

Heritage Happenings

November, 2014



Top Ten Historical Thanksgiving Facts

Thanksgiving Day is celebrated on the fourth Thursday in November in the USA.

Thanksgiving Day is celebrated on the second Monday in October in Canada.

The Plymouth Pilgrims were the first to celebrate the Thanksgiving.

They celebrated the first Thanksgiving Day in the fall of 1621.

The Wampanoag Indians were the people who taught the Pilgrims how to cultivate the land.

The Pilgrim leader, Governor William Bradford, had organized the first Thanksgiving feast in the year 1621 and invited the neighboring Wampanoag Indians also to the feast.

The state of New York officially made Thanksgiving Day an officially made Thanksgiving Day an annual custom in 1817.

The annual Macy's Thanksgiving Day Parade tradition began in the 1920's.

Californians are the largest consumers of turkey in the USA.

By the fall of 1621 only half of the pilgrims, who had sailed on the Mayflower, survived. The survivors, thankful to be alive, decided to hold a thanksgiving feast.



They Did Their Share

On Veteran's Day we honor
Soldiers who protect our nation.
For their service as our warriors,
They deserve our admiration.

Some of them were drafted;
Some were volunteers;
For some it was just yesterday;
For some it's been many years;

In the jungle or the desert,
On land or on the sea,
They did whatever was assigned
To produce a victory.

Some came back; some didn't.
They defended us everywhere.
Some saw combat; some rode a desk;
All of them did their share.

No matter what the duty,
For low pay and little glory,
These soldiers gave up normal lives,
For duties mundane and gory.

Let every veteran be honored;
Don't let politics get in the way.
Without them, freedom would have died;
What they did, we can't repay.

We owe so much to them,
Who kept us safe from terror,
So when we see a uniform,
Let's say "thank you" to every wearer.

By Joanna Fuchs



NOVEMBER BIRTH-



THANK YOU FOR SUPPORTING HERITAGE SENIOR CENTER

Sandy Brown	1
Cecelia Koch	2
Brenda Kincaid	3
Alice Ruppert	3
Am Johnston	3
Dorothy Wilson	4
Betty Yonkers	5
Barbara Brown	7
Judy Weintz	7
Richard Quinn	7
Shirley Drimil	9
Robert McBride	9
Sandra Nicholson	10
Andre Lefebvre	11
Helen Allen	11
Melvin Thielbar	13
Carol Berryman	13
Leona Wudke	14
Ardis Lorimer	14
Gloria Warren	16

Peggy Appleyard	17
Adeline Kuhlmann	19
Phyllis Gould	20
Leona Nelson	20
Lois Brandt	20
Natalie Mickey	21
Dixie Lorentz	21
Erwin Fredde	22
Donna Bailey	23
Dick Walter	25
Nora Lewis	25
Stannis Spencer	25
Richard Bair	25
Joyce Hofman	26
Lou Miner	29
Peggy Cisar	30
Barbara Frisch	30

- WALMART: Monthly Drawing
- MNB: Monthly Drawing and Ice Cream
- FIRST CENTRAL BANK: Monthly Drawing and Birthday Party
- FARRELLS PHARMACY & WILLOW RIDGE: Daily Menu on KICX
- U-SAVE PHARMACY: Weekly Menu in Gazette
- WILLOW RIDGE: Monthly Bingo and Pie
- MCCOOK COMMUNITY HOSPITAL: Monthly Bingo
- AM First : 100 Club Drawing

THANK YOU FOR GIFTS GIVEN IN MEMOREY OF:

Imelda Haag
Jo & Dick Dike

Artie Lebsack
Doug & Pam Adams
Patsy Botts Family
Lori & David Baker Family



IMPORTANT INFORMATION AND PHONE

Heritage Senior Center Staff
Beth Siegfried—Director
Donna Blake— Home Del. Meals
Sandy Brown—Head Cook
Tracy Crocker—Assistant Cook
Joni Kivlehen—Assistant Cook
Paula Missing—Maintenance
Erwin Freddie—Maintenance
Open Monday through Friday
8:30 to 4:30
Phone: 308-345-1760

McCook Public Transit Staff
Beth Siegfried—Director
Donna Blake—Dispatcher
Diane Clark—Driver
Eldon Parde—Substitute Driver
Open Monday through Friday
8:30 to 4:30
345-6098



DONATIONS

- Ace of Clubs
- Fred & Bonnie Weber
- William Gerloff
- Dick & Joan Dike
- Jesse Cain
- Gerald & Jean Beideck
- Margorie Carter
- Sandy Maris
- Laverna Ely

PRODUCT OF THE MONTH:
Brown or Powdered Sugar

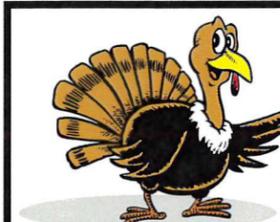


VETERANS DAY DINNER

IN HONOR AND MEMORY OF

ALL VETERANS

THANK YOU very much to an anymous donor who has graciously offered to pay for all Veterans who eat lunch with us on November 11th Veterans Day and also free ice cream for all. Please spread the word to all veterans.



Thanksgiving dinners take eighteen hours to prepare.

They are consumed in twelve minutes.

Halftimes takes twelve minutes. This is not coincidence.

Erma Bombeck



THANK YOU

A big thank you to the family of Artie Lebsack who donated \$1,000 to the Heritage Senior Center and will pay for lunch for everyone in memory of Artie on the 3rd of July for the next five years.

Try out our new fitness program with Kristen on Tuesday and Thursday. We are thinking about having it at 12:20 on Tuesdays so it would not conflict with bingo.

Blood Pressure Clinic
Senior Center Library
November 6, 11:00 to 11:45

Advisory Board

The Advisory Board will meet November 4, 2014 at 10:00 a.m. in the Conference Room. This meeting is open to the public.

September Statistics

Served 1802 Meals In The Dining Room
Delivered 1001 Meals On Wheels
Handi-Bus Rides 562
22 Days Served



Our dear friend Barbara Patenburg passed away on October 3, 2014. We are very grateful to Bob and his family for designating the Heritage Senior Center as one of the recipients for Barb's memorial funds. We miss her bright smile and cheerful hello she greeted us with everyday.

Memorials Received~
Mary Beth Ausustyn
Jo & Dick Dike
Shirley Drimel Perez & Ernie Perez
Colby Diplomats

Colby/Thomas County
Chamber of Commerce
Beth Siegfried
Colby Ambassadors



Come Over to Thanksgiving Dinner



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

ABUNDANT
 BLESSING
 CRANBERRY
 DELIGHTFUL
 FESTIVE
 IRRESISTABLE
 PUMPKIN PIE
 STEAMING
 TRADITIONAL
 YUMMY



APPETIZING
 CELEBRATION
 DELECTABLE
 DRESSING
 FILLING
 LUCIOUS
 SCRUMPTIOUS
 STUFFING
 TRYPTOPHAN



AROMATIC
 CENTERPIECE
 DELICIOUS
 ENJOYABLE
 HEAVENLY
 MOUTH WATERING
 SLEEPY
 TASTY
 TURKEY





Medicare Rx

SHIP VOLUNTEERS will be available to help you with your Medicare Part D enrollment and with any question you may have, at the Heritage Senior Center 1312 West 5th St McCook

Enrollment is from October 15th through December 7th.

Every Tuesday morning during the month of November, starting November 4, 2014. Alyssa Warner and Sydney will be here to assist you.

Rhonda Godbey from the North Platte Office WCNA AAA will be also take appointments for November 15th and possibly on the 17th., if needed.

Call Heritage Senior Center to schedule an appointment at 345-1760 or 345-6795

Please plan on 45 minutes or an hour for your appointment

Please bring a list of your current prescriptions

NOVEMBER 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 HELPING HAND MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	4 ADVISORY BOARD 10:00 BIBLE STUDY 10:00 BINGO 12:45 EIGHTSOME BRIDGE 12:45 QUILTING 12:30 MEDICARE PART D 9-12	5 AMFIRST DRAWING 11:45 HUSKER BRIDGE 11:45 4 W'S CARD CLUB 12:45 STRENGTH TRAINING 12:30	6 BLOOD PRESSURE 11:00 - 11:45 BIBLE COFFEE 10:00 KT CARD CLUB 12:45 Wii BOWLING 12:45 QUILTING 12:30	7 FRI. DUPLICATE BRIDGE 12:45 QUEEN OF HEARTS 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:30	8
9	10 HELPING HAND MONDAY DUP BRIDGE 12:45 SASSY SENIORS 12:45 STRENGTH TRAINING 12:30	11 VETERAN DAY CELEBRATION VETERANS EAT FREE S WALMART DRAWING 11:45 COMMUNITY HOSPITAL BINGO 12:45 QUILTING 12:30 MEDICARE PART D 9-12	12 RETIRED SCHOOL PERSONNEL 11:30 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:30	13 BIBLE COFFEE 10:00 QUEEN OF CLUBS 12:45 THURSDAY BRIDGE 12:45 Wii BOWLING 12:30 QUILTING 12:30	14 FRI. DUPLICATE BRIDGE 12:45 ACE OF CLUBS 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:30 MEDICARE PART D 8:15 TO 3:15	15
16	17 HELPING HAND MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30 MEDICARE PART D IF NEEDED 8:15 TO 3:15	18 BIBLE STUDY 10:00 BINGO 12:45 INDIANOLA CRAZY 8 12:45 EIGHTSOME BRIDGE 12:45 QUILTING 12:30 MEDICARE PART D 9-12 THANKSGIVING DINNER	19 MNB DRAWING & ICE CREAM 11:45 DLD CARD CLUB 12:45 4 W'S CARD CLUB 12:45 HUSKER BRIDGE 12:45 STRENGTH TRAINING 12:30	20 CRAZY 8 9:00 BIBLE COFFEE 10:00 KT CARD CLUB 12:45 Wii BOWLING 12:30 QUILTING 12:30	21 1ST CENTRAL BANK DRAWING & BIRTHDAY PARTY 11:45 FRI. DUPLICATE BRIDGE 12:45 QUEEN OF HEARTS 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:30	22
23 30	24 HELPING HAND MONDAY DUP BRIDGE 12:45 FOXY LADIES 12:45 STRENGTH TRAINING 12:30	25 WILLOW RIDGE BINGO 12:45 QUILTING 12:30 MEDICARE PART D 9-12	26 STRENGTH TRAINING 12:30	CLOSED 27 	28 CLOSED	29

November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 MENU IS SUBJECT TO CHANGE
2 	3 LASAGNA GREEN BEANS COLE SLAW GARLIC BREAD MILK	4 SWEET & SOUR CHICKEN GARDEN RICE CARROTS KIDNEY BEAN SALAD CANT LEAVE ALONE BAR APPLE BREAD MILK	5 ROAST PORK SWEET POTATO WINTER BLEND PEACHES BREAD MILK	6 BEEF TIPS MASHED POTATOES BRUSSELS SPROUTS PLUMS HONEY BUN CAKE BREAD MILK	7 TUNA & NOODLES PEAS PICKLED BEETS GRAPES OATMEAL RASIN COOKIES BISCUIT & HONEY MILK	8
9	10 BBQ CHICKEN BREAST SEASONED POTATOES BABY CARROTS APRICOTS LEMON CAKE BREAD MILK	11 SLOPPY JOE TATER TOTS CREAM CORN CARMELAPPLE BARS CHERRIES ICE CREAM MILK 	12 PORK CHOP BAKED POTATO CHEESY CABBAGE PINEAPPLE & ORANGES BREAD MILK	13 BREADED POLLOCK AUGRATIN POTATOES 3 BEAN SALAD BAKED APPLES BREAD MILK	14 POLISH DOGS MASHED POTATOES SAUERKRAUT PEACHES BROWNIE BREAD MILK	15 
16 	17 GOULASH WINTER BLEND CARROT SALAD GARLIC BREAD LEMON PUDDING FRUIT COCKTAIL MILK	18 TURKEY & DRESSING MASHED POTATOES & GRAVY GREEN BEAN CASSEROLE CRANBERRY SALAD PUMPKIN PIE ROLLS MILK	19 PORK CHOP BAKED POTATOES SPINACH PEARS BREAD MILK	20 POPCORN SHRIMP SCALLOPED POTATOES MIXED VEGETABLES APRICOTS BREAD MILK	21 SHAKE & BAKE CHICKEN MASHED POTATOES & GRAVY DICED BEETS PEACHES BIRTHDAY CAKE BREAD MILK	22 OPEN MONDAY - FRIDAY 8:30 TO 4:30
23	24 SWISS STEAK BAKED POTATOES ITALIAN BLEND MIXED FRUIT BREAD MILK	25 ROTISSERIE CHICKEN GARDEN RICE GREEN BEANS COLE SLAW APPLESAUCE BREAD MILK	26 HOT HAM & CHEESE POTATO WEDGES BAKED BEANS PEARS CHOC PUDDING MILK	27 <i>Happy Thanksgiving</i>  <u>CLOSED</u>	28 <u>CLOSED</u>	29
30 						



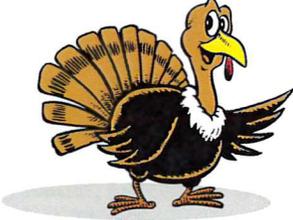
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**1312 W. 5th St.
McCook NE 69001**

**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



**McCook Heritage Senior Center
1312 W. 5th St
McCook NE 69001**