## **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!!!



**Ongoing Activities** 

	Oligoling Activities										
<b>Monday</b> 9:30 10:30	WSU Exercise Advisory Council	11:30 1:00	API - Friendship Meals Line Dance (2nd & 4th Wednesday)								
11:30 2:30	(Every 2nd Monday) API - Friendship Meals Computer Class	<b>Thursday</b> 10:00 10:30									
<b>Tuesday</b> 9:30 10:30 11:30 12:00	Keep It Moving (Exercise) Bingo API - Friendship Meals	11:30 12:00 1:00	API - Friendship Meals Bible Study Card Games (Bid Whist & Spades)								
Wedneso 9:30 10:30	Conversation Spanish  lay  WSU Exercise  Computer Class	<b>Friday</b> 9:30 11:30 1:00	WSU Exercise API - Friendship Meals 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.** 

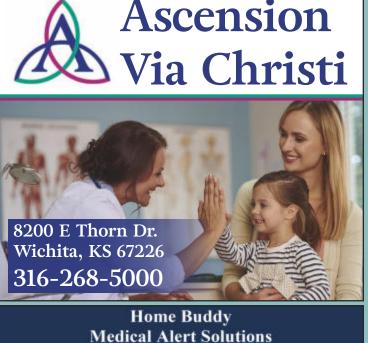
## Heartland Games 5K Run/1 Mile Walk: Sunday, September 8

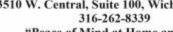
"Heartland 5K Run/Walk" Sunday, September 8th 1 mile Family Fun Walk at 8:30am/5K at 9am. This is a fundraiser event all ages are welcome.

# **Food For Thought**

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







In-Home Systems

Mobile Systems **Medication Dispensers** 

3510 W. Central, Suite 100, Wichita, KS 67203





## **Northeast Senior Center - Word Search**



#### THE KEY TO AGING WELL

Q	Z	S	Т	R	Ε	N	G	Т	Н	P	R	Ε	L	A	Т	Ι	N	G	Y
Н	J	Ε	G	Y	R	Ε	Т	C	A	R	A	Н	C	Н	В	L	0	0	M
W	Ι	S	D	0	M	P	F	0	R	G	Ι	V	Ε	N	Ε	S	S	G	T
R	Ε	V	Ι	T	C	Ε	P	S	R	Ε	P	L	Ε	A	R	N	Ι	N	G
0	J	F	C	Н	0	Ι	C	Ε	S	G	R	A	C	Ε	F	U	L	L	Y
I	S	Ε	C	N	Ε	Ι	R	Ε	P	X	Ε	D	F	R	S	D	Ε	B	P
G	N	Ι	W	0	R	G	P	Ι	Н	S	D	N	Ε	Ι	R	F	M	A	F
R	Ε	L	A	T	Ι	0	N	S	Н	Ι	P	S	F	M	J	0	0	L	U
V	G	C	0	M	M	U	N	Ι	T	Y	T	S	Ε	N	0	Н	T	A	L
E	S	0	P	R	U	P	G	N	Ι	T	C	Ε	N	N	0	C	Ι	N	L
S	B	G	F	U	S	S	Ε	N	Ι	P	P	A	Н	N	T	C	0	C	F
E	Н	N	Н	0	Ε	D	U	T	Ι	T	A	R	G	X	C	C	N	Ε	Ι
L	C	Ι	Т	N	Ε	Н	T	U	A	R	0	G	Ι	V	Ε	0	S	C	L
F	B	V	Н	Ι	M	N	0	Ι	T	A	Ι	C	Ε	R	P	P	A	N	L
L	Н	Ι	C	Н	A	R	Ι	S	M	A	K	Ι	R	Q	S	Т	C	Ε	M
0	Y	G	Q	P	W	Q	R	Ε	S	Ι	L	Ε	N	C	Ε	Ι	Ι	S	Ε
V	G	N	Ι	N	A	Ε	M	A	T	U	R	Ι	T	Y	R	M	R	Ε	N
E	G	N	Ι	R	Ε	Ε	Т	N	U	L	0	V	X	Ι	C	Ι	C	R	T
Α	C	C	Ε	P	Т	A	N	C	Ε	Ε	X	Ε	R	C	Ι	S	Ε	P	G
J	0	Y	N	0	Ι	S	S	A	P	M	0	C	Т	P	J	M	J	Ι	В

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
RESILENCE
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

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.