



## NORTHEAST SENIOR CENTER

Hello Everyone! Happy May!

Guess what? We have decided since things are going so well with our centers that starting in May we will **open Tuesdays, Wednesdays, and Thursdays from 10am to 3pm.** However, you will still need to RSVP for all activities, because we are still limited on the number of members in the building at one time. If you would like to RSVP for any activity please call (316) 269-4444. If no one answers please leave a message and I will call you when I am available to do so. Thank you!

With that said, I want to share something with you...It is Ecclesiastes 3: 1-8 (KJV)

**To every thing there is a season,  
and a time to every purpose under the heaven:**

**A time to be born, and a time to die;  
A time to plant, and a time to pluck up that which is planted;**

**A time to kill, and a time to heal;  
A time to break down, and a time to build up;**

**A time to weep, and a time to laugh;  
A time to mourn, and a time to dance;**

**A time to cast away stones, and a time to gather stones together;  
A time to embrace, and a time to refrain from embracing;**

**A time to get, and a time to lose;  
A time to keep, and a time to cast away;**

**A time to rend, and a time to sew;  
A time to keep silence, and a time to speak;**

**A time to love, and a time to hate;  
A time of war, and a time of peace.**



These scriptures say a lot...there is a time for everything, whether we acknowledge it or not. Once we realize this we can approach life differently. It took me some time to truly understand it...I hear many of you say from time to time "Just keep on living"...I hear you say it so much I finally got it. These scriptures also helped me get it as well.

Last year was a bit much, as you have heard me say before. Even though 2020 is gone that does not mean you or your situation or

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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**



## Ongoing Activities

**(YOU MUST CALL IN ADVANCE TO PARTICIPATE IN ANY ACTIVITY)**

### Tuesday

- 10:30 am - Exercise Class, Dominoes
- 11:30 am - Diamond Dotz
- 12:30 pm - Line Dance
- 1:00 pm - Dominoes
- 2:00 pm - Line Dance

### Wednesday

- 10:30 am - Chair Yoga (By Video), Dominoes
- 1:00 pm - Card Games (Bid Whiz & Spades)
- 1:00 pm - Dominoes

### Thursday

- 10:30 am - Exercise Class, Dominoes, Jewelry Making Class
- 11:30 am - Education
- 12:00 pm - Quilters' Treasures
- 1:00 pm - Dominoes



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## Finding Comfort Grieving Support Group

Wednesday, May 19th at 10:30am

This group will **meet in-person** at Northeast Senior Center

Courtesy of Harry Hynes Hospice

## Education Classes

Thursday, May 6th at 11:30am - "Mental Health and You"

Thursday, May 13th at 11:30am - "Understanding High Blood Pressure"

Thursday, May 20th at 11:30am - "Stroke Awareness"

Thursday, May 27th at 11:30am - "Understanding Osteoporosis"



## Ice Cream Flavors

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

TRIPLE TORNADO  
 REESES  
 NEOPOLITAN  
 CHOCOLATE  
 STRAWBERRY  
 COTTON CANDY  
 COCONUT  
 ROCKY ROAD  
 COOKIE DOUGH  
 TIGER TAIL  
 GREEN TEA  
 HOKEY POKEY  
 MAPLE WALNUT  
 FUDGE  
 PECAN  
 BANANA  
 VANILLA



Play this puzzle online at : <https://thewordsearch.com/puzzle/416/>



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## Northeast Director's Notes - Continued

circumstance have moved on to 2021. Being that most of you have lived through some things. I know, you know, that life has its ups and downs. You did not get to the age you are by stopping when things became too much. You had to push your way through somehow or else you would not be here today. I am not sure what season you are in like the scriptures share, but no matter the case I feel Senior Services can meet you where you are.

If you have lost loved ones (Friends or Family) we offer Grieving Support Groups at our Senior Centers to help during these challenging times.

If you have been isolated and alone with little contact with people. We offer activities (Bingo, Dominoes, Quilting, Jewelry Making, Card Games, Bible Study, Book Clubs, etc.) that can get you back socially active again.

If you have been that person that needs the laughter of others to give you a boost, guess what? You can find that too, at the senior centers.

If you have loads of energy that has been bottled up from staying inside, we offer Exercise Classes to help work off some of that energy. Or those extra pounds that we all gained while staying in so much. And if you are the real energetic type we offer Line Dance to help you release that extra built up energy as well.

If you do not see anything that meets you where you are or catches your attention, maybe you are that Social Butterfly that loves to keep everyone else company. We would be glad for

you to join us. You help balance out our senior centers...we need you!

If you are a member that has been with Senior Services for some time and you always do the same activities and get bored easily. Maybe it is time for you to try something new. The Directors are always researching new things to offer at our centers. Or maybe it is time for you to switch roles and become a Volunteer and teach some classes or help out on a committee around the center. We are always looking for Volunteers.

These are just a few things that come to mind when I think of what our senior centers offer. If what you are looking for is not at Northeast. Feel free to read through the newsletter and check out our other 3 senior centers (**Downtown, Linwood and Orchard Park**). Yes, that is right your \$25 membership makes you a member of all 4 Senior Centers. So do not cheat yourself out of loads of fellowship and fun.

Well, I pray that you find what you are looking for to keep you motivated and happy. If you do not see it, let us know, maybe it is something that we missed. Maybe it is something that we can add to our list of ongoing activities in the future. Remember this is your Senior Center and we are here for you. If you have questions, comments, or concerns please do not hesitate to let us know. In the meantime and between time, Be Safe! Be Blessed! Be Encouraged!

Carnesha Tucker – Center Director