

MARCH 2022

NORTH PLATTE

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



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

MARCH 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</p> <p>LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM</p>	<p>2</p> <p>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</p> <p>LUNCH 11:30 AM- 1:00 PM BUNCO 1:00</p>	<p>4</p> <p>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</p> <p>LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM MERRY WIDOWS 12:30</p>	<p>8</p> <p>LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM</p>	<p>9</p> <p>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</p> <p>LUNCH 11:30 AM- 1:00 PM</p>
<p>14</p> <p>LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM</p>	<p>15</p> <p>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</p> <p>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</p> <p>LUNCH 11:30 AM- 1:00 PM BUNCO BABES 1:00 PM</p>	<p>18</p> <p>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</p> <p>LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM 3RD MONDAY BRIDGE 1:00</p>	<p>22</p> <p>LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM 4TH TUESDAY BRIDGE 1:00</p>	<p>23</p> <p>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</p> <p>LUNCH 11:30 AM- 1:00 PM</p>	<p>25</p> <p>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</p> <p>LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM</p>	<p>29</p> <p>LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM</p>	<p>30</p> <p>FLYING NEEDLES 9:00 AM—2:00 PM LUNCH 11:30 AM- 1:00 PM DANCE 7:00 PM- 10:00 PM TOP SHELF COUNTRY</p>	<p>31</p> <p>LUNCH 11:30 AM- 1:00 PM</p>	

Events & Information



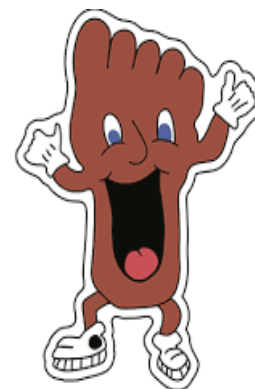
FOOT CLINIC CURRENTLY DOING THEM IN HOME ONLY

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 ★ serve your country

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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

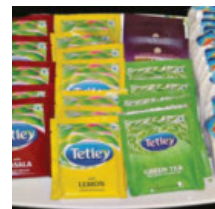
Lexington Food Pantry
931 West 7th st
Lexington, Ne 68850
(308)-324-4219

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

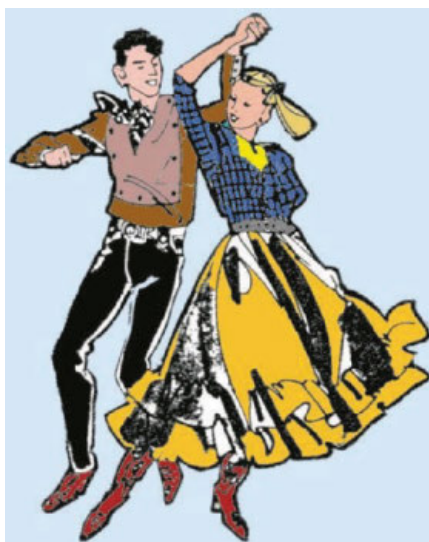
FEBRUARY 5TH— Ray Mullen

**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

Serving
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 in all 93 counties.

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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.



MARCH

Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
<p style="text-align: center;"><u>MENU</u> <u>SUBJECT</u> <u>TO</u> <u>CHANGE</u></p>	<p>1 CHX ENCHILADA SPANISH RICE BLACK BEANS PEARS LETTUCE SALAD</p>	<p>2 POLISH DOG CHUNKY POTATO SAUERKRAUT APPLE SAUCE</p>	<p>3 SHEPHERDS PIE TOMATOES WITH ZUCCHINI PEA SALAD PEACHES</p>	<p>4 POPCORN SHRIMP AUGRATIN POTATO BEETS PINEAPPLE</p>	
	<p>7 BEEF & NOODLES MASHED POTATOES BRUSSEL SPROUTS PEARS COTTAGE CHEESE</p>	<p>8 PORK CHOP HASHBROWN CASSEROLE CAULIFLOWER PEACHES</p>	<p>9 HOT TURKEY SANDWICH MASHED POTATOES WITH GRAVY GREEN BEANS PINEAPPLE</p>	<p>10 SPAGHETTI WITH MEAT SAUCE CORN LETTUCE SALAD FRUIT COCKTAIL GARLIC BREAD</p>	<p>11 OVEN FRIED CHX CREAMED POTATO MIXED VEGGIES APRICOTS</p>
	<p>14 SWEET & SOUR CHICKEN BREAST RICE BROCCOLI CORN SALAD MANDARIN ORANGES EGG ROLL</p>	<p>15 MEATLOAF BAKED POTATO SPINACH PEARS ROTINI SALAD</p>	<p>16 PORK CUTLET MASHED POTATO COUNTRY GRAVY LIMA BEANS PINEAPPLE</p>	<p>17 <u>ST.PATTY'S DAY</u> CORN BEEF AND CABBAGE PARSLEY POTATO PISTACHIO SALAD QUARTERED FRUIT RYE BREAD</p>	<p>18 TAVERN FISH MAC & CHEESE PEAS & ONIONS COLE SLAW PEACHES</p>
	<p>21 SWISS STEAK MASHED POTATOES WITH GRAVY CARROTS PEACHES</p>	<p>22 HAM & BEANS TOMATO JUICE PINEAPPLE CORN BREAD</p>	<p>23 CHILIBURGER TATOR TOTS CARROT RAISIN SALAD PEARS</p>	<p>24 BAKED CHICKEN AUGRATIN POTATO WAX BEANS FRUIT COCKTAIL MACARONI SALAD</p>	<p>25 <u>BIRTHDAY</u> PORK ROAST MASHED POTATO WITH GRAVY CALI BLEND TROPICAL FRUIT DINNER ROLL CAKE&ICE CREAM</p>
	<p>28 CHIPPED BEEF GRAVY ON BISCUIT MASHED POTATOES PEAS & CARROTS APRICOTS CHEESE CUBES</p>	<p>29 CHEESE OMELETT SAUSAGE PATTY CHUNKY POTATO STEWED TOMATO PINEAPPLE DANISH</p>	<p>30 CHICKEN AL FREDO WINTER BLEND KIDNEY BEAN SALAD PEARS GARLIC BREAD</p>	<p>31 BBQ BEEF SANDWICH POTATO SALAD CORN ON THE COB PEACHES</p>	

MADARAS PRODUCTIONS GROUP PROUDLY PRESENTS



Swing, Big Bands And The Music Of The 1940's.

ONE NIGHT ONLY... DIRECT FROM BRANSON!

ALL HANDS ON DECK! Show is an homage to the days of Bob Hope, and an award-winning authentic American 1942 Roadshow and Radio Broadcast starring Broadway's Jody Madaras, Valerie Hill, a sparkling cast including the Hollywood Victory Caravan Orchestra! Rich harmonies, classic commercials, Broadway-style tap dancing, impromptu skits, and 42 of the Greatest American songs ever written, as well as a full-circle Patriotic Salute reminding us of a time when our country was fully united -- A PERFECT SHOW for North Platte!



MARCH 9TH @ 7:30 THE FOX THEATER

RESERVE YOUR SEATS TODAY!

TICKETS \$20-\$50 | Call: 532-8559 OR Visit: northplattecommunityplayhouse.com

GOAT ROPING & CASINO NIGHT

Join us for an evening of goat roping, casino tables, dice games, and much more!

TICKETS ON SALE NOW

[HTTPS://WWW.TICKETSOURCE.US/TICKETSALESNE](https://www.ticketsource.us/ticket-sales-ne)

MARCH 26, 2022

6:00 P.M



SCAN FOR TICKETS!

RECIPE

Baked Corn Beef Hash

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, sliced
- 1 (14 ounce) can baked beans
- 1 (12 ounce) can corned beef, chopped
- 2 tablespoons tomato puree
- 1 dash Worcestershire sauce
- 2 cups mashed potatoes
- 1 cup shredded extra-sharp Cheddar cheese



Directions

1. Preheat oven to 350 degrees F (175 degrees C). Heat the vegetable oil in a skillet over medium heat. Add the onion, and cook until the onion has softened and turned translucent, about 5 minutes. Meanwhile, spread the baked beans in a casserole dish. Toss the corned beef with the tomato puree and Worcestershire sauce in a bowl and sprinkle over the beans. Spread the onions on top, followed by the mashed potatoes. Finally, sprinkle with the shredded Cheddar cheese.
2. Bake in preheated oven for 30 minutes until the casserole is hot and bubbly.



AZRIA HEALTH

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

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

Take a step toward staying Healthy & Active

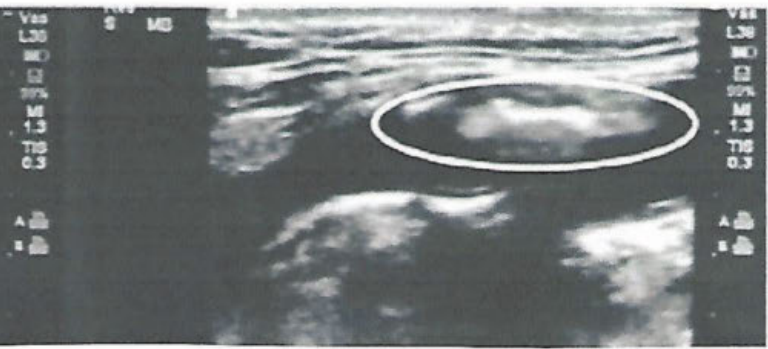
Life Line Screening goes beyond regular checkups to provide a more thorough look at your health.

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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OUR WONDERFUL
SPONSORS!!!**

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HAPPY BIRTHDAY SENIOR CENTER FRIENDS

- 3/2 LEVA COCHRAN
- 3/2 VICKI WINDER
- 3/3 VICTOR DERMAN
- 3/5 DEL ROE
- 3/6 GILBERT TINAJERA
- 3/6 ALICE PATTERSON
- 3/7 HELEN KESLAR
- 3/7 ROD WINDER
- 3/8 CARO CAMPBELL
- 3/9 JOAN JOHANSEN
- 3/13 JIM NISLEY
- 3/14 GORDON MCINTOSH
- 3/16 JACKIE BROUILLETTE
- 3/18 PAM AMES
- 3/18 LINDA LIAKOS
- 3/20 CLYDE ROBERTSON
- 3/20 MARY JANE COHN
- 3/20 RACHEL RUIZ
- 3/20 PATTI HARKREADER
- 3/21 KAY TINAJERA
- 3/24 ELLEN WARATH
- 3/24 AARDEL BEFORT
- 3/25 JACK WHITCOMB
- 3/29 DARLENE SMALL
- 3/30 CHUCK INGOLD
- 3/31 MARILYN REITZ



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THANK YOU TO OUR JANUARY VOLUNTEERS

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 KAREN BECVAR
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 CINDY BURTON
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 JO COOPER
 RUBY EDWARDS
 RON HITCHCOCK
 RUSSELL ISAAC

GINA LEE
 GLORIA LIVINGSTON
 CAROL LOOS
 KATHY MCBRIDE
 FRANCINE MCKENZIE
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 MARY SEANOR
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 CASS TUNER
 MORRIS TURNER
 MARY VAN ERT
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NORTH PLATTE
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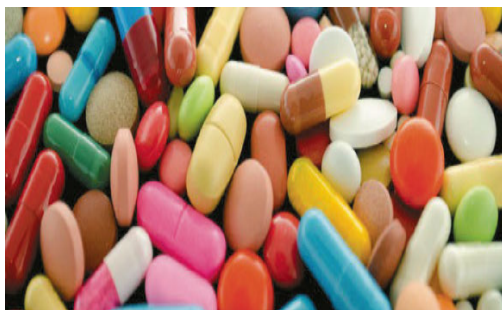


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 AN AD HERE!**

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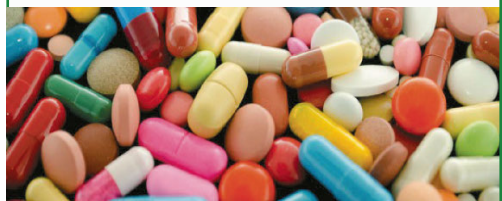
Contact Anita Aguilar to
 place an ad today!
aaguilar@lpicommunities.com
 or (800) 950-9952 x2677





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 DONATIONS
THAT HELP SUPPORT
YOUR SENIOR CENTER**

**Donations towards our
Home Delivered Meals
Program & Fuel:**

Del Roe: \$64.40

Memorials:

Lloyd Synovec: \$1100.00

**Donations to the Center
by Individuals or Group:**

Friday Night Cards:
\$16.00

Duane Deterding:
\$100.00

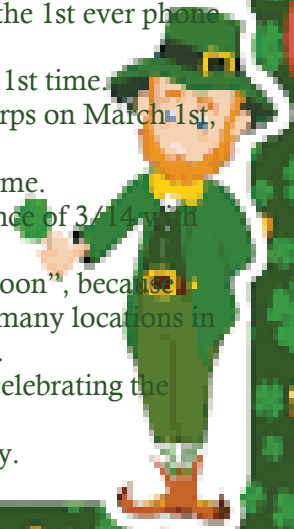
**Product of the Month
Donations:**



March



1. In old Roman calendars, one year used to be 10 months long, starting in March and ending in December.
2. The "Ides of March" was a day in the Roman calendar equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was killed.
3. If you were born in March, your birth flower is a Daffodil.
4. March babies are spoiled with 2 birthstones: Aquamarine, and bloodstone which symbolize courage.
5. There are 2 zodiac signs. Pisces, which is until March 20th, and Aries which is from the 21st.
6. The 1st month of spring is March, which starts between the 19th and the 21st.
7. March is the equivalent of September in the Southern Hemisphere.
8. March and June finish on the same day of the week.
9. March is the time of year when animals start waking up from hibernation.
10. The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.
11. The Vernal Equinox occurs around March 20 or 21st. This is when the sun is directly above the equator, making the day and night equal length.
12. The Anglo-Saxons called March "Hlyd monath" meaning "Stormy month" or "Hraed monath" meaning "Rugged month".
13. Saint Patrick's Day occurs every March 17th, celebrated in many western countries.
14. Statistically, March is the most unproductive month of the year in the U.S. because of "March Madness", which is the season of the NBA.
15. On March 10th, Alexander Graham Bell made the 1st ever phone call.
16. The Eiffel Tower was ascended for the 1st time.
17. President John F. Kennedy found the Peace Corps on March 1st, 1961.
18. March brings Daylight Savings Time.
19. March 14th is Pi Day, celebrating the occurrence of 3/14 with math jokes and pie.
20. The full moon in March is called "Worm Moon", because earthworms tend to appear around this time in many locations in the Northern half of the world.
21. March 8th is International Women's Day, celebrating the achievements of women.
22. March 21st is World Poetry Day.



St. Patrick's Day Wordsearch

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

- | | | | |
|-----------|------------|---------|------------|
| Blarney | Emerald | Lucky | Rainbow |
| Celebrate | Green | March | Saint |
| Charm | Gold | Parade | Shamrock |
| Clover | Ireland | Patrick | Shillelagh |
| Coins | Leprechaun | Pinch | Wishes |



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First Day
of Spring

March 2022

National Day Calendar

March
20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Peanut Butter Lover's Day	2 International Rescue Cat Day	3 I want you to be happy day	4 Toy Soldier Day	5 Potty Dance Day
	7 Cereal Day	8 Preschooler's Day	9 Barbie Day	10 Pack Your Lunch Day	11 Johnny Appleseed Day	12 Girl Scout Day
3 Jewel Day	14 Learn About Butterflies Day	15 Everything You Think is Wrong Day	16 Panda Day	17 St. Patrick's Day	18 Forgive Mom & Dad Day	19 Let's Laugh Day
0 World Storytelling Day	21 Flower Day	22 World Water Day	23 Puppy Day	24 Cocktail Day	25 Medal of Honor Day	26 Spinach Day
7 World Theater Day	28 Something on a Stick Day	29 No Homework Day	30 Pencil Day	31 Crayon Day		

Always The Holiday

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.