



Northeast Senior Center

Hello Everyone...Happy National Senior Center Month & Grandparents Day (September 8th)!!!

National Senior Center Month is celebrated every year in September. This is an opportunity to showcase our centers and all the great programs, activities, and services that we offer. It is also a great time to promote a positive image of aging, and show how important the senior centers are in the community. The 2019 theme is: "Senior Centers: The Key to Aging Well!" The National Council on Aging shares this can be done through Growing, Learning, Connecting and Giving.

This month we have a lot of great social activities planned; which fits The Key to Aging Well perfectly. I think one key to aging well is Socialization. Did you know that ongoing social interaction helps keep seniors mentally, physically, and emotionally fit? It reduces stress, increases lifespan, and reduces the risk of depression caused by isolation and loneliness. Being social also reduces levels of anxiety, and it helps seniors maintain their self-esteem and sense of worth. Source: (www.actsretirement.org). The social activities that are going on this month are: Heartland Games - Heartland 5K Run/Walk (Sept. 8th), 4 Center Bingo (Sept. 19th), Casino Trip (Sept. 20th), and Senior Expo (Sept. 26th)...Hope to see you out being social 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

No SEPTEMBER 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

Please Note: Holiday Closing on Monday, September 2nd. The Northeast Senior Center will be closed in Observance of the Labor Day Holiday.

Heartland Games 5K Run/1 Mile Walk: Sunday, September 8

“Heartland 5K Run/Walk” Sunday, September 8th 1 mile Family Fun Walk at 8:30am/5K at 9am. This is a fundraiser event all ages are welcome.

Food For Thought

Your energy is contagious. Either you affect people or you infect people.



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 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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THE KEY TO AGING WELL

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

ACCEPTANCE
APPRECIATION
AUTHENTIC
BALANCE
BLOOM
CHARACTER
CHARISMA
CHOICES
COMMUNITY
COMPASSION

CONNECTING
EMOTIONS
EXERCISE
EXPERIENCES
FORGIVENESS
FRIENDSHIP
FULLFILLMENT
GIVING
GRACEFULLY
GRATITUDE

GROWING
HAPPINESS
HONESTY
JOY
LEARNING
MATURITY
MEANING
OPTIMISM
PERSPECTIVE
PRESENCE

PURPOSE
RELATING
RELATIONSHIPS
RESILIENCE
RESPECT
SELF LOVE
STRENGTH
VIGOR
VOLUNTEERING
WISDOM



Northeast Senior Center Educational Opportunities

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**
CPAAA

Thursday, September 19th @ 11:45am
Pain Management & Symptom Control
Serenity Hospice Care

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

October

Thursday, October 3rd @ 11:45am
2019 Medicare Updates
CPAAA

Friday, October 4th @ 11:45am
Pain Awareness & Management
Angels Care Home Health

Thursday, October 17th @ 11:45am
**Depression & Mental Health for the
Holidays**
Mindy Harris - Lakepoint

Friday, October 18th @ 11:45am
Superfoods: Extraordinary Cranberry
Sara Keraly - Natural Grocers (West)

Upcoming Events

4 Center Bingo: September 19

Thursday, September 19th from 2pm-4pm. Location: Downtown Senior Center (200 S. Walnut). No cost to play. Please RSVP at your center.

4 Center Casino Trip To Osage Casino in Ponca City: Friday, September 20

The bus will leave from Walmart (Kellogg and Dugan Rd) at 9am. You must pay in advance to attend.

Senior Expo: September 26

Thursday, September 26th from 9am-3pm. Locations: Botanica, Wichita Public Library and The Wichita Art Museum

July - September Birthday Celebration: September 27

Friday, September 27th, at 11:45am. This is a celebration for July - September birthdays. All members are welcome to attend.