



Northeast Senior Center

Hello Everyone and Happy February! As you can tell this year is on the move, because we are already in February. I pray the year has started off well for you all. This month I wanted to talk with you about Good Habits & Bad Habits. It goes without saying we all have both. Have you ever wondered why it is so hard to break Bad Habits? Our brains work on a trigger and reward basis – the so-called “habit loop” – which means it is easy to slip into a routine and difficult to fight back when the undesired behavior occurs. If you’ve ever tried to break a habit, you will no doubt know how hard it is to do. That’s not to say that all habits need to be broken but, for those that aren’t healthy or productive, overcoming them can be key to a happier existence. Habits are formed after our brains have learned, and then repeated, something new. Did you know most of the time, bad habits are simply a way of dealing with stress and boredom? Everything from biting your nails to overspending on a shopping spree to drinking every weekend to wasting time on the internet can be a simple response to stress and boredom. All of the habits that you have right now – good or bad – are in your life for a reason. In some way, these behaviors provide a benefit to you, even if they are bad for you in other ways. Sometimes the benefit is biological like it is with smoking or drugs. Sometimes it’s emotional like it is when you stay in a relationship that is bad for you. And in many cases, your bad habit is a simple way to cope with stress. Like pulling your hair, tapping your foot, or clenching your jaw. Because bad habits provide some type of benefit in your life, it’s very difficult to simply eliminate them. (This is why simplistic advice like “just stop doing it” rarely works.) Instead, you need to replace a bad habit with a new habit that provides a similar benefit. For example, if you smoke when you get stressed, then it’s a bad plan to “just stop smoking” when that happens. Instead, you should come up with a different way to deal with stress and insert that new behavior instead of having a cigarette. In other words, bad habits address certain needs in your life. And for that reason, it’s better to replace your bad habit with a healthier behavior that addresses that same need. Recognizing the causes of your bad habits is crucial to overcoming them. Hopefully, I left you with something to think about. Sources: www.success.com/why-bad-habits-are-so-easy-to-make-and-so-hard-to-break/; www.jamesclear.com/how-to-break-a-bad-habit.

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, February 10th at 10:30am

Finding Comfort Support Group

Have you lost a loved one and are trying to find a way to cope with it all? We all know that death is a very challenging process to deal with. Dealing with this alone is not the way to go. Studies have shown that talking with someone helps with this process...if you feel you need to talk with someone please join us for our Finding Comfort Support Group. This support group is for those who have lost friends and loved ones and need someone to encourage, comfort, and help them get through another day. This group will be encouraged by a Bereavement Social Worker courtesy of Harry Hynes Memorial Hospice. Finding Comfort Support Group will meet each month every 3rd Wednesday at 10:30am.

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)

Blood Pressure Checks Second Tuesday of each month at 11:15am
Courtesy of Heart & Soul Hospice

Please Note Holiday Closings:

Northeast Senior Center will be CLOSED ALL DAY Monday, February 17th in observance of Presidents' Day.

Food For Thought

If you feel like you're losing everything, remember that trees lose their leaves every year and they still stand tall and wait for better days to come.



Join us for Senior Thursday!
Beginning at 10:00 AM every 2nd Thursday of each month, join us for some refreshments and a free presentation!
Sponsored by SKYWARD


Every Wednesday is ½ price for Seniors 55+!

3350 S. George Washington Blvd., Wichita, KS 67210 • 316-683-9242
www.Kansasaviationmuseum.org  Kansas Aviation Museum
Hours: Monday-Closed, Tues-Sat. 10 am-5pm, Sun. 12pm-5pm



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WEDDINGS



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



BALLOONS
BELLS
BEST MAN
BRIDE
BUBBLES
CARDS
CHAMPAGNE
CHURCH
COMMITMENT

CONFETTI
DANCING
DOVE
DRESSES
FAMILY
FLOWERS
GARTER
GIFTS
GROOM

GUESTS
HAPPY
HONEYMOON
INVITATIONS
KISSING
LOVE
MONEY
MUSIC
OUTSIDE

PARTY
PASTOR
RECEPTION
RICE
RING
SHOWER
SPEECHES
TUX
VOWS



Northeast Senior Center Special / Upcoming Events

NESC – Valentine’s Party

Friday, February 14th

Time: 2pm - 4pm

Cost: \$5members/\$7nonmembers



Taxes! Taxes! Taxes! Northeast Senior Center’s tax appointment days are Tuesdays, Wednesdays, and Thursdays. Our available times are 9am, 10:30am, 1pm & 2:30pm. We will start our first day of taxes Tuesday, February 4th. Please call (316) 269-4444 to make an appointment, because we will not be taking walk-ins.

What you should bring for taxes:

- Social Security Cards (or ITIN document) for all people that you are filing on your taxes
- Picture ID for yourself (and spouse if filing jointly), such as valid driver’s license or other government issued ID
- Both spouses should be present if filing jointly
- Copy of previous year’s tax returns
- All W-2’s, 1099 forms, or other tax related forms
- If expecting a refund and you want it to be direct deposited, please bring a check, or debit card direct deposit form with issuer printed routing and account numbers (not hand written)

AARP Tax-Aide Volunteers cannot prepare:

- Schedule E – Rental Property
- Form 2106 – Employee Business Expenses
- Form 3903 – Moving Expenses
- Or Schedule C – Business with an Operating Loss or Expenses over \$10,000

LIEAP (Low Income Energy Assistance Program) Program/ Project Deserve: February 7,2020

Time: 9am - 4pm

LIEAP is a federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit. Please bring the following Items:

- Copies of all proof of income for all permanent individuals living in the home who are 18 years old or over
- Copies of utility bills (gas, electric, propane, wood, etc.)
- Social Security Numbers of all members of the household



Educational Opportunities

February

Thursday, February 6th @ 11:45am

Adult Day Services

Catholic Charities

Thursday, February 20nd @ 11:45am

Heart Health – Where to Start to Love Your Heart

Aubrey Vereecke

Natural Grocers (East)

Friday, February 21st @ 11:45am

Weight Loss - Cravings, Weight Gain & the Blood Sugar Rollercoaster

Sara Keraly

Natural Grocers (West)

March

Friday, March 20th @ 11:45am

Sugar Free – The Unsweet Side of Soda

Sara Keraly

Natural Grocers (West)