



Northeast Senior Center

Hello Everyone...Happy November!!!

They say November is the month to show Gratitude. Well, I am still trying to figure out who they is...If any of you figure it out please let me know, because I have a few things I need to discuss with them...Just Kidding! Personally, I think we should show gratitude daily...because tomorrow is not promised to anyone.

This month we will have two special events that will help us get in the spirit of Gratitude. Monday, November 11th we will have a Veterans Day Appreciation to show our Veterans how grateful and appreciative we are of them. Stop by the center to join in on the game "Guess the Veteran's" to have a chance to win a gift card. All those who guess the veterans will have their name placed in our jar. The winning name will be pulled at our Veterans Day Appreciation Monday, November 11th. Also, this month we will have our Thanksgiving Dinner. This is another opportunity to fellowship with members and let them know how grateful you are to have them in your life. As always, if you have questions, comments or concerns, feel free to stop by the office or call. Remember this is your center and we are here to help you enjoy life to the fullest.

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

1:00	WSU Balance & Cardio Dance Class (1st & 3rd Wednesday)
1:00	Line Dance (2nd & 4th Wednesday)

Tuesday

9:30	Keep It Moving (Exercise)
10:30	Bingo
11:30	API - Friendship Meals
12:00	Conversation Spanish
1:00	Book Club (2nd & 4th Tuesday)

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)

Wednesday

9:30	WSU Exercise
10:30	Computer Class
11:30	API - Friendship Meals

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, November 11th at 10:30am

Finding Comfort Support Group

This grief support group meets monthly on the 3rd Wednesday at 10:30am. Many talk of the 5 stages of grief as something we go through when coping with the death of a loved one. Grief; however, is more like a roller coaster with ups and downs coming in waves and cycles. As you journey through your grief consider coming to the group. It is led by a grief counselor from Harry Hynes Memorial Hospice.

Blood Pressure Checks

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

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)

Food For Thought

When Someone Shows You Who They Are, Believe Them The First Time.

~ Maya Angelou

Please Note Holiday Closing

Northeast Senior Center will be closed at 3pm on Wednesday, November 27th and closed on Thursday, November 28th and Friday, November 29th in observance of the Thanksgiving Holiday.



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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"Peace of Mind at Home and Away"

Northeast Senior Center - Word Search

SEASONS



AUTUMN
BREEZE
BRISK
CHANGE
CHILLY
CLOUDS
COLD
COLORFUL
COLORS
COOL
EQUINOX
FALL



FIREFLIES
FLOWERS
HOT
HOURS
LEAVES
MOONS
MUD
NEW YEAR
PUMPKIN
RAIN
RAKE
SHOVEL

SNOW
SOLSTICE
SPRING
SUMMER
SUN
SWIMMING
TREES
UMBRELLA
WARM
WEATHER
WINDY
WINTER





Northeast Senior Center

Educational Opportunities

November

Friday, November 1st @ 11:45am

Heart Health

Angels Care Home Health

Thursday, November 7th @ 11:45am

Handling the Holidays

Serenity Hospice Care

Friday, November 8th @ 11:45am

Superfoods: Got Chocolate?

Sara Keraly - Natural Grocers (West)

Thursday, November 14th @ 11:45am

Superfoods: Avocado Awesomeness

Aubrey Vereecke - Natural Grocers (East)

Friday, November 15th @ 11:45am

Medicare 101

Scott Lee - Futurity First

December

Thursday, December 12th @ 11:45am

Superfoods: Bon Appetit, Let's Eat Beets

Aubrey Vereecke - Natural Grocers (East)

Four Center Christmas Lights Tour

We are having our Christmas Lights tour again. It is scheduled for Friday, December 13th, from 5:30pm-7:30pm. The cost will be \$10 per person. Please sign-up at your center, because space is limited. Payment is due by Wednesday, December 4th. The Party Bus will pick-up and drop-off at the Downtown Senior Center (200 S. Walnut). *Buses are not Handicap Accessible. (There will also be a box to collect blankets if you have not had a chance to get yours turned in)

Upcoming Events

Monday, November 11th, 2019

Veterans Day Appreciation

Time: 2pm-4pm

Friday, November 22nd, 2019

NESC - Thanksgiving Dinner

Time: 2pm-4pm

Cost: \$5members/\$7nonmembers

Friday, December 13th, 2019

NESC - Christmas Bingo

Time: 2pm-4pm

Friday, December 20th, 2019

NESC - Christmas Dinner

Time: 2pm-4pm

Cost: \$5members/\$7nonmembers

Friday, December 27th

October-December Birthday Celebration

This is a celebration for October - December birthdays.

All members are welcome to attend.

Four Center Holiday Collection

This year our centers will be collecting "New" blankets for the Forensic Nursing unit at Ascension Via Christi St. Joseph. Patients are usually victims of traumatic experiences such as sexual assault, domestic violence, child abuse, elder abuse, and human trafficking. The blankets provide some sense of comfort. The sizes that are needed are Twin on up to Oversized. Blankets can be dropped off at any of our four senior centers. Collections are from Monday, December 2nd - Friday, December 13th. Delivery of blankets will take place before Christmas.