



HERITAGE HAPPENINGS

NOVEMBER 2013



VETERANS DAY

MONDAY, NOVEMBER 11

On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free.

To honor our Veterans all Veterans, 60 years of age and older, will eat free on November 11 at the Heritage Senior Center.

BOOKS ON TAPE

Thank you to the family of Lecia Potthoff for the donation of Lecia's books on tape. They are in the library at the senior center. You are welcome to check one out. Please be sure to sign the check out form.



**OUR DEEPEST SYMPATHY
TO THE FAMILY
OF
LECIA POTTHOFF**



THANKSGIVING DINNER

TUESDAY, NOV. 19

Thanksgiving is one our most popular meals and we know you won't want to miss it. The City staff has graciously agreed to serve you so you won't even have to get up from your seat!

MENU

- Turkey and Dressing
- Mashed Potatoes/Gravy
- Green Beans
- Cranberry Salad
- Pumpkin Pie
- Rolls
- Milk Coffee Tea



Please call in your reservation no later than Monday, Nov. 18 at 1:00 p.m. 345-1760.



THANK YOU

Thank you to Jerry & Jean Beideck for the donation of a quilt frame. Reta has the frame up and we should be quilting very soon. Please contact Reta Bourquin or Sue if you are interested in joining this group.

SHIIP

WHY SHOULD I CHECK MY MEDICARE PART D EVERY YEAR?

Medicare Part D is the prescription drug plan that covers prescription drugs you are taking. Every year beginning October 15 and ending December 7 you can check your Part D plan to see that it will be covering the prescriptions you are taking. Part D plans change every year. Their premiums may change and the formularies that cover drugs may change. Medicare has a website that you can go to www.medicare.gov to help check what plans are available and which one is the right plan for you in the coming year.

The website will ask for your Medicare number and several dates including when Part A started and your birth date. The website will then ask what prescriptions you are taking, the dosage and how often you take the drug. After inputting all of your information the website will bring up the Part D plans from the least expensive to the most expensive. These plans will be based on your information. You can compare your current plan to the new plans to see if one may be less expensive or cover drugs your previous plan did not cover.

It can be confusing so if you are in need of help make an appointment with a SHIIP volunteer to assist you. There is no charge.

In the past I have had individuals who were sure they wanted to stay on the same plan but after reviewing the plans for the next year decided to change. Changing saved them \$400 a year. This is probably not the case for most but does point out a good reason to check.



INCLEMENT WEATHER

Winter will be here in a month. In Nebraska snowstorms can come almost anytime. When the McCook Public Schools close because of weather the City of McCook Heritage Senior Center and Public Transit will also close.

We know that it is very important to be safe in bad weather so when a snow storm or ice storm hit please listen to KICX 96.1, KIOD 105.3 or turn to NTV for closings. If in doubt call the senior center at 345-1760.

ADVISORY BOARD MEETING

The Heritage Senior Center Advisory Board will meet on Tuesday, November 5 at 10:00 a.m. This meeting will be open to the public.

HOME DELIVERED MEALS

VOLUNTEERS



We are in need of volunteers to help deliver meals on Mondays and Fridays. If you are able to spare 45 minutes and would like to help please call Donna at 345-6098.

SENIOR CENTER & PUBLIC TRANSIT

CLOSED

The Heritage Senior Center and McCook Public Transit will be closed on Thursday November 27 and Friday, November 28.

We wish everyone a very happy Thanksgiving

DON'T FORGET!

If you have not completed or updated your Intake Sheet please visit with Sue or Donna.



NONEMBER BIRTHDAYS



Sandy Brown	1	Gloria Warren	16
Dennis Frease	1	Grace Hanthorn	16
Cecelia Koch	2	Kent Kotschwar	16
Brenda Kincaid	3	Peggy Appleyard	17
Alice Ruppert	3	Adeline Kuhlmann	19
A M Johnston	3	Phyllis Gould	20
Dorothy Henton	4	Leona Nelson	20
Kar Martin	6	Lois Brandt	20
Betty Yonkers	5	Dixie Lorentz	21
Barbara Brown	7	Charlene Titman	22
Judy Weintz	7	Ewrin Fredde	22
Richard Quinn	7	Donna Bailey	23
LaVonne Buxton	8	Pete Graff	24
Shirley Perez	9	Dick Walter	25
Robert McBride	9	Nora Lewis	25
Sandra Nicholson	10	Stannis Spencer	25
Andre Lefebvre	11	Richard Bair	25
Hellen Allen	11	Joyce Hofman	26
Melvin Thielbar	13	Ed Budke	28
Carol Berryman	13	Lou Miner	30
		Barbara Frisch	30

THANK YOU FOR THE FOLLOWING GIFTS:

WALMART Meal Ticket drawing and donation of monthly birthday cake

MNB Monthly meal ticket drawing and ice cream

FIRST CENTRAL BANK Monthly meal ticket drawing and birthday party

FARRELLS PHARMACY Sponsoring daily menu on KICX

AMFIRST Meal ticket drawing in NOV

WILLOW RIDGE Monthly bingo and pie

MCCOOK COMM HOSPITAL- Sponsoring bingo 2nd Tuesday of the month

MONETARY:

Fred & Bonnie Weber

Trudy Nelson

William Gerloff

Darlene Korf

Dick & Jo Dike

Dennis & Sue Chipman

Farm Credit Services

of America

IMPORTANT INFORMATION AND PHONE NUMBERS

Heritage Senior Center Staff

Sue Chipman—Director

Donna Blake— Home Del. Meals

Sandy Brown—Head Cook

Tracy Crocker—Assistant Cook

Joanne Kivlehen—Assistant Cook

Paula Missing—Maintenance

Erwin Fredde—Maintenance

Open Monday through Friday

McCook Public Transit Staff

Sue Chipman—Director

Donna Blake—Dispatcher

Diane Clark—Public Transit Driver

Eldon Parde—Public Transit Substitute Driver



Open Monday through Friday 8:30 to 4:30 345-6098

Phone 308-345-6098

PRODUCT OF THE MONTH :

Coffee

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Happy Thanksgiving



<p>3</p> <p><u>TURN CLOCKS BACK ONE HOUR</u></p> 	<p>4</p> <p>GET FIT / W PEG 11:00 HELPING HAND 12:00 MON DUP BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>5</p> <p>ADV BOARD 10:00 TWELVESOME <u>BINGO 12:45</u></p>	<p>6</p> <p>AM FIRST DRAWING 12:00 4 W'S 12:45 HUSKER BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>7</p> <p>WII BOWLING 9:00 BIBLE COFFEE 10:00 KT CARD CLUB 12:45</p>	<p>8</p> <p>GET FIT W / PEG 11:00 FRI DUP BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>9</p> <p><u>MENU IS SUBJECT TO CHANGE</u></p>
<p>10</p> 	<p>11</p> <p>GET FIT / W PEG 11:00 HELPING HAND 12:00 MON DUP BRIDGE 12:45 SASSY SENIORS 12:45 STRENGTH TRAINING 12:45</p>	<p>12</p> <p>WALMART DRAWING 11:45 <u>BINGO 12:45</u></p>	<p>13</p> <p>4 W'S 12:45 VICTORY CARD CLUB 12:45 RETIRED TEACHERS 12:45 STRENGTH TRAINING 12:45</p>	<p>14</p> <p>WII BOWLING 9:00 BIBLE COFFEE 10:00 QUEEN OF HEARTS 12:45 BP CLINIC 11:00 - 12:00</p>	<p>15</p> <p>GET FIT W / NANCY 11:00 FRI DUP BRIDGE 12:45 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:45 QUEEN OF HEARTS 12:45</p>	<p>16</p> 
<p>17</p> <p><u>PRODUCT OF THE MONTH:</u> COFFEE</p>	<p>18</p> <p>GET FIT / W PEG 11:00 HELPING HAND 12:00 MON DUP BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>19</p> <p><u>BINGO 12:45</u></p>	<p>20</p> <p>4 W'S 12:45 MNB DAWING / FREE ICE CREAM 12:00 HUSKER BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>21</p> <p>CRAZY 8 9:00 WII BOWLING 9:00 BIBLE COFFEE 10:00 KT CARD 12:45</p>	<p>22</p> <p>GET FIT W / NANCY 11:00 FRI DUP BRIDGE 12:45 1ST CENTRAL MEAL TICKET DRAWING 12:00 STRENGTH TRAINING 12:45</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>GET FIT / W PEG 11:00 HELPING HAND 12:00 MON DUP BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>26</p> <p><u>BINGO 12:45</u> PIE W/WILLOW RIDGE 12:45</p>	<p>27</p> <p>4 W'S 12:45 STRENGTH TRAINING 12:45</p>	<p>28</p>  <p><u>CLOSED</u></p>	<p>29</p> <p><u>CLOSED</u></p>	<p>30</p>

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>PRODUCT OF THE MONTH: COFFEE</p> 	<p>3</p> <p>ST. LOUIS RIB SCALLOPED POTATOES GREEN BEANS PEARS BUG BITES BREAD MILK</p>	<p>4</p> <p>LASAGNA GARLIC BREAD CARROTS KIDNEY BEAN SALAD PINEAPPLE MILK</p>	<p>5</p> <p>SHAKE & BAKE CHICKEN MASHED POTATOES / GRAVY MIXED VEGETABLES PEACHES NO BAKE COOKIE BREAD MILK</p>	<p>6</p> <p>CREAMY POTATO & HAM SOUP CRACKERS CHEESE SANDWICH APPLE SLAW CHERRIES OATMEAL RAISIN COOKIES BREAD MILK</p>	<p>7</p> <p>MEAT LOAF BAKED POTATO CORN PEACHES LEMON CAKE BREAD MILK</p>	<p>8</p> <p>BREADED COD POTATO CASSEROLE BROCCOLI APRICOTS APPLE COBBLER BREAD MILK</p>
<p>10</p> 	<p>11</p> <p>HAM LOAF SWEET POTATOES LIMA BEANS MIXED FRUIT HUMMINGBIRD CAKE BREAD MILK</p>	<p>12</p> <p>BEEF PATTY MASHED POTATOES / GRAVY CORN O'BRIEN APPLE CHOC CR CHEESE BROWNIE BREAD MILK</p>	<p>13</p> <p>BREADED CHICKEN BREAD ON A BUN TATER TOTS BAKED BEANS APPLE SAUCE TAPIOCA PUDDING MILK</p>	<p>14</p> <p>BREADED POLLOCK BAKED POTATO GREEN BEANS PEARS DISHPAN COOKIES MILK</p>	<p>15</p> <p>BEEF & KRAUT CASSEROLE COTTAGE CHEESE BABY CARROTS SCALLOPED POTATOES PLUMS BLUEBERRY MUFFINS MILK</p> 	<p>16</p>
<p>17</p> 	<p>18</p> <p>SALISBURY STEAK BAKED POTATO SPINACH CHERRIES CHEESE CRACKERS BREAD MILK</p>	<p>19</p> <p>TURKEY & DRESSING MASHED POTATOES / GRAVY GREEN BEANS CRANBERRY SALAD PUMPKIN PIE ROLLS MILK</p> 	<p>20</p> <p>PORK CHOP AUGRATIN POTATOES PEA SALAD PEARS PEACH CRISP BREAD MILK</p>	<p>21</p> <p>TUNA TETRAZZINI CARROTS DICED TOMATOES BAKED APPLES CHEESE STICK BREAD MILK</p>	<p>22</p> <p>ROAST BEEF MASHED POTATOES / GRAVY WINTER BLEND APRICOTS BIRTHDAY CAKE BREAD MILK</p> 	<p>23</p>
<p>24</p>	<p>25</p> <p>BAKED POTATO BAR CHILI & CHEESE BROCCOLI & CHEESE 5 - CUP SALAD RAISINS CHOC CAKE BREAD MILK</p>	<p>26</p> <p>MUSHROOM STEAK MASHED POTATOES / GRAVY CARROTS APPLE SAUCE BUG BITES BREAD MILK</p>	<p>27</p> <p>BEEF & NOODLES GREEN BEANS CELERY / PEANUT BUTTER TOMATO JUICE PEARS SNICKERDOODLE COOKIES MILK</p>	<p>28</p> <p>CLOSED</p>	<p>29</p> <p>CLOSED</p>	<p>30</p> 

Happy Thanksgiving

McCook Heritage Senior Center

1312 W. 5
McCook, NE 69001

Phone 308-345-1760
Fax 308-345-6795

We're on the web!

www.cityofmccook.com

“In Youth We Learn
In Age We Understand”

The City of McCook Heritage Senior Center is sponsored by the Nebraska Commission on Aging with matching funds from the City of McCook and personal donations. The senior center provides referral services, nutritional meals, health programs and recreational opportunities to people who are 60 years of age and older Monday through Friday 8:30 to 4:30. For more information call 345-1760.

The City of McCook Public Transit provides transportation within the city limits of McCook. It is a dial-a-ride system. The cost to ride the public transit is \$2.00 per one-way trip. The transit operates Monday through Friday from 8:30 a.m. to 4:00 p.m. To schedule a ride call 308-345-6098.

McCook Heritage Senior Center

**1312 W. 5
McCook, NE 69001**