

June 2022

SENIOR MOMENTS

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VolunteerPro

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KINDNESS
IS WORTH
MORE THAN
THE GRANDEST
INTENTION.

Oscar Wilde

We are in need of some
volunteers!

We are searching for cheerful,
positive & motivated people
that love
to help others!

Call 402-563-4444 to Inquire!!

Volunteers Needed



Dad Jokes



If April showers bring May flowers, what do May flowers bring? *Pilgrims*

What did the ocean say to the beach? *Nothing, it just waved.*

Dear Math, grow up and solve your own problems.

Why do seagulls fly over the ocean? *Because if they flew over the bay, we'd call them bagels.*

How does the moon cut his hair? *Eclipse it.*

A skeleton walks into a bar and says "Hey, bartender. I'll have one beer and a mop.

I asked my dog what's two minus two. *He said nothing.*

Where do you learn to make a banana split? *Sundae school*

How do you get a squirrel to like you? *Act like a nut.*

I don't trust stairs, They are always up to something.

Why don't eggs tell jokes? *They'd crack each other up.*

How do you make a tissue dance? *You put a little boogie in it.*

Father's Day Word Search

Father's Day is Sunday.
Can you find these words that have to do with dad?

- | | |
|----------|--------|
| ATHLETIC | FUNNY |
| BRAVE | GOLF |
| DAD | KIND |
| DADDY | SPORTS |
| ESPN | TENNIS |
| FATHER | TIE |
| FISHING | TOOLS |
| FOOTBALL | |

MARTY WESTMAN/MCT

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

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Dr. Joan Keit



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Menu

JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is Subject To Change		1 Tuna Casserole Peas Tomato Juice Biscuit & Honey Ambrosia Salad	2 Chicken Fried Chicken Mashed Potatoes & Gravy Wax Beans Dinner Roll Applesauce	3 Cabbage Roll Parslied Potatoes Lima Beans Garlic Roll Pineapple
	6 Goulash Lettuce Salad Corn Garlic Bread Oranges	7 Chicken Fried Steak Mashed Potatoes & Gravy Carrots Dinner Roll Peaches	8 Fish Fillet Scalloped Potatoes Coleslaw Dinner Roll Applesauce Squares	9 Chicken Strips Mashed Potatoes & Gravy Broccoli Dinner Roll Pineapple
13 Hamburger Stroganoff Mashed Potatoes Brussel Sprouts Dinner Roll Pears	14 Pork & Gravy Mashed Potatoes Corn Dinner Roll Applesauce	15 Swiss Steak Baked Potato Cauliflower Dinner Roll Oranges	16 Steak & Mushrooms Mashed Potatoes & Gravy Mixed Vegetables Dinner Roll Mixed Fruit	17 Ham Salad on Croissant Potato Salad 3 Bean Salad Peaches
20 Pork Roast Mashed Potatoes Dressing & Gravy Green Beans Dinner Roll Applesauce	21 Salisbury Steak Mashed Potatoes & Gravy California Blend Dinner Roll Pineapple	22 Lasagna (Beef) Lettuce Salad Corn Garlic Bread Ambrosia Salad	23 Creamed Chicken Biscuit Winter Vegetables Dinner Roll Peaches Cookie	24 Taco Potato Boat Muffin Fruit Cocktail
27 Beef Stew with Mixed Vegetables Cole Slaw Corn Bread Baked Apples	28 Baked Teriyaki Chicken Breast Rice Pilaf Green Beans Dinner Roll Oranges	29 BBQ Riblet Baked Potato Carrots Dinner Roll Mixed Fruit	30 Polish Sausage Buttered Potatoes Sauerkraut Muffin Peaches	1% Milk Served with each meal and butter for the rolls.

JUNE 2022

Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Women' Bible Study	2 9:00 <i>FROG Class</i> 10:00 <i>FROG Class</i> 10:30 <i>TOPS 529</i> <i>Sew Together</i>	3 10:00 Line Dancing 11:30 Keystone Group
6 10:00 Line Dancing	7 9:00 <i>FROG Class</i> 10:00 <i>FROG Class</i> 11:30 <i>Julie Couch</i> 10-11:30 <i>Blood Pressure Clinic by Angel Care</i> <i>Crazy 8 Cards</i> <i>Pinochle</i>	8 Pie Day 10:00 Line Dancing 10:30 Bible Study 12:45 Bingo by St. Croix 1:00 Women's Bible Study Canasta	9 9:00 <i>FROG Class</i> 10:00 <i>FROG Class</i> 10:00 <i>TOPS 529</i> 11:00 Music by John Johnson 12:00 Birthday Celebration Diner 12:45 Bingo by Cottonwood Place 1:00 Advisory Bd Nifty Nines Cards	10 10:00 Line Dancing All 4 Fun Pitch
13 10:00 Line Dancing 11:30 Federation of the Blind Fat Quarters Quilters Evening Guild	14 9:00 <i>FROG Class</i> 10:00 <i>FROG Class</i> Calico Quilters Crazy 8 Cards Card Sharks 10-11:30 Blood Pressure Clinic By Angel Care	15 Pie Day 10:00 Line Dancing 9:00 Fat Quarters Quilters Evening Guild 10:30 Bible Study 1:00 Women's Bible Study	16 9:00 <i>FROG Class</i> 10:00 <i>FROG Class</i> 10:30 <i>TOPS 529</i> 9-12 Blood Pressure Clinic by Meridian Gardens 1:00 Movie— The Guilt Trip	17 10:00 Line Dancing Jolly Pitchers
20 10:00 Line Dancing 9:00 Featherweights Auction Pitch Card Queens Bakers Dozen	21 9:00 <i>FROG Class</i> 10:00 <i>FROG Class</i> 11:30 <i>Links music by Merry Makers</i> 1:00 <i>Caregivers Support Group</i> <i>Pinochle</i> 11:00 <i>Visit by Emerald Care</i>	22 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Women's Bible Study Crazy 8 Cards EMANON Cards	23 9:00 <i>FROG Class</i> 10:00 <i>FROG Class</i> 10:30 <i>TOPS 529</i> 12:45 Bingo by <i>Prairie Village</i>	24 10:00 Line Dancing NAOMIS
27 10:00 Line Dancing 1:00 Alzheimer's Support Group Fabulous Four	28 9:00 <i>FROG Class</i> 10:00 <i>FROG Class</i> 12:45 Bingo by Promedcare	29 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Women's Bible Study	30 9:00 <i>FROG Class</i> 10:00 <i>FROG Class</i> 10:30 <i>TOPS 529</i>	

Happy June Birthday to:

National Donut Day—June 3, 2022

- 6/6 Jan Lauterbach
- 6/9 Terry Smith
- 6/12 Donna Richards
- 6/14 Mona Condon
- 6/15 Larry Hansen
- 6/15 Anne Kalleson
- 6/15 Doug Kalleson
- 6/16 Susanne Discoe
- 6/20 Martha Davidson
- 6/24 Annabel Bulger
- 6/25 Glenna Himmelberg
- 6/25 Bill Podraza
- 6/25 Larry Winter
- 6/27 Donna Williams
- 6/28 Catherine Hare



We will be serving cake and ice cream with our In-House meal on June 9th!!!

National Donut is the first Friday in June.

The donut is so popular, there are several days set aside for specific types of the delicious treat. There is International Jelly-Filled Donut Day celebrated on June 8, National Cream-Filled Doughnut Day on September 14, National Boston Cream Pie Day on October 23 and Buy a Doughnut Day on October 30.

Glazed is the most popular donut in the United States, followed by chocolate glazed and Boston Crème. Other popular flavors are chocolate frosting with sprinkles, jelly and powdered.

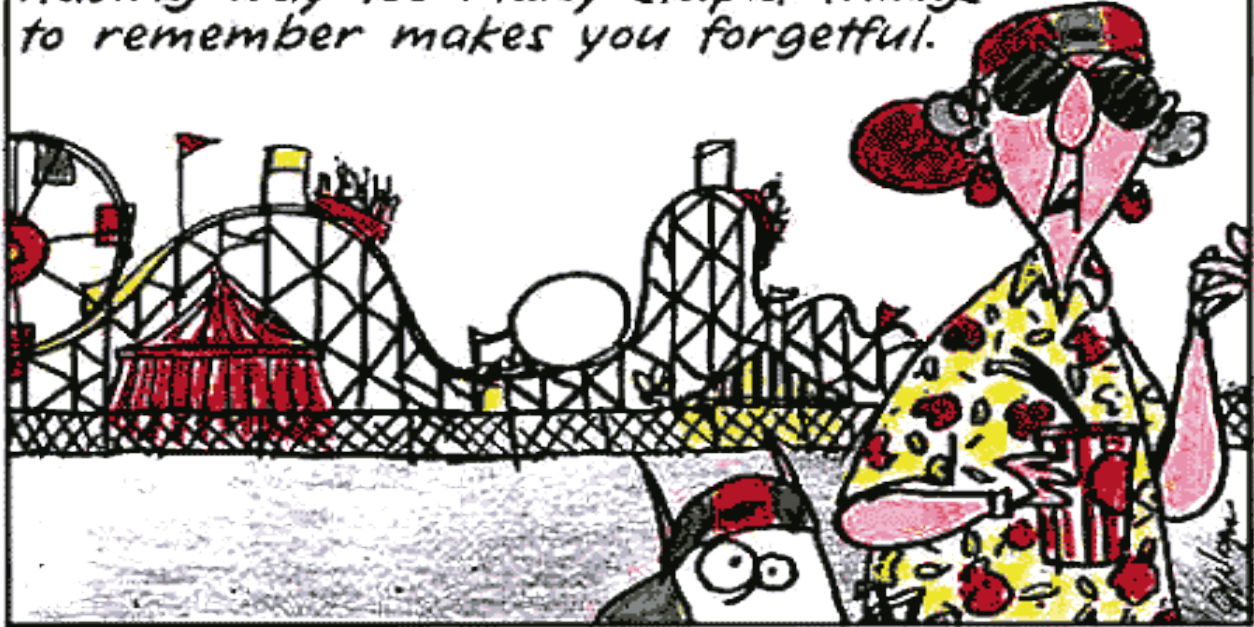
The celebration of the donut began in 1938 when the Salvation Army in Chicago honored members who served doughnuts to soldiers during World War I. The event was organized as a fundraiser.

More than 10 million donuts are sold per year.



Oh, Maxine!

Age doesn't make you forgetful.
Having way too many stupid things
to remember makes you forgetful.



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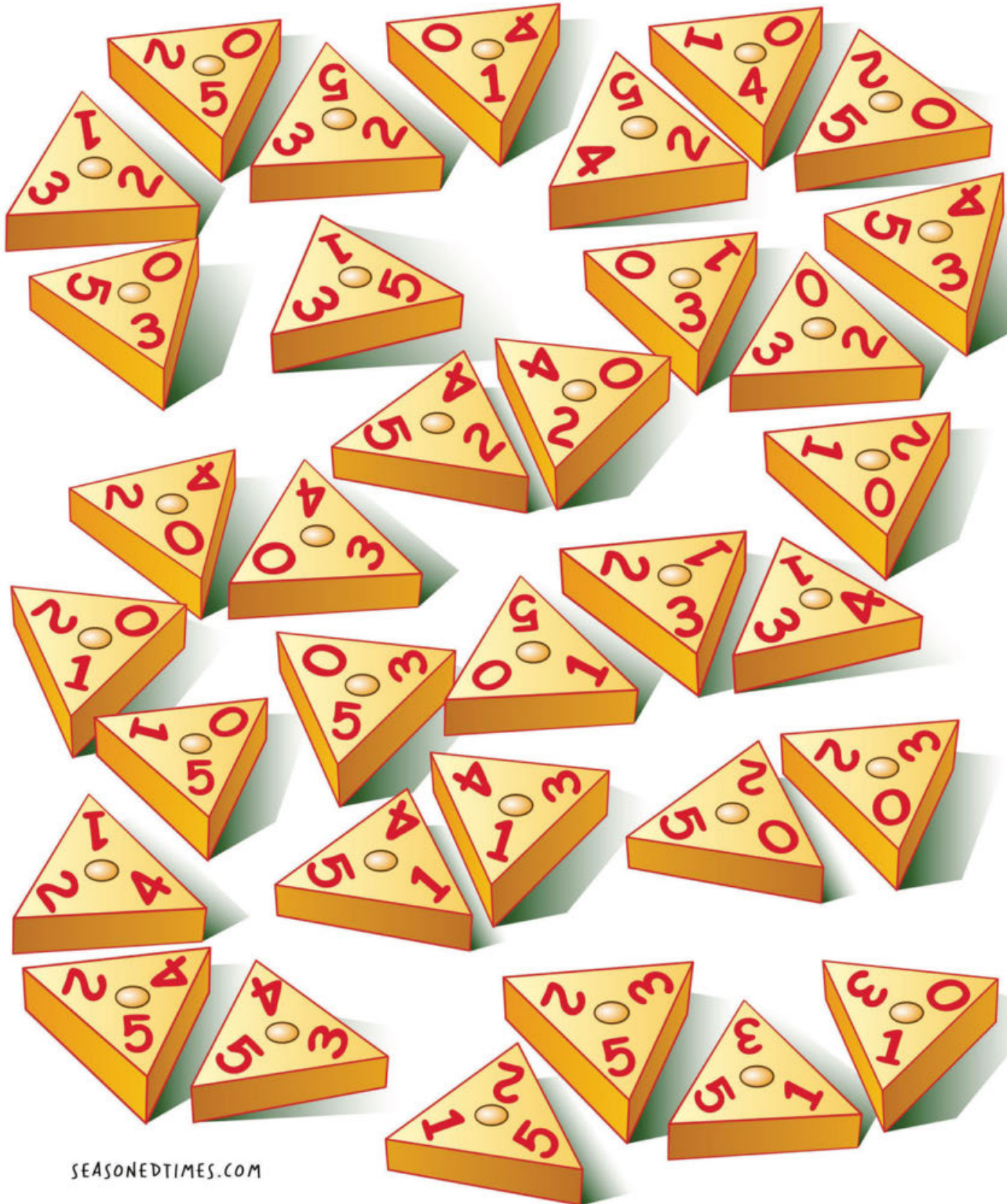
For ad info. call 1-800-950-9952 • www.lpicommunities.com

Columbus Community Center, Columbus, NE

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ONE OF A KIND

One of these tiles is NOT like the others. Can you find the one of a kind tile?



SEASONEDTIMES.COM

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*1 cup old-fashioned oatmeal * 2 Tblsp unsweetened cocoa powder * 2 Tblsp unsweetened shredded coconut * 1/2 cup natural almond butter * 1/4 cup honey.*

Directions: Mix oatmeal, cocoa powder and coconut in a bowl. Add almond butter and honey. Mix until completely blended, Spoon out tablespoon-sized portions and roll into balls. Chill for at least 15 minutes. Store in refrigerator. Serves 24.

Per one-ball serving: 58 calories, 3 g fat, (0.3 g saturated fat), 0 mg cholesterol 17 mg sodium 7 g carbohydrates 1.6 g protein

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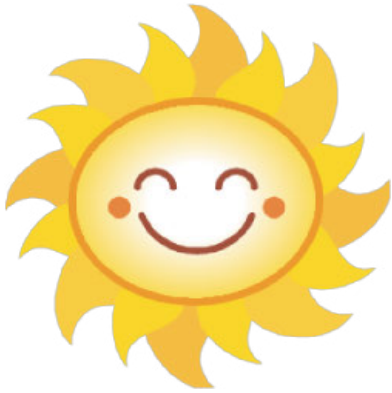
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*"I've learned
that people will forget
what you said,
people will forget
what you did,
but people will
never forget
how you made them
feel."*

Maya Angelou

Always Be Kind



Making Your Own Happiness

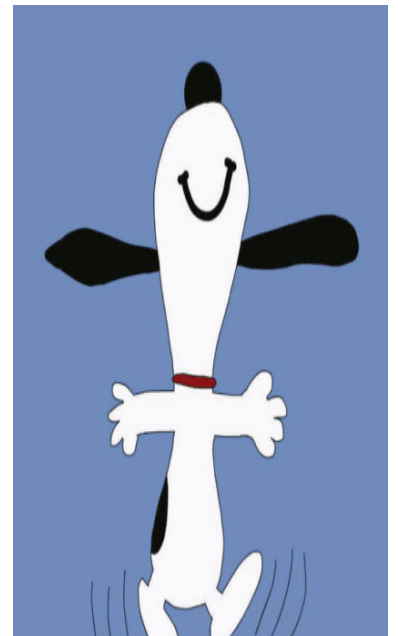
In the '70s the Partridge Family wanted us to “Come on Get Happy,” in the '80s Bobby McFerrin told us “Don’t Worry, Be Happy,” in the '90s R.E.M. sang about “Shiny Happy People,” and more recently, Pharrell Williams reminded us that he was simply “Happy.” The idea of happiness itself can be defined in many ways but, if you’re interested in adjusting your mindset to be more positive or simply feeling more content, science tells us that there are ways to point yourself in that direction.

Invest in Relationships—Surrounding yourself with friends and loved ones who are generally positive can buoy your mood and mindset. Cultivating relationships with people around you who support and encourage you (while also being cautious with your criticisms of others) can go a long way to improve you mood and strengthen you bonds with others along the way.

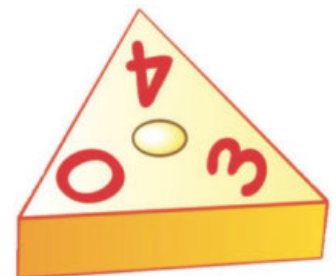
Recognizing and Expressing Gratitude—It’s not simply saying “thank you”, it’s the realization that you can be grateful for the simple things in your own life. Whether it’s celebrating the achievement of a small goal or even something as simple as appreciating a lovely day, gratitude is something to strive for.

Find a Purpose—Having a goal, and working hard to achieve it, is not only a way to feel content but, also to help improve your self esteem. Your purpose doesn't have to be professional, in fact for many people hobbies and other interests provide more meaningful achievement.

These are just a few ways you can begin to feel happier. But remember, adjusting your mindset doesn't happen overnight. Like any new skill, it will take time and even practice to learn, but in the long run, the benefits should prove to be well worth the investment.



Puzzle Solution from Page 8



NOW SHOWING!!

Thursday, June 16

at 12:45 pm

Popcorn and Soda will

be served.

Donations are

appreciated!



Before embarking on a once-in-a-lifetime road trip, Andy Brewster pays a visit to his overbearing mother, Joyce. That proves to be a big mistake; Andy caves in under pressure to take his mom along for the ride. Early on—as the miles roll by—Andy feels nothing but aggravation at her antics. Eventually however, he comes to realize that they have more in common than he first thought and that Joyce’s wisdom might be just what he needs.



Raising Effective Advocacy for Crime Victim Health and Safety

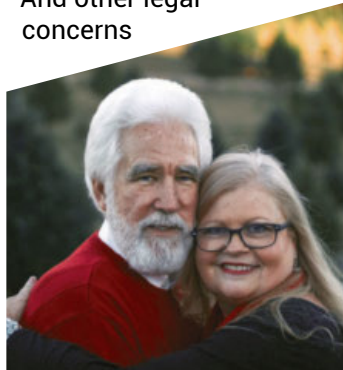
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This advertisement was supported by grant number 139-2020-VA1029 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice, through the Nebraska Crime Commission.

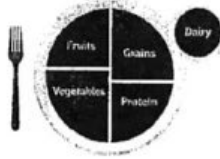
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Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the Nutrition Facts label on packaged foods and also speak with your healthcare provider about possible supplements.



Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.



Go to [MyPlate.gov](https://www.MyPlate.gov) for more information. USDA is an equal opportunity provider, employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**

FNS-905-21
March 2022

Walking 101

Get your Walking Club off on the right foot by learning and sharing the basics of walking. Here's what Walking Club members need to know before hitting the pavement.

What You'll Need

Put away the fancy equipment and gym membership card. All you need are a few essentials.

- **Walking Shoes:** Before you lace up, make sure your shoes were made for walking. They should be lightweight, breathable and provide support in the right places. Walkers land on their heels, so cushioning is thickest at the heel. Test the shoe's flexibility by trying to bend it with your hands. A bendable shoe allows your foot to easily roll forward and push off with the toes. Most importantly, keep your feet happy by wearing a shoe that fits. Otherwise, you won't make it far in shoes that hurt. Here's a tip: Try on shoes with the socks you plan to wear.
- **Clothing:** Dress for comfort and the weather. Avoid wearing cotton, which absorbs moisture and leaves you wet, cold and walking around with damp, blister-prone feet. Stay dry by wearing synthetic "wicking" fabrics that draw sweat away from the skin. Light-colored clothing reflects sunlight and keeps you cool in the summer. Winterize your walking attire by adding a layer or two of clothing. And don't forget your hands and head. Keep them toasty with mittens and a hat or scarf. Layers are easy to shed as you warm up on the walk.
- **Water:** Take frequent sips of water while you walk, even if you're not thirsty. About a cup every 15 minutes should be enough to keep you hydrated.* You may need to add a few extra gulps on a hot day. Also make sure to drink up before and after a walk.
- **Sun Protection:** Don't let sunburn spoil a walk. Protect your skin by applying sunscreen with a SPF of at least 15 about half an hour before heading outdoors. And cover up with a wide-brimmed hat and sunglasses with UV protection.

"My doctor had the physical therapist go over a list of exercise suggestions, but in the end, we determined that walking was the best because I could stick with it and liked it best."

Robert Farish, Congestive heart failure survivor

Personalize Your Walking Plan

You may be walking as a group, but the path to better health is different for each person. Create a personalized walking plan that allows you to set your own pace and get the most out of your workout.

- **Start slow and work up.** If you haven't exercised in a while, don't sweat it. Take it slow and make sure the speed and length of your walk match your fitness level. The talk test is an easy way to check whether you should speed up or slow down. If you can sing your favorite tune, pick up the pace. If a conversation with a walking buddy leaves you panting, ease off a bit. You may start out walking 15 minutes a day. Then, as you feel ready, kick it up a notch until you reach at least 150 minutes of moderate-intensity walking each week.
- **Wear a step-counting pedometer.** Counting your steps will encourage you to increase your activity. Start with 5,000 steps or less, and work your way up to 10,000 steps a day.
- **Mark your calendar.** Life gets busy, so make sure you're free when it's time to slip on those walking shoes.
- **Set specific goals.** There are many benefits to walking, but each person has their own reasons. So what moves you? Want to lose weight? Need to lower your blood pressure? Want to have more energy? Setting clear goals will help you track your progress. But be realistic. Start with small goals that are easy to attain, such as walking 15 minutes, and then gradually set higher goals.
- **Write it down.** Keep a personal walking log. Simply writing down how long you walked, how far and how you felt can help you track your progress and reach your goals.
- **Stick with the basics.** You don't have to be a marathon runner to reap the rewards of exercise. In fact, as far as exercise goes, walking is the most effective way to keep your heart strong. With that sort of payoff, who needs washboard abs? Keep it simple and develop a walking plan that works for you.

Walking 101 cont'd

- **Injury Proof Your Walk.** Don't get sidelined by a walking injury. Keep your strides long and strong by learning how to prevent the pains and strains of walking. Healthcare providers can provide useful, personalized advice on how to reduce risks of injuries, If you have a chronic health condition see a healthcare provider before beginning a new physical activity routine.
- **Loosen up.** Warm up cold muscles by walking at an easy pace for the first few minutes, After your warm-up, take the time to stretch. Flexibility exercises should focus on your hamstrings, calves, hips and chest, Once you feel a slight pull, hold the stretch for 20-30 seconds. End each walk with the same stretches.
- **Replace old shoes.** Although you don't need to worry about breaking in walking shoes, you do need to worry about wearing them out. Shoes begin to lose their cushioning after 350-500 miles of walking, so hit the road in a new pair every three to six months.
- **Walk the right way.** Is it possible to walk wrong? You bet. A sloppy gait slows you down and puts stress on your muscles and joints. Walk faster and farther by having a good form. Keep your head up, stomach in and shoulders relaxed, Allow your heel to hit the ground first, then roll your foot and push off from the toe. And stick to your natural step length. If you want to pick up speed, take quicker steps instead of longer strides.



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Donna Klopneski
Office Assistant

Pat Hinze
Head Cook

Jenny Rosenbaum
Program Assistant

Janet Liss
Program Assistant