

# Heritage Happenings

## October, 2015

### VOLUNTEER NEEDED

We are looking for a front desk volunteer to work every other Tuesday morning from 8 am to lunch time taking dinner reservations and working the desk.

Blood pressure clinic Wednesday  
October 7, 2015, 11:00 to 11:45

### Advisory Board

The Advisory Board meeting, October 6th, 2015 at 10:00 a.m. in the Conference Room. At this meeting officers will be elected. This meeting is open to the public.



Flu & Pneumonia Shot Clinic  
October 6, 2015  
10:00 to Noon  
Divided Meeting Room



1st place Larry Vothermy Creighton 2nd Place Kily Gortmaker  
3rd Place Mike Brown City of McCook Transit.



### Halloween Party October 30th

In the spirit of Halloween please feel free to dress up in your favorite costume for lunch that day. Prizes for all who dress up! Card Party after lunch.

## Congratulations

To our very own Mike Brown.

Mike won 3rd place in the Mini-Van Division at the Annual Nebraska Association of Transportation Providers Transit Roadeo. The Roadeo consists of a written test, a pre trip inspection and then an obstacle course with ten different skills. He did awesome his first year and was just one place away from wining a trip to Portland Oregon for the National Competition.

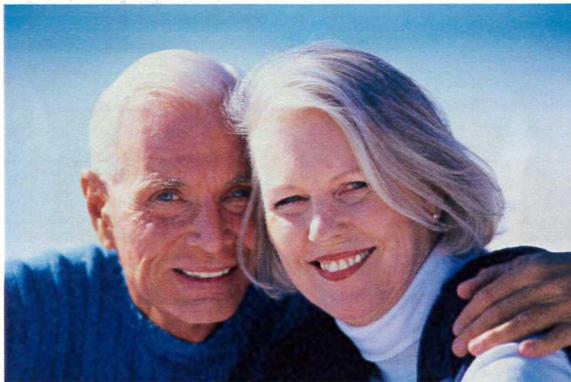
**SCHEDULE A REVIEW  
OF YOUR  
MEDICARE PRESCRIPTION  
DRUG PLAN OPTIONS**

**Medicare Prescription Drug Plan  
Open Enrollment  
October 15 -  
December 7, 2015**

**Let us assist you with:**

- Medicare Drug plan comparison
- Medicare Advantage plan comparison
- New 2016 Medicare information
- Applying for Extra Help to lower your Medicare prescription costs

**TO FIND OUT WHERE TO GET AS-  
SISTANCE IN YOUR AREA:  
CALL THE AREA AGENCY ON  
AGING AT  
308-535-8195  
1-800-662-2961**



**Thank You For Memorials  
Given in Memory of  
Phyllis Lebsack to the  
Heritage Senior Center**

**Diana Burnett  
Gail & Stephen Von Wahlde  
Debra & Thomas Coleman**

**Medicare Prescription Drug Plan Part D**

Its always a good idea to look at your options each year even if your prescriptions haven't changed, because the drug plans often change.

Alyisa and Cidney will be here to help you every Tuesday morning from 9:00 to 12:00 starting October 20th through December 1st. The only Tuesday they will not be here is October 27th. Call 345-1760 to make an appointment or talk to Beth. I haven't hear from WCNAAA yet to know when they will be here.



**Chocolate Chip Cookies**

Have you ever wondered why your cookies turn out looking a certain way? I found this picture and though it was interesting.

So there was this female business executive who was late for a meeting. She was going 65 on a street where he speed limit is 40. A cop pulled her over and says 'ma'am, can I please see your license?' She says I 'm sorry officer, but I got it revoked two years ago for drunk driving.' His brow furrows and he straightens up, "Well can I see the registration of your car?" She says " I stole the car and I killed the driver; he's in the trunk." Ma'am DON'T MOVE, I'm calling for backup." He mutters furiously into his walkie-talkie.... Five minutes later, half the squad pulls up, the Chief of Police walks over to the woman's window. "Ma'am can I see your license?" he asks sternly. "of course, officer," she smiles and pulls out a license from her purse. He squints warily at it. "this looks legitimate." he mumbles. Can I see the registration to this car?" She pulls it out of the glove compartment and hands it to him. " Ma'am stand back!" He bangs open the trunk of the car and flinches: but it was completely empty..... The women brandishes a finger at the first cop and says accusingly, "And I'll bet that liar told you I was speeding too!"

# October Birthdays

Mary Osterman 1  
 Betty Hiatt 3  
 Sharon Shuttler 3  
 Barbara Klein 6  
 Bruce Swanson 6  
 Wanda Miller 6  
 Mary Hartley 6  
 Nila Murrain 8  
 Larry Dyer 9  
 Betty Adkins 11  
 Marilyn Unger 11  
 Donna Olson 11  
 Velma McBride 12  
 Phillip Wolvin 13  
 Glora Clark 14

Judy Haney 14  
 Jane Rayer 14  
 Lyle Hilker 16  
 Robert Woodruff 18  
 Nadine Moody 18  
 Donna Ruppert 18  
 Darlene Agan 23  
 Lucille Jones 23  
 Bethine Lavery 24  
 Dorothy Roth 24  
 Jim Hamill 27  
 Bob Wacker 27  
 Heidi Pinkal 28  
 Marilyn Goodenberger 30  
 Carla Quinn 30

## THANK YOU FOR SUPPORTING HERITAGE SENIOR CENTER

AM-First : Drawing

FARRELLS PHARMACY &  
BROOKDALE: Daily Menu on KICX

FIRST CENTRAL BANK: Monthly  
Drawing and Birthday Cake

MNB: Monthly Drawing and Ice Cream  
Brownie Sundaes for Heritage Days Picnic

MCCOOK COMMUNITY HOSPITAL  
Monthly Bingo

U-SAVE PHARMACY:  
Weekly Menu in Gazette

WALMART: Monthly Drawing

BROOKDALE: Monthly Bingo and Pie

Wells Fargo: Bingo for Heritage Days Picnic

## IMPORTANT INFORMATION AND PHONE NUMBERS

### 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  
 Lonnie Bonar—Maintenance  
 Open Monday through Friday  
 8:30 to 4:30

### McCook Public Transit Staff

Beth Siegfried—Director  
 Donna Blake—Dispatcher  
 Mike Brown—Driver  
 Substitute Drivers  
 Eldon Parde  
 Diane Clark  
 Open Monday through Friday  
 8:30 to 4:30



In Memory of Lester Webb  
 by Steve & Diane Marr  
 In Memory of Joan Gilliam  
 by Don & Marilyn Brandt  
 In Memory of Donna Butler  
 by Beth Siegfried

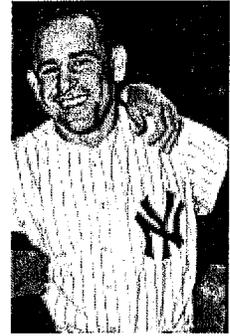
## DONATIONS THANK YOU

Ed Bass  
 Jerry & Jean Beideck  
 Lavera Brooks  
 Dick & Jo Dike  
 Ed Doyle  
 Laverna Ely  
 Bill Gerloff  
 Jim & Marlene Hamill  
 Bruce Hampton  
 Trudy Nelson  
 Gene Meints  
 Lois Quigley  
 Don Roland  
 Bill & Elaine Witt

## PRODUCT OF THE MONTH CHOCOLATE CHIPS



Yogi Berra, considered one of the best catchers in major league history, died of natural causes at the age of 90 Tuesday September 22nd.. The Yankees legend and Hall of Famer may be better known for the way he creatively butchered the English language, with what became known as Yogi-isms.



YOGI BERRA 1955

Here are 35:

1. "It ain't over till it's over."
2. "It's deja vu all over again."
3. "I usually take a two-hour nap from 1 to 4."
4. "Never answer an anonymous letter."
5. "We made too many wrong mistakes."
6. "You can observe a lot by watching."
7. "The future ain't what it used to be."
8. "If you don't know where you are going, you might wind up someplace else."
9. "It gets late early out here."
10. "If the people don't want to come out to the ballpark, nobody's going to stop them."
11. "Baseball is 90 percent mental. The other half is physical."
12. "Pairs up in threes."
13. "Why buy good luggage, you only use it when you travel."
14. "Nobody goes there anymore. It's too crowded."
15. "All pitchers are liars or crybabies."
16. "A nickel ain't worth a dime anymore."
17. "Bill Dickey is learning me his experience."
18. "He hits from both sides of the plate. He's amphibious."
19. "I always thought that record would stand until it was broken"
20. "I can see how he (Sandy Koufax) won 25 games. What I don't understand is how he lost five."
21. "I don't know (if they were men or women fans running naked across the field). They had bags over their heads."
22. "I'm a lucky guy and I'm happy to be. with the Yankees", And I want to thank everyone for making this night necessary."
23. "I'm not going to buy my kids an encyclopedia. Let them walk to school like I did."
24. "In Baseball, you don't know nothing."
25. I never blame myself when I'm not hitting. I just blame the bat and if it keeps up, I change bats. After all, if I know it isn't my fault that I'm not hitting, how can I get mad at myself?
26. "I never said most of the things I said."
27. "It ain't the heat, it's the humility."
28. "I think Little League is wonderful. It keeps the kids out of the house."
29. "I wish everybody had the drive he ( Joe DiMaggio ) had. He never did anything wrong. On the field. I'd never seen him dive for a ball, everything was chest high catch and he never walked off the field."
30. "So I'm ugly. I never saw anyone hit with his face."
31. "Take it with a grin of salt."
32. (On the 1973 Mets) We were overwhelming underdogs
33. "The towels were so thick there I could hardly close my suitcase."
34. "You should always go to other people's funerals, otherwise they won't come to yours."
35. "When you come to a fork in the road, take it."

Sources: *Los Angeles Times*, *Baseball Almanac*, *Baseball Digest*, *Catcher in the Wry* (Bob Uecker), *Sports Illustrated*



# DO YOU DARE GO OT ON HALLOWEEN?



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



BONES  
 CREEPY  
 GHOST  
 GROAN  
 MONSTER  
 NIGHT  
 SCARY  
 SPIDER  
 TOMBSTONE  
 VAMPIRE



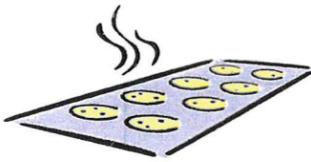
BROOM  
 DRACULA  
 GOBLIN  
 HAUNTED  
 MOON  
 POTION  
 SKELETON  
 SPIRITS  
 TREAT  
 WEB



COSTUME  
 FRIGHTEN  
 GRAVE  
 HOWL  
 MUMMY  
 PUMPKIN  
 SKULL  
 SPOOKY  
 TRICK  
 WITCH



# October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	3
					PIZZA WITCHES TATER TOTS BAKED BEANS PEACHES BOSTON CREAM PIE MILK	POPCORN SHRIMP SEASONED POTATOES ORIENTAL BLEND BAKED APPLES BREAD MILK	
 4	5 SWISS STEAK AUGRATIN POTATOES LIMA BEANS GRAPES BREAD MILK	6 CHICKEN DRESSING CASSEROLE DICED BEETS 3 BEAN SALAD PLUMS PEANUT BUTTER COOKIE BREAD MILK	7 BEEF & NOODLES MASHED POTATOES CARROTS CHEESE STICK PEARS BREAD MILK	8 WIENER ROLL UP POTATO CASSEROLE PEAS PICKLED BEETS PINEAPPLE & ORANGES CHOC CAKE MILK	9 MEXICAN LASAGNA CORN COLE SLAW GRAPE JUICE PEACHES & CREAM BAR BREAD MILK	10 PRODUCT OF THE MONTH : CHOCOLATE CHIPS	
11	12 HAM LOAF BAKED SWEET POTATOES CAULIFLOWER & CHEESE PINEAPPLE BREAD MILK	13 POT ROAST POTATOES & CARROTS CABBAGE & ONIONS PEACHES BANANA PUDDING BREAD MILK	14 BBQ CHICKEN GARDEN RICE TOMATO JUICE BROCCOLI SALAD APPLE LEMON POPPY SEED MUFFIN MILK	15 CHILI CHEESE SANDWICH PICKLED BEETS APRICOTS O' HENRY BAR MILK	16 BREADED POLLOCK SCALLOPED POTATOES GREEN BEANS SUGAR COOKIES CINNAMON PEARS BREAD MILK	17 	
18 CALL FOR A RIDE ON OUR PUBLIC TRANSIT 345 - 6098 8:00 - 4:30 	19 PORCUPINE MEATBALLS ONION ROASTED RED POTATOES GREEN BEANS APRICOTS LEMON CAKE BREAD MILK	20 SWEET & SOUR PORK RICE ITALIAN BLEND TOMATO JUICE PLUMS BREAD MILK	21 CHICKEN FRIED STEAK MASHED POTATOES GRAVY DICED BEETS OATMEAL COOKIE BREAD MILK	22 POLISH DOG MASHED POTATOES KRAUT PEACHES BROWNIE BREAD MILK	23 CHICKEN ROLL UP BAKED POTATO MIXED VEGETABLES ORANGE COTTAGE CHEESE APPLE SAUCE MILK	24	
25	26 PORK CHOP SCALLOPED POTATOES SPINACH PLUMS BREAD MILK	27 LASAGNA GARLIC BREAD GREEN BEANS APPLE SLAW APRICOTS 6 LAYER BAR MILK	28 MUSHROOM STEAK BAKED POTATO CHEESY CABBAGE PEACHES BREAD MILK	29 CREAMED CHICKEN OVER BISCUIT PEAS CARROT SALAD CHERRIES CHOC CHIP COOKIES MILK	30 ROAST BEEF MASHED POTATOES & GRAVY CORN O'BRIEN PEARS ROLLS BIRTHDAY CAKE MILK 	31 CALL FOR A RESERVATION MONDAY - FRIDAY BY 9:00 A.M. 345-1760 	

# OCTOBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <b>HAPPY FALL Y'ALL!</b>			<b>1</b> BIBLE COFFEE 10:00 KT CARD CLUB 12:45 THURSDAY BRIDGE 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS	<b>2</b> FRI. DUP. BRIDGE 12:45 ACE OF CLUBS 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	<b>3</b>
<b>4</b>	<b>5</b> HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45	<b>6</b> ADVISORY BOARD: 10:00 FLU SHOT CLINIC 10 to 12 BINGO 12:45 EIGHTSOME BRIDGE 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	<b>7</b> BLOOD PRESSURE CLINIC LIBRARY 11:00-11:45 4 W'S CARD CLUB 12:45 STRENGTH TRAINING 12:45	<b>8</b> BIBLE COFFEE 10:00 QUEEN OF CLUBS 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	<b>9</b> FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	<b>10</b>
<b>11</b>	<b>12</b> HELPING HAND 12:00 SASSY SENIORS 12:45 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	<b>13</b> WALMART DRAWING 11 :45 COMMUNITY HOSPITAL BINGO 12:45 BEE FIT W ITHKRISTEN 12:45 HERITAGE QUILTERS 12:30	<b>14</b> AMERICAN LEGION: 12:45 RETIRED TEACHERS: 12:45 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:45	<b>15</b> Crazy 8 9:00 BIBLE COFFEE 10:00 KT CARD CLUB 12:45 THURSDAY BRIDGE 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	<b>16</b> ACE OF CLUBS 12:45 FRI. DUP. BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	<b>17</b>
<b>18</b>	<b>19</b> HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	<b>20</b> BINGO 12:45 INDIANOLA CRAZY 8 12:45 EIGHTSOME BRIDGE 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:45	<b>21</b> MNB DRAWING & ICE CREAM 11:45 STRENGTH TRAINING 12:30 DLD CARD CLUB 12:45 4 W'S Card Club 12:45	<b>22</b> BIBLE COFFEE 10:00 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	<b>23</b> FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:30	<b>24</b>
<b>25</b>	<b>26</b> HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 FOXY LADIES 12:45 STRENGTH TRAINING 12:30	<b>27</b> BROOKDALE BINGO 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	<b>28</b> STRENGTH TRAINING 12:30 SURPRISE EVENT	<b>29</b> BIBLE COFFEE 10:00 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	<b>30</b> 1ST CENTRAL BANK DRAWING & BIRTHDAY PARTY 11:45 HALLOWEEN PARTY INDEPENDENTS 12:45 STRENGTH TRAINING 12:30	<b>31</b> 

# 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](http://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*

**THE KEY TO OUR SUCCESS  
REST IN PEOPLE LIKE YOU!**

