

JULY 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

JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				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
4 <u>CLOSED</u> <u>FOR 4TH</u> <u>OF JULY</u>	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
11 LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM	12 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	14 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
18 LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM 3RD MONDAY BRIDGE 1:00	19 LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM PAC BOARD MEETING 1:00 PM BINGO MEETING 1:30 PM	20 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 MULLEN	21 LUNCH 11:30 AM- 1:00 PM	22 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
25 LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM	26 LUNCH 11:30 AM- 1:00 PM TUESDAY CANASTA 12:00 PM 4TH TUESDAY BRIDGE 1:00	27 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 DAN DOBSON & FRIENDS	28 LUNCH 11:30 AM- 1:00 PM	29 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



AUCTION ITEMS NEEDED!

THE NORTH PLATTE SENIOR CENTER WOULD LOVE TO HAVE ANOTHER SILENT AUCTION FUNDRAISER!!!!

IF YOU, OR ANYONE YOU KNOW, HAS ANYTHING YOU WOULD BE WILLING TO DONATE, WE WOULD VERY MUCH APPRECIATE IT!

HAVING OUR SILENT AUCTIONS ARE ALWAYS TO FUN TO PERUSE AND WATCH THE FUN BIDDING!

THANK YOU SO MUCH FOR SUPPORTING THE NORTH PLATTE SENIOR CENTER!!!

FOOT CLINIC CURRENTLY DOING THEM IN HOME ONLY

COST: \$15.00

CALL FOR AN
APPOINTMENT

KAY RIES

539-2657

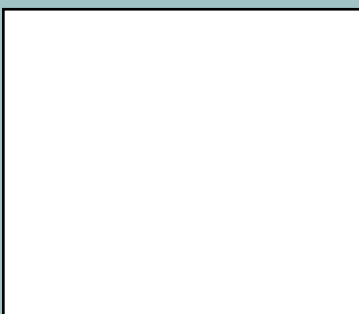


**North Platte Area
Retired & Senior
Volunteer Program**

★ serve your neighbor ★ serve your community
★ serve your country

901 East 10th Street, North Platte NE, 69101
(308) 535-6777

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



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

AMENITIES:

- Utilities included in rent
- Discounted cable plan
- Secure entry into building
- Elevators
- Onsite laundry room

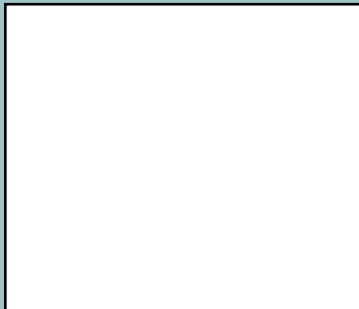
Income-based housing open to all seniors 55 & older or those with qualifying disability. Income limits apply.

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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

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

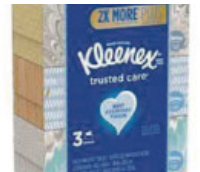
ICE CREAM
CONES



BBQ SAUCE



KLEENEX



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

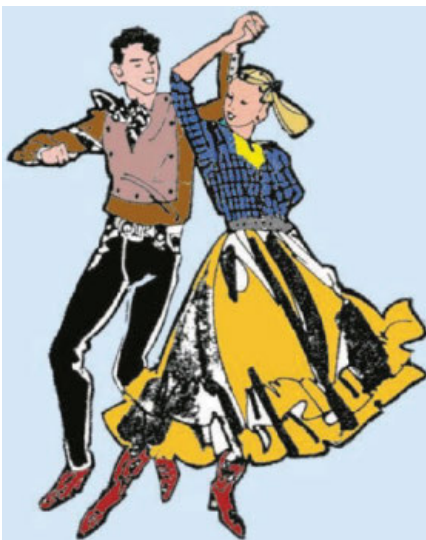
JULY 6TH— Ray Mullen

**JULY 13TH—Top Shelf Country
\$10.00**

JULY 20TH—Ray Gerver

**JULY 27TH—Dan Dobson &
Friends**

**COME HAVE A GOOD
TIME!**



ICE CREAM TOPPINGS



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.



JOIN THE SUNDAY DANCERS!!

2:00 to 5:00 PM

\$10.00

July 10th — Gary Phipps

July 17th — The Grubers

The North Platte Senior Center
901 East 10th St
North Platte, NE 69101


Odean Colonial Chapel
at C and Sycamore

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OF NEBRASKA

Raising Effective Advocacy
for Crime Victim Health
and Safety

Are you 60 years of age or older?

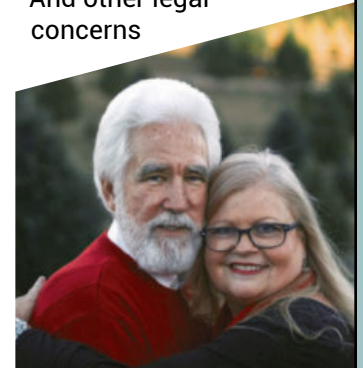
We can help you with...

- 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
Nebraska's seniors
in all 93 counties.

ElderAccessLine®

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.

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

 **CALL 800.950.9952**



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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

JULY

Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>MENU</u> <u>SUBJECT</u> <u>TO</u> <u>CHANGE</u></p>				<p>1 CHEF SALAD TOMATOS CUCUMBERS FRUIT COCKTAIL CLUB CRACKERS</p>
<p>4 <u>CLOSED</u> <u>FOR 4TH</u> <u>OF JULY</u></p>	<p>5 BEEF & NOODLES MASHED POTATOES CARROTS COTTAGE CHEESE PINEAPPLE</p>	<p>6 HAM SWEET POTATOES GREEN BEAN CASSEROLE PEARS</p>	<p>7 SPAGHETTI CORN LETTUCE SALAD APRICOTS GARLIC BREAD</p>	<p>8 OVEN FRIED CHX HASHBROWN CASSEROLE BRUSSEL SPROUTS PEACHES</p>
<p>11 PROK CUTLET MASHED POTATOES WITH COUNTRY GRAVY GREEN BEANS FRUIT COCKTAIL</p>	<p>12 GRILLED CHICKEN BREAST SANDWICH SWEET POTATO FRY LIMA BEANS PEARS</p>	<p>13 CHILI DOG TATOR TOTS CARROT RAISIN SALAD PEACHES</p>	<p>14 SHRIMP AUGRATIN POTATO PEAS PINEAPPLE</p>	<p>15 HOT TURKEY SANDWICH MASHED POTATO WITH GRAVY BEETS MANDARIN ORANGES</p>
<p>18 TAVERN FISH MAC & CHEESE PEAS & ONIONS COLESLAW PEARS</p>	<p>19 LIVER & ONIONS OR HAMBURGER CHUNKY POTATOES BABY CARROTS FRUIT COCKTAIL</p>	<p>20 BREADED CHICKEN BREAST MASHED POTATOES WITH COUNTRY GRAVY HOMINY APRICOTS</p>	<p>21 MEATLOAF BAKED POTATO HARVARD BEETS PEACHES</p>	<p>22 <u>BIRTHDAY</u> PORK ROAST MASHED POTATO WITH GRAVY CALI BLEND TROPICAL FRUIT DINNER ROLL CAKE & ICE CREAM</p>
<p>25 PORK CHOP STUFFING MASHED POTATOES WITH GRAVY WAX BEANS APPLESAUCE</p>	<p>26 FRENCH DIP STEAK FRIES BROCCOLI WITH CHEESE SAUCE PEACHES</p>	<p>27 BAKED CHICKEN AUGRATIN POTATO TOMATO WITH ZUCCHINI PEARS</p>	<p>28 SWISS STEAK MASHED POTATOES SUGAR SNAP PEAS APRICOTS</p>	<p>29 HAM SALAD ON A CROISSANT POTATO SALAD PUCKLED BEETS MANDARIN ORANGES</p>

FISHER GROUP PRESENTS

Branson Show Extravaganza



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 5 nights lodging including 3 consecutive nights in the Branson area
- ◆ 8 meals: 5 breakfasts and 3 dinners
- ◆ Admission to 6 Fabulous Shows! Including:
 - ◆ Three Morning Shows: ALL HANDS ON DECK, DOUG GABRIEL MORNING SHOW & A NEIL DIAMOND TRIBUTE SHOW
 - ◆ Three Evening Shows: THE HAYGOODS SHOW, PRESLEYS' COUNTRY JUBILEE SHOW & JESUS Show at the Sight & Sound® Theatre

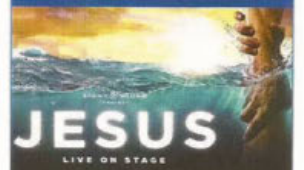
For more pictures, video, and information visit:
www.GroupTrips.com/fishergroup

\$685*

6 Days 5 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Mon - Sat)
Oct 3 - 8
2022



JESUS Show at the Sight & Sound® Theatre



A NEIL DIAMOND TRIBUTE SHOW



ALL HANDS ON DECK



THE HAYGOODS SHOW

Departure: North Platte, NE @ 8 am

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for the "Live Music Show Capital of the World" - Branson, Missouri. This evening, you'll check into an en route hotel for a good night's rest.

Day 2: Start your day with Continental Breakfast before departing for Branson. Later you will check into your Branson area hotel for a three night stay. After enjoying Dinner at a local restaurant, get ready for the fun to begin because tonight you'll experience THE HAYGOODS SHOW. This energetic family boasts a soaring array of musical talents, with roots in Americana country rock and musical passions from Motown to the Beatles and more.

Day 3: Today, after a Continental Breakfast, you'll start your day with the ALL HANDS ON DECK Show. An All-Singing, All-Dancing, All-American 1942 Roadshow & Radio Broadcast reproduction filled with songs, dances and laughs that America has loved for 70 years! Next, you'll visit HISTORIC DOWNTOWN BRANSON, with old-fashioned charm, novelty shops, and restaurants. After Dinner, you'll take in the PRESLEYS' COUNTRY JUBILEE SHOW. This is one of Branson's original performing families. Nearly 50 years after they started, the Presleys' remain one of the most requested shows in Branson.

Day 4: Enjoy a Continental Breakfast and then start your day with A NEIL DIAMOND TRIBUTE SHOW. This Broadway style production is designed and produced to appeal to everyone of all ages. Be prepared to take a journey that will leave you amazed. Then, you will go to BRANSON LANDING and discover waterfront shopping, dining, and attractions on Lake Taneycomo's beautiful waterfront. After Dinner, you'll marvel at the JESUS Show at the Sight & Sound® Theatre. The greatest rescue story of all time! Jesus is the action-packed musical stage adventure that takes you on a miraculous journey alongside the most famous person to ever walk the earth, and the everyday people whose lives he changed forever.

Day 5: After enjoying a Continental Breakfast, you'll start your day with the DOUG GABRIEL MORNING SHOW. This good, clean, family show has lots of variety. It has a talented cast, rib-tickling comedy and a terrific ensemble of musicians. Plus, Doug plays his World Famous Mufftar (a guitar made out of a 1969 Thunderbird muffler)!!! Later, you will depart and check into your en route hotel for a good night's rest.

Day 6: Today, after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan.
See separate advertisement...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$179 for single occupancy.
Final Payment Due: 7/27/2022

FOR INFORMATION & RESERVATIONS CONTACT:

Larry Fisher @ (308) 530-4902

Diamond Tours inc.
Bringing Group Travel to a Higher Standard®

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Form ID: 1000-7D1105

WM

Tour#: 1891307

RECIPE

Stuffed Jalapeno Firecrackers

Ingredients

12 jalapeno peppers, halved lengthwise
1 (8 ounce) package cream cheese, softened
Cajun seasoning, or to taste
12 slices jalapeno bacon, cut in half
Toothpicks



Directions

1. Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
2. Fill the jalapeno peppers with cream cheese. Sprinkle the Cajun seasoning on top, then wrap each stuffed jalapeno with a slice of bacon. Secure with a toothpick. Arrange the wrapped jalapeno peppers in a single layer, face down on a broiler rack.
3. Broil in the preheated oven until the bacon becomes crisp, 8 to 15 minutes on each side.



Azria Health Centennial Park

510 Centennial Circle • North Platte, NE 69101 • (308) 534-7000

CentennialParkInfo@azriahealth.com

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★ Skilled Nursing Care

★ Respite Care & Short Term Stays
★ Rehabilitation Services

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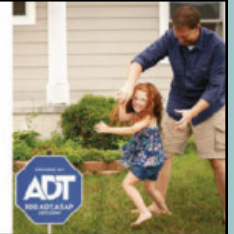


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North Platte Senior Center, North Platte, NE C 4C 05-1048



SENIOR FARMERS' MARKET VOUCHER DISTRIBUTION

STARTING MONDAY, JULY 11TH

9:00 TO 10:00 AM

YOU MAY COME MONDAY THROUGH FRIDAY AT THE DESIGNATED TIMES
STARTING ON THE 11TH.

COUPONS WILL ONLY BE GIVEN OUT DURING THE DESIGNATED HOUR.

ONLY ONE COUPON PACKET PER HOUSEHOLD.

IF 2 IN THE HOUSEHOLD BRING REQUIREMENTS FOR BOTH INDIVIDUALS

MAKE SURE TO BRING THE REQUIREMENTS

- PHOTO ID
- PROOF OF INCOME

NORTH PLATTE SENIOR CENTER

901 EAST 10TH ST



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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CHAPEL
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GREAT WESTERN BANK
AZRIA HEALTH
CENTENNIAL PARK
ADT-MONITORED HOME
SECURITY
NORTH PLATTE CARE
CENTER
SHRAKE BODY SHOP

HAPPY BIRTHDAY SENIOR CENTER FRIENDS

- 7/1 GLORIA BLAKELY
7/4 LAWRENCE COVEY
7/5 DONNA EFFENBECK
7/5 DIANE KRAMER
7/5 JAMES THOMPSON
7/7 SHIRLEY COVEY
7/8 FRANCES VEDDER
7/9 TWILA MILLER
7/12 DALE DOUGLAS
7/12 LORRAINE NEHLS
7/12 JO NESIBA
7/14 LAVONNE HUDSON
7/15 LOIS VARGAS
7/15 PAULINE ADEN
7/16 CLARA BARENT
7/17 SHERIE PURDY
7/17 BILL SONGSTER
7/17 JANCIE JURGENS
7/18 BOB PEAL
7/22 CLAIRA PETERSON
7/24 MARILYN COGLEY
7/25 DYANNE OLSON
7/27 LINDA LICKING
7/27 BERNIE MCNULTY
7/29 KATHY MCBRIDE
7/30 FRED ROBERTS



THANK YOU to our
SPONSORS!



THANK YOU TO OUR MAY VOLUNTEERS

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KAREN BECVAR
SUSIE BRANTING
CINDY BURTON
DENNIS BURTON
JO COOPER
RUBY EDWARDS
RONALD HITCHCOCK
MARI LEE HYDE
RUSSELL ISAAC
GINA LEE
GLORIA LIVINGSTON
CAROL LOOS

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VIVIAN WHEELER



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308.568.8000

601 W. Leota St. | North Platte, NE 69101 | gphealth.org

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**

Shrake
Body Shop, Inc.



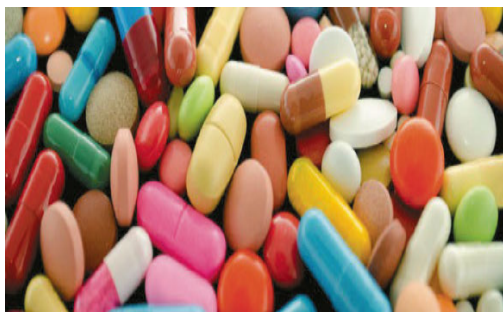
DAVID REFIOR - Owner
(308) 532-1053
102 West Front • North Platte

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BUSINESS
BY PLACING
AN AD HERE!**

CONTACT US!

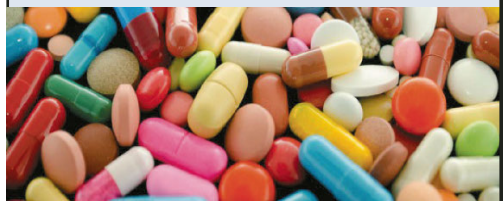
Contact Anita Aguilar to
place an ad today!
aaguilar@lpicommunities.com
or (800) 950-9952 x2677





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:**

Robertson's: \$40.00

Befort's: \$40.00

Del Roe: \$46.22

Ivan Sandberg: \$20.00

Memorials:

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

Bernice Ziegler: \$20.00

**Product of the Month
Donations:**

Gwen Vian: Ice Cream
Toppings

Karl Kirkland: Wheat
Bread

Pam Mitchell: Ice Cream
Cones



HAPPY 4th OF July

1. July was named after Roman General Julius Caesar, as it was the month he was born in.
2. July is the warmest month of the year in the Northern Hemisphere. Southern Hemisphere equivalent is January.
3. In early July a period known as "The Dog Days of Summer" begins, referring to the hottest days.
4. The 1st successful rabies vaccine was given July 6th 1885.
5. The world's 1st bikini was unveiled on July 5th 1946.
6. The Anglo-Saxons had many names for July, Maed-monath and Hey-monath. Meaning "the flowering meadows" and "hay month".
7. The 4th of July has been a federal holiday since 1870.
8. On July 25th, 1909, Louis Blériot became the 1st man to fly from one country to another successfully.
9. July has 2 star signs. Born before the 22nd and you are a Cancer, born after and you are a Leo.
10. If you're doing everything right, then crops are meant to be "knee-high by 4th of July".
11. July has 2 birth flowers, the Water Lily, a symbol of a pure heart and the Larkspur, represents lightness of heart.
12. July's birthstone is Ruby. It is said to protect against evil.
13. The Apollo 11 mission launched on July 16th, 1969. "That's one small step for man, one giant leap for mankind!".
14. The 1st Atomic Bomb, "Fat Boy", was detonated in Alamogordo, New Mexico on July 16th, 1945.
15. July has many month long observances. National Watermelon Month, National Hot Dog Month and National Ice Cream Month.
16. July 2nd is World UFO Day, July 3rd is Stay Out of the Sun Day, July 6th is National Fried Chicken Day and July 29th is National Tiger Day.
17. Many famous people are born in July including Alexander the Great, Frida Kahlo, Franz Kafka, Marcel Proust and Nelson Mandela.
18. On July 12th, 1943, Russian and German forces fought the largest tank battle in history. With 900 tanks on each side. There were only 300 German tanks left standing.

Fourth of July



Word Search Puzzle

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



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|-------------|--------------|------------|
| ADAMS | FLAG | LIBERTY |
| AMERICA | FOURTH | MUSIC |
| BARBECUE | FREEDOM | PARADE |
| CELEBRATION | HOLIDAY | PATRIOTIC |
| COLONIES | HOT DOGS | PICNIC |
| CONGRESS | INDEPENDENCE | REVOLUTION |
| FAMILY | JEFFERSON | STATES |
| FIREWORKS | JULY | SUMMER |

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2022

1	Build a Scarecrow Day	2	UFO Day
3	Compliment Your Mirror Day	4	Sidewalk Egg Frying Day
5	Bikini Day	6	National Air Traffic Control Day
7	Strawberry Sundae Day	8	Video Game Day
9	Sugar Cookie Day	10	Teddy Bear Picnic Day
11	Swimming Pool Day	12	Pecan Pie Day
13	Barbershop Music Appreciation Day	14	Noodle Day
15	Cow Appreciation Day	16	Fresh Spinach Day
17	Yellow Pig Day	18	Caviar Day
19	Blueberry Month	20	Lollipop Day
21	Hammock Day	22	Hot Dog Day
23	Threading the Needle Day	24	Cell Phone Courtesy Month
25	Walk on Stiletto Day	26	Milk Chocolate Day
27	Lasagna Day	28	Mutt Day
29	World Snorkeling Day	30	
31			

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

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

