

May 2022

SENIOR MOMENTS

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



Memorial Flowers will go on sale May 1st! Thanks to Carol Winter for repurposing last years' flowers that would have otherwise ended up in the landfills! Come on in and pick out some treasures for pennies on the dollar!



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We have FROG Exercise Classes on Tuesdays and Thursdays at 9:00 and 10:00!

If you have any questions, call 402-563-4444!

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CAN BE.

- Brit Morin



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Columbus Community Center, Columbus, NE

A 4C 05-1066

Menu

MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Fried Chicken Mashed Potatoes & Gravy Wax Beans Dinner Roll Applesauce	3 Cabbage Roll Parslied Potatoes Lima Beans Garlic Roll Pineapple	4 Goulash Lettuce Salad Corn Garlic Bread Oranges	5 Chicken Fried Steak Mashed Potatoes & Gravy Carrots Dinner Roll Peaches	6 Fish Fillet Scalloped Potatoes Coleslaw Dinner Roll Applesauce Squares
9 Chicken Strips Mashed Potatoes & Gravy Broccoli Dinner Roll Pineapple	10 Glazed Ham Loaf Au Gratin Potatoes Carrots Dinner Roll Mixed Fruit Salad	11 Hamburger Stroganoff Mashed Potatoes & Gravy Brussel Sprouts Dinner Roll Pears	12 Chili Celery & Carrots w/ Peanut Butter Cinnamon Roll Apple Juice	13 Swiss Steak Baked Potato Cauliflower Dinner Roll Oranges
16 Steak & Mushrooms Mashed Potatoes & Gravy Mixed Vegetables Dinner Roll Mixed Fruit	17 Ham Salad on a Croissant Potato Soup 3 Bean Salad Strawberries & Bananas	18 Pork Roast Mashed Potatoes Dressing & Gravy Green Beans Applesauce Dinner Roll	19 Salisbury Steak Mashed Potatoes & Gravy California Blend Dinner Roll Pineapple	20 Lasagna Lettuce Salad Corn Garlic Bread Ambrosia Salad
23 Creamed Chicken on Biscuit Winter Vegetables Dinner Roll Peaches	24 Taco Potato Boat w/ Beef, tomato, lettuce & cheese Muffin Fruit Cocktail	25 Beef Stew Green Beans Corn Bread Baked Apples	26 Baked Teriyaki Chicken Breast Rice Pilaf Green Beans Dinner Roll Oranges	27 BBQ Riblet Baked Potato Carrots Dinner Roll Mixed Fruit
30 CLOSED FOR OBSERVANCE OF MEMORIAL DAY	31 Roast Beef Mashed Potatoes & Gravy Broccoli Dinner Roll Pineapple		Menu is Subject To Change	1% Milk Served with each meal and butter for the rolls.

MAY 2022

Events

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Line Dancing Fat Quarter's Quilters Evening Guild	3 9:00 FROG Class 10:00 FROG Class Crazy 8's Cards	4 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Woman's Bible Study	5 8:30 TOPS #529 9:00 FROG Class 10:00 FROG Class Sew Together	6 10:00 Line Dancing Keystone Meeting/Lunch
9 10:00 Line Dancing Federation of The Blind Meeting Featherweight Fat Quarters Quilters Evening Guild Fellowship Women's Club	10 9:00 FROG Class 10:00 FROG Class Calico Quilter's 11:30—12:30 Julie Couch Music Crazy 8's Cards Card Sharks Blood Pressure Clinic/Program by Angel Care	11 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Woman's Bible Study 12:45 Bingo by St Croix	12 8:30 TOPS #529 9:00 FROG Class 10:00 FROG Class Celebration Dinner 1:00 Advisory Board Meeting Nifty Nines	13 10:00 Line Dancing All-4-Fun Pitch
16 10:00 Line Dancing Featherweights Auction Pitch Card Queens Bakers Dozen	17 9:00 FROG Class 10:00 FROG Class 1:00 Caregiver's Support Meeting/ Meridian Gardens 11:00 Program by Emerald Care Pinochle	18 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Woman's Bible Study Birthday Club	19 8:30 TOPS #529 9:00 FROG Class 10:00 FROG Class 9-12 Blood Pressure Clinic by Meridian Gardens	20 10:00 Line Dancing Jolly Pitchers
23 10:00 Line Dancing 1:00 Alzheimer's Support Group Fabulous Four	24 9:00 FROG Class 10:00 FROG Class Calico Quilter's	25 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Woman's Bible Study Crazy 8's Cards	26 8:30 TOPS #529 9:00 FROG Class 10:00 FROG Class	27 10:00 Line Dancing NAOMIS
30 CLOSED FOR OBSERVANCE OF MEMORIAL DAY	31 9:00 FROG Class 10:00 FROG Class 12:45 Bingo by Promedcare			

Happy May Birthday to:

- 5/1 Jan Liss
- 5/4 Don Heimes
- 5/5 Bernetta Berlin
- 5/6 Rich Lesiak
- 5/6 Joan Waldman
- 5/8 Lois Streblow
- 5/11 Karen Avery
- 5/13 Marge Wilbur
- 5/14 Joan Kurtenbach
- 5/16 Lorene Tuma
- 5/16 Mary Tenski
- 5/19 Marie Korth
- 5/20 Lee White
- 5/22 Kathy Schmidt
- 5/25 Nadine Jedlicka
- 5/26 Paula Grotelueschen
- 5/26 Marilyn Lusche
- 5/27 Carolyn Lichtenfeld
- 5/27 Marty Rice
- 5/28 Sharon Evans
- 5/29 Diane Scheffler
- 5/29 Herman Lauterbach
- 5/31 Mary Wiese

**We will be serving cake
and ice cream with
our In-House meal on
May 12!!!**

Lost Sock Memorial Day—May 9th

Lost Sock Memorial Day recognizes your drawer full of unmatched socks. Each unmatched sock represents a missing sock. We never throw away our unmatched socks. After all, it may show up someday.

On Lost Sock Memorial Day, we suggest you spend a little time (as little as possible) searching for those missing socks. After a (very) brief search, and in good "Memorial" spirit, spend a minute reflecting upon how warm and comforting the missing socks were on your stinky toes. Then, by all means, get on with your life.

We encourage you to use this special day, to toss out all of your unmatched socks. Let's face it, you're never gonna find the missing one.



Oh, Maxine!

Crabby Road

3-24-10



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"One of the simplest ways to stay happy is by letting go of the things that make you sad."


- Linka Razeria




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A hero is someone who understands the responsibility that comes with his freedom.

A hero is someone who has given his or her life to something bigger than oneself.

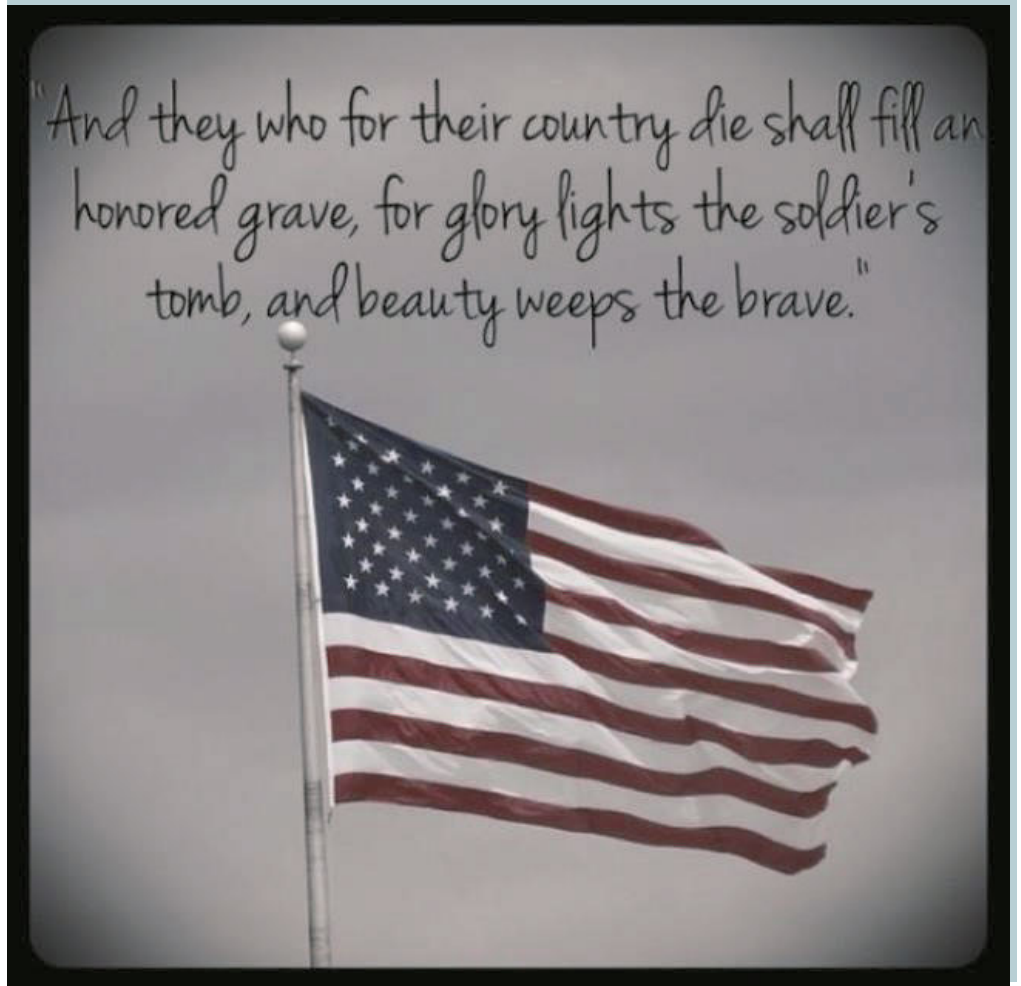
Heroes are made by the paths they choose, not the powers they are graced with.

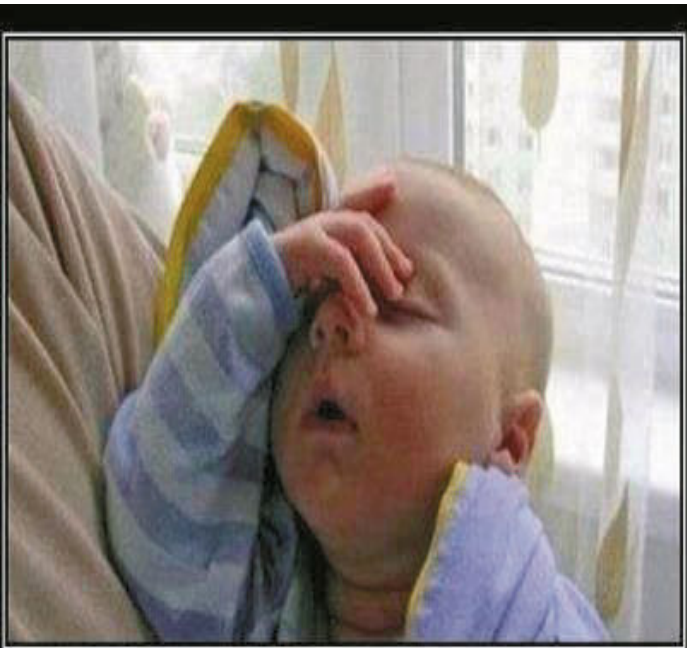
Memorial Day



Memorial Day for the year **2022** is celebrated and observed on **Monday, May 30**.

Memorial Day is observed on the last Monday in May each year. The day honors all those who died serving the United States military.





Tomorrow's Monday??
Again?? I don't think I can do
this every week!

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PUBLICITY, BUT CLOUD EIGHT
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CROWDED, AND HAS A BETTER
VIEW.

- George Carlin

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What do you call a horse that can't lose a race?

Sherbet

Why do race horses like to fart when they buck?

Because they can't achieve full horse power without gas.

Are you a race horse? Yay or neigh?

What type of a computer does a race horse like to eat?

A Macintosh

What do you call a race horse with the negative altitude?

Neigh

When do vampires like horse racing?

When it's neck and neck.

What do race horses eat?

Fast Food.

What did the bra say to the Derby hat?

You go on a head while I give these two a lift.

What did the waiter say to the race horse?

I can't take your order. That's not my stable.



Making Sense Of Food Terms

LOW FAT: Low-fat means the product has 3 grams of fat or less per serving.

Serving size is listed on the food label.

FAT FREE: Fat-free means the product 1/2 gram of fat or less per serving.

LIGHT OR LITE: Light or lite may be used in reference to a variety of different characteristics of a product. It often means the product has at least half as much fat or 30% fewer calories as the regular version of the food.

CHOLESTEROL FREE: Cholesterol free means the product has fewer than 2 milligrams (mg) of cholesterol, and 2 grams or fewer of saturated fat.

LOW/REDUCED CHOLESTEROL: Low cholesterol means the product has 20 mg or less and fewer than 2 grams of saturated fat.

SUGAR-FREE: Sugar-free means the product contains less than 1/2 gram of sugar per serving.

NO SUGAR ADDED: No sugar added means that no sugar was introduced

during the preparation, cooking, or baking process, but does not mean the product is sugar free.

LOW SODIUM: Low-sodium means the product has 140 milligrams or less per serving.

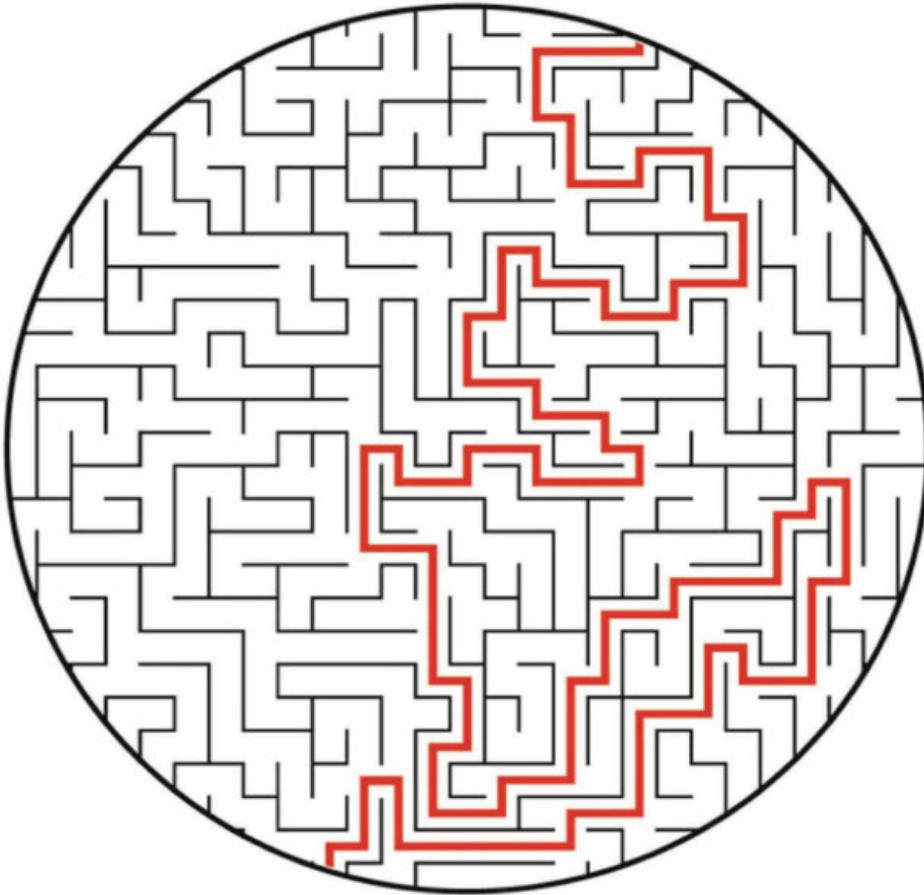
CALORIE-FREE: Calorie-free means product has fewer than 5 calories per serving.

LOW CALORIE: Low calorie means the product has 40 calories or less per serving. Low calorie prepared meals contain less than 120 calories per 100-gram serving.

ORGANIC: Organic means that at least 95 percent of a product's ingredients are organic.

GLUTEN-FREE: Gluten-free means the product does not contain any gluten-containing grains, like wheat, rye, or barley.

HIGH IN OR RICH IN: High in or rich in means the product has 20 percent or more of the recommended daily value for the specified nutrient per serving.



National Hamburger Day

May 28th

Hamburgers are America's favorite sandwich. What would a Memorial Day, or Fourth of July picnic be without the very American hamburger? So, it only fitting that we have a special day to celebrate our cherished burgers.

Hamburgers are American in origin. However, there is much controversy as to whether Hamburgers were first created in the 19th or the 20th century. We won't fret over when they were first created. We'll just savor the flavor.

Have it your way. The best way to cook a hamburger, is grilled on an outdoor grill. You can also cook them indoors on a frying pan. Add your favorite fixings. Cheese is all but a must. Then, there's lettuce, tomatoes, pickles, onions, bacon, and so much more. And, don't forget the condiments. Mustard, ketchup, and relish are the favorites.



*Everything slows down with age,
except the time it takes cake and ice cream
to reach your hips.*



4 Wagner



Raising Effective Advocacy
for Crime Victim Health
and Safety

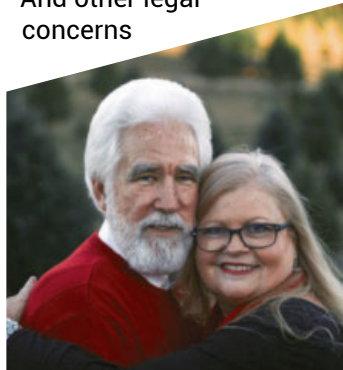
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Putting the "Grand" in Grandparenting

Grandparenting is about loving, nurturing, and creating a unique relationship that's different than that of parent and child. It's a bond like no other. You can create a deep, special connection with your grandchildren by sharing in their lives and the things that excite them, as well as by sharing your life and interests with them. As a grandparent, your mission is to love and enjoy your grandchildren.

A few useful suggestions when spending time with your grandkids...

- **Take it easy together.** Hang out, relax, and just plain enjoy each other's company — without schedules or agendas.
- **Be silly.** Find things to do with your grandchildren that are pointless and are nothing but fun. Throw rocks in a pond. Have a whistling competition. Make a blanket fort in the living room.
- **Share hobbies.** Introduce your grandchildren to a pastime or hobby you enjoy. Perhaps gardening, golfing, knitting, or fishing. And, take an interest in something they enjoy — like trading cards, video games, or a favorite sport.
- **Spend time outside together.** Take nature walks or trips to the beach or park. Have a picnic in the backyard.
- **Make a time capsule together to be opened in the future.** Put in things that you both want to make sure to remember. You may even want to set a time for the capsule to be opened. Maybe in 5 years, 10 years, or even 20 years.



Answers to Word Scramble

1. Shortstop
2. Bullpen
3. Diamond
4. Knuckleball
5. Umpire
6. Scoreboard



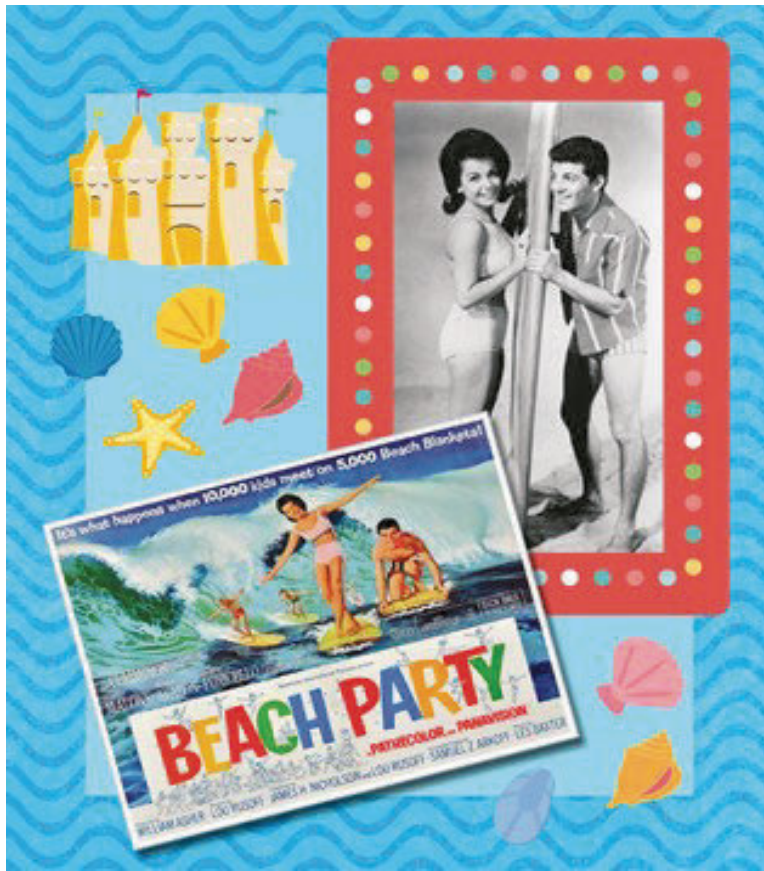
BASEBALL SCRAMBLE



All scrambled words are related to baseball. Can you put the letters together in the right order to find the unscrambled words.

Scroll down for solutions.

1. **STHOORTSP** (*Hint: Infield position*)
2. **ENLBPUL** (*Hint: Place to prepare*)
3. **AMIDOND** (*Hint: Four corners*)
4. **NALUCKKLEB** (*Hint: Slow and unpredictable*)
5. **MUREPI** (*Hint: Enforcer*)
6. **SROADRECBO** (*Hint: Display*)



Remember beach party movies back in the '60s? There was "Beach Party," "Beach Blanket Bingo," "Bikini Beach," and plenty of others. They focused on the antics of a bunch of teens who loved the beach, music, dancing, surfing, drag racing, and summer! The earliest beach party movies starred Annette Funicello and Frankie Avalon. Most included cameos by popular actors and musical acts of the era. Don Rickles, Paul Lynde, and Linda Evans showed up in beach party movies, as did Buster Keaton, Teri Garr, and Buddy Hackett. The Beach Boys, Little Richard, the Animals, Stevie Wonder, and the Supremes also made appearances. The storylines certainly weren't the most forward-thinking and the movies didn't have much diversity, but lots of folks enjoyed watching those beach party movies.

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Columbus Community Center, Columbus, NE

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**Monday—Friday
8:00am—3:00pm**



COMMUNITY CENTER STAFF

**Doug Moore
Public Property Director**

**Donna Klopneski
Office Assistant**

**Pat Hinze
Head Cook**

**Allen Foltz
Program Assistant**