

FEBRUARY



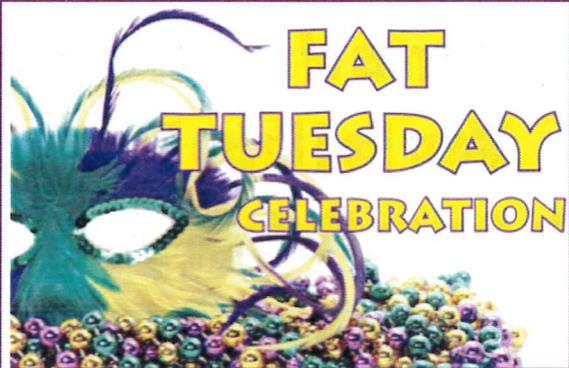
Heritage Happenings 2016



Valentines Celebration February 12, 2016

- Roast Beef or Fish
- Mashed Potatoes & Gravy
- Corn
- Cinnamon Applesauce Jell-O
- Assorted Fruit Pie
- Rolls Milk

Blood pressure clinic Wednesday
February 3, 2016, 11:00 to 11:45



February 9 2016

Find the plastic baby in the King Cake
and win a book of tickets (5 tickets)

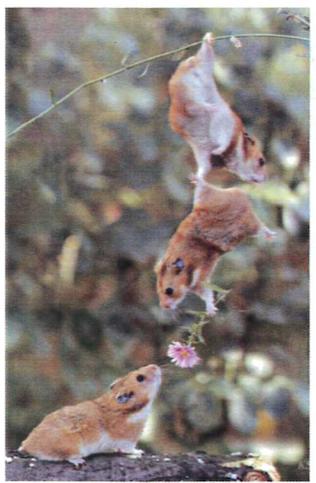
Kindness

The true measure of an individual is how he treats a person who can do him absolutely no good.
~ Ann Lander

For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.
~ Audrey Hepburn

Kindness is the language which the deaf can hear and the blind can see.
~ Mark Twain

This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.
~ Dalai Lama



A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.
~ Saint Basil



Leap Day

Leap day was added to keep our calendar in alignment with the earth's revolution around the sun. It takes approximately 365.242 days for the earth to rotate around the sun. if leap day were not added every 4 years, we would lose almost 6 hours every year.

Legal Aid of Nebraska
Will have a presentation on April 29, 2016 here at the Senior Center.

Make a
RESERVATION

HELP!

It would really help us a lot if reservations for lunch were called in by 9:30 am.

Heart disease kills more women than all forms of cancer combined. Wear Red Raise Your Voice Go Red On National Wear Red Day February 5, 2016

**National
Wear
Red Day**

Foot Clinic

We received grant funds from West Central Nebraska Area Agency on Aging. We have 3 coupons left for a pedicure. Once you have a coupon then you can call the Red Willow Co Health Department to make an appointment. The phone number is 345-1790. You will need to take your own basin and a large clean bath towel.



IT'S TAX TIME! ALSO "SCAM" TIME

The IRS is warning consumers about sophisticated phone scams targeting taxpayers throughout the country. Rest assured, that they **do not** and **will not** ask for credit card numbers over the phone, nor request a pre-paid debit card or wire transfer. If someone unexpectedly calls claiming to be from the IRS and threatens police arrest, deportation or license revocation if you don't pay immediately, that is a sign that it really isn't the IRS calling. **Any contact from the IRS with taxpayers on a tax issue is likely to occur through the mail. Not over the phone or through an e-mail.**

Other characteristics of this scam include:

- * Scammers use fake names and IRS badge numbers.
- * They may be able to recite the last four digits of a victim's Social Security Number.
- * They spoof the IRS toll-free number on caller ID to make it appear that it's the IRS calling.
- * After threatening victims with jail time, etc. the scammers hang up and others soon call back pretending to be from the local police or DMV, and the caller ID supports their claim.

If you get a phone call from someone claiming to be from the IRS, here's what you should do:

- * If you know you owe taxes or think you might owe taxes, call the IRS at 1-800-829-1040. The IRS employees at that line can help you with a payment issue – if there really is such an issue.
- * If you know you don't owe taxes or have no reason to think you might owe taxes, then call and report the incident to the Treasury Inspector General for Tax Administration at 1-800-366-4484.

The IRS encourages taxpayers to be vigilant against phone and email scams that use the IRA as a lure. The IRS does not initiate contact with taxpayers by email to request personal or financial information. Do not open any attachments or click on any links contained in the message.

Questions? Call WCNAAA at 800-662-2961

Senior Moment

An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs. “ I have a gun, and I know how to use it! Get out of the car!”

The four men didn't wait for a second threat. They got out and ran like mad.

The lady somewhat shaken, then proceeded to load her shopping bags into the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried and then realized why. It was a for the same reason she wondered why there was a football, a Frisbee, and two 12 Packs of beer in the front seat.

A few minutes later, she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station to report her mistake. The sergeant to whom she told her story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman describes as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed.

Moral of the story?

If you are going to have a senior moment....make it memorable.

February Trivia

Having Only 28 days in common years, it is the only month of the year that can pass without a single full moon. This last happened in 1999 and will next happen in 2018.

Ground Hog Day— According to folklore, if it is cloudy when the ground hog emerges from its burrow, spring will come early; if it is sunny, the ground hog will supposedly see its shadow and retreat back into its burrow, and winter weather will persist for 6 more weeks.

Super Bowl Sunday is not an official holiday. Many families and friends gather together to watch the game, including those who aren't normally football fans.

Mardi Gras or “Fat Tuesday,” is the last day of the carnival season as it always falls the day before Ash Wednesday, the first day of Lent.

Ash Wednesday derives its name from the practice of blessing ashes made from palm branches blessed on the previous year's Palm Sunday, and placing them on the heads of participants to the accompaniment of the certain word.

Valentine's Day—In the 18th century England , it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as Valentines).

Presidents Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington the holiday became popularly known as Presidents' Day after it was moved as part of the 1971 's Uniform Monday Holiday Act, an attempt to create more three day weekends for the nation's workers. Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.

February is: American Heart Month, Canned Food Month, Chocolate Lovers Month, Great American Pie Month, National Cherry Month, National Grapefruit Month, National Hot Breakfast Month and National Snack Foods Month.





MORSELS TO MUNCH ON



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



APPLES

CELERY

CHURROS

FRENCH FRIES

HERSHEY KISSES

MARSHMALLOWS

PRETZELS

SCONES

SUNFLOWER SEEDS

BANANA CHIPS

CHEETOS

DIVINITY

FUNYUNS

ICE CREAM

PEANUT BUTTER

PUDDING

SMORES

TANGERINE



CARROTS

CHOCOLATE CHIP COOKIES

DONUT

GRAHAM CRACKERS

JELLO

POPCORN

RITZ CRACKERS

STRAWBERRIES

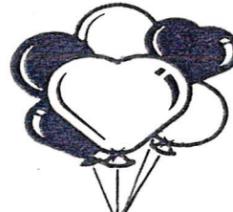
TWINKIES



FEBRUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	2 BINGO 12:30 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30 GROUND HOG DAY	3 BLOOD PRESSURE CLINIC LIBRARY 11:00-11:45 AMERICAN LEGION 12:45 STRENGTH TRAINING 12:45	4 BIBLE COFFEE 10:00 KT CARD CLUB 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30	5 FRIDAY DUP BRIDGE 12:45 ACE OF CLUBS 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	6
7	8 HELPING HAND 12:00 SASSY SENIORS 12:4 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	9 FAT TUESDAY LUNCH WALMART DRAWING 11:45 COMMUNITY HOSPITAL BINGO 12:30 EIGHTSOME BRIDGE 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30	10 RETIRED TEACHERS 12:45 ST THERESA CIRCLE 12:45 4W's: 12:45 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:45	11 BIBLE COFFEE 10:00 THURSDAY BRIDGE 12:45 QUEEN OF CLUBS 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30	12 VALENTINE DINNER FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	13
14	15 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	16 BINGO 12:30 INDIANOLA CRAZY 8 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30	17 MNB DRAWING & ICE CREAM 11:45 DLD CARD CLUB 12:45 STRENGTH TRAINING 12:45	18 BIBLE COFFEE 10:00 CRAZY 8 9:00 KT CARD CLUB 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30	19 FRI. DUP. BRIDGE 12:45 ACE OF CLUBS 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	20
21	22 HELPING HAND 12:00 FOXY LADIES: 12:45 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	23 BROOKDALE BINGO: 12:30 EIGHTSOME BRIDGE 12:45 BEE FIT WITH KRISSEN 12:45 HERITAGE QUILTERS 12:45	24 MOVIE, POPCORN AND CANDY, AND POP AMERICAN SNIPER 12:30 4W's: 12:45 STRENGTH TRAINING: 12:30	25 BIBLE COFFEE 10:00 THURSDAY BRIDGE 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS: 12:45	26 1ST CENTRAL BANK DRAWING & BIRTHDAY PARTY 11:45 FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	27
28	29 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30					

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 MEATLOAF BAKED POTATO PEAS PINEAPPLE & ORANGES BREAD MILK	2 PORK CHOP STUFFING & GRAVY GREEN BEANS CARROT SALAD PLUMS HONEY BUN CAKE BREAD MILK	3 ROSEMARY CHICKEN MASHED POTATOES GRAVY BRUSSELS SPROUTS CHERRIES BREAD MILK	4 POTATO SOUP HOT HAM & CHEESE SANDWICHES TOMATO JUICE SLICED PEACHES OATMEAL RAISIN COOKIES MILK	5 BREADED POLOCK POTATO CASSEROLE CREAMY CORN PEARS BLUEBERRY MUFFINS MILK	6 SALAD BAR COMES WITH EACH MEAL
7 <u>PRODUCT OF THE MONTH:</u> COFFEE	8 PORCUPINE MEATBALLS BAKED POTATOES CHEESY CABBAGE PEACHES BREAD MILK	9 <u>FAT TUESDAY</u> ROAST PORK SCALLOPED POTATOES SPINACH APPLE GRAPE SALAD KINGS CAKE BREAD MILK	10 FISH ALFREDO CHICKEN OVER FETTUCINI ITALIAN BLEND 3 BEAN SALAD PEARS BROWNIE BREAD MILK	11 SAUSAGE GRAVY OVER BISCUIT BABY CARROTS DICED TOMATOES CHEESE STICK MIXED FRUIT DISHPAN COOKIES MILK	12 <u>VALENTINES PARTY</u> ROAST BEEF OR FISH MASHED POTATOES GRAVY CORN CINNAMON APPLESAUCE JELLO ASSORTED FRUIT PIES ROLLS  MILK	13 CALL FOR A RIDE 345-6098 
14  <u>VALENTINES DAY</u>	15 CHICKEN ROLL UPS AUGRATIN POTATOES MIXED VEGETABLES PEARS BREAD MILK	16 HAM LOAF SWEET POTATOES CAULIFLOWER APPLE JUICE PEACH COBBLER BREAD MILK	17 PEPPER STEAK RICE PEAS CARROT RAISIN SALAD APRICOTS BANANA BAR BREAD MILK	18 SLOPPY JOE POTATO WEDGES BAKED BEANS PINEAPPLE MILK	19 POLISH DOG OR FISH SAUERKRAUT MASHED POTATOES CHERRIES CHOC CRINKLE COOKIES BREAD MILK	20 OPEN MONDAY-FRIDAY 8:30 - 4:30
21 <u>CALL BEFORE 9:00 FOR A RESERVATION</u> 345-1760	22 BEEF & NOODLES MASHED POTATOES GREEN BEANS CHEESE STICK APRICOTS PUMPKIN BAR BREAD MILK	23 SWEET & SOUR CHICKEN BREAST GARDEN RICE ORIENTAL BELND PICKLED BEETS ORANGE BREAD MILK	24 BBQ MEATBALLS BAKED POTATO CARROTS PEACHES GRAPE JUICE BREAD MILK	25 PIZZA WITCHES TATER TOTS CORN APPLESAUCE YELLOW CAKE MILK	26 BAKED HAM OR FISH BAKED SWEET POTATOES BROCCOLI & CHEESE CHERRIES BIRTHDAY CAKE  ROLLS MILK	27
28 	29 SHAKE & BAKE CHICKEN MASHED POTATOES & GRAVY ITALIAN BLEND PEACHES 6 LAYER COOKIES BREAD MILK					

February Birthdays

THANK YOU FOR SUPPORTING
HERITAGE SENIOR CENTER

Bernita Reiners	1	Myra Teitz	14
Dave Ashley	2	Dorothy Wilson	15
Dick Rayer	2	Esther Steinke	16
Betty Michaelson	4	Terry Korb	17
Burton Myers	4	Lorraine Real	21
Keith Arterburn	5	Donna Bailey	23
Evelyn Hilker	5	Angie Keller	25
June Jolly	10	Ernie Perez	25
Lyman Hall	11	Pat Grafel	25
Vonnie Tiller	11	Sharon Clark	27
Margaret Sughroue	12	Mary Padget	27
George Tiller	14	Harold Talley	28

AM-First: Drawing

FARRELLS PHARMACY &
BROOKDALE: Daily Menu on KICX

FIRST CENTRAL BANK: Monthly
Drawing and Birthday Cake

MNB: Monthly Drawing and
Ice Cream

MCCOOK COMMUNITY HOSPITAL
Monthly Bingo

U-SAVE PHARMACY:
Weekly Menu in Gazette

WALMART: Monthly Drawing

BROOKDALE: Monthly Bingo and Pie

REDWILLOW CO HEALTH
DEPARTMENT

Monthly Blood Pressure Clinic
BEE Fit With Kristen

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

THANK YOU FOR DONATIONS MADE IN January

Jerry & Jean Beideck
Marg Carter
Dick and Jo Dike
DLD Card Club
Laverna Ely
Linda Ferguson
Delores Gettman
Gene Meints

PRODUCT OF THE MONTH



*A warm smile is the
universal language of
kindness.*

~ William Arthur Ward

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

THE KEY TO OUR SUCCESS
REST IN PEOPLE LIKE YOU!



Movies

Yeah! We had 11 people stay to watch the movie The Intern. Let me know what you would like to see next month. I put American Sniper on the activity page. It is kind of long, but good. One of my favorites from last year was the movie Bridge of Spies which comes out next month, it is about a prisoner exchange. During the Cold War, the Soviet Union captures U.S. pilot Francis Gary Powers after shooting down his U-2 spy plane. Sentenced to 10 years in prison, Powers' only hope is New York lawyer James Donovan (Tom Hanks), recruited by a CIA operative to negotiate his release. Donovan boards a plane to Berlin, hoping to win the young man's freedom through a prisoner exchange. If all goes well, the Russians would get Rudolf Abel (Mark Rylance), the convicted spy who Donovan defended in court. Another option would be a good Nicholas Sparks Movie The longest Ride starring Clint Eastwood's son, Scott Eastwood. It's a good Chick Flick.

Let me know which one you vote for.

