

# May



## Heritage Happenings 2016

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*The Nebraska Humanities  
First Central Bank  
And  
The McCook Heritage  
Senior Center  
Present  
Yesterday's Lady*



### Sue McLain

Sue will delight us with an Uplifting Story: History of the Brassiere" 100 years of breast support, an uplifting history with many supportive examples from the corsets to the bullet bras. Bring your friends and join us for an entertaining program.

Ladies Tea

Thursday May 5th, 2016

2:00 PM

Heritage Senior Center

Enjoy a decadent dessert prepared by Tracy

Please RSVP by May 4th

## Your Medicare Summary Notice (MSN)

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after June 1st**

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We have volunteers who serve on the Advisory Board, Meals on Wheels Volunteers, both packers and delivery people, front desk volunteers, table setters, Hostess, song & prayer volunteers, Volunteers who lead our exercise classes, volunteers who take blood pressures each month, Volunteers who see something that needs fixed and step forward to fix it, Volunteers who have pulled weeds around the back of the building to name a few, and I am sure I have forgot some. Last Year our Meals on Wheels Volunteers delivered 12,572 meals that's an average of 48.5 meals a day. Meals are delivered to individuals who are unable to get out or unable to prepare their own meals. Many times this is the only human contact these people have for the day. As a result of our volunteers we have found people in desperate need and called 911 for assistance at least twice in the last year. In the dinning room we served 20,086 meals.



# Beautiful May Flowers



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



AMARYLLIS  
 BUTTERCUP  
 DAFFODIL  
 FORGET ME NOT  
 HIBISCUS  
 JASMINE  
 MARIGOLD  
 PETUNIA  
 SANPDRAGON  
 TULIP



AZALEA  
 CARNATION  
 DELPHINIUM  
 FOXGLOVE  
 HYACINTH  
 LAVENDAR  
 ORCHID  
 RHODODENDRON  
 SUNFLOWER  
 VIOLET



BLUEBELL  
 CHRYSANTEMUM  
 EDELWEISS  
 GLADIOLUS  
 IRIS  
 LILAC  
 PEONY  
 ROSEMARY  
 THYME  
 ZINNIA



### WOMEN'S REVENGE

"Cash, check or charge?" I asked, after folding items the woman wished to purchase. As she fumbled for her wallet, I noticed a remote for a television set in her purse. "So do you always carry your TV remote?" I asked. "No," she replied, "but my husband refused to come shopping with me and I figured this was the most evil thing I could do to him legally."

### WIFE VS HUSBAND

A couple drove down a country road for several miles without saying a word. An earlier discussion had led to an argument and neither of them wanted to concede their position. As they passed a barnyard of mules, goats, and pigs the husband asked sarcastically, "Relatives of yours?" "Yep" the wife replied "in-laws".

### WORDS

A husband read an article to his wife about how many words women use each day 30,000 to a man's 15,000. The wife replied, "the reason has to be because we have to repeat everything to men.... The husband then turned to his wife and asked "What?"

### CREATION

A man said to his wife one day, "I don't know how you can be so stupid and so beautiful all at the same time. "The wife responded, "Allow me to explain. God made me beautiful so you would be attracted to me; God made me stupid so I would be attracted to you!"

### WHO DOES WHAT

A man and his wife were having an argument about who should make the coffee each morning. The Wife said "You should do it because you get up first and then we don't have to wait as long to get our coffee. The husband said, "You are in charge of cooking around here and you should do it, because it is your job, and I can just wait for my coffee." Wife replies, "No, you should do it and besides, it is in the Bible that the man should do the coffee." Husband replies, "I can't believe that, show me. So she fetched the Bible, and opened the Old Testament and showed him at the top of several pages that it did indeed say...."HEBREWS"

### THE SILENT TREATMENT

A man and 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 up at 5:00 AM." he left it where he knew his wife would find it. The next morning, the man woke up, 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 not equipped for these kind of contests.

God may have created man before women, but there is always a rough draft before the masterpiece.

# May Birthdays

Hannah Hageman	1
Nelda Haag	1
Ethyl Siegfried	2
Lonnie Bonar	3
Ann Frost	4
Jack Lytle	4
Kathleen Bills	5
Norma Brooks	7
Christel Lakatosh	8
Mary Keslin	9
Helen Berndt	10
Mildred Housley	10
Robert Wehrheim	11
Mary Stritt	11
Mary Blake	13
Dorothy Roth	15

Norma Helm	16
Russell Burton	17
Miriam Hegwood	19
Kenneth Doharty	19
Mildred Weskamp	20
Eunice Guthrie	21
Roxanne McDonald	21
Peggy Poore	23
Gwen Prell	23
Irene Solko	23
Georgia Davis	25
Phyllis Collidge	26
Avis Morell	27
Irene Traphagan	28
Caroline Kircher	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

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  
345-1760 for reservations

**McCook Public Transit  
Staff**  
Beth Siegfried—Director

Donna Blake—Dispatcher

Substitute Drivers  
Eldon Parde  
Diane Clark

Open Monday through Friday  
8:30 to 4:30

Phone 345-6098

In Memory of:  
Leona Webb  
By: Bruce & Beverlee  
Swanson  
By: Shirley Driml-  
Perez and Ernie Perez



**THANK YOU FOR  
DONATIONS  
MADE IN  
April**

Marge Carter  
John & Dorothy Corder  
Dick and Jo Dike  
Laverna Ely  
Linda Ferguson  
Bill Gerloff  
Gene Meints  
Carla Quinn

**Product of the  
month chocolate  
of caramel syrup.**



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# MAY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	3 LEGAL AID 11:55 BINGO 12:30 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30	4 BLOOD PRESSURE CLINIC LIBRARY 11:00-11:45 AM FIRST DRAWING 11:45 4W's: 12:45 STRENGTH TRAINING 12:45	5 BIBLE COFFEE 10:00 KT CARD CLUB 12:45 THURSDAY BRIDGE 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30 LADIES TEA 2:00	6 FRIDAY DUP BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	7
8 <b>HAPPY MOTHER'S DAY</b>	9 HELPING HAND 12:00 SASSY SENIORS 12:45 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	10 WALMART DRAWING 11:45 COMMUNITY HOSPITAL BINGO 12:30 EIGHTSOME BRIDGE 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30	11 RETIRED TEACHERS: 11:45 ST THERESA CIRCLE 12:45 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:45	12 BIBLE COFFEE 10:00 QUEEN OF CLUBS 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30	13 ACE OF CLUBS 12:45 FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	14
15	16 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	17 BINGO 12:30 INDIANOLA CRAZY 8 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30	18 MNB DRAWING & ICE CREAM 11:45 OLD CARD CLUB 12:45 4W's: 12:45 STRENGTH TRAINING 12:45	19 BIBLE COFFEE 10:00 CRAZY 8 9:00 KT CARD CLUB 12:45 THURSDAY BRIDGE 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30	20 FRI. DUP. BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	21
22	23 HELPING HAND 12:00 FOXY LADIES: 12:45 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	24 BINGO: 12:30 EIGHTSOME BRIDGE 12:45 BEE FIT WITH KRISSEN 12:45 HERITAGE QUILTERS 12:30	25 MOVIE, THE CONCUSSION POPCORN, CANDY, AND POP STRENGTH TRAINING: 12:30	26 BIBLE COFFEE 10:00 VOLUNTEER LUNCH BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS: 12:45	27 1ST CENTRAL BANK DRAWING & BIRTHDAY PARTY 11:45 HEARING IMPAIRED PROGRAM ACE OF CLUBS 12:45 FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	28
29	30 <b>CLOSED MEMORIAL DAY</b>	31 BROOKDALE BINGO: 12:30 BEE FIT WITH KRISSEN 12:45 HERITAGE QUILTERS 12:30				

# May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 SPAGHETTI GARLIC BREAD CARROTS GREEN BEAN SALAD CHEESE STICK APPLE GRAPE SALAD MILK	3 PORK CHOP SCALLOPED POTATOES PEAS GRAPE JUICE PEACH CRISP BREAD MILK	4 CHICKEN & NOODLES MASHED POTATOES DICED BEETS PEARS CHEESECAKE BREAD MILK	5 MUSHROOM STEAK BAKED POTATO BRUSSELS SPROUTS PINEAPPLE BREAD MILK	6 BREADED POLLOCK CHEESY POTATOES WINTER BLEND APRICOTS PEANUT BUTTER BAR BREAD MILK	7
8 	9 SWISS STEAK BAKED POTATO CORN ORANGE COTTAGE CHEESE SALAD APPLE BREAD MILK	10 HOT TURKEY SANDWICH MASHED POTATOES GRAVY CARROTS PEARS MILK	11 TACO BAR REFRIED BEANS LETTUCE & TOMATOES CHEESE & ONIONS PEACHES BUTTERSCOTCH PUDDING DESERT MILK	12 CHICKEN ROLL UP BAKED POTATO PEAS GRAPE JUICE DISHPAN COOKIES MILK	13 POLISH DOG SOUR KRAUT MASHED POTATOES APRICOTS BROWNIE MILK	14
15	16 ROAST PORK SWEET POTATOES PEA SALAD BAKED APPLES CHERRY CAKE BREAD MILK	17 BEEF FINGERS MASHED POTATOES DICED BEETS CHEESE STICK MIXED FRUIT 6 LAYER COOKIES BREAD MILK	18 CHICKEN CACCIATORE NOODLES GREEN BEANS CARROT SALAD PINEAPPLE GARLIC BREAD MILK	19 SAUSAGE GRAVY OVER BISCUIT COTTAGE CHEESE TOMATO JUICE BROCCOLI CANTALOUPE BLUEBERRY BAR MILK	20 HOT BEEF SANDWICH MASHED POTATOES & GRAVY ITALIAN BLEND PLUMS SNICKERDOODLE COOKIES BREAD MILK	21 
22	23 BBQ CHICKEN BREAST GARDEN RICE CHEESY CABBAGE CARROTS CELERY GRAPES BREAD MILK	24 PEPPER STEAK NOODLES COTTAGE CHEESE TOMATO JUICE GREEN BEANS OATMEAL RAISIN COOKIES WATERMELON BREAD MILK	25 SWEET & SOUR PORK CHOP BAKED POTATO ITALIAN BLEND PEAR BREAD MILK	26 CHEESE BURGER SWEET POTATO FRIES BAKED BEANS CHERRIES LEMON BAR MILK	27 HAM SCALLOPED POTATOES CORN PEACHES ROLLS MILK BIRTHDAY CAKE	28
29	30 	31 MEATLOAF SEASONED POTATO GREEN BEANS PINEAPPLE BANANAS BREAD MILK				

# McCook Heritage Senior Center

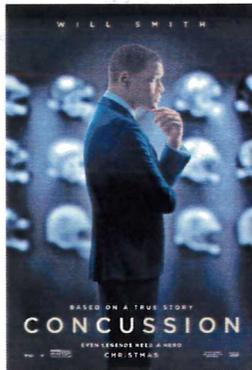
1312 W. 5th St.  
McCook NE 69001

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 MOVIE FOR MAY WILL BE CONCUSSION

SHOWING MAY 25TH AFTER LUNCH

ABOUTCONCUSSION

Will Smith stars in Concussion, a dramatic thriller based on the incredible true David vs. Goliath story of American immigrant Dr. Bennet Omalu, the brilliant forensic neuropathologist who made the first discovery of CTE, a football-related brain trauma, in a pro player and fought for the truth to be known. Omalu's emotional quest puts him at dangerous odds with one of the most powerful – and beloved – institutions in the world.

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

