



HERITAGE HAPPENINGS



DECEMBER 2013



CHRISTMAS DINNER

WEDNESDAY, DECEMBER 11

MENU

- Chicken Cordon Bleu
- Baked Potato
- Green Bean Casserole
- Creamy Pear Salad
- Raisins



Hot Rolls

Pie & Ice Cream

Milk/Coffee

Entertainment by:



McCook Public School Music Department

Please make your reservation by Tuesday,
December 10 at 1:00 p.m.



Jim Hamill Senior Center "Bus Boy"

Pictured above are Dick Dike, Jim Hamill and Jo Dike.

Jim often picks up dishes from the tables and takes them to the kitchen. Jo Dike made the apron to protect his clothing and advertise his new volunteer job

NO GIFTS PLEASE

At this time of year people want to express their appreciation to staff. Our City policy forbids employees from accepting gifts. We thank you for your thoughtfulness.

CHAIRS



Please push your dining room chair in when you leave to pickup your meal. Feet can get tangled in the chair legs and cause a fall. Thank you!

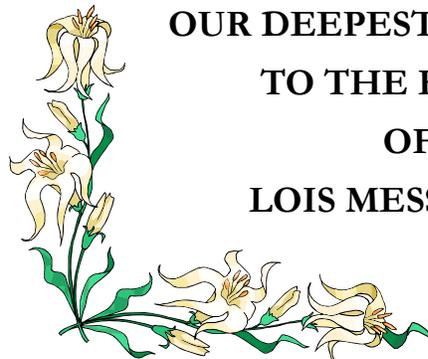
CLOSING DATES

The Heritage Senior Center, Home Delivered Meals and Public Transit will be closed on Wed. December 25 and Wednesday, January 1, 2014.

ADVISORY BOARD

The Advisory Board will meet on Tuesday, December 10 at 10:00 a.m. This meeting is open to the public. Please not the change in date.

**OUR DEEPEST SYMPATHY
TO THE FAMILY
OF
LOIS MESSINGER**



LOOKING FOR A GIFT?



Meal ticket books and public transit ticket books are always a great idea for the holidays. Meal ticket books contain 5 meal tickets for a suggested donation of \$15.00. Transit books contain 10 tickets and the cost is \$20.00. Stop by and visit with a staff person if you would like to purchase either or both of these items.



FOOT CLINIC COUPONS

We have a limited number of foot clinic coupons available to be used at the Red Willow County Health Department. If you would like one please stop by and see Sue for more information.

THANK YOU

I would like to take this opportunity to thank each and everyone of you that I have had the privilege to meet and work with.

As I have grown older “change” has become more difficult for me. Retirement is no different. I am looking forward to it but it does mean change. I will miss all of you and the special friendships we have formed. I will always remember the kindnesses you have shown and your commitment to the senior center.

I am honored to have been an employee of the City of McCook and to have served as the Senior Services Director.

I will miss the day to day contact with my co-workers and the city employees.

I wish each an everyone of you blessings as we begin 2014 and in the years to come.

SHIIP NEWS

Nebraska SHIIP 1-800-234-7119

1-800-MEDICARE (1-800-633-4227)

www.Medicare.gov

If you have questions concerning Medicare please call 1-800-234-7119.

THANK YOU ADVISORY BOARD

A big thank you to the Heritage Senior Center Advisory Board. These members took two days to interview and evaluate candidates. The time you gave and your input were very valuable.

HATS AND COATS

LOOKING FOR OWNERS

Please check the lost and found in the coat closet for coats and hats that have been left behind. The collection is starting to grow and with these chilly days I am sure you will be needing them.

QUILTING



Have you stopped in the pool room lately? The ladies are very busy with the quilt. What an excellent job they are doing. A hand quilted quilt is a true heirloom.

If you have a quilt you would like hand quilted stop in and visit with Reta Bourquin and the quilting ladies.



HAPPY HOLIDAYS

The senior center and public transit staff would like to wish everyone a very Merry Christmas and a Happy New Year.

December 2013

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		2 BBQ CHICKEN BAKED POTATO PEAS APRICOTS OREOS BREAD/MILK	3 PEPPER STEAK/RICE ITALIAN BLEND COTTAGE CHEESE KIDNEY BEAN SALAD APPLE JUICE/JELLO CAKE BREAK/MILK	4 SWEET & SOUR PORK SCALLOPED POTATOES BROCCOLI MIXED FRUIT OATMEAL RAISIN COOKIES BREAD/MILK	5 CORN BREAD CHICKEN POT PIE CELERY W/PEANUT BUTTER /TOMATO JUICE CINN PEARS/RHUBARB CAKE	6 GOULASH GREEN & WAX BEANS GARLIC BREAD CHEESE STICK CABBAGE SLAW / PEACHES BREAD/MILK	7 
8		9 SWISS STEAK MASHED POTATOES PINEAPPLE CHOCOLATE CAKE BREAD/MILK	10 SLOPPY JOE TATER TOTS PEA SALAD PEACHES TAPIOCA PUDDING BREAD/MILK	11 CHICKEN CORDON BLEU BAKED POTATO GREEN BEAN CASSE-ROLD CREAMY PEAR SALAD RAISINS HOT ROLLS PIE/ICE CREAM	12 POLISH DOGS/KRAUT MASSHED POTATOES CHERRIES CHEESE CRACKERS BREAD/MILK	13 PORK CHOP GARDEN RICE CARROTS PICKLED BEETS APPLE BREAD/MILK	14
15		16 ROTISSERIE CHICKEN DICED BEETS GRAPES YELLOW CAKE BREAD/MILK	17 ROAST PORK BAKED POTATO CARROT SALAD BAKED APPLES CHERRY OAT BAR BREAD/MILK	18 ROAST BEEF MASHED POTATOES/ GRAVY BRUSSELLS SPROUTS PLUMS FRUIT COCKTAIL CAKE	19 TATER TOT CASSE-ROLE GREEN BEANS DICED TOMATOES COTTAGE CHEESE PEARS/BROWNIE	20 PORCORN SHRIMP PARSLEY POTATOES CAULIFLOWER W/ CHEESE PEACHES BLUEBERRY MUFFIN BREAD/MILK	21
22		23 MEAT LOAF SCALLOPED POTATOES 3 BEAN SALAD APRICOTS APPLE CAKE BREAD/MILK	24 BEEF STEW CHEESE STICK CORN CHERRIES BISCUIT RAISIN BAR MILK	25 CLOSED MERRY CHRISTMAS	26 BREADED POLLOCK BAKED POTATO PEAS PEACHES BUG BITES BREAD/MILK	27 BAKED HAM SWEET POTATOES WINTER BLEND PINEAPPLE & ORANGES BIRTHDAY CAKE BREAD/MILK	28 
29		30 CHICKEN ENCHILADAS SPANISH RICE CARROTS & CELERY APPLE SAUCE BLACK BEAN & RICE SALAD BREAD/MILK	31 LASAGNA GARLIC BREAD GREEN BEANS BROCCOLI RAISIN SALAD MIXED FRUIT BREAD/MILK				



DECEMBER BIRTHDAYS

Beth Augustyn	2	Dollie Miller	20
Mary Colling	2	Willetta Bieker	20
Suzanne Davidson	3	Bonnie Urling	21
Marion Demplewolf	4	Betty Davidson	22
Dee messenger	5	Dennis Alano	22
Betty Wortman	5	Dale Workman	22
Mary Jane Mires	8	Victor Monzon	23
Roselin Doss	10	Delores Burton	23
June Cooper	11	Doris Chehey	24
Marjorie Carter	11	Mary Duffield	24
Beulah Harris	11	Tom Kiplinger	24
Roberta Spilineck	13	Karen Meints	26
Sharron Marr	13	Web Phillips	26
Mary Poore	14	Rick Michaelsen	27
Sandra Novak	15	Judy Dow	28
Siegrid Wilmont	16	Laverna Ely	29
Bonita Weber	16	Stephen LaBash	30
LaVonne Ohlson	18	Francis Unger	31
Rose Day	19	Hilda Hampton	31
Gerald Beideck	20	Imelda Hays	31
Ruth Shields	20	Joanne Dueland	31

PHONE NUMBERS AND INFORMATION

SENIOR CENTER STAFF Open Monday through Friday

Sue Chipman—Director
 Donna Blake—Home Delivered Meals
 Sandy Brown—Head Cook
 Tracy Crocker—Assistant Cook
 Joanne Kivlehen—Assistant Cook
 Paula Missing—Maintenance
 Erwin Fredde—Maintenance

McCOOK PUBLIC TRANSIT Open Monday through Friday

Sue Chipman— Director
 Donna Blake—Dispatcher
 Diane Clark—Public Transit Driver
 Eldon Parde—Public Transit Substitute Driver

To schedule a ride call 345-6098

THANK YOU FOR THE FOLLOWING GIFTS

WALMART Meal ticket drawing and domation 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

WILLOW RIDGE Monthly bingo and pie

McCOOK COMMUNITY HOSPITAL Sponsoring bingo 2nd Tuesday of the month

THANK YOU FOR GIFTS GIVEN IN

MEMORY OF

LOIS MESSINGER

Jim & Marlene Hamill
 Bruce & Beverlee Swanson
 Peggy Appleyard
 Dennis & Sue Chipman

MONETARY GIFTS

Fred & Bonnie Weber
 William Gerloff
 Phyllis Lebsack
 Darlene Korf
 Dale & Winifred Workman

PRODUCT OF THE MONTH

Coffee

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**