



## NORTHEAST SENIOR CENTER

Hello Everyone! Happy August!

Has anyone else noticed that these months are flying by? I cannot believe we are already in August. I do not know about you, but I am having a time getting back into the swing of things around the center...Is anyone else feeling like they are off track? With the center being closed for about a year, and then we reopened in April. I am just having a time getting back into routine. Well, if any of you have any suggestions or tips please feel free to stop by, call, or email me, because I am really needing it. If nothing comes to mind, just keep me in prayer.

Since we are still in summer I wanted to share: 9 Engaging and Safe Summer Activities For Seniors. The summer season often brings dangerously high temperatures and extreme weather. Older adults are more prone to heat stress, so you should be exceedingly careful with activities in the heat. Here are nine safe summer activities for seniors during the warmer months.

- 1) Cook A Fresh Meal - Cooking can be a therapeutic activity because it allows for a sense of purpose and a creative outlet.
- 2) Reminisce On The Past - Older adults often enjoy sharing and retelling stories from their past. Reminiscing can have benefits for seniors, including better communication and reduced stress.
- 3) Work On A Craft - Working on a craft can help individuals express their emotions and develop fine motor skills. Seniors can also increase their confidence, concentration and motivation.
- 4) Stay Active and Cool - Swimming and water aerobics help you beat the heat while also staying fit. Water-based summer activities for seniors are usually low-impact and great for individuals with arthritis or stiff joints.
- 5) Play Games - Board games and card games are fun, competitive ways to help older adults stay engaged as well as socialize.
- 6) Watch Movies - Movies provide an emotional escape and can help take the focus off current ailments.
- 7) Read A Book - Reading is a fantastic activity for seniors during any season, but especially during the summer. Reading might be difficult depending on eyesight or other factors. If so, consider alternatives like audio books or large print versions.
- 8) Get Outside (Safely) - While the heat may limit some outdoor activities, its still important to get outside. Sunlight is a great source of vitamin D, which can help fight osteoporosis, anxiety and depression.
- 9) Enjoy A Cold Treat - An ice cream social is a great way to engage with others while cooling off with a sweet treat.

**Source:** [www.vineyardhenderson.com/safe-summer-activities-for-seniors/](http://www.vineyardhenderson.com/safe-summer-activities-for-seniors/)

Carnesha Tucker - Center Director

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](mailto:CarneshaT@seniorservicesofwichita.org)

**Registration Required for ALL Center Activities • Membership: \$25 per year**



## Finding Comfort Grieving Support Group

Wednesday, August 18th at 10:30am

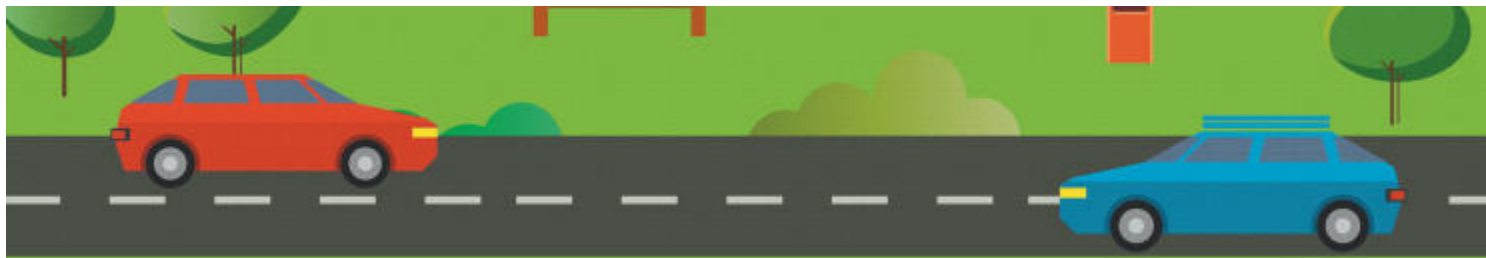
This group will **meet in-person** at Northeast Senior Center  
Courtesy of Harry Hynes Hospice

## Education Classes

Thursday, August 5th at 11:45am - "What you need to know about heat exhaustion before it kills"

Thursday, August 12th at 11:45am - "Health Benefits of Houseplants"


Thursday, August 19th at 11:45am - "10 Reasons Why Pets Are Good for seniors"



 <p><b>Twin Lakes Apartments</b> All Adult Community in Wichita 1915 North Porter Street Wichita, KS 67203</p> <p><b>316-838-1972</b></p>	 <p>Offering a range of solutions for different lifestyles</p> <p>In-Home Systems   Mobile Systems Medication Dispensers</p> <p>3510 W. Central, Suite 100, Wichita, KS 67203 316-262-8339 www.homebuddy.org</p>
--	---

		
--	--	--

# SUPPORT OUR ADVERTISERS!





## Ongoing Activities

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



### **Monday**

- 10:00 am - Computer Room, Exercise Equipment Room
- 10:30 am - Diamond Dotz, Dominoes
- 11:30 am - Aging Projects Friendship Meals
- 1:00 pm - Wii Games, Dominoes

### **Tuesday**

- 9:30 am - Chair Yoga (By Video)
- 10:00 am - Computer Room, Exercise Equipment Room
- 10:30 am - Exercise Class, Dominoes
- 11:30 am - Aging Projects Friendship Meals
- 1:00 pm - Wii Games, Dominoes



### **Wednesday**

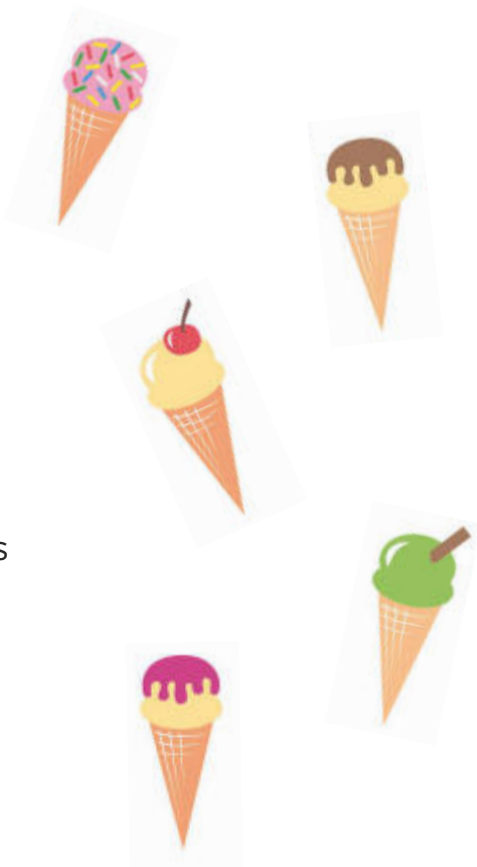
- 10:00 am - Jewelry Making Class, Computer Room, & Exercise Equipment Room
- 10:30 am - Dominoes
- 11:30 am - Aging Projects Friendship Meals
- 11:45 am - Bible Study
- 12:30 pm - Line Dance (2nd & 4th Wednesdays only)
- 1:00 pm - Dominoes

### **Thursday**

- 9:30 am - Chair Yoga (By Video)
- 10:00 am - Computer Room, Exercise Equipment Room
- 10:30 am - Exercise Class, Dominoes
- 11:30 am - Aging Projects Friendship Meals
- 11:45 am - Education
- 12:00 pm - Quilters' Treasures
- 1:00 pm - Card Games (Bid Whiz & Spades), Dominoes

### **Friday**

- 10:00 am - Computer Room, Exercise Equipment Room
- 10:30 am - Wii Games
- 10:30 am - Diamond Dotz, Dominoes
- 11:30 am - Aging Projects Friendship Meals
- 1:00 pm - Wii Games, Dominoes





# Word Search

# Gardening

Find and circle all of the words that are hidden in the grid.  
The remaining 27 letters spell a Lady Bird Johnson quote.



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

- |            |              |            |             |
|------------|--------------|------------|-------------|
| ANNUALS    | GARDEN       | ORGANIC    | SEEDS       |
| BEANS      | GERANIUMS    | PEAS       | SHOVEL      |
| BEETS      | GLOVES       | PERENNIAL  | SOIL        |
| BIENNIAL   | GNOME        | PETUNIAS   | SPADE       |
| BROCCOLI   | GREENHOUSE   | PINWHEEL   | SUNSHINE    |
| CARROTS    | GROW         | PITCH FORK | TOMATOES    |
| COMPOST    | HOES         | PLANTING   | TROWEL      |
| CULTIVATE  | HORTICULTURE | RAIN       | TULIPS      |
| DAISIES    | HOSE         | RAKE       | VEGETABLES  |
| DIGGING    | HYDRANGEA    | RELAXING   | WATER       |
| FERTILIZER | LILACS       | ROSES      | WEEDS       |
| FLOWERS    | LILIES       | ROWS       | WHEELBARROW |
| FUCHSIA    | MARIGOLDS    |            |             |

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>