

FEBRUARY 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

FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>WATCH</u> <u>KNOP-TV</u> <u>FOR ALL</u> <u>WEATHER</u> <u>CLOSINGS</u></p>	<p>1 LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM</p>	<p>2 FLYING NEEDLES 9:00 AM—2:00 PM LUNCH 11:30 AM- 1:00 PM DANCE 7:00 PM- 10:00 PM RAY MULLEN</p>	<p>3 LUNCH 11:30 AM- 1:00 PM</p>	<p>4 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</p>
<p>7 LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM MERRY WIDOWS 12:30</p>	<p>8 LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM</p>	<p>9 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</p>	<p>10 LUNCH 11:30 AM- 1:00 PM</p>	<p>11 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</p>
<p>14 LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM</p>	<p>15 LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM PAC BOARD MEET- ING 1:00 PM BINGO MEETING 1:30 PM</p>	<p>16 FLYING NEEDLES 9:00 AM- 2:00 PM LUNCH 11:30 AM- 1:00 PM DANCE 7:00 PM- 10:00 PM RAY MULLEN</p>	<p>17 LUNCH 11:30 AM- 1:00 PM BUNCO BABES 1:00 PM</p>	<p>18 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</p>
<p>21 <u>CLOSED FOR</u> <u>PRESIDENT'S</u> <u>DAY</u></p>	<p>22 LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM 4TH TUESDAY BRIDGE 1:00</p>	<p>23 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</p>	<p>24 LUNCH 11:30 AM- 1:00 PM</p>	<p>25 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</p>
<p>28 LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM</p>				

Events & Information



GUARDIANS OF THE CHILDREN FLAT ROCK CHAPTER

8th ANNUAL CHILI COOKOFF & SILENT AUCTION

SATURDAY FEBRUARY 5TH 2022

11 A.M. - 2 P.M.

\$5/PERSON AT THE DOOR TO TASTE ALL THE CHILIS

Lil' Guardians will be selling drinks & Cinnamon Rolls

D & N EVENT CENTER

501 E WALKER ROAD, NORTH PLATTE NE



COMMUNITY VOTING FOR THE TASTER'S CHOICE AWARDS & BEST THEME/DECORATED TABLE!!

1ST PLACE ~ \$100

2ND PLACE ~ \$75

3RD PLACE ~ \$50

Best Decorated Booth/Table ~ \$50

FOR MORE INFORMATION PLEASE CONTACT:

ALWAYS - 308-520-2776 OR BLONDIE 308-520-7888

ALL PROCEEDS FROM THIS FUNDRAISING EVENT WILL BE USED TO FURTHER THE MISSION OF THE GUARDIANS OF THE CHILDREN FLAT ROCK CHAPTER, A NON-PROFIT 501(c)(3) CHARITABLE ORGANIZATION.

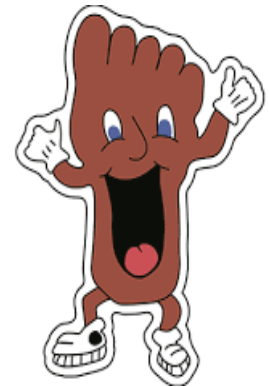
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COST: \$15.00

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★ serve your country

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www.volunteematch.org
www.ci.north-platte.ne.us/volunteer/rsvp

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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

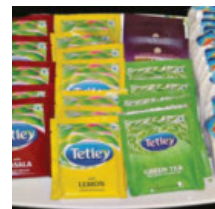
Lexington Food Pantry
931 West 7th st
Lexington, Ne 68850
(308)-324-4219

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

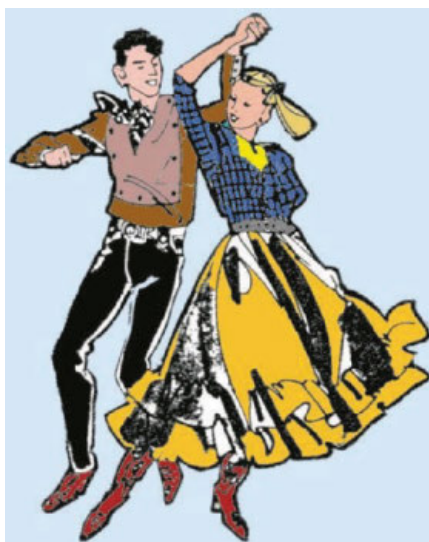
FEBRUARY 5TH— Ray Mullen

**FEBRUARY 12TH—Top Shelf
Country**

FEBRUARY 19TH—Ray Mullen

**FEBRUARY 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 !!

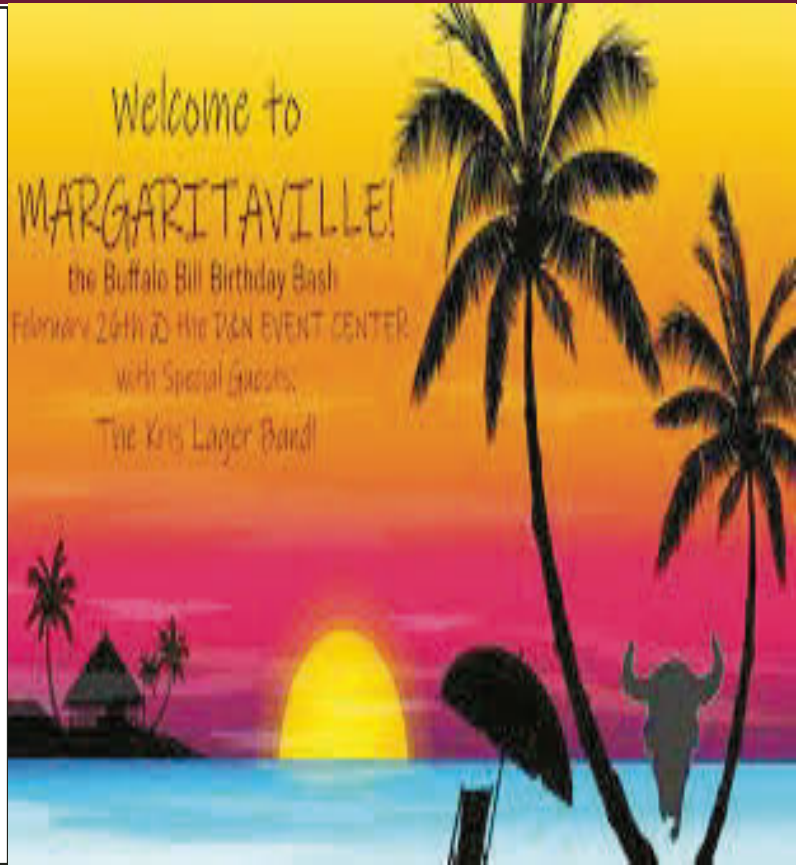
Community Events

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.




Odean Colonial Chapel
 at C and Sycamore
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Are you 60 years of age or older?

We can help you with...

- Elder Abuse and Financial Exploitation
- 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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 In Omaha: 402-827-5656



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.



FEBRUARY

Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 HOT PORK SANDWICH MASHED POTATOES WITH GRAVY BROCCOLI MANDERIAN ORANGES	2 CHICKEN STRIPS CREAMED POTATO SPINACH PINEAPPLE	3 CHICKEN FRIED STEAK MASHED POTATOES W COUNTRY GRAVY BRUSSEL SPROUTS FRUIT COCKTAIL	4 SCROD COD MAC & CHEESE PEAS & CARROTS STEWED TOMATO PEACHES
7 CHX & NOODLES MASHED POTATOES HARVARD BEETS FRUIT COCKTAIL COTTAGE CHEESE	8 HAM SWEET POTATOES GREEN BEANS PINEAPPLE	9 BBQ CHICKEN AUGRATIN POTATO SUGAR SNAP PEAS PEACHES	10 SMOTHERED PORK CHOP MASHED POTATOES WITH GRAVY PEAS APPLESAUCE	11 S LOPPY JOE TATOR TOTS CORN ON THE COB APRICOTS
14 VALENTINES CHX CORDON BLEU RICE PILAF ASPARAGUS CARROT RAISIN SALAD DINNER ROLL BANANA SPLIT	15 GOULASH CORN LETTUCE SALAD PEACHES GARLIC BREAD	16 PORK SPARE RIB CHUNKY POTATOES SAUERKRAUT APPLESAUCE	17 STUFFED PEPPER PARSLEY POTATOES BABY CARROTS PEARS	18 BREADED CHICKEN BREAST SANDWICH SWEET POTATO FRIES BEETS PINEAPPLE
21 <u>CLOSED FOR PRESIDENT'S DAY</u>	22 BEEF TIPS ON RICE WINTER BLEND PICKLED BEETS PEARS	23 BAKED CHICKEN HASHBROWN CASSEROLE HOMINEY MANDERIAN ORANGES	24 BBQ PORK RIB SANDWICH STEAK FRIES BAKED BEANS PEACHES	25 BIRTHDAY ROAST BEEF MASHED POTATO WITH GRAVY SCANDINAVIAN BLEND TROPICAL FRUIT DINNER ROLL CAKE & ICECREAM
28 MUSHROOM STEAK MASHED POTATOES WITH GRAVY WAX BEANS FRUIT COCKTAIL				<u>MENU SUBJECT TO CHANGE</u>



US Presidents

Find all of the US President names. The names can be up, down, forward, backward, or diagonal.



ADAMS
ARTHUR
BUCHANAN
BUSH
CARTER
CLEVELAND
CLINTON
COOLIDGE
EISENHOWER
FILLMORE

FORD
GARFIELD
GRANT
HARDING
HARRISON
HAYES
HOOVER
JACKSON
JEFFERSON
JOHNSON

KENNEDY
LINCOLN
MADISON
MCKINLEY
MONROE
NIXON
OBAMA
PIERCE
POLK
REAGAN

ROOSEVELT
TAFT
TAYLOR
TRUMAN
TYLER
VAN BUREN
WASHINGTON
WILSON

RECIPE

Coconut Ice

Ingredients

- 2 cups white sugar
- .66 cup water
- 1 teaspoon vanilla extract
- 1 ½ cups flaked coconut
- 2 drops red food coloring



Directions

1. Line a 7 x 7 inch pan with parchment or waxed paper. In a medium, heavy-bottomed saucepan, heat sugar and water gently, without boiling, until sugar has dissolved. Then, bring to a boil and cook until it reaches 240 degrees F/120 degrees C on a candy thermometer, or a little syrup dropped in a glass of cold water forms a soft ball.
2. Remove from heat and immediately stir in vanilla and coconut. Continue stirring until mixture begins to thicken, 5 to 10 minutes.
3. Pour half of the mixture into the prepared pan and level the surface with a knife or spatula. Tint the other half of the mixture by stirring in the food coloring. Pour the pink mixture on top of other layer, and level the surface. Press all down firmly with the back of a spoon and allow to harden. When firm, turn out of the pan, remove the paper and cut into squares with a sharp knife.



AZRIA HEALTH

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- ★ Rehabilitation Services

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

Take a step toward staying **Healthy & Active**

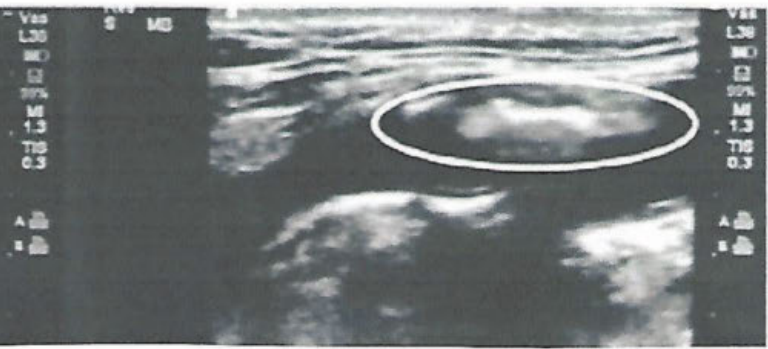
Life Line Screening goes beyond regular checkups to provide a more thorough look at your health.

Be Smart: Do More For Your Cardiovascular Health

No Plaque Buildup



Plaque Buildup



5 Screenings for Only \$139
Special Package Pricing

Adults age 50+ and those 40 and older with one or more risk factors for cardiovascular disease should be screened.
*Key Risk Factors include: *High blood pressure, high cholesterol, diabetes, obesity, smoking, family history.

We are coming to your neighborhood.

Heart Rhythm Screening (Atrial Fibrillation)

When: Tuesday, March 22, 2022

Abdominal Aortic Aneurysm Screening

Where: North Platte Senior Center

Peripheral Arterial Disease Screening

Carotid Artery (Plaque) Screening

Osteoporosis Risk Assessment

To register for your appointment please call **1-888-653-6450** or visit <https://llsa.social/HSC>



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

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NORTH PLATTE CARE
CENTER
SHRAKE BODY SHOP

HAPPY BIRTHDAY SENIOR CENTER FRIENDS

- 2/4 John Krieger
2/4 Karen Lukas
2/6 Deanne Milne
2/8 Don Nicholson
2/8 Jarrold Brown
2/10 Joseph Romero
2/11 Gil Blakely
2/11 Betty Steffes
2/12 Lois Schipper
2/12 Sherman Miller
2/14 Jerry Steffes
2/18 Bob Miller
2/19 Pat Lunkwitz
2/21 Judy Foran
2/22 Mike Armstrong
2/23 Charlie Stout
2/23 Bill Sinor
2/23 Opal Yule
2/24 Wayne Robinson
2/24 Gabriel Soto
2/26 Bernice Zeigler



THANK YOU to our
SPONSORS!



THANK YOU TO OUR DECEMBER VOLUNTEERS

PAMELA AMES
 BLAKE BARNUM
 KAREN BECVAR
 GLORIA BLAKELY
 SUSIE BRANTING
 CINDY BURTON
 DENNIS BURTON
 LEVA COCHRAN
 JO COOPER
 DEAN DYE
 RUBY EDWARDS
 RON HITCHCOCK
 DRUE HUNTSMAN

RUSSELL ISAAC
 KASSANDRA JARA
 GINA LEE
 SANDRA LINDSEY
 GLORIA LIVINGSTON
 KATHY MCBRIDE
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HERVY SAATHOFF
 CHUCK SCRIPTER
 GARY SIERKS
 KATHY SIERKS
 BILL SONGSTER
 MARLENE SONGSTER
 DOROTHY THEIM
 GARY THOMSEN
 CASS TUNER
 MORRIS TURNER
 MARY VAN ERT
 GEWN VIAN
 VIVIAN WHEELER



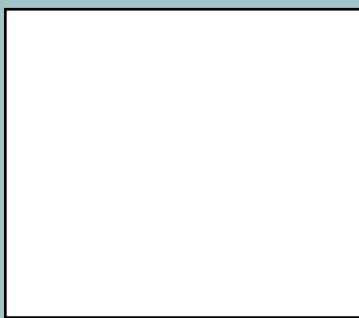
NORTH PLATTE
 CARE CENTER



North Platte Care Center, LLC
 is a private nursing home
 that is located in
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The facility accepts Medicare, Medicaid, and Private Pay.
 Rehabilitation • PT OT Long & Short term care • In & Out Patient

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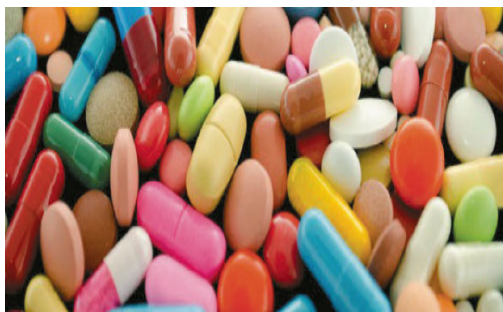
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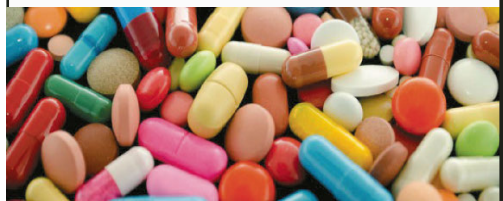
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Contact **Anita Aguilar** to place
 an ad today!
aaguilar@lpicommunities.com
 or (800) 950-9952 x2677



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 Home Delivered Meals

Program & Fuel:

Del Roe: \$36.40
Keith Matthews: \$15.00
Myrna Hallstead: \$10.00
Ivan Sandberg: \$20.00

Memorials:

Lloyd Synovec: \$375.00

Donations to the Center by Individuals or Group:

Friday Night Cards:
\$28.00

Product of the Month

Donations:

Nora Kehr: 1 large box
hot chocolate



1. Of all of the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misspelled the word "February" before in a press release.
2. February fluctuates between having 28 and 29 days per year. The 29th day only occurs every 4 years during leap years.
3. If you were born in February, your birthstone is an amethyst and your flower is a primrose.
4. The western zodiac signs in February are Aquarius which is until February 19th, and Pisces, which starts the 20th.
5. Over time, the length of February kept changing. At one point, it had as little as 23 days.
6. In the Northern Hemisphere, February is the 3rd month of winter. In the Southern Hemisphere, it is the last month of summer. Between the hemispheres, February is the equivalent of August.
7. The length of February was finalized when Julius Caesar remade the Roman calendar and assigned the month 28 and 29 days. It was officially added in 713 B.C.
8. The name February comes from the Latin word "februum" which means purification. It was named after a ritual which was like an early Roman spring cleaning festival.
9. In Welsh, February is sometimes known as "y mis bach" which means "little month".
10. February and January were the last months to be added to the Roman numeral calendar.
11. The Saxons called February "Sol-monath" which means "cake month" because they would offer cakes to the Gods.
12. February is the only month where it's possible to go the entire time without having a full moon.
13. February has been Black History Month for over 40 years.
14. The odds of being born on February 29th are about 1 in 1,461. Those born on leap day can be called a "leaper" or "leapling". Depending on where you live, February 28th or March 1st is considered your birthday on non-leap years.
15. February, March and November always start on the same day of the week unless it is leap year.
16. It was February 1964 when the Beatles made their 1st American television appearance on the "Ed Sullivan Show". Over 73 million Americans watched.
17. There are many U.S. states that entered the Union during February. These include Massachusetts, Oregon, Arizona, and Mississippi, which were readmitted.
18. Sadly, on February 1, 2003, the Space Shuttle "Columbia" broke apart in flight, which killed all 7 crew members. The accident was believed to be a result of damage that occurred during lift-off. The tragedy occurred only 16 minutes before the shuttle was scheduled to land.
19. On February 2, 1848, U.S. and Mexico signed the Treaty of Guadalupe Hidalgo which ended their war. The U.S. paid Mexico \$15 million in exchange for California, Wyoming, and Texas.
20. It is estimated that Americans spend more than \$18 billion on Valentine's Day gifts.
21. The 1st Sunday in February is Super Bowl Sunday.
22. February is American Heart Month, Canned Food Month, Grapefruit Month, Hot Breakfast Month Return Shopping Carts to the Supermarket Month and National Snack Food Month.
23. Groundhog Day, February 2nd, is based on a German superstition. In Germany, though, it's not a groundhog that forecasts either an early spring or a longer winter. It's a badger.



VALENTINE'S DAY

♥ WORD SEARCH ♥

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

ADMIRER
 CANDY
 FALL IN LOVE
 GIFT
 I LOVE YOU
 PINK
 ROSES

BE MINE
 CHOCOLATE
 FEBRUARY
 HEART
 KISS
 RED
 SWEETHEART


BOUQUET
 CUPID
 FLOWERS
 HUG
 LOVE
 ROMANCE
 VALENTINE





February

National Bird Feeding Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 1 Face & Body Art Day	 2 Groundhog Day	 3 Carrot Cake Day	 4 Quacker Day	 5 Nutella Day	 6 Maple Syrup Day
 7 Super Bowl Day	 8 Chinese New Year	 9 Pizza Day	 10 Umbrella Day	 11 White Shirt Day	 12 Lost Penny Day	 13 Get a Different Name Day
 14 Valentines Day	 15 Gum Drop Day	 16 Almond Day	 17 National Crab Races Day	 18 Pluto Day	 19 Chocolate Mint Day	 20 Love Your Pet Day
 21 Sticky Bun Day	 22 Margarita Day	 23 Dog Biscuit Day	 24 Bartender Day	 25 Chili Day	 26 Bacon Day	 27 Strawberry Day
 28 Floral Design Day	 29 Leap Year Day					

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.