APRIL 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.

Events APRIL 2022

Livelita		/		
Monday	Tuesday	Wednesday	Thursday	Friday
WATCH KNOP-TV FOR ALL WEATHER CLOSINGS				1 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
LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM MERRY WIDOWS 12:30	5 LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM	6 FLYING NEEDLES 9:00 AM—2:00 PM LUNCH 11:30 AM—1:00 PM DANCE 7:00 PM—10:00 PM RAY MULLEN	7 LUNCH 11:30 AM- 1:00 PM	8 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
LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM	LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM	13 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	LUNCH 11:30 AM- 1:00 PM	15 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
LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM 3RD MONDAY BRIDGE 1:00	LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM PAC BOARD MEETING 1:00 PM BINGO MEETING 1:30 PM	FLYING NEEDLES 9:00 AM- 2:00 PM LUNCH 11:30 AM- 1:00 PM BUNCO BABES 1:00 PM DANCE 7:00 PM- 10:00 PM RAY GERVER	LUNCH 11:30 AM- 1:00 PM	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
LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM	LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM 4TH TUESDAY BRIDGE 1:00	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 DAN DOBSON & FRIENDS	28 LUNCH 11:30 AM- 1:00 PM	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

Events & Information

THE OLDEST EASTER EGGS

In fact, in many ancient cultures the egg was a symbol of 'fertility', 'rebirth'.

In Egyptian mythology, the phoenix burns its nest to be reborn later from the egg that is left. Hindu scriptures say that the world developed from an egg.

This ostrich egg from Egypt dates to about 2,000 BC. The oldest decorated

eggshells, are estimated to be 60 000 years old and were found in South Africa.



FOOT CLINIC

CURRENTLY DOING THEM IN HOME ONLY

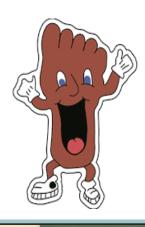
COST: \$15.00

CALL FOR AN

APPOINTMENT

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• Elevators

• Utilities included in rent

• Secure entry into building

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• Discounted cable plan

• Onsite laundry room



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



(308) 534-6480

1616 West B St. • North Platte, NE carpentermemorial.com carpentermemorial@gmail.com

BUFFALO BILL APARTMENTS

1200 South Oak St. • North Platte 308-534-2031 • On-Site Manager: Dianna Buffalo Bill currently has 2 BR, 1 BR, & Studio Apartments w/balconies available

SOUTH OAK APARTMENTS

1100 South Oak • North Platte

308-534-5642 • On-Site Manager: Sheri

South Oak currently has 1 BR Apartments available

Income-based housing open to all seniors 55 & older or those with qualifying disability. Income limits apply.

GROW YOUR BUSINESS

BY PLACING AN AD HERE!



CONTACT

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



Are you concerned about...

 High Medicare insurance premiums or copays?

 Paying large nursing care bills not covered by Medicare?

· Low returns on retirment savings?

Waiting to review your options is costing you money, so call today!



William Ristov 308-380-8769

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Community News



Community Connections Mentoring is a communitybased 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 monthly 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

APRIL 6TH— Ray Mullen

APRIL 13TH—Top Shelf Country \$10.00

APRIL 20TH—Ray Gerver

APRIL 27TH—Dan Dobson & Friends

COME HAVE A GOOD TIME!





E A GOOD YO

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.





Rick Odean Funeral Director/Owner

The Only Independently Owned Funeral Home In North Platte

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Jim Miller, Owner 1920 West 9th North Platte, NE (308) 532-4411

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- Power of Attorney
- Collections
- Medicare/Medicaid
- Consumer Protection
- · Simple Wills

Serving Nebraska's seniors in all 93 counties.

ElderAccessLine®

In Omaha: 402-827-5656

- Advanced Directives/ Living Wills
- Homestead Exemption
- Tenant Issues

And other legal concerns



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.

Menu **APRIL**

Monday	Tuesday	Wednesday	Thursday	Friday
				PORK CHOP DRESSING MASHED POTATO WITH GRAVY GREENS BEANS APPLESAUCE
CHX & NOODLES MASHED POTATOES BEETS PINEAPPLE COTTAGE CHEESE	5 MEATLOAF BAKED POTATO CAILUFLOWER WITH CHEESE PEACHES	6 LEMON CHICKEN CHUNKY POTATO SPINACH FRUIT COCKTAIL	7 SCROD COD MAC & CHEESE PEAS & CARROTS COLE SLAW PEARS	FRENCH DIP SWEET POTATO FRIES LIMA BEANS APRICOTS
SALISBURY STEAK MASHED POTATOES WITH GRAVY MIXED VEGGIE PEARS	BBQ PORK RIB SANDWICH TATOR TOTS BAKED BEANS FRUIT COCKTAIL	13 RUNZA CASSEROLE PARSLEY POTATO SUGAR SNAP PEAS PINEAPPLE	14 EASTER DINNER SMOKE PORK CHOP SWEET POTATOES GREEN BEAN CASSEROLE QUARTERED FRUIT DINNER ROLL COCONUT CAKE	BREADED CHICKEN BREAST MASHED POTATO WITH GRAVY BROCCOLI MANDARIN ORANGES
18 BEEF TIPS ON RICE PEAS & ONIONS STEWED TOMATOES PEACHES	19 OVEN FRIED CHX SCALLOP POTATO BRUSSEL SPROUTS PINEAPPLE	HAM HASHBROWN CASSEROLE WAX BEANS MANDARIN ORANGES	21 CHICKEN STRIPS CREAMED POTATO CALI BLEND PEARS	22 <u>VOLUNTEER</u> POT ROAST MASHED POTATO WITH GRAVY STEW VEGGIE DINNER ROLL BANANA SPLIT
25 SAUSAGE GRAVY OVER BISCUIT MASHED POTATOES CARROTS APRICOTS CHEESE CUBES	GOULASH CORN PINEAPPLE LETTUCE SALAD GARLIC BREAD	SUPREME CHICKEN BREAST RICE WITH CHEESE SAUCE ASPARAGUS PICKLED BEETS PEACHES	28 CHILI DOG STEAK FRIES CARROT RAISIN SALAD PEARS	29 BIRTHDAY TURKEY ROAST MASHED POTATO WITH GRAVY WINTER BLEND TROPICAL FRUIT DINNER ROLL CAKE AND ICE CREAM



28th Annual Train Show

(Largest train show west of Lincoln and east of Denver)

SPONSORED BY THE NEBRASKA WEST-CENTRAL DIVISION OF THE NATIONAL MODEL RAILROAD ASSOCIATION

LOCATION: D&N EVENT CENTER

501 East Walker Road

North Platte, Nebraska

APRIL 9th AND 10th, 2022

HOURS: 9:00 A.M. - 5:00 P.M. SATURDAY THE 9th

10:00 A.M. - 4:00 P.M. SUNDAY THE 10th

ADMISSION: \$4.00 CHILDREN UNDER 12 \$1.00 (under 5 with paid adult free)

FOR ADDITONAL INFORMATION CONTACT:

Gene Tacey P.O. Box 485, Sutherland, NE 69165 308-386-2489

Easter Bird's Nest

Ingredients

3 cups miniature marshmallows ¼ cup creamy peanut butter 3 tablespoons butter 4 cups crispy chow mein noodles cooking spray 40 candy-coated milk chocolate eggs



Directions

- 1. Cook and stir marshmallows, peanut butter, and butter in a saucepan over medium heat until the marshmallows melt completely into the mixture, about 5 minutes.
- 2. Put chow mein noodles into a large bowl. Pour marshmallow mixture over the chow mein noodles; stir to coat.
- 3. Spray hands with cooking spray or coat with butter so the noodles will not stick to your hands. Scoop noodle mixture from bowl with an ice cream scoop and form into balls, hollowing the center out to create the nest. Arrange 4 chocolate eggs into each nest.

Azria Health Centennial Park



510 Centennial Circle • North Platte, NE 69101 • (308) 534-7000 CentennialParkInfo@azriahealth.com

- ★ Independent & Assisted Living
- ★ Skilled Nursing Care
- ★ Respite Care & Short Term Stays
- ★ Rehabilitation Services

www.azriahealth.com

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Get 24-Hour Protection From a Name You Can Trust

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- Full-Time with BenefitsServe Your Community
- Paid TrainingSome Travel







Fun Facts About Easter:





\$28.11

average amount of money spent on Easter candy



\$17 20

average amount of money spent on Easter greeting cards



\$31.66

average amount of money spent on Easter flowers



of adults carry on Easter bunny tradition by preparing gifts for their

> of kids get up early to see what the Easter bunny got them



67% of adults consider Easter a religious holiday

of adults consider
42% Easter the day of
Jesus'
resurrection

http://www.statisticbrain.com/easter-statistics/ http://www.popsugar.com/food/Easter-Fun-Facts-200482



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

HAPPY BIRTHDAY SENIOR CENTER FRIENDS

1/2 MABLE HASENAUER

4/2 SUZANNE NITZ

4/3 PENNY KENNEDY

4/4 GLENNA IRISH

4/5 MARIA OLIVAS

4/7 LEANN PAXTON

4/8 VIOLA QUIG

4/8 PHYLLIS FRANKEN

4/10 DONNA DIRCKSON

4/11 SUSIE BRANTING

4/11 WESLEY TARR

4/15 DOUG EDWARDS

4/17 LARRY HAHN

4/18 BERNIE GARDNER

4/18 DAVID MILNE

4/19 BETTY BROGDON

4/19 INEZ FATTIG

4/22 FRANCINE MCKENZIE

4/25 SUE STODDARD

4/26 KENT KITTLE

4/26 JOAN RYLAND

4/27 GWEN VIAN

4/27 JERRY JURGENS

/27 MAURINE COFER

4/28 JOE MCCALL

4/29 LEWIS COLLINS



THANK YOU TO ALL OF OUR WONDERFUL SPONSORS!!!

NORTH PLATTE R.S.V.P

CARPENTER MEMORIAL CHAPEL

WESTFIELD HOMECARE **EQUIPMENT & PHARMACY**

> ODEAN COLONIAL CHAPEL

LA HACIENDA MEXICAN RESTAURANT

> TWIN RIVERS BODY SHOP

GREAT WESTERN BANK

AZRIA HEALTH CENTENNIAL PARK

ADT-MONITORED HOME **SECURITY**

NORTH PLATTE CARE **CENTER**

SHRAKE BODY SHOP

THANK YOU to our SPONSORS!



THANK YOU TO OUR FEBRUARY VOLUNTEERS

PAM AMES
BLAKE BARNUM
KAREN BECVAR
GLORIA BLAKELY
SUSIE BRANTING
CINDY BURTON
DENNIS BURTON
LEVA COCHRAN
JO COOPER
RUBY EDWARDS
RON HITCHCOCK
RUSSELL ISAAC

GINA LEE
GLORIA LIVINGSTON
KATHY MCBRIDE
FRANCINE MCKENZIE
CARROLL MILLER
PAM MITCHELL
JO NESIBA
DAVE OLSON
OPPORTUNITY CENTER
LEA REESE
DELL ROE
HERVY SAATHOFF

MARY SEANOR
MELVIN SEANOR
CHUCK SCRIPTER
GARY SIERKS
BILL SONGSTER
MARLENE SONGSTER
GARY THOMSEN
CASS TUNER
MORRIS TURNER
MARY VAN ERT
GWEN VIAN
LYNDA WILKINSON







North Platte Care Center, LLC is a private nursing home that is located in North Platte, Nebraska.

The facility accepts Medicare, Medicaid, and Private Pay.

Rehabilitation • PT OT Long & Short term care • In & Out Patient

(308) 534-2200 • 2900 W. E. St. • North Platte, NE

Join Foster Grandparents Today.

A child needs **YOU** to become a Classroom Grandparent

As a Foster Grandparent, you will help children in our community develop the academic and life skills that are critical to their development and future success. We need volunteers to serve in their communities with children in schools and pre-schools. You will serve with kids who need extra support from a loving, caring grandparent figure. Volunteers are age 55 and up. Must be willing to serve 5 hours per week.



Please contact Krista Powell at 308-530-4115





BY PLACING AN AD HERE!



CONTACT US!

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



Senior Center News







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

Senior Center News

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: \$57.75

Ivan Sandberg: \$10.00

Befort's: \$25.00

Memorials:

Verjean Beckman: \$100.00

Donations to the Center by Individuals or Group:

Friday Night Cards: \$Lincoln County Farm Bureau- \$150.00

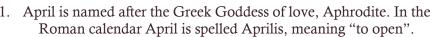
Bernice Zeigler: \$30.00

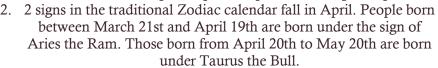
Product of the Month Donations:

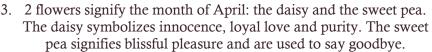
Pam Mitchell– hot cocoa, bread, paper towels



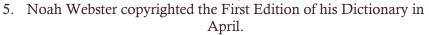




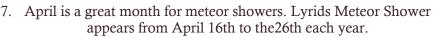




4. The birthstone for April is the Diamond. It is the symbol of eternal love and the bringer of wealth.







8. On April 15th, 1912, the famous Titanic hit an iceberg and sunk on her 1st and only voyage.

9. George Washington was inaugurated as 1st President of the United States on April 30th, 1789.

10. One of the best known dates in April is April 1st, April Fools Day. It is believed to be inspired by Geoffrey Chaucer's story in "Canterbury Tales" and "Nun's Priest's Tale".

11. On April 11th, 1970, Apollo 13 was launched and ran into difficulties 2 days later. Giving us the famous line "Houston, we have a problem here".

12. After a 1500 year break, the 1st Olympics of the modern era took place April 6th, 1896 in Athens.

13. The explosion of the Chernobyl nuclear plant in the Ukraine occurred on April 26th, 1986, which forced everyone within a 300 miles radius to evacuate.

14. April is the month that birds migrate north and settle down for the summer to mate.

15. Ford unveiled their 1st Mustang on April 17th, 1964. Costing \$2,368.

16. The 1st battle of the Revolutionary War, Lexington and Concord, broke out on April 19th, 1775.

17. The smaller animals that hibernate for the winter in the Northern Hemisphere usually start coming out of their burrows in April.



APRIL NEWSLETTER

Easter Word Search





S C C K ı Н Т Ε В Р А R Α D Е

S Т Р В Z Е Т М Р М G Е Н Υ

S Р N S Р E D G X A R J В A A

N Е Z N R U A S U В Т S Р D Α

K 0 O Е Ν Ν T T Р ı R A A D D

C C Е Т E G В В ı A N A Е Υ Υ

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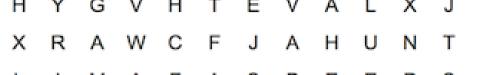
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А J F O Н Y G V Н Е V A Т X

K J Y X Α A Н U Ν

Y A S E Ε S М М Р E





Candy

Chocolate

Daffodil

Decorate

Ducks

Dye

Easter

Egg Hunt

Grass

Happy

Jellybeans

Lily

Sunday

Tradition

Tulips















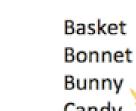












Chicks



Eggs Family

Flowers



Parade

Peeps

Rabbit

Spring

























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!!

NORTH PLATTE



SENIOR CENTER

STAFF

REBECCA BLUME,

DIRECTOR

STEPHANIE GILMORE, HOME DELIVERY COORDINATOR

CHRIS EDWARDS, KITCHEN MANAGER

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 programming and providing opportunities and resources

opportunities and resources in the area of physical and mental well being, nutrition, recreation, and education.