



Northeast Senior Center

Hello Everyone...Happy August!!!

For this month since we are taking a break from parties and fellowship events, I would like to take a look back at our Random Acts of Kindness calendar; which encourages us to focus on “Responsibility” for August. Responsibility means being accountable to ourselves as well as others. Also, having the opportunity or ability to act independently and make decisions. I would like to share a cute tongue twister story titled “Who’s Job is it?” There were four people their names were EVERYBODY, SOMEBODY, NOBODY and ANYBODY. There was an important job to be done and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. When Nobody did it, Somebody got mad because it was Everybody’s job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn’t do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have in the first place. The moral of this tongue twister story is that when you find yourself saying...”Somebody should do this or Somebody need to do that”... Remember: YOU are Somebody! Isn’t that what you’ve always wanted to be? When we are responsible to ourselves and others, we are showing kindness. Sources: (www.randomactsofkindness.org)

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
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

No AUGUST Advisory Council

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

This 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



Northeast Senior Steppers had their Summer Workshop June 12th, 2019. The workshop featured Mz. Georgia Griffin of Chicago, Illinois. There were fifty ladies that attended. They enjoyed line dance lessons, open dance and a delicious lunch catered by Jodee Bradley.

 **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 **SIKYWARD**

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



I'M SO HAPPY



BATHING SUIT
BEACHBALL
BOOGIE BOARD
CAPE
CLAM
CORAL
CRAB
DOLPHIN
FAMILY
FISH
FUN
ICE CREAM



ISLAND
LOTION
OCEAN
OYSTER
REEF
SAND
SEA
SHARK
SHELL
STINGRAY
SUN GLASSES
SUNBURN



SURF
SWELL
SWIMMING
TAN
TOWEL
UMBRELLA
UNDERTOW
VACATION
WHARF
WATER
WAVE





Northeast Senior Center Educational Opportunities

August

Thursday, August 1st @ 11:45am
Superfoods: Celebrate Squash
Sara Keraly - Natural Grocers (West)

Friday, August 2nd @ 11:45am
Diabetes
Angels Care Home Health

Thursday, August 8th @ 11:45am
F.A.S.T. Program (Financial Abuse Specialist Team) Fast is a group of professionals who volunteer to work together to help prevent financial abuse of vulnerable adults and to assure that victims get adequate support, advocacy and attention from the legal and human services systems.
Clint Snyder - Office of the District Attorney

Friday, August 9th @ 11:45am
Hearing Loss & Dementia - Did you know that untreated hearing loss can have serious consequences? Please join us to learn more
HearingLife Hearing Aid Center

Thursday, August 15th @ 11:45am
Understanding Alzheimer's and Dementia
Denise Vann - Alzheimer's Association

Friday, August 16th @ 11:45am
Savvy Saving Seniors: "It's In The Cards"
- A chat about prepaid cards and SNAP cards
Celia Easley - CPTAA

Thursday, August 22nd @ 11:45am
10 mistakes to avoid in Funeral Planning & Veteran's Burial Benefits
Karen Johnson - Downing & Lahey

Friday, August 23rd @ 11:45am
Senior Bullying
Mindy Harris - Lakepoint

Thursday, August 29th @ 11:45am
Brain Health: Feed Your Brain Nutrition for Concentration and Focus
Aubrey Vereecke - Natural Grocers (East)

Friday, August 30th @ 11:45am
Savvy Saving Seniors: "Becoming Resource FULL" - A chat about budgeting and finding benefits
Celia Easley - CPTAA

September

Thursday, September 5th @ 11:45
Superfoods: Cruciferous Cuisine
Sara Keraly - Natural Grocers (West)

Friday, September 6th @ 11:45am
Alzheimer's & Dementia
Angels Care Home Health

Thursday, September 12th @ 11:45am
The Talk of a Lifetime & How Do You Want To Be Remembered
Karen Johnson - Downing & Lahey

Friday, September 13th @ 11:45am
Savvy Saving Seniors: "Steps to Avoiding Scams" - A chat about scams and protecting your identity
Celia Easley - CPTAA

Thursday, September 19th @ 11:45am
Downsizing - Clean out Your Personal Space
Kirsten Awe - Right Sizing Moving Solutions

Friday, September 20th @ 11:45am
Superfoods: Apple Cider Vinegar
Aubrey Vereecke - Natural Grocers (East)

Thursday, September 26th @ 11:45am
Superfoods: Eggs - Beyond Breakfast
Sara Keraly - Natural Grocers (West)

Friday, September 27th @ 11:45am
Fall Prevention
Mindy Harris - Lakepoint

Food For Thought

*Don't trust everything you see.
Even salt looks like sugar.*