

April 2022

SENIOR MOMENTS

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Taking a Flattering Selfie

Even if you've never taken a "selfie," you've undoubtedly heard of them and probably seen your fair share. A "selfie" is a photograph you take of yourself (with or without others) using your cell phone's camera while holding it at arm's length.

Taking a selfie sounds relatively easy... but is it? Yes, pointing the camera at yourself and shooting is simple enough. But, taking a selfie that's flattering is a whole different ball game. Figuring out how to take a flattering selfie can take time and practice. Most people end up with quite a few rejected shots before getting that one selfie they like enough to share with other people.

Here are a few pointers that can help make taking a good selfie a little less challenging.

A few helpful tips...

POSITIONING THE CAMERA

Hold your phone slightly above eye-level so you're looking up at it rather than straight at it usually results in a flattering shot. It will reduce shadows on your face and helps camouflage a double chin, bags under eyes, and wrinkles.

ADJUSTING FOR LIGHT

Lightening can make or break a selfie. Find an even source of light. Make sure the source of light is facing you. You don't want the light coming from behind you. For example, stand or sit looking at a window instead of with your back toward the window. If you're outside, stand in either full sun or full shade. Don't mix the two.

TILTING THE HEAD

Tilting of the head can be very flattering. Try tilting your head at different angles until you find the position you like best. Take shots from both your left and right sides to check out both perspectives. And, if you worry about having a double chin, extend your neck a bit forward to accentuate your jawline.

FINE-TUNING THE EXPRESSION

Whether or not to smile in a selfie is an interesting question and one that people answer differently. Some folks like to look happy rather than showing it with their lips. That means smiling with your eyes rather than with your mouth. Other people believe it's best to smile naturally. That means a genuine smile and not a forced smile.

SELECTING THE BACKGROUND

Most people want to be the star of their selfies. So that means the focus should be on you and not on whatever is behind you. Choose backgrounds that are not distracting. Make sure to think about what else is in the shot, because you don't want that sink of dirty dishes or trash can to ruin an otherwise great selfie.



International Fun at Work Day

International Fun at Work Day is always April 1st.

Fun at Work Day is a day to have fun at work for once.

Ideally, work should be fun. But normally, work is not intended to have fun. It's intended to get work done. You're a very lucky person, if you if you can get work done and have fun doing it. The lucky souls in this situation, love their job.

Unfortunately, all of us are not lucky enough to have a job that's fun to do. If that's you, then today is a day just for you! Think of ways to make your job more fun and exciting. Look to do some fun things at work today, even if it takes away from production just a wee bit.

At Columbus Community Center, we honestly do have fun every single day! That credit goes to all the amazing seniors that stop in and visit while participating in our programs!!!



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Columbus Community Center, Columbus, NE

A 4C 05-1066

Menu

APRIL 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Tuna Salad w/ Eggs on Croissant Vegetable Soup Pickled Beets Apple Juice
4 Chicken Fried Steak Mashed Potatoes & Gravy Carrots Dinner Roll Peaches	5 Bacon Cheeseburger Tri Taters Baked Beans Pears Cookie	6 Chicken Strips Mashed Potatoes & Gravy Broccoli Dinner Roll Pineapple	7 Glazed Ham Loaf Au Gratin Potatoes Green Beans Dinner Roll Mixed Fruit Salad	8 Potato Chip Crusted Pollock Rice Pilaf Winter Mix Vegetables Dinner Roll Oranges
11 Chili Celery & Carrots Peanut Butter Cinnamon Roll Apple Juice	12 Swiss Steak Baked Potato Cauliflower Dinner Roll Pears	13 Steak & Mushrooms Buttered New Potatoes Mixed Vegetables Dinner Roll Mixed Fruit	14 Ham Salad on Croissant Potato Soup 3 Bean Salad Strawberries & Bananas	15 Tuna Casserole Peas Tomato Juice Biscuit & Honey Peaches
18 Salisbury Steak Mashed Potatoes & Gravy California Blend Dinner Roll Pineapple	19 Lasagna Lettuce Salad Carrots Garlic Bread Ambrosia Salad	20 Creamed Chicken Over Biscuit Winter Vegetables Peaches Cookie	21 Taco Potato Boat Potato, Meat, Lettuce & Cheese Muffin Fruit Cocktail	22 Beef Stew Mixed Green Beans Baked Apples Corn Bread
25 Baked Teriyaki Chicken Breast Rice Pilaf Green Beans Dinner Roll Oranges	26 BBQ Riblet Baked Potato Carrots Dinner Roll Mixed Fruit	27 Polish Sausage Buttered Potatoes Sauerkraut Muffin Peaches	28 Roast Beef Mashed Potatoes & Gravy Broccoli Dinner Roll Pineapple	29 Hamburger Stroganoff Mashed Potatoes Brussel Sprouts Dinner Roll Pears

Activities

APRIL 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 Line Dancing Keystone Meeting/ Lunch
4 10:00 Line Dancing Fat Quarter's Evening Guild	5 9:00 FROG 10:00 FROG Crazy 8's Cards	6 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Bible Study Behlen Retirees	7 9:00 FROG 10:00 FROG 10:30 TOPS #529 Sew Together	8 10:00 Line Dancing All-4-Fun Pitch
11 10:00 Line Dancing Federation of the Blind Meeting Women's Club	12 9:00 FROG 10:00 FROG <i>Angel Care Classroom</i> Super 8's Cards Calico Quilters	13 Pie Day 10:00 Line Dancing Bible Study <i>Merry Makers: John Worsham 11:30—12:30</i> 1:00 Bible Study <i>12:45 BINGO by St. Croix</i>	14 9:00 FROG 10:00 FROG 10:30 TOPS #529 <i>11:30—12:30 Julie Couch Music Celebration Dinner 1:00 Advisory Board Meeting</i>	15 10:00 Line Dancing <i>10:00-11:00 Brain Games by Alternative Hearing Jolly Pitchers</i>
18 10:00 Line Dancing Card Queens Baker's Dozen 6 Pack Cards Auction Pitch	19 9:00 FROG 10:00 FROG <i>10:00 Johnny Johnson Music Pinochle Cards 11:00 Spring into Fun with Emerald 1:00 Caregiver's Support Group</i>	20 Pie Day 10:00 Line Dancing Fat Quarter Quilters Crazy 8's Cards	21 9:00 FROG 10:00 FROG <i>9-12 Blood Pressure Clinic by Meridian Gardens</i> 10:30 TOPS #529 Bridge <i>12:45 BINGO by Cottonwood</i>	22 10:00 Line Dancing NAOMIS
25 10:00 Line Dancing <i>1:30 Alzheimer's Support Group</i>	26 9:00 FROG 10:00 FROG Calico Quilters <i>12:45 BINGO by Promedcare</i>	27 Pie Day 10:00 Line Dancing Fat Quarter's Charity Quilts Super Eights Down 1 Card EMAMON Cards	28 9:00 FROG 10:00 FROG 10:30 TOPS #529 <i>12:45 Movie: The Upside of Anger</i>	29 10:00 Line Dancing

Thinking about Moving and Downsizing?

There are plenty of good reasons why moving into a smaller home may be the right move for those of us in the later decades of life. A smaller home can mean lower costs. A smaller home can mean less housework and upkeep. A smaller home can mean less extra space we rarely use. A smaller home can also mean fewer stairs to climb. The list goes on.

Leaving a home where we've made roots and memories isn't an easy proposition. Of course, it involves work and can be a stressful...*even emotional*... experience. But moving to a new place can also be an exciting adventure.

When it comes to moving, the right preparation can make the difference between a positive experience and a negative experience. The following tips are from folks who have survived downsizing from a larger home to a smaller dwelling.

A few tips from folks who have downsized...

Don't jump in. Really think about your reasons for moving and how downsizing will make your life better. You don't want any surprises or regrets after you've already made the move.

Think about what you need in a new home. It's important to find a new home that's right for you with a floor plan that works for you at your current stage of life. For example, you may want your master bedroom to be on the main floor instead of up a flight of stairs and/or you may not need a large dining room if you no longer do much entertaining in your home.

Be prepared for the costs of selling and buying. There are hidden costs associated with selling a home and purchasing another. There are closing costs, attorney fees, appraisal fees, etc.

Give yourself enough time. Moving is a time-consuming process. Make sure to give yourself time for everything that goes into it. Just sifting through all the "stuff" you've collected over the years will be a lengthy proposition.

Sort strategically. When it comes to tackling all your possessions, figuring out what to do with everything can be difficult. Separate items into four categories: Items to bring with you, items to donate to charity, items to give to loved ones and friends, and items to toss out.

Ask for help. Your family and friends can be valuable resources when it comes to downsizing and moving. When you're sifting through your possessions, someone else's opinion can give you a less personal or emotional perspective. Extra, and perhaps younger, hands are also valuable for lifting heavier objects.

Use a trustworthy moving company. Do not hire movers until you've done some research and made some calls. Professional movers should be reputable, licensed, and insured. Get prices from a few different companies and compare them. Make sure they'll be able to meet your needs, and make sure everything is spelled out in the contract. Some movers also offer packing and unpacking services for an additional cost.

Pack according to destination. Pack items together that will end up in the same place in your new home. For example, pack kitchen items together, bedroom items together, and bathroom items together.

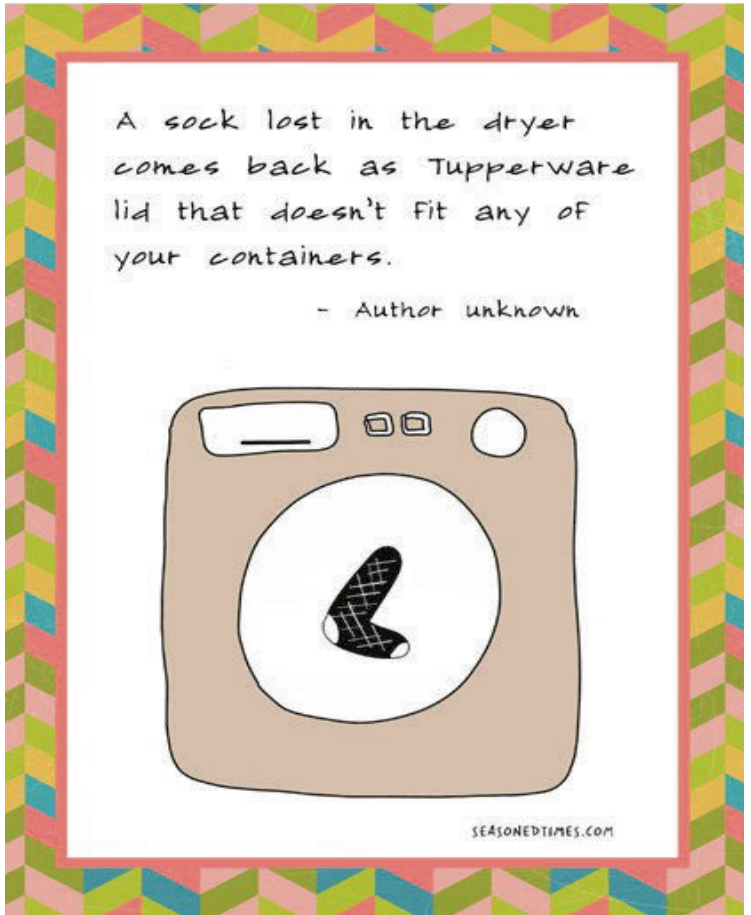
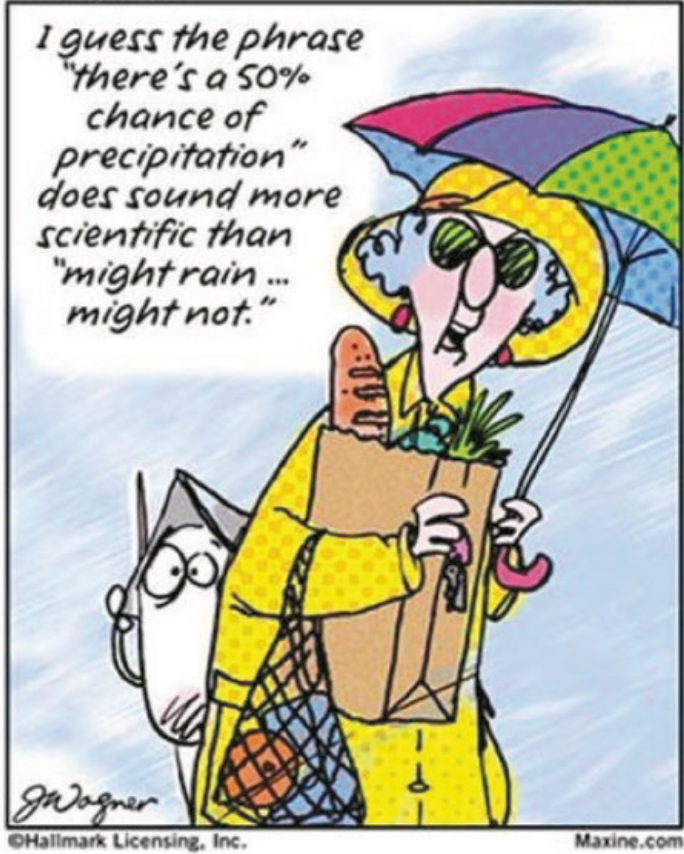
Label every box. When packing items into moving boxes, it helps to use labels. Make a label for each box that lists its contents and where the items will go in the new house. You may want to purchase a label maker, which can make things easier than writing everything down yourself.

Have one or two "Open me first" boxes. There are certain things you'll want to have access to as soon as you arrive in your new home. Place these items in boxes labeled "Open me first." List the items on the outside of the box as well.

Spread the news. The people, businesses, and other places or resources that need an accurate address for you can seem to add up to an almost endless list. It's up to you to notify most of these contacts. Of course, you'll inform family and friends, but you'll also want to give your new address to your bank, your doctor's office, your dentist's office, your veterinarian, your place of worship, your lawyer, your insurance providers, your credit card issuers, etc. You'll need to update your driver's license and car registration as well. If you belong to any clubs or organizations, you'll want to let them know as well.

Remember, it's okay to feel a little sad. Even if you're thrilled about moving, you're bound to feel at least a little melancholy about leaving your old home behind. It might be especially hard if you've lived there a long time or you're moving a significant distance away. Being sad about moving is completely normal. It's nothing to be concerned about as long as the feelings are temporary, manageable, and don't linger too long. If you find yourself feeling overwhelmed by sadness or depression, speak with your doctor. You might need a little help dealing with the emotions.







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 - 4/14 Gary Sedlacek
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 - 4/16 Bernie Kampschneider
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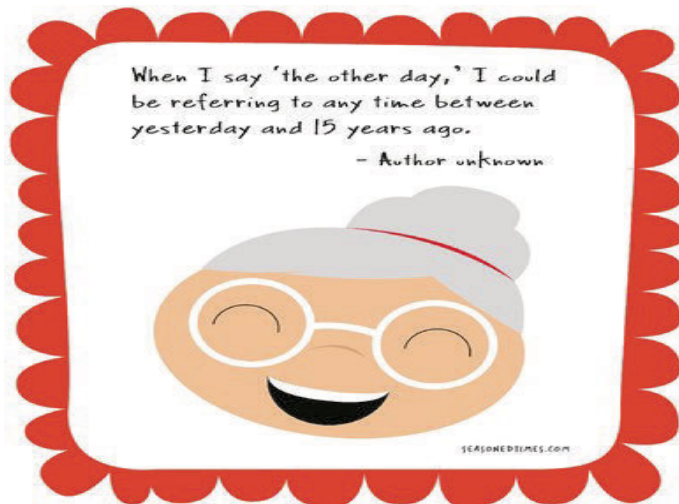


Janet Zulkoski (April)
 Marge Krings &
 Mark Kersch
 For donating \$\$ for Ice Cream
 & Cake in March!!!!



- CHANGE
- CHARM
- CLOVER
- COINCIDENCE
- DICE
- FORTUNE
- GAMBLE

- HORSESHOE
- LOTTERY
- POKER
- STREAK
- SUPERSTITION
- WISH





After her husband runs off with his secretary, Terry Wolfmeyer (Joan Allen) is left to fend for herself -- and her four daughters (Keri Russell, Evan Rachel Wood, Erika Christensen, Alicia Witt). As she hits rock bottom, Terry finds a friend and drinking buddy in next-door neighbor Denny (Kevin Costner), a former baseball player. As the two grow closer, and her daughters increasingly rely on Denny, Terry starts to have reservations about where their relationship is headed.

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On March 4th, we celebrated Employee Appreciation Day! We furnished Donuts for the Seniors as a way of saying THANK YOU for making our jobs FUN! A few Seniors took a minute and wrote notes of Appreciation to our staff! I am extremely fortunate to have such a hardworking, dedicated staff that goes above and beyond for our Seniors!!!



May 4th
 To all the Staff,
 We are all happy to have such a wonderful place to meet
 it is because of you of you. That make this a wonderful place.
 Thank you for all you do every day
 God Bless you today and every day.
 Love Carla Ann

Dear "Happy face" employees
 Thank you so much for all the things you do for us at Senior Center. You are all so helpful and considerate.
 ♡♡ Sheron U.

I appreciate all of you
 guys very much

May 4/22



To the wonderful staff @ the Senior Center,
 You all do such a great job. You are all friendly caring & supportive. As you know I spend a lot of time here & enjoy the many activities and lunches. You are very valuable to this community, and every senior who comes to here. Thanks for all you do!
 Pamela Bosch

Staff
 March 2022
 Thank you for all you do. You make us all feel welcome.

The donuts was very filling.

May you all be every blessed, for doing all the good work you do.

Anna U.

We appreciate all the hard work the cook, kitchen help volunteers and of course Cindy & Donna -

WHO IS THE MOST AWESOME PERSON TODAY?



Thank you



D & M.

To Staff of Columbus Senior Center:

So grateful for your service, food, friendliness, kindness & cleanliness.

Go Bless!

Judy Losake unit 311

March 4

To all of the staff. You are appreciated! What would we do without you. Everything is so clean. It makes me look at my mess & keep up the wonderful things!



We appreciate all the nutritious and tasty meals. Thanks for all your hard work.

Nancy Gehring
Diana Mueller
Diane Wolles
Carolyn Lueschen

stankhe, stankhe, little TWINK Thank you for the food and DRINK



@rville & MONA

To the Staff -

First of all - Thank you for the donat this morning -

I'm so thankful for all that you guys do -

I live upstairs and havin the St. Center below is what really sold me to move in.

I love all the activities that you guys have and the meals are great -

Thanks again!

Phyllis Sladek

I Didn't Ask to Be a Senior Citizen. I Was Drafted.

- Doug Jensen



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I wear my wrinkles like battle scars, having earned every last one slaying life's dragons. They boast of my victories and some defeats while their beauty is a wealth of wisdom.

- Richelle E. Goodrich



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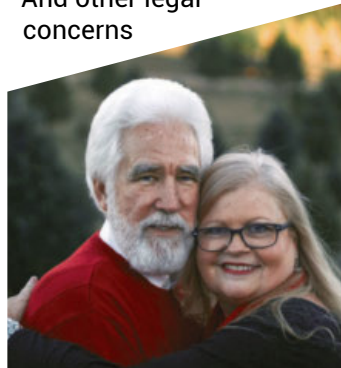
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Do You Use Outdated Words?

Some words stand the test of time and are used decade after decade by generation after generation. Others stick around for a while and then go out of style like the latest fashions. Those of us in our “seasoned” years have used countless words throughout our lives. A few of those we’ve hung on to may have become outdated over the years and lost their universal popularity. Here are a few outdated words you may remember that have been put out to pasture.

POCKETBOOK

The word “pocketbook” was once the most common way to describe the bags women carry with them, but the word has since been replaced by “bag,” “purse,” and/or “handbag.”

CLICKER

The word “clicker” was what many of people called the gadget used to control a television from a distance. Not anymore. It is now called the “remote.”

XEROX

The name of the company “Xerox” became interchangeable with the verb “copy,” but people no longer Xerox anything... instead, they simply “make copies.”

DUNGAREES

The word “dungarees” was the customary way to refer to those popular denim pants most of us enjoy wearing. Today, they’re called “jeans.”

TAPE

The word “tape” was used as a verb meaning “to record,” as in taping a favorite television show. Technological advances like, digital video recorders (DVR) and streaming services have put an end to taping

SHINDIG

The word “shindig” was a popular way to describe a fun party attended by the trendiest people. Today, nobody would know what they were being invited to if the word shindig was used in an invitation.

PAD

The word “pad” described someone’s home or living quarters. But, a sentence “Let’s hang out at my pad” would not make sense today.

BUMMER

The word “bummer” was a catchall word for whenever things weren’t going very well. Today, the phrase “what a bummer” would get some odd looks from younger generations.

BREAD

The word bread was commonly used when talking about cash or finances. Now “bread” has gone back to being the appetizing vessel for a sandwich.

SPLIT

The word “split” indicated the action of leaving, as in “split the scene.” Today, split is more often used to describe a gymnastic move.

ICEBOX

The word “icebox” was used to describe where people kept their cold foods before. Of course, that was before mechanical refrigeration units became commonplace. Now, the appliance is simply referred to as a “refrigerator” or “fridge.”



Simple Ways to Spend Less

Spending money when you don't have to makes absolutely NO sense... NO matter how much money you may or may not have. However, most of us do end up spending more money than we have to more often than we realize.

You don't have to become a "scrooge" or "penny-pincher" to want to live a more frugal lifestyle. And, living a more frugal lifestyle does not have to mean missing out on things in life that make you happy or help you feel fulfilled. Embracing a more frugal lifestyle can simply mean becoming more aware of how and why you're spending your money.

A few \$ saving tips...

Identify your spending habits. If you do not follow a budget on a regular basis, try taking a close look at where your money goes each month. It could be a real eye-opening experience. You may be surprised to find you have some expenses you may not need or even use. There may even be some ongoing chargers you are unaware of that are draining your finances on a regular basis. For example, you might be paying for a cable television channel you never watch, subscribing to a magazine you never read, or purchasing food items that expire before you get around to eating them.

Take advantage of age discounts. There are countless discounts available once you reach your "seasoned" years. Becoming eligible for senior discounts is one of the perks of getting older. So why not take advantage of it? Many businesses and establishments offer discounts to older patrons, including restaurants, hotels, museums, movie ticket counters and concession stands, department stores, grocery stores, auto repair shops, health/beauty spas, etc. – Some senior discounts are not advertised to the public so make sure to inquire about them. It never hurts to ask.

Buy generic. In many cases, consumers who purchase brand-name products end up paying more for items of equal or perhaps less quality than people who buy generic items. Most stores... whether grocery, drug, or retail... offer their own store brands. Very often, these brands are manufactured by the very same companies that produce the equivalent brand-name products. When it comes to prescription medications, identical generic versions are available for most branded drugs. Talk with your doctor about generic medications. Another way your doctor can help you save on your medications is by giving you samples of your prescriptions. Drug manufacturers often leave a large quantity of samples with doctors' offices. Ask about samples the next time you visit your doctor.

Reevaluate your health insurance coverage. Shop around. Do not assume that your current insurance plan, prescription drug plan, or supplemental Medicare coverage is the best option out there today. Assistance is available through your state's Senior Health Insurance Program (SHIP), a free health insurance counseling service for Medicare beneficiaries and their caregivers.

Think about relocating or downsizing. If you're living in a home with a lot more space than you need or utilize, you might want to think about moving to a smaller place. Not only would a home with less square footage and/or acreage cost less to maintain, it would also take less of your time, worry, and energy as well. If you're thinking about moving from your current location, it might be worth your while to look at another part of the state – or even a different part of the country – where the cost of living is lower. You may find a location that appeals to you where the cost of living is a fraction of what you're currently spending.



STINGY OLD LAWYER

A stingy old lawyer who had been diagnosed with a terminal illness was determined to prove wrong the old saying, "You can't take it with you."

After much thought and consideration, the old ambulance chaser finally figured out how to take at least some of his money with him when he died.

He instructed his wife to go to the bank and withdraw enough money to fill two pillowcases. He then directed her to take the bags of money to the attic and leave them directly above his bed.

His plan: When he passed away, he would reach out and grab the bags on his way to heaven. Several weeks after the funeral, the deceased lawyer's wife, up in the attic cleaning came upon the two forgotten pillowcases stuffed with cash.

"Oh, that old fool," she exclaimed. "I knew he should have had me put the money in the basement."

A DAY ON THE LINKS

Four men were out golfing.

"These hills are getting steeper as the years go by," one complained.

"These fairways seem to be getting longer too," said one of the others.

"The sand traps seem to be bigger than I remember them too," said the third senior.

After hearing enough from his senior buddies, the oldest and the wisest of the four of them at 87 years old, piped up and said, "Just be thankful we're still on the right side of the grass!"

Get your shoulder back.

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Donna Klopneski
Office Associate

Pat Hinze
Head Cook

Al Foltz
Program Assistant

Bonnie Kracmann
Program Assistant