

January 2022

SENIOR MOMENTS

3111 19th Street | Columbus, NE 68601 • (402) 563-4444

HIM: "I was a fool
when I married you."

HER: "I know, but I was in
love and didn't notice."



Festival of Sleep Day is January 3rd

No, you are not dreaming. But, perhaps you should be. Festival of Sleep Day is today. It is an opportunity to sleep in, snooze, doze, nap, and catch 40 winks.

We feel this is the perfect date for Festival of Sleep Day. The holidays are over...Wow, weren't they exhausting! It's cold and snowy.... time to hibernate. And, why not re-charge the batteries as a new year of school and work begins?

Festival of Sleep Day is a favorite holiday to catch up on a little sleep. Whether its all day, a full 8 hours, or just a power nap, enjoy the day sleeping. Cozy up in bed on the couch, or any other comfortable place. Oh.... don't forget your favorite stuffed animal.

Caution: Sleeping at work is not recommended, today, or any day. The only exception is for mattress testers.

Warning #2: The Surgeon General has determined that sleeping is good for your health.



January 1st is National Hangover Day

It's ingrained in our culture, to bring in the New Year with a whole lot of optimism, anticipation, and alcohol. Millions of us partied last night, and we partied very hard. For many of us, the biggest drinking night of the year, is followed by the biggest hangover of the year. For this very reason, today is called *National Hangover Day*.

Fortunately, most of us have the day off, so we can nurse our hangovers by sleeping, in, taking aspirin, and tomato juice, and perhaps "a little bit of the dog that bit us"!

Normally, we think of ways to "celebrate" special days. For this special day, the goal is to just get through it.



Maxine's
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12-29-12

Stop looking at me
when people say
"Out with the old!"



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January 13th is Make Your Dreams Come True Day

Make Your Dream Come True Day gives you the opportunity to do something to realize your goals and dreams. Whatever your dreams are, they usually don't come true without some effort on your part.

So, today is the perfect opportunity to get off the sofa, and do something about it.

On this dreamy day do something, anything, to move in the direction of achieving your dreams. Sure, sometimes it takes several steps to accomplish them. So view today as a time to get started on them.

With a little effort, they will come true!

Favorite Song of Dreamers:

Somewhere over the Rainbow and If I had a Million Dollars



Butter crunch lovers, today is your day. It's National Butter crunch Day. Today you can enjoy butter crunch ice cream, candy, or anything butter crunch.

Spend the day with one of your favorite snacks. Make it your personal goal to have something with butter crunch at each meal, and as a snack. *Tomorrow, you can return to the diet.*



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Columbus Community Center, Columbus, NE

A 4C 05-1066

Menu

JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Goulash Lettuce Salad Corn Garlic Bread Oranges	4 Chicken Fried Steak Mashed Potatoes & Gravy Carrots Dinner Roll Peaches	5 Fish Fillet Scalloped Potatoes Lima Beans Dinner Roll Applesauce Squares	6 Chicken Strips Mashed Potatoes & Gravy Buttered Beets Dinner Roll Pineapple	7 Glazes Ham Loaf Sweet Potatoes Green Beans Dinner Roll Mixed Fruit Salad
10 Hamburger Stroganoff over Mashed Potatoes Peas Dinner Roll Pears	11 Chili Celery/Carrots with Peanut butter Cinnamon Roll Apple Juice	12 Swiss Steak Baked Potato Cauliflower Dinner Roll Oranges	13 Steak & Mushrooms Mashed Potatoes & Gravy Mixed Vegetables Dinner Roll Mixed Fruit	14 Ham Salad on Croissant Potato Soup Carrots Strawberries & Bananas
17 Sloppy Joe Tri Taters Baked Beans Applesauce Cookie	18 Salisbury Steak Mashed Potatoes & Gravy California Blend Dinner Roll Pineapple	19 Lasagna Toss Salad Corn Garlic Bread Ambrosia Salad	20 Creamed Chicken Over Biscuit Winter Vegetables Peaches Cookie	21 Taco Potato Boat Muffin Fruit Cocktail
24 Beef Stew Green Beans Corn Bread Baked Apples	25 Baked Teriyaki Chicken Breast Rice Pilaf Peas Dinner Roll Oranges	26 BBQ Riblet Baked Potato Carrots Dinner Roll Mixed Fruit	27 Polish Sausage Mashed Potatoes & Butter Sauerkraut Dinner Roll Peaches	28 Roast Beef Mashed Potatoes & Gravy Corn Dinner Roll Pineapple
31 Tuna & Noodles Peas Biscuit & Honey Tomato Juice Ambrosia Salad				

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Line Dancing	4 9:00 FROG 10:00 FROG <i>11:30—12:30 Merry Makers: Mark Irvin</i> Crazy 8's Cards	5 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Women's Bible Study	6 8:30 TOPS #529 9:00 FROG 10:00 FROG Sew Together	7 10:00 Line Dancing Keystone Lunch & Meeting
10 10:00 Line Dancing Fat Quarter's Evening Guild 1:00—3:00 Woman's Club Fabulous Four	11 9:00 FROG 10:00 FROG Calico Quilters BD Alumni Lunch & Meeting Crazy 8's Cards	12 Pie Day 10:00 Line Dancing	13 8:30 TOPS #529 9:00 FROG 10:00 FROG <i>11:30—12:30 Julie Couch Music</i> Nifty Nines <i>Celebration Dinner</i> Advisory Board	14 10:00 Line Dancing All-4-Fun Cards
17 10:00 Line Dancing Baker's Dozen Card Queens 6 Pack Cards Featherweight Fellowship	18 9:00 FROG 10:00 FROG Pinochle Cards <i>1:00 Caregiver's Support Group</i>	19 Pie Day 10:00 Line Dancing Fat Quarter Quilter's Guild	20 8:30 TOPS #529 9:00 FROG 10:00 FROG <i>9-12 Blood Pressure Clinic by Heritage at Meridian Gardens</i>	21 10:00 Line Dancing 10:00—11:00 Brain Games by Alternative Hearing Jolly Pitchers
24 10:00 Line Dancing Fabulous Four <i>1:00 Alzheimer's Meeting</i>	25 9:00 FROG 10:00 FROG Calico Quilters <i>12:45 BINGO by Promedcare</i> <i>SEW IN</i>	26 Pie Day 10:00 Line Dancing Crazy 8's Cards <i>SEW IN</i>	27 8:30 TOPS #529 9:00 FROG 10:00 FROG <i>12:45 BINGO by Prairie Village</i> <i>SEW IN</i>	28 10:00 Line Dancing NAOMIS
31 10:00 Line Dancing				

Red Skelton's Recipe for a Perfect Marriage

1. Two times a week we go to a nice restaurant, have a little beverage, good food and companionship. She goes on Tuesdays, I go on Fridays.
2. We also sleep in separate beds. Hers is in California, and mine is in Texas..
3. I take my wife everywhere....but she keeps finding her way back.
4. I asked my wife where she wanted to go for our anniversary. 'Somewhere I haven't been in a long time!' she said. So I suggested the kitchen.
5. We always hold hands. If I let go, she shops.
6. She has an electric blender, electric toaster and electric bread maker. She said 'There are too many gadgets, and no place to sit down!' So I bought her an electric chair.
7. My wife told me the car wasn't running well because there was water in the carburetor. I asked where the car was. She told me, 'In the lake.'
8. She got a mud pack, and looked great for two days. Then the mud fell off.
9. She ran after the garbage truck, yelling, 'Am I too late for the garbage?' The driver said, 'No, jump in!'
10. Remember: Marriage is the number one cause of divorce.
11. I married Miss Right. I just didn't know her first name was Always.
12. I haven't spoken to my wife in 18 months I don't like to interrupt her.
13. The last fight was my fault though. My wife asked, 'What's on the TV?' I said, 'Dust!'

January 14...Dress up your pet day!

Great news! You don't have to wait until Halloween to dress up your pet. National Dress Up Your Pet Day gives you the opportunity to you guessed it.....dress up your pet!

Some pets like to get dressed up. Others, want nothing to do with it. This day is an opportunity to really dress up your pet(s). Make something for them to wear. Or, go to a pet store and buy an outfit. Its winter, so something warm is best.

Sorry, we don't have any ideas on how to dress up goldfish.



FreakingNews.com

FUNNY ONE-LINERS

My New Year's resolution is to help all my friends gain ten pounds so I look skinnier.

To kick start my New Year: I took an IQ test and the results were negative.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.

My wife still hasn't told me what my New Year's resolutions are.

I love when they drop the ball in Times Square. It's a nice reminder of what I did all year.

It's officially New Year's Eve, you only have a couple of hours to do all the things you will resolve not to do in the new year.

A New Year's resolution is something that goes in one year and out the other.

What happened to the man who shoplifted a calendar on New Year's Eve? He got 12 months!

May all your troubles last as long as your New Years resolutions?






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Advice for All on New Year's Day

Ann Landers

Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time.

Call up a forgotten friend. Drop an old grudge, and replace it with some pleasant memories.

Vow not to make a promise you don't think you can keep.

Free yourself of envy and malice.

Encourage some youth to do his or her best. Share your experience, and offer support. Young people need role models.

Make a genuine effort to stay in closer touch with family and good friends.

Find the time to be kind and thoughtful. All of us have the same allotment: 24 hours a day. Give a compliment. It might give someone a badly needed lift.

Think things through. Forgive an injustice. Listen more. Be kind.

Apologize when you realize you are wrong. An apology never diminishes a person. It elevates him.

Try to understand a point of view that is different from your own. Few things are 100 percent one way or another.

Lighten up. When you feel like blowing your top, ask yourself, "Will it matter a week from today?"

Laugh the loudest when the joke is on you.

The sure way to have a friend is to be one. We are all connected by our humanity, and we need each other.

Express your gratitude. Give credit when it's due—and even when it isn't. It will make you look good.

Don't abandon your old-fashioned principles. They never go out of style.

Walk tall, and smile more. You'll look 10 years younger.

Don't be afraid to say, "I love you." Say it again. They are the sweetest words in the world.

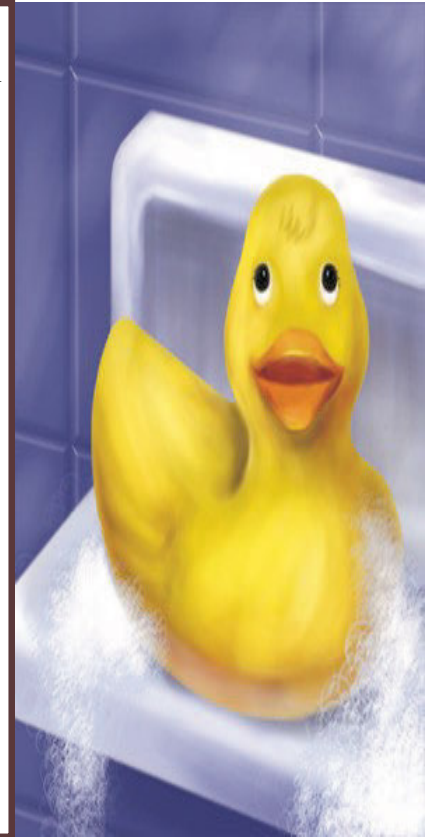
Bubble Bath Day—January 8th

Bubble baths are so much fun. We wish everyday could be Bubble Bath Day. Today is a fun day to relax and enjoy the warm and soothing pleasures of a bubble bath. Best of all, it can be enjoyed by kids and adults. For kids, it's playtime. For adults, it's soothing pleasure, and perhapsplaytime.

On Bubble Bath Day, there are a couple of ways to enjoy your bubble bath. It depends upon how old you are.

For kids, it's simple.... Just fill the tub with bubbles and toys. Then hop in and play!

For the ladies, it's time to relax! Fill the tub with bubbly water. Hop in and just enjoy the soothing water and bubbles. Before hoping in, set the mood with candles placed (safely) around the bathroom and tub. Add music, playing softly on the sink counter. For the guys: Don't feel left out! With permission, you can hop in, too! Get in touch with your feminine side, and make sure the candles are lit. You can relax and/or play. The proper sequence is to relax, play, and relax some more. We highly recommend both! Oh, and don't forget your rubber ducky!!



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National Houseplant Day—January 10

Happy January Birthday

1/3 Richard Yost
1/5 Marilyn Klug
1/5 Chris Dixon
1/5 Linda Dittmer
1/7 Norma Gehring
1/7 Howard Himmelberg
1/9 Betty Hitz
1/11 Nina Nelson
1/13 Dorie Schrad
1/13 Jerry Konert
1/14 Jeanne Scheueman
1/22 Nancy Koch
1/22 Sondra Burnett
1/25 Patty Miller
1/25 Joan Bircham
1/26 Judy Rohrich
1/27 Mike Beard
1/28 Minnie Johnson
1/28 Susan Curtis
1/29 Rose Braun
1/30 Don Pickrel
1/31 Liz Czuba

Thank You To:

Lawrence Sobota
For donating money for
ice cream and cake for the
December Birthday Party!!



thank you!

The holidays are over. The decorations have been put away for another year. The house looks a little plain, a little drab. In the greyishness of January, your eye catches something in the corner of the room. Why, it's a houseplant! Funny, but with all of the holiday hubabuloo, you've all but forgotten your houseplants.

Today is THE day to get back to tending to, and loving your houseplants. And, it's also a day to appreciate just how special and important they are. They are therapeutic, lifting your mood and outlook. They add warmth and a calming effect. If you are a gardener, they give you an opportunity to play in the dirt, until spring arrives in the far, distant future.

Growing houseplants is pretty easy. They need a little sunlight, water, occasional nutrients, and a little love...

How to Celebrate Houseplant Appreciation Day:

There are lots of ways to celebrate and enjoy this day. They include:

Start by making sure that the houseplants you already have, are well watered. Give them a special treat today... a little fertilizer.

If you do not have any houseplants, or just have a couple, buy a new houseplant (or two) on this day.

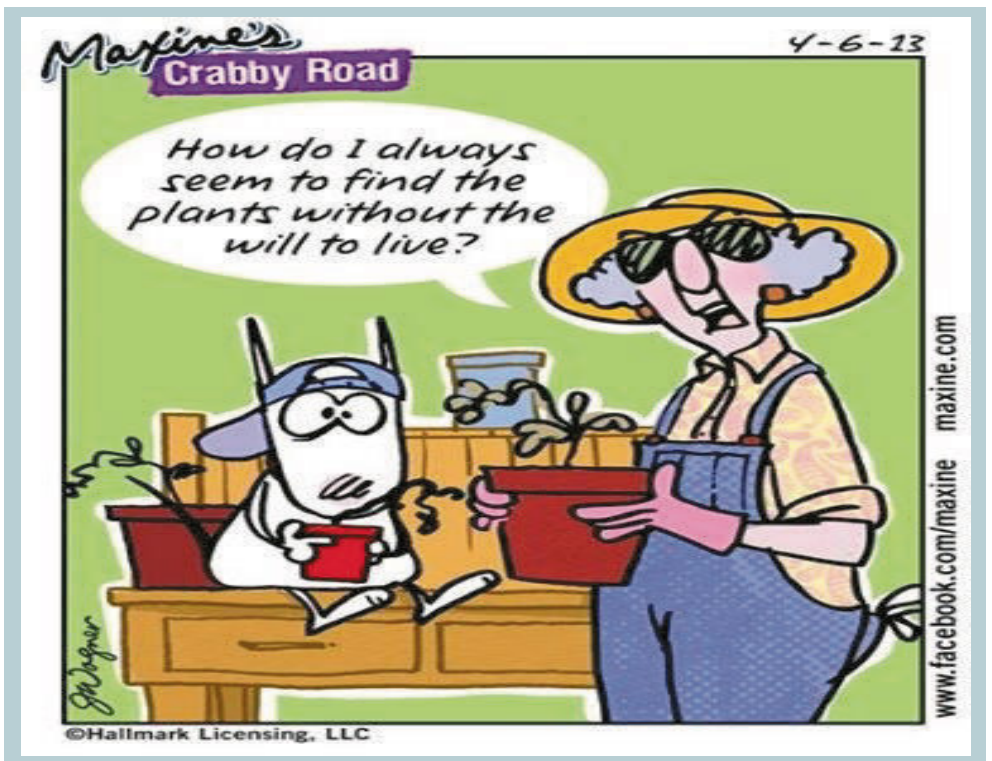
Learn more about the benefits of houseplants to your health.

Stand by your houseplant and breathe in the air! It's giving off oxygen.

Teach your kids about growing and caring for plants.

Give a houseplant to a friend, especially the elderly or shut-ins.

Talk to your plants. Yes, people believe plants respond positively, when you talk to them.



Yes, it's National Compliment Day on January 24!

Today is a great opportunity to say something positive about the people you come into contact with. Everyone has good attributes!

- It's a cinch to find compliments for family and loved ones, even for your Mother-in-Law. (Tip: She's probably a good cook.)

- Friends are friends because you see something good about them. Here's an easy compliment to a friend: "Wow, you're very intelligent...you choose your friends wisely".

It's more challenging to compliment your boss, or people you don't like. Take up the challenge, and find a compliment for them today, too.

Remember: Mama said "If you don't have anything nice to say, don't say anything". After a long search for something good, if you just can't find a compliment for them, then silence is golden.

Compliment Day is celebrated by offering sincere compliments to people you know. It is important that you are sincere. People will see right through insincerity, and you will do more harm than good.

How many compliments should you give out today? The common suggestion is five compliments. Yes, they should be to five different people.

I can live for two
months on a good
compliment.

- Mark Twain

National Cheese Lover Day is January 20

Do you love cheese, all kinds of cheeses? Spectacular, as today is *National Cheese Lover Day*. Use today to savor and enjoy any of the hundreds of varieties of cheese. There certainly is no shortage of varieties. Depending upon what article you read, there is between 900 - 1,400 varieties of cheese, all classified by texture. It's easy to celebrate this special day. Set out a tray of several varieties of your favorite cheese and dig in. Having a cheese tasting party with your friends, will make this day a truly memorable one. And, don't forget the wine. Cheese goes great with wine.

Some Cheesy Trivia:

- Cheese is more flavorful at room temperature.
- Americans consume over 31 pounds of cheese per year. But, that's nothing. But that's nothing compared to the French, who eat over 50 pounds of cheese per year.
- Historical records vary, as to when cheese was first made. It was somewhere between 7,500 and 8,000 B.C. Records suggest it may have first been discovered, by accident, in Poland or Arabia.
- The world's largest cheese was put on display on this day in 1964 at the New York World's Fair. It weighed over 34,000 pounds.

Eating cheese makes you feel Gouda. So, don't be bleu. Eat some cheese on *National Cheese Lover Day*.



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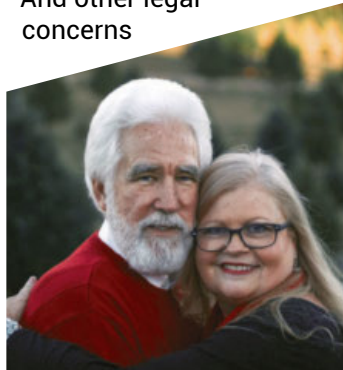
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RECRUITING NEBRASKA VOLUNTEERS FOR THE FREE AARP FOUNDATION TAX-AIDE PROGRAM

The Tax-Aide Program is one of the nation's largest volunteer-run tax preparation service

Plans are underway to open a new site for return preparation at the Columbus Community Center in February 2022. Volunteers are needed to staff the new site. AARP volunteers receive training using the IRS Link and Learn, online course material, practice problems and help from a mentor. Once volunteers complete exams, they are certified to prepare simple returns for members of our community. Volunteers will also be trained to assist in the preparation of Homestead Exemption forms.

For more than 50 years, the AARP Foundation Tax-Aide Program has assisted people with low and moderate incomes file their taxes. Last year, 205 Nebraska Tax-Aide volunteers helped 14,603 Nebraskans receive more than \$10 million in refunds overall.

With the Tax-Aide program, tax filers get one-on-one attention, and volunteers educate taxpayers about tax credits they may not even know that they're eligible for such as credits for childcare, parents sending children to college and the Earned Income Tax Credit for low-income families.

There are a variety of volunteer roles available, including tax preparers, client facilitators, technical and management assistance and interpreters. Every level of experience is welcome, and volunteers typically receive tax preparation training in the December 2020/January 2021 timeframe. The more volunteers, the more taxpayers can be served. Tax-Aide tax preparation service is expected to begin in February 2022.

Taxpayers do not need to be a member of AARP or a retiree to volunteer or to take advantage of Tax-Aide program services.

For more information and to learn more about the program and our volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277). You may also contact the Nebraska State Coordinator, Charlotte Rasmussen, (402) 290-6958.

AARP Foundation Tax-Aide is offered in conjunction with the IRS.

Call us TODAY to schedule your appointment! 402-563-4444

Useful Gadgets for Aging Drivers

Aging affects driving. There are no ifs ands or buts about it. As we head into later life, we must understand and accept the fact that the time will probably arrive when we become too old to drive safely.

Lots of things about driving become more challenging in later life. Steering and maneuvering the car can become more difficult, as can using the gas pedal, stepping on the brake, and checking rearview mirrors. Even getting in and out of the car can be tough in later years. Fortunately, there are steps that may extend the ability to drive safely for some folks. Professionals now specialize in helping older people drive safely and comfortably longer. In fact, many occupational therapists are trained and certified in driving rehabilitation. They help drivers adjust to the challenges of aging that may impact their ability to drive comfortably and safely. They also recommend equipment and car adaptations to help individuals deal with the specific aging challenges each person faces, and they offer instruction on how to use the equipment.

Below are a few of the adaptive car gadgets available to help aging drivers. This equipment should only be installed in a car by a trained professional who knows how to do so correctly and safely. Never use a car adaptation that could impact your safety or the safety of others without first speaking with your doctor and/or an occupational therapist that specializes in driving therapies.

Five helpful gadgets to consider...

SWIVEL SEATS: Most cars are not built with thoughts about older folks maneuvering themselves in and out of the vehicle. At a certain age, it is no longer possible to simply hop in and out of the driver's seat. In fact, driving-related falls are quite common. With a swivel seat cushion, you just lean back on to the driver's seat and use the cushion to turn to the driving position.

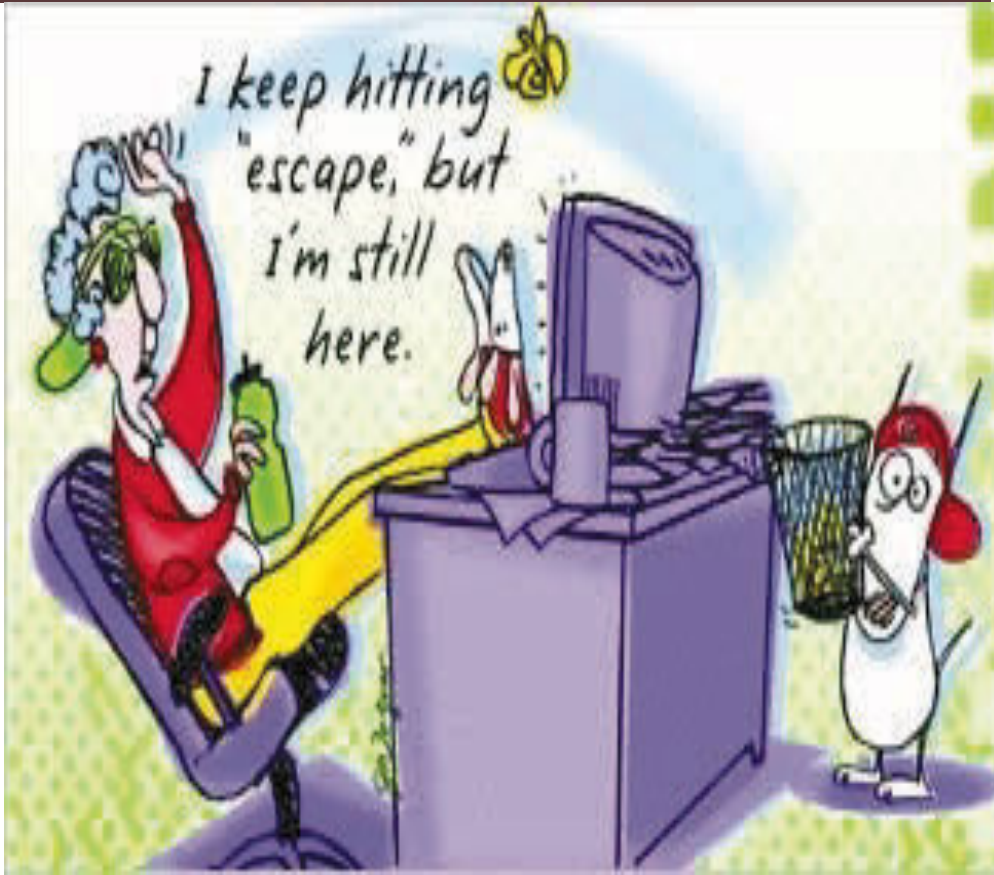
SEAT PADS: Aging affects posture and height. Seat pads provide a boost that offers a better line of sight as well as welcome support for an aging body.

PEDAL EXTENDERS: Reaching a car's pedals can be a challenge for older folks, especially those with bone, joint, and/or nerve issues. The answer is not to move the driver's seat forward, because that can put the driver too close to the steering wheel and air bag, which can cause severe injuries even during minor accidents. Pedal extenders reduce the space a driver's foot has to reach to meet the pedal while maintaining a safe distance from the steering wheel.

SEAT BELT EXTENDERS: Drivers of all ages find it a hassle to have to reach up and back to grab and pull down their seat belts. For older drivers, the task can be especially hard. A seat belt extension reduces the distance you have to reach to grab the belt and makes it easier to grasp and pull too.

ENHANCED REARVIEW MIRRORS: Older drivers can find it difficult... if not completely impossible... to turn far enough to check out blind spots when driving. Mirrors are available that provide a much wider view than traditional rearview mirrors. They make it possible to see a lot more without having to turn the neck and head very far. They are designed to minimize blind spots.

I want to escape too!



Don't be puzzled by today. National Puzzle Day honors puzzles of all size, shape and form. Crossword puzzles are by far the most common. Sudoku, a number puzzle, is the most recent puzzle rage. There's easy puzzles, and there's puzzles for experts. They fit the needs of every person, and every skill level.

Puzzles are a favorite pastime of millions of people, young and old. So, what's with this fascination over puzzles? There's numerous reasons for its popularity. For many, doing puzzles is fun. Some people just like the challenge of completing them, and graduating to evermore complex and difficult puzzle solving levels. For others, it is a way to kill time, and to eliminate boredom. Others still, do puzzles to keep their mind sharp, or to learn new words.

Whatever the cause for your interest, spend National Puzzle Day doing puzzles

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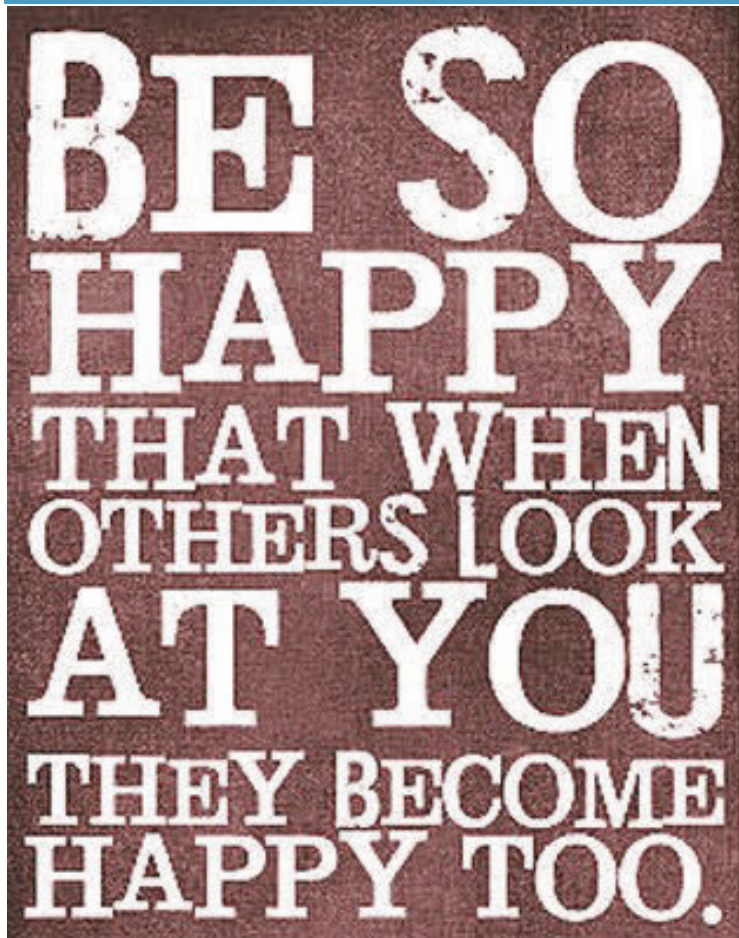
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