



HERITAGE HAPPENINGS

JANUARY 2014

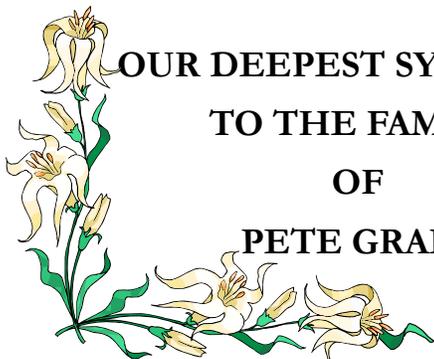
NEW YEAR'S RESOLUTIONS

Did you make any New Year's resolutions for 2014? It seems that many of us want to make those resolutions to eat healthier and exercise more but the hard part is keeping them.

Let the Heritage Senior Center help you out! Eating at the Senior Center will provide you with a nutritious meal that provides 1/3 of your daily requirement for vitamins and minerals. You don't have to cook and even better you can join your friends and enjoy some social time together. Still concerned about how you are going to exercise? Well we have just the program you have been looking for and best of all—it's free! Exercise groups meet weekly at the center. Get Fit with Peg, sponsored by Red Willow County Health, meets every Tuesday and Thursday at 12:45 p.m. Strength Training meets every Monday, Wednesday and Friday at 12:30 p.m.

If you are wanting to walk and the cold weather has stopped you, walk in to the senior center and hop on the treadmill.

Each and every one of you is a very important part of the senior center and we are always glad to see you.



**OUR DEEPEST SYMPATHY
TO THE FAMILY
OF
PETE GRAFF**

WELCOME

Please stop by and introduce yourself to our new Director,
Beth Siegfried.



BALANCE PROBLEMS

Have you ever felt dizzy, lightheaded, or as if the room were spinning around you? These can be very troublesome sensations. If the feeling happens often, it could be a sign of a balance problem. Balance problems are among the most common reasons that older adults seek help from a doctor.

Having good balance means being able to control and maintain your body's position., whether you are moving or remaining still. An intact sense of balance helps you walk without staggering, get up from a chair without falling, climb stairs without tripping and bending over without falling.

Good balance is important to help you get around, stay independent, and carry out daily activities.

There are many ways to treat balance disorders. Treatments vary depending on the cause. See your doctor if you are experiencing dizziness, vertigo or other problems with your balance.

ADVISORY BOARD

The Advisory Board will meet January 7, 2014 at 10:00 a.m. This meeting is open to the public.



CHANGES IN PROGRAMS

WITH

RED WILLOW COUNTY HEALTH

There will be a change in the time and days for Get Fit with Peggy. Peggy will be leading these classes on Tuesday and Thursday at 12:45p.m. This change will begin on Thursday, January 2, 2014.

The Blood Pressure Clinic will be the second Thursday of the month in January but beginning February the Blood Pressure Clinic will be held the first Thursday of the month from 11:00 a.m to 11:45 a.m.



QUILTS

The ladies at the senior center have their first quilt almost completed. We are fortunate to have some very talented quilters.

If you have a quilt top you would like to have quilted stop by and visit with Reta. She can give you an estimate of the cost. Proceeds from the quilts will go into the Contribution Account to be used for various projects at the senior center.

The quilters are always looking for new people to join them. If you would like to help quilt or would like to learn to quilt stop by the pool room and visit with Reta and the quilters.



SEWING MENDS THE SOUL

~AUTHOR UNKNOWN

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.



INCLEMENT WEATHER

When there is a blizzard or other significant snow event and the McCook Public Schools have closed the Senior Center, Home Delivered Meals and Public Transit will also close.

If in doubt call the senior center or listen to KICX or KIO radio stations. NTV will also carry closing information.

PANTRY DONATIONS

If you would like to make a food donation to the local pantry but are unable to get there you may leave your item(s) in the basket by the computer room.

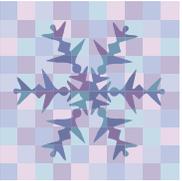
McCOOK PUBLIC TRANSIT

The McCook Public Transit offers an easy solution to your shopping needs and other appointments during the winter months. To schedule a ride call 345-6098 as soon as possible. The fee to ride the van is \$2.00 per one way trip. A book of 10 one-way trips is available for \$20.00.

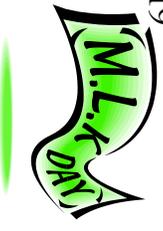
LOOKING FOR A BOOK TO READ?

Check out the books in the senior center library. There is something for everyone!

JANUARY 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
5	6 HELPING HAND MON DUP BRIDGE STRENGTH TRAIN- ING	7 BINGO QUILTING GET FIT W/PEGGY	8 AM FIRST 100 CLUB 4 W'S RETIRED TEACHERS STRENGTH TRNG QUILTING	9 WII BOWLING BIBLE COFFEE BP CLINIC QUEEN OF CLUBS GET FIT W/ PEGGY	10 ACE OF CLUBS FRI DUP BRIDGE STRENGTH TRNG QUILTING	11
12	 13 HELPING HAND- MON DUP BRIDGE STRENGTH TRNG SASSY SENIORS QUILTING	14 WALMART DRAWING ... BINGO TWELVESOME GET FIT W/PEGGY	15 MNB/FREE ICE CREAM 4 W'S HUSKER BRIDGE DLD CARDS STRENGTH TRNG	16 WII BOWLING- CRAZY 8 BIBLE COFFEE QUILTING GET FIT W/PEGGY	17 QUEEN OF HEARTS FRI DUP BRIDGE STRENGTH TRNG QUILTING	18
19	20 HELPING HAND MON DUP BRIDGE STRENGTH TRNG QUILTING	21 BINGO INDIANOLA CRAZY 8 QUILTING GET FIT W/PEGGY	22 4 W'S STRENGTH TRNG QUILTING	23 WII BOWLING BIBLE COFFEE QUILTING GET FIT W/PEGGY	24 FRI DUP BRIDGE STRENGTH TRNG QUILTING	25
26	 27 HELPING HAND MON DUP BRIDGE STRENGTH TRNG QUILTING	28 BINGO PIE W/ WILLOW RIDGE GET FIT W/PEGGY	29 4 W'S STRENGTH TRNG QUILTING	30 WII BOWLING BIBLE COFFEE QUILTING GET FIT W/PEGGY	31 1ST CENTRAL BANK BD PARTY STRENGTH TRNG QUILTING	

JANUARY 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CLOSED HAPPY NEW YEAR	2 PORK CHOP BAKED SWEET POTATO BROCCOLI PINEAPPLE/ ORANGES CHEESE IT CRACKERS BREAD/MILK	3 CHICKEN & NOODLES CHEESE STICK ITALIAN BLEND TOMA- TOES GRANBERRY APPLE SALAD BREAD/MILK	4 
5 	6 CHICKEN FRIED STEAK MASHED POTATOES BRUSSELS SPROUTS PEACHES APPLESAUCE CAKE BREAD/MILK	7 BAKED CHICKEN MIXED VEGETABLES KIDNEY BEAN SALAD CHERRIES BREAD/MILK	8 HAM LOAF AUGRATIN POTATOES CAULIFLOWER PLUMS PEANUT BUTTER COOK- IES BREAD / MILK	9 CHILI CHEESE SANDWICH CARROTS & CELERY MIXED FRUIT CRACKERS/MILK	10 BREADED POLLOCK BAKED POTATO GREEN & WAX BEANS PEARS CHOC. PUDDING DES- SERT BREAD/MILK	11
12	13 SMOTHERED MEAT BALLS CHEESE POTATOES CARROTS CHERRIES FRUIT COCKTAIL CAKE BREAD/MILK	14 SWISS STEAK BAKED POTATO BRO- COLI WALDORF SALAD RAISINS MINI OREOS BREAD/MILK	15 ROTISSERIE CHICKEN GARDEN RICE 3 BEAN SALAD DICED BEETS PEARS BREAD/MILK	16 SAUSAGE GRAVY OVER MASHED POTA- TOES PEAS COTTAGE CHEESE APRICOTS CHOC. CHIP COOKIES BREAD/MILK	17 TUNA & NOODLES PEACHES LEMON POPPY SEED MUFFINS CABBAGE SLAW LIMA BEANS/ MILK	18 
19 	20 BEEF TIPS OVER NOODLES CHEESE STICK GREEN BEANS CARROT SALAD FRESH ORANGE BREAD/MILK	21 MEAT LOAF BAKED POTATO SPINACH PLUMS LEMON CAKE BREAD/MILK	22 PORK CUTLET MASHED POTATOES MIXED VEGETABLES PEARS DISHSPAN COOKIES BREAD/MILK	23 WIENER ROLL UP TATER TOTS BAKED BEANS PINEAPPLE YELLOW CAKE BREAD/MILK	24 PIZZA CORN PICKLED BEETS CINNAMON APPLESAUCE JELLO RAISINS SANDIES MILK	25
26	27 SALISBURY STEAK MASHED POTATOES LIMA BEANS PEARS BROWNIIE BREAD/MILK	28 SHAKE & BAKE CHICKEN PARSLEY PO- TATOES GREEN & WAX BEANS MIXED FRUIT SUGAR COOKIE BREAD/MILK	29 ST. LOUIS RIB SCALLOPED POTATOES WINTER BLEND APRICOTS BLUEBERRY OAT BAR BREAD/MILK	30 POTATO SOUP HAM & CHEESE SAND- WICH PICKLED BEETS APPLE GRAPE SALAD MILK	31 ROAST BEEF CARROTS & POTATOES CABBAGE PEACHES BIRTHDAY CAKE BREAD/MILK	

JANUARY BIRTHDAYS



Garnet Henton	2	Christine Meyerle	20
Evelyn Warner	3	Fern Reiners	20
Thelma Casper	3	Lois Tiller	21
Joan Stevenson	7	Winifred Workman	25
Audrey Garver	8	Geraldine Adams	25
Loretta Burns	11	Paul Martin	25
Eldon Parde	12	Helen Beier	26
Joan Gilliam	12	Leona Webb	27
Barbara Lepper	14	Donna Chambers	29
Betty Budke	17	Gladys Calvin	30
Jean Anderson	18	Irene Neumann	31
Faye Korell	19		

PHONE NUMBERS AND INFORMATION

Open Monday through Friday 8:30 to 4:30

SENIOR CENTER STAFF

Beth Siegfried—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 8:30 to 4:00

Beth Siegfried— Director
 Donna Blake—Dispatcher
 Diane Clark—Public Transit Driver
 Eldon Parde—Public Transit Substitute Driver

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

WILLOW RIDGE Monthly bingo and pie

McCOOK COMMUNITY

HOSPITAL Sponsoring bingo 2nd Tuesday of the month

MONETARY GIFTS

Fred & Bonnie Weber

William Gerloff'

Robert & Vera Bobinmyer

McCook Past Commanders Association

Verna Barnett

PRODUCT OF THE MONTH



Coffee

Please come in and join your friends for a cup of coffee anytime

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**