



## The Silent Treatment

A man and his wife were having some problems at home and were giving each other the silent treatment. Suddenly, the man realized that the next day, he would need his wife to wake him at 5:00 AM for an early morning business flight. Not wanting to be the first to break the silence (and LOSE), he wrote on a piece of paper, "Please wake me at 5:00 AM." He left it where he knew she would find it. The next morning, the man woke, only to discover it was 9:00 AM and he had missed his flight. Furious, he was about to go see why his wife hadn't wakened him, when he noticed a piece of paper by the bed. The Paper said, "It is 5:00 AM. Wake up..." Men are really not equipped for these kinds of contests.



### Heritage Quilters

Mildred Weskamp, Myra Tietz, Rita Bourquin, and Peggy Appleyard finishing up their first quilt for former Heritage Center Director Sue Chipman. They are now working on a quilt for Pat Singleterry that was pieced over 100 years ago. Stop in the Pool Room and quilt awhile or just say hi and take a peek at the work in progress.



Floyd Bales, Dick Dike, Erwin Fredde, & Fred Weber  
Our very own Leprechauns celebrating  
St Patrick's Day. Thanks for making us smile.

**YOU DON'T WANT TO MISS OUT ON THIS!**

### WCNAAA 2014 MEDICARE UPDATE

#### THE LATEST ON MEDICARE FRAUD AND ABUSE

What to look out for and how you can help.

**Protect, Detect and Report**  
**Medicare Fraud and Abuse**

**Heritage Senior Center**  
**Thursday, April 17th at lunch**

### From Sandy's Dietary Corner

#### **Drink water instead of sugary drinks**

You can cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories in American diets.

#### **Switch to fat-free or low-fat (1%) milk**

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

**Quick Reminder:** If the ice cream is not free for the day. You are asked to pay .50 per serving. Thanks to all the generous people who purchase ice cream for everyone at the cost of \$15.00.



# **McCook Heritage Senior Center**

**1312 W. 5th St.  
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 over 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*

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