

JANUARY 2022

NORTH PLATTE

SENIOR CENTER CURRENTLY OPEN FOR
CONGREGATE LUNCH, HOME DELIVERY
AND PICK-UPS



PLEASE CONSIDER JOINING US FOR LUNCH!! WE SERVE MONDAY THROUGH FRIDAY WE SERVE FROM 11:30 AM TO 1:00 PM . GRAB YOUR FRIENDS AND COME SEE US!! OPEN TO THE PUBLIC!!

The North Platte Senior Center is funded in part by the West Central Nebraska Area Agency on Aging under the authority of the Older Americans Act and the generous contributions of our clients and those who support our programs including Mid Plains United Way.

The North Platte Senior Center is administered by Community Action Partnership of Mid-Nebraska, a private, non-profit organization. The Senior Center provides information and referral services, health programs as well as many different programs for you to participate in.

We serve individuals sixty years of age or older and also welcome anyone of any age for meals and friendship. Congregate meals and Home Delivered Meals are served Monday through Friday at a suggested rate of **\$5.00** for persons over 60. Persons under the age of 60 are charged a set price of **\$7.00** per meal. Children age 5 to age 10 is \$5.00.

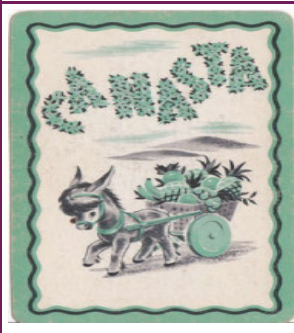
Consider making a Charitable Gift to benefit the North Platte Senior Center. These contributions and memorials allow the Center to use your donations where it is needed most. Unrestricted gifts allow us to continually enhance our programs for the elderly. The North Platte Senior Center is a 501(c)3 nonprofit agency and your gift is tax deductible.

901 East 10th Street, North Platte NE 69101 | 532-6544

Events

JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM MERRY WIDOWS 12:30 PM	4 LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM	5 FLYING NEEDLES 9:00 AM-2:00 PM LUNCH 11:30 AM- 1:00 PM DANCE 7:00 PM- 10:00 PM RAY MULLEN	6 LUNCH 11:30 AM- 1:00 PM PENNIES 1:00 PM	7 FLYING NEEDLES 9:00 AM- 2:00 PM LUNCH 11:30 AM- 1:00 PM BRIDGE CLUB 12:30 PM OPEN CARD PARTY 6:00 PM
10 LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM	11 LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM	12 FLYING NEEDLES 9:00 AM-2:00 PM LUNCH 11:30 AM- 1:00 PM KIT KAT CARDS 12:15 PM DANCE 7:00 PM- 10:00 PM TOP SHELF COUNTRY	13 LUNCH 11:30 AM- 1:00 PM PENNIES 1:00 PM	14 FLYING NEEDLES 9:00 AM- 2:00 PM LUNCH 11:30 AM- 1:00 PM BRIDGE CLUB 12:30 PM OPEN CARD PARTY 6:00 PM
17 LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM HOT SHOTS 12:30 PM 3RD MONDAY BRIDGE 1:00 PM	18 LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM PAC BOARD MEETING 1:00 PM BINGO MEETING 1:30 PM	19 FLYING NEEDLES 9:00 AM- 2:00 PM LUNCH 11:30 AM- 1:00 PM DANCE 7:00 PM- 10:00 PM RAY MULLEN	20 LUNCH 11:30 AM- 1:00 PM PENNIES 1:00 PM BUNCO BABES 1:00 PM	21 FLYING NEEDLES 9:00 AM- 2:00 PM LUNCH 11:30 AM- 1:00 PM BRIDGE CLUB 12:30 PM OPEN CARD PARTY 6:00 PM
24 LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM	25 LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM 4TH TUESDAY BRIDGE 1:00	26 FLYING NEEDLES 9:00 AM- 2:00 PM LUNCH 11:30 AM- 1:00 PM KIT KAT CARDS 12:15 PM DANCE 7:00 PM- 10:00 PM MIKE BERRY & FRIENDS	27 LUNCH 11:30 AM- 1:00 PM PENNIES 1:00 PM	28 LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM PAC BOARD MEETING 1:00 PM BINGO MEETING 1:30 PM



Events & Information

"I have a dream that one day this nation will rise up, live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.'"

MARTIN LUTHER KING, JR.



FOOT CLINIC

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Community Connections Mentoring is a community-based program for youth ages kindergarten through 7th grade. Mentoring pairs have the flexibility of meeting at any of your favorite public locations around town or during school lunch and time together can include our monthly group activities and community service projects.

Research confirms that quality mentoring relationships have powerful positive effects on young people in a variety of personal, academic, and professional situations. Unfortunately, one in three young people will grow up without any type of mentor. And with each additional risk factor a young person experiences, the less likely he or she will connect with a mentor. To close this gap, it will take everyone from parents, students and teachers to counselors, coaches and family friends – anyone who has a touch point in a young person's life.

What does it take to be a mentor?

- Have the willingness to listen and offer encouragement
- Ability to share what you've learned about life
- Be 18 or older and reside in Lincoln County
- Complete the application and matching process
- Spend 4 to 8 hours a month interacting with your mentee – learn a new skill together, walk the dog, run errands, have ice cream, get to know each other and have some fun!
- Be consistent and reliable, expect some ups and downs, and be willing to learn as you go



When youth in our program were asked "What is the best thing about having a mentor?" they responded:



"Being nicer, being happier, being more responsible."

"That adults don't have to be just family. They can be friends and help you out."

"I'm more confident. I used to think I didn't deserve a spot in the world, but now I do."

"I've learned how to golf, kinds of trees, different restaurant. I've learned to compare books I've read to movies that I see with my mentor."

Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter.

Call 308-696-0975 for information or go to
www.CommunityConnectionsLC.org

Community News

AREA FOOD PANTRIES

Cornerstone Church
1620 West 4th st
(308)-539-8208

Episcopal Church of Our Savior
203 West 4th st
(308)-532-0515

Grace Ministries
114 East C st
(308)-532-1083

Parkview Church
1802 North Jeffers
(308)-532-0613

Salvation Army
1020 North Adams
(308)-532-2038

Spanish Christian Church
510 North Jeffers
(308)-660-3209

St. Patrick's
401 1/2 East 3rd st
(308)-532-8800

Western Frontier County
Rt3 Box 160
Curtis, Ne 69025
(308)-613-0950

Cozad Food Pantry
302 East 8th st
Cozad, Ne 69130
(308)-784-4545

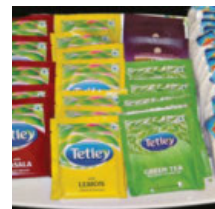
Lexington Food Pantry
931 West 7th st
Lexington, Ne 68850
(308)-324-4219

Church of God Prophecy
1011 North Lincoln
Lexington, Ne 68850
(308)-325-9899

Gosper County Pantry
601 Rush st
Elwood, Ne 68937
(308)-785-8141

PRODUCT OF THE MONTH

TEA BAGS



APPLE CIDER



PAPER

TOWELS



WHEAT BREAD



LIKE TO DANCE??

LIVE MUSIC EVERY WEDNESDAY NIGHT

\$7.00 COVER AT THE DOOR

7:00 PM TO 10:00 PM

NORTH PLATTE SENIOR CENTER

901 EAST 10TH STREET, NORTH PLATTE

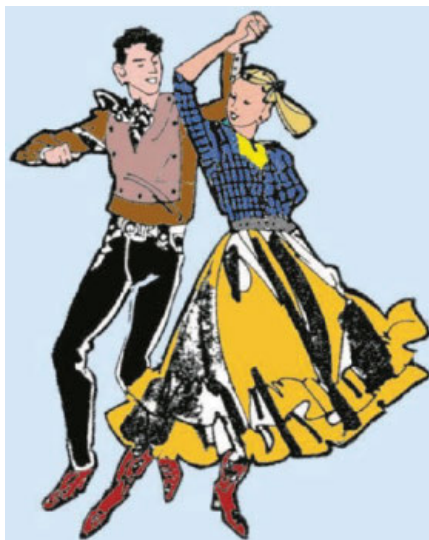
JANUARY 5TH— Ray Mullen

**JANUARY 12TH—Top Shelf
Country**

JANUARY 19TH—Ray Mullen

**JANUARY 26TH—Mike Berry &
Friends**

**COME HAVE A GOOD
TIME!**



HOT COCOA



BE SURE TO SIGN AT THE
DESK WHAT

YOU BROUGHT IN!

ALL DONATIONS

APPRECIATED !!

Community Events

Also Available at the North Platte Senior Center.....

Lending Library ~ We have lots of books, audio books, VHS tapes & DVD's available to borrow.

Medical Equipment ~ North Platte Senior Center has the following item available to borrow: Power chairs, Wheelchairs, Walkers, Canes, Toilet Seat Risers, Bath Tub Handles, Cpap & much more. Hospital Bed, Specialized Wheel Chairs.

We also accept these items as donations.




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 at C and Sycamore
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- Power of Attorney
- Collections
- Medicare/Medicaid
- Consumer Protection
- Simple Wills
- Advanced Directives/ Living Wills
- Homestead Exemption
- Tenant Issues
- And other legal concerns

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 Nebraska's seniors
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This advertisement was supported by grant number 139-2020-VA1029 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice, through the Nebraska Crime Commission.

JANUARY

Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>SALISBURY STEAK MASHED POTATOES WITH GRAVY CARROTS FRUIT COCKTAIL</p>	<p>4</p> <p>HAM & BEANS V-8 JUICE PEARS CORN BREAD</p>	<p>5</p> <p>PORK CUTLET MASHED POTATOES W/COUNTRY GRAVY BRUSSELL SPROUT PEACHES</p>	<p>6</p> <p>SPAGHETTI WITH MEATSAUCE CORN LETTUCE SALAD PINEAPPLE GARLIC BREAD</p>	<p>7</p> <p>BREADED CHICKEN BREAST SCALLOP POTATO MIXED VEGGIES APRICOTS</p>
<p>10</p> <p>CHICKEN ALA KING OVER A BISCUIT MASHED POTATOES STEWED TOMATO PEARS CHEESE CUBES</p>	<p>11</p> <p>FRENCH DIP STEAK FRIES BROCCOLI WITH CHEESE SAUCE APRICOTS</p>	<p>12</p> <p>PORK CHOP AUGRATIN POTATOES SPINACH APPLESAUCE</p>	<p>13</p> <p>LEMON CHICKEN CHUNKY POTATOES LIMA BEANS MANDERIAN ORANGES</p>	<p>14</p> <p>TAVERN BATTERED FISH MAC & CHEESE PEAS & ONIONS PEACHES PICKLED BEETS</p>
<p>17</p> <p>BEEF & NOODLES MASHED POTATOES PEAS & CARROTS FRUIT COCKTAIL COTTAGE CHEESE</p>	<p>18</p> <p>HAM & CHEESE SANDWICH VEGETABLE BARLEY SOUP COLE SLAW PINEAPPLE</p>	<p>19</p> <p>MEATLOAF MASHED POTATOES WITH GRAVY CALI BLEND ROTINI SALAD APRICOTS</p>	<p>20</p> <p>FISH SANDWICH TATOR TOTS BEETS PEARS</p>	<p>21</p> <p>CHICKEN ALFREDO GREENS BEANS LETTUCE SALAD PEACHES GARLIC BREAD</p>
<p>24</p> <p>CABBAGE ROLL PARSLEY BUTTERED POTATOES WAX BEANS PINEAPPLE</p>	<p>25</p> <p>OVEN FRIED CHICKEN AUGRATIN POTATOES SPINACH PEACHES</p>	<p>26</p> <p>BBQ PORK SANDWICH STEAK FRIES BAKED BEANS MANDERIAN ORANGES</p>	<p>27</p> <p>BEEF STEW TOMATO JUICE PEARS BISCUIT</p>	<p>28 BIRTHDAY</p> <p>TURKEY ROAST MASHED POTATO WITH GRAVY NANTUCKET BLEND TROPICAL FRIUT DINNER ROLL CAKE & ICE CREAM</p>
<p>31</p> <p>SWEET & SOUR CHICKEN BREAST RICE SUGAR SNAP PEAS PEARS 3 BEAN SALAD EGG ROLL</p>				



Slips, Trips, and Falls – Winter

No matter how well the removal of snow and ice is from a given area, you may still experience some slippery conditions when walking outdoors in winter.

1 million



Americans are injured, and 17,000 people die, as a result of slip and fall injuries every year.*



Slip and fall injury rates increase significantly as temperatures decline.*



People injured in slip and fall injuries are walking on level ground when they slip.*



Walking Safely on Snow and Ice Walk Like a Penguin!

- Point your feet out slightly like a penguin.
- Bend your knees slightly and walk flat-footed.
- Extend your arms out to your sides to maintain balance.
- Take short steps or shuffle for stability.

BE SAFE ON ICE



Wear shoes or boots that provide traction on snow and ice.



Watch where you are stepping and move SLOWLY.



Use special care when entering or exiting vehicles.



Assume that all wet, slick areas on pavements are slippery and icy.



Keep your hands out of your pockets. You need your hands to help break your fall if you slip.



Walk in designated walkways. Taking shortcuts through snow piles can be hazardous.

*Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And auld lang syne?*

*For auld lang syne, my jo,
For auld lang syne,
We'll take a cup of kindness yet,
For auld lang syne!*

*And surely ye'll be your pint-stowp,
And surely I'll be mine.*

*And we'll tak a cup of kindness yet,
For auld lang syne!*



Creamy Crockpot Hot Chocolate

- 6 cups of milk
- 1 1/2 cups heavy cream
- 1 can of sweetened condensed milk (14oz.)
- package milk chocolate chips (12oz.)
- 1 teaspoon vanilla extract

RECIPE

King Crab Appetizers

Ingredients

- 2 (12 ounce) packages refrigerated biscuit dough
- 1 (8 ounce) package cream cheese, softened
- 1 (6 ounce) can crab meat, drained
- 2 tablespoons mayonnaise
- 2 tablespoons grated Parmesan cheese
- ½ cup shredded Cheddar cheese
- 2 tablespoons thinly sliced green onion
- 1 teaspoon Worcestershire sauce
- 1 pinch paprika



Directions

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease 12 tartlet pans.
2. Divide rolls in half and press into the prepared tartlet pans. Set aside.
3. In a large bowl, combine cream cheese, crab, mayonnaise, Parmesan cheese, Cheddar cheese, green onions and Worcestershire sauce. Spoon 1 teaspoon of mixture into tarts and garnish with paprika.
4. Bake at 375 degrees F (190 degrees C) for 15 to 20 minutes, or until light brown. These freeze wonderfully. Just reheat before serving.



AZRIA HEALTH

Azria Health Centennial Park

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CentennialParkInfo@azriahealth.com

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- ★ Skilled Nursing Care

- ★ Respite Care & Short Term Stays
- ★ Rehabilitation Services

www.azriahealth.com

NEVER MISS A NEWSLETTER!

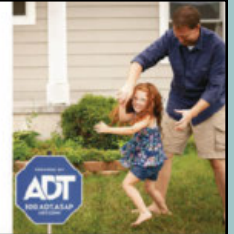
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North Platte Senior Center, North Platte, NE C 4C 05-1048



WINTER WORDS

Word Search Puzzle



r h p x b k g m s n o w f l a k e s f f s d
 v h f b w y r e i j u m t o n c w t z d h d
 s k a t i n g k l t d c f e t h z e t s d c
 z i i v k l a g f a t r v b f i f l b f r b
 e h j c s j s l i p p e r y b l l k z k w o
 t r a s o w a n s a a a n x s l u c e d i o
 c v t w h v t v g d y i t s i y r g l n n t
 r y h x x k f e b r u a r y m q r w r r t s
 n t o b o g g a n o f s o u c c i t b s e s
 z a l f n h r m m f h e r w s d e c a h r h
 m p i f g l o v e s m j w p s n s o q o v o
 i j d w w i w v f r e e z i n g k l l t s v
 e l a d d r g k j a n u a r y a v d y c b e
 x m y h b s r d w f t o h u f r o s t h e l
 r u s x c d e c e m b e r s b t h s n o w a
 c e s l e d d i n g c a h w a p p w f c n v
 s c a r f r s n o w m a n a i a v x c o o u
 r z r a m j x v k b j y k y t r j m e l o i
 o a r i l y f i r e p l a c e k f x i a a c
 y u r p n l q d s l u s h p m a a l f t z e
 e i c i c l e t v f b t m w e h z v n e z f
 i d h i b l i z z a r d w t z b a w x m k e



Find these words.

fireplace
 snowflake
 blizzard
 icicle
 boots
 parka
 sledding
 gloves

hat
 ice
 cold
 slippery
 chilly
 snowman
 December
 toboggan

hot chocolate
 slush
 January
 freezing
 skating
 scarf
 holidays
 frost

mittens
 shovel
 snow
 flurries
 February
 winter



(The words may be hidden vertically, horizontally or diagonally.)



ARE YOU INTERESTED IN A CHESS CLUB OR GROUP?

We would love to bring new groups to the Senior Center and we think Chess would be a great way to get to know each other while playing your favorite past time throughout the week.

If you have any interest in getting together with like-minded chess players please give a call!!

We would love to get this fun activity going for you!

If you have any other ideas for new activities and hobbies please call!

Rebecca Blume 308-532-6544

THANK YOU TO ALL OF OUR WONDERFUL SPONSORS!!!

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- ADT-MONITORED HOME SECURITY
- NORTH PLATTE CARE CENTER
- SHRAKE BODY SHOP

HAPPY BIRTHDAY SENIOR CENTER FRIENDS

- 1/1 KEITH MATHEWS
- 1/1 CHARLOTTE FISHER
- 1/1 GLENDA HASENAUER
- 1/2 DENICE STONE
- 1/2 BOB MANDEVILLE
- 1/3 BONNIE HERRICK
- 1/3 LARUE MENGEL
- 1/7 LAVERN EHLERS
- 1/8 ROBERT KLEICH
- 1/8 SHEILA EXNER
- 1/10 GREGG BEACH
- 1/11 ED BEFORT
- 1/13 RANDY EDWARDS
- 1/13 ROBERT CAMPBELL
- 1/13 CHERYL REESE
- 1/15 MARY PETERSON
- 1/15 DIXIE ANDERSON
- 1/16 JOYCE BAMESBERGER
- 1/17 LARRY BECVAR
- 1/18 DOUG NEAL
- 1/18 JO MICHAELS
- 1/19 STEVE SANFORD
- 1/20 MARY BABCOCK
- 1/21 BERNIE MACKE
- 1/22 RUBY EDWARDS

- 1/22 DON EXNER
- 1/22 MARCIA MACOMBER
- 1/23 REINY BURBACH
- 1/24 GARY THOMSEN
- 1/26 ALICE FOSTER
- 1/26 ALBERT ISAAC
- 1/29 BARBARA WARDOW
- 1/31 JERRY STOLL
- 1/31 NINA WHITCOMB



THANK YOU to our **SPONSORS!**



THANK YOU TO OUR OCTOBER VOLUNTEERS

PAM AMES
 BLAKE BARNUM
 KAREN BECVAR
 SUSIE BRANTING
 CINDY BURTON
 DENNIS BURTON
 CLAUDIA CABLE
 JO COOPER
 VICTOR DERMAN
 RUBY EDWARDS
 RON HITCHCOCK

RUSSELL ISAAC
 KASSANDRA JARA
 KATHY MCBRIDE
 FRANCINE MCKENZIE
 CARROLL MILLER
 PAM MITCHELL
 DAVE OLSON
 OPPORTUNITY CENTER
 LEA REESE
 DEL ROE
 HERVY SAATHOFF
 CHUCK SCRIPTER

GARY SIERKS
 KATHY SIERKS
 BILL SONGSTER
 MARLENE SONGSTER
 DOROTHY THIEM
 GARY THOMSEN
 CASS TURNER
 MORRIS TURNER
 MARY VAN ERT
 GWEN VIAN
 VIVIAN WHEELER



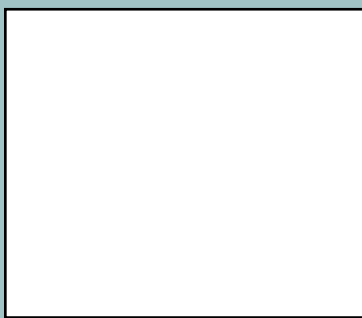
NORTH PLATTE
 CARE CENTER



North Platte Care Center, LLC
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 that is located in
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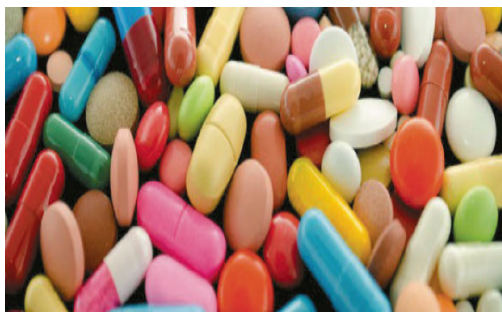
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Community Connections Drug Collection

Community Connections is offering a drug disposal program at the Platte River Mall, 1000 South Dewey Street, on the 3rd Saturday from 11:00 a.m.-1:00 p.m. This program is an excellent way to dispose of prescriptions & over the counter medications that are expired or no longer needed. The medications are turned over to the Nebraska State Patrol who destroys them in an environmentally friendly manner.



BINGO— OPEN TO THE PUBLIC

**MUST BE 18 & OVER TO PLAY
3 TV SCREENS!!**

EVERY SATURDAY NIGHT!!

EARLY BIRD GAME AT 6:30 PM

BINGO BEGINS AT 7:00 PM

CASH COW!!

SPECIAL GAMES!!

FLASH BINGO CARDS!!

NORTH PLATTE SENIOR CENTER

901 EAST 10TH ST

ALL PROCEEDS BENEFIT THE SENIOR CENTER

**WE WOULD LIKE TO
THANK YOU FOR ALL
OF YOUR DONA-
TIONS THAT HELP SUP-
PORT YOUR SENIOR
CENTER**

**Donations towards our
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Program & Fuel:

Ivan Sandberg: \$20.00
Del Roe: \$50.40
Keith Matthews: \$15.00
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Myrna Hallstead: \$20.00

Memorials:

Bob Hanson: \$220.00
Larry Daugherty:
\$210.00

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by Individuals or Group:**

Mark & Loveda Fletcher:
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Bob & Arlene Miller:
\$50.00
North Platte Public
Schools Foundation:
\$45.00
Bernice Zeigler: \$30.00

**Product of the Month
Donations:**



1. The name for January comes from the Roman God, Janus, who is always depicted with 2 heads. He uses 1 head to look back on the year before, and the other head to look forward into the New Year!
2. Oddly enough, couples tend to separate or divorce more so in January than any other month of the year.
3. In Pasadena, California, there has been a Rose Parade held every year since 1890. It has since been broadcasted worldwide and is typically viewed in over 100 countries around the globe.
4. If you were born in January, you're birthstone is Garnet, which represents balance.
5. In Leap Years, January always starts on the same day as April and July.
6. London is famous for its extensive subway system, nicknamed "The Tube". This makes sense because they're also responsible for opening the 1st operational underground railway on January 10, 1863.
7. Some historical names for January include "Wulfmonath," which came from the Anglo-Saxons because it was the month the hungry wolves would come scavenging. King Charlemagne would call it "Wintermanoth" meaning "winter/ cold month."
8. Originally, the Roman calendar had only 10 months, and it excluded January and February.
9. King Numa Pompilius, the 2nd King of Rome, is responsible for adding both January and February to the calendar. He did this so calendars would be equivalent to a lunar year. Even so, it only had 30 days.
10. Finally, Julius Caesar added the 31st day to the month.
11. January was a monumental month for Alaska. January 3, 1959, Alaska officially became the 49th state of the United States.
12. Generally, January is the coldest month in the Northern Hemisphere.
13. The equivalent month of January in terms of temperature the Southern Hemisphere is July.
14. Referring back to the Julian and Gregorian calendars, January is the 1st month of the year and the first of 7 months to be 31 days long.
15. In the United Kingdom, some people practice "Dry January." This is a movement to encourage people to quit drinking alcohol for the month in order to encourage public health.
16. January has 2 Zodiac Signs— Capricorn, which is until January 19th, and Aquarius, which is for the rest of the month.
17. The Dianthus Caryophyllus is the birth flower of January— more commonly known as the Carnation.
18. One of the most influential events in the U.S. happened in January— on January 1, 1892, Ellis Island opened, allowing for the immigration of over 20 million people.
19. The 1st Penal Colony in Australia was established in January 1788 by the British in order to relieve overcrowded English Prisons.
20. The 1st ever Emmy Awards were held on January 25th, 1949.
21. January brought the end of the monarchy in Hawaii when Queen Liliuokalani was forced to abdicate on the 24th of the month.
22. January is National Donate Blood Month.
23. January 1st is Polar Bear Plunge Day.
24. January 3rd is J.R.R Tolkien Day.
25. January 8th is War on Poverty Day and Earth's Rotation Day.
26. January 9th is National Static Electricity Day.
27. January 11th is National Human Trafficking Awareness Day.
28. January 12th is Dress Up Your Pet Day and Kiss a Ginger Day.
29. January 15th is Martin Luther King Day.
30. January 16th is Religious Freedom Day and Appreciate a Dragon Day.
31. January 18th is Thesaurus Day.
32. January 19th is World Day of Migrants and Refugees.
33. January 22nd is Answer Your Cat's Question Day.
34. January 27th is Holocaust Memorial Day.
35. January 28th is Rubber Ducky Day.

HAPPY NEW YEAR!



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



Countdown
 Confetti
 Midnight
 Balloons

Celebration
 Fireworks
 January
 Happy


































New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers



January

Learn to Ski and Snowboard Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  New Years Resolutions	2  Motivation and Inspiration Day	3  Chocolate Covered Cherry Day	4  Trivia Day
5  Bean Day	6  Weigh in Day	7  Old Rock Day	8  Bubble Bath Day	9  Apricot Day	10  Cut Energy Costs Day	11  Hot Toddy Day
12  Curried Chicken Day	13  Clean off Desk Day	14  Organize your Home Day	15  Hat Day	16  Nothing Day	17  Hotheads Chili Day	18  Polar Bear Swim
19  Tin Can Day	20  Penguin Awareness	21  Squirrel Appreciation Day	22  Answer Cats Questions Day	23  Pie Day	24  Peanut Butter Day	25  Visit Local Quilt Shop Day
26  Spouse's Day	27  Chocolate Cake Day	28  Blueberry Pancake Day	29  Puzzle Day	30  Croissant Day	31  Chinese New Year	

NORTH PLATTE
SENIOR CENTER
(308) 532-6544
901 EAST 10th STREET
NORTH PLATTE, NE. 69101
HOURS
MONDAY-FRIDAY
8:00 A.M. TO 4:30 P.M.
YOU CAN FIND US ON
FACEBOOK!
COME JOIN US!!

SENIOR CENTER
STAFF
REBECCA BLUME,
DIRECTOR
STEPHANIE GILMORE,
HOME DELIVERY
COORDINATOR
CHRIS EDWARDS,
KITCHEN MANAGER
URSULA GEARY,
KITCHEN ASSISTANT
JULIAN SMALL,
KITCHEN AIDE

Meal programs
Sponsored by:
West Central Nebraska Area
Agency on Aging
United Way
& contributions from
clients

Our mission
To support the Independence
and well being of adults age
60 and older, enhance their
dignity and self respect, and
promote participation in all
aspects of community life
through creative program-
ming and providing
opportunities and resources
in the area of physical and
mental well being, nutrition,
recreation, and education.

