enforcement and other emergency services the ability to make contact with care givers, family members, family physicians, to locate keys or a key holder, and be aware of current medical issues and medications in the event of an emergency.

Sedgwick County Sheriff’s Office

Friday, June 14th @ 11:45am

“Fall Prevention”

Angels Care Home Health

Thursday, June 20th @ 11:45am

“Services & Programs to assist seniors/lower income households with their energy cost”

Kimberly Bailey - Westar Energy

Friday, June 21st @ 11:45am

“Advance Directives/Living Wills”

Sarah Goertz - Heart & Soul Hospice

July

Friday, July 5th @ 11:45am

“Dehydration”

Angels Care Home Health

Thursday, July 11th @ 11:45am

“Breathing while Caring!”

Rhonda Custard - CPAAA

Thursday, July 18th @ 11:45am

“Tendonitis”

Natalie Merten - Life Care of Wichita

Thursday, July 25th @ 11:45am

“Neck & Shoulder Pain”

Natalie Merten - Life Care of Wichita

Upcoming Events in June

“Father’s Day Dinner”

Friday, June 14th

Time: 2 pm - 4 pm

Cost: \$5members/\$7nonmembers



April-June Birthday Celebration

Friday, June 28th ~ 11:45am

This is a celebration for April - June birthdays.

All members are welcome to attend.



“A Matter of Balance” Class

participants received their certificate for completing the class. This class was 8 sessions focused on Fall Prevention. It included activities to address physical, social and cognitive factors affecting fear of falling, and also helpful fall prevention strategies.