



Northeast Senior Center

Hello Everyone...Happy July!!!

Well Ladies and Gentlemen, I wanted to share with you that Motown Madness was a success again this year. The performances just keep getting better and better. I would like to thank Humana for helping sponsor the chicken and helping serve the food. It is truly a blessing to have the extra help. Also, I want to thank Sam's Club in Maize for donating the water. They are always good at partnering and donating to Northeast when we ask. I want to take a moment to thank all those who donated food, desserts, and your time...and the list go on in helping make the event a success. Without everyone working together it would not have been possible. Thank You! Thank You! Thank You! If you did not make it to see Motown Madness you missed a real treat. If you were in the show thank you for participating.

We have had so much fun these past few months that we decided it is time to take a break from all the partying. During the months of July, August and September Northeast Senior Center will not be having any parties or fellowship events. However, we still want to encourage you to stop by and enjoy the ongoing activities that we have and also stop by for your normal cup of morning coffee and chat with friends. As always, if you have questions, comments, or concerns feel free to stop by the office. Or if you are interested in teaching a class or helping on a committee please let us know and we can make that happen. Remember, this is your center and the overall goal is to provide an environment that keeps you mobile, active and independent.

Be Blessed!!! **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 No JULY 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

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

Please Note: Holiday Closing

Northeast Senior Center will be closed on July 4th and July 5th in observance of the Fourth of July holiday.



Food For Thought

Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present.
~ Bil Keane



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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3510 W. Central, Suite 100, Wichita, KS 67203
316-262-8339
"Peace of Mind at Home and Away"

Northeast Senior Center - Word Search



I'M SO HAPPY



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



BEAMING
BLISSFUL
CHEERFUL
CHIPPER
DELIGHTED
EBULLIENT
ECSTATIC
ELATED
EUPHORIC
FUNNY
GLEEFUL



GRINNING
HAPPY
INVIGORATED
JOLLY
JOVIAL
JUBILANT
MERRY
NEVER BETTER
ON CLOUD NINE
ON SEVENTH HEAVEN
OVER THE MOON

PLEASED
RADIANT
SMILING
SUNNY
THRILLED
TICKLED PINK
UPBEAT
WALKING ON AIR





Northeast Senior Center Educational Opportunities

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

Friday, July 26th @ 11:45am

Find Out Ways To Help With Weatherization For Your Home By improving Your Siding, Windows & Water Heaters With Minimal Or No Cost

Erynne Farney - South Central
Kansas Economic Development
District (SCKEDD)

Motown Madness



Here are
some
photos from
the night
of Motown
Madness!

August

Friday, August 2nd @ 11:45am

Diabetes

Angels Care Home Health

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

Paulette Johnston - Lakepoint

