



Northeast Senior Center

Hello Everyone and Merry Christmas! As you can see we have made it to December. The weather is changing and it's time to pull out the sweaters, coats, and boots. Usually many seniors start to hibernate more during the colder months. Finding senior-friendly activities can be especially challenging during this time of year. I wanted to share 5 winter activities for seniors that warm the heart.

1. Cooking Together - Making a delicious meal has heartwarming benefits. Not only can you spend time together actively doing something, but the act of reading recipes, measuring, setting timers and cooking is great stimulation for the brain and helps fight cognitive decline and memory loss.

2. Knit, Crochet, or Quilt - Knitting, quilting or crocheting make great indoor activities during those winter days spent by a warm fire with a cup of tea. Seniors could knit hats to donate to local homeless shelters or hospitals, make a quilt for a grandchild, or crochet blankets for children in need.

3. Exercise - Exercise is critical to preventing illnesses and ailments that often accompany old age (like dementia, back pain, high blood pressure, and diabetes). It also boosts feelings of positivity and confidence. Regular physical fitness helps with coordination and balance too, which are key to preventing falls in the home.

4. Video chat with family and friends - cold winter days can lead to seniors spending a significant amount of time indoors. A free Skype or Google+ account lets anyone video chat using their computer or laptop, or if you have a iPhone, you can video chat via Facetime with others who have iPhone.

5. Make "Blessings Bags" - "Blessings Bags" are simply bags filled with helpful supplies (trial size toiletries like toothbrush w/toothpaste, deodorant, and chapstick), snacks (small snacks like granola bars, crackers or fruit snacks), and drinks (bottled water or sports drinks) that can be handed out to homeless people around town or at a shelter. Source: www.dailycaring.com (5 Winter Activities For Seniors That Warm The Heart).

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

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)

Friday

9:30

WSU Exercise

11:30

API - Friendship Meals

1:00

Bridge

Wednesday

9:30 WSU Exercise

10:30 Computer Class

11:30 API - Friendship Meals

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, December 9th at 10:30am

Finding Comfort Support Group

This grief support group meets every 3rd Wednesday each month at 10:30am. A companion is someone with whom we spend time or travel. Grief can be described as a journey, many times taken unwillingly as we cope with the death of a loved one. Consider being a companion in grief and attending the group which 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)

Please Note Holiday Closing

Northeast Senior Center will:

- **CLOSE EARLY** - Tuesday, December 24th (Christmas Eve)
- **CLOSE ALL DAY** - Wednesday, December 25th (Christmas Day)
- **CLOSE EARLY** - Tuesday, December 31st (New Year's Eve)
- **CLOSE ALL DAY** - Wednesday, January 1st (New Year's Day)



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



Twin Lakes Apartments
Apartment building in Wichita
1915 North Porter Street
Wichita, KS 67203

316-838-1972

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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

CHRISTMAS



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



ANGEL
BELLS
BOW
BULBS
CAROLS
CHRISTMAS
CHURCH
COOKIES
DECORATIONS
ELF
FAMILY
FROSTY



GARLAND
GIFT WRAPPING
GREEN
HOLIDAY
ICE
JOLLY
LIGHTS
ORNAMENTS
RED
REINDEER
RIBBONS
SANTA



SHOPPING
SHOVEL
SINGING
SLED
SLEIGH
SNOWBALL
SNOWFALL
SNOWFLAKES
SNOWMAN
STAR
TREE
VACATION





Northeast Senior Center Educational Opportunities

December

Thursday, December 12th @ 11:45am

Superfoods: Bon Appetit, Let's Eat Beets

Aubrey Vereecke - Natural Grocers (East)



Special Events

Volunteer Appreciation Friday, January 24, 2pm - 4pm

This is to recognize our volunteers of all our programs (Advisory Council, Special Events Committee, Bingo, Exercise Classes, etc....) who help keep the center running smoothly. We just want to take a moment to express our appreciation for all that you do here at Northeast Senior Center. So, members if you are free and have a little time please stop by and show our volunteers that they are appreciated.

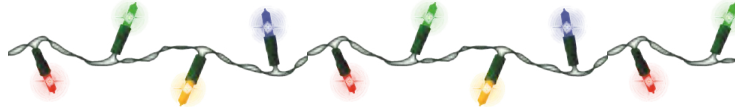


Four Center Holiday Collection

December 2 through December 13. See flyers and articles for details.



Christmas Lights Tour Friday, December 13, 5:30 p.m. until 7:30 p.m. Please see fliers for more information.



Food For Thought

Every bad situation will have something positive. Even a dead clock shows correct time twice a day.



If you missed out on our Guess The Veterans game. Here are the pictures/ names of our Veterans.

1. Top Left is our Lifetime Member Mr. Glen Crenshaw (Army)
2. The Middle is one of our Domino Players Mr. Willie Landers (Marine)
3. Top Right is one of our Domino Players Mr. Richard Batie (Army)
4. Bottom Left is one of our Domino Players Mr. William French "Frenchy" (Korea - 1951)
5. Bottom Right is our Lifetime Member Mr. Glen Crenshaw (Air Force)

Even though Veterans Day has passed, I do not think they would mind you thanking them for their service. After all, what they did was life changing for us all.

Upcoming Events

Friday, December 13th, 2019

NESC - Christmas Bingo
Time: 2pm-4pm

Friday, December 20th, 2019

NESC - Christmas Dinner
Time: 2pm-4pm
Cost: \$5 members/ \$7 nonmembers

Friday, December 27th

October-December Birthday Celebration. This is a celebration for October - December birthdays. All members are welcome to attend.