This year is quickly coming to an end!

We hope your holidays are filled with joy and laughter. May happiness bring you into the New Year and last all year long.

Sincerely,
All your friends at The GFC
• Guidelines are constantly changing please read page 10 for all updates
• The Golden Friendship Center and all Adams County Programs will monitor weather conditions closely. In the event of severe weather we will close the office building. If we do close, there will be NO services OR Home Delivered Meals.
*Please watch your local TV stations for closings. Look for “The Golden Friendship Center”

10 POINT PITCH
Tuesday, December 7, 2021
1:00-3:30pm

Tuesday, December 21, 2021
1:00-3:30pm

Our Monthly Toenail Clinic is Tuesday, December 7, 2021

*Appointment times will be made for each individual. *Masks are recommended but not required  *Please do not come if your are ill.

The cost is $10. We are only able to serve 12 people per month. The list will fill quickly, but once filled you will have the opportunity to be put on the waiting list or the following months list.
To Schedule an appointment please call 402-460-1246

Wear your ugly sweater to Birthday Anniversary Day December 15th

Best Sweater gets a prize!!

Christmas Dinner
Tuesday, November 23, 2021

To-Go will start serving at 11:45 Dining Room Served at 12:15. Get you name on the list because spaces fill up fast!
**VOLUNTEER OPPORTUNITIES**

* Long term care Ombudsman volunteers—Do you want to get paid six figures in S*M*I*L*E*S? Then Becoming an advocate for seniors in long-term and assisted living facilities may be for you. As a volunteer you would be going into facilities, and visit with the residents about any concerns that they may have. The appropriate candidates will be working directly with the program coordinator. Training will be provided free of charge after background checks are completed.

  Please contact
  Brenda McVey
  Midland Area Agency on Aging
  402-463-4565 Ext 311

* Home Delivered Meal Drivers—Do you have some free time over the lunch hour? We need a few individuals to help deliver home delivered meals in Adams County. This is a volunteer position with the opportunity for mileage reimbursement. Meals are delivered year round Monday—Friday (Holidays and severe weather excluded). You can deliver 1-5 days per week. All volunteers are required to pass a background test.

  Please contact
  The Golden Friendship Center at
  402-460-1246
WALKING
The gym offers a smooth surface and a controlled climate. The gym is available for walking any time it is unoccupied Monday–Friday.

Below are the current available hours open to walk.
Monday 10am–1pm   Tuesday 8am–2pm
Wednesday 8am–1pm  Thursday 10am–2pm
Friday 8am–1pm

SANITIZATION
PLEASE BRING YOUR OWN WATER BOTTLE AS BEVERAGES WILL NOT BE AVAILABLE.

HAND SANITIZER WILL BE AVAILABLE THROUGHOUT THE BUILDING.

YOU ARE REQUIRED TO SANITIZE EQUIPMENT AFTER USE.

STAFF WILL BE SANITIZING SURFACES DAILY AND AFTER EACH CLASS.

ALTHOUGH MASKS ARE NOT REQUIRED THEY ARE HIGHLY RECOMMENDED

ACTIVITY ROOM
Our Activity Room is available Free of Charge
Monday–Friday 8:00 am to 4:00 pm
All participants MUST have a signed waiver on file to use all exercise equipment.

Equipment available
- 2 NuStep
- 2 Treadmills
- 1 Elliptical
- 1 Air Dyne

Tai Chi: Moving for Better Balance
An evidence-based interventions for the prevention of falls. The Oregon Research Institute (ORI) developed Tai Chi: Moving for Better Balance, which was tested and demonstrated effective in decreasing the number of falls, the risk of falling, and fear of falling. The purpose is to improve the functional balance and physical performance in adults aged 60 and older.

Maintenance Tai Chi is every Tuesday and Thursday 2:00–3:00pm
You MUST have completed a beginners course before attending Maintenance

We currently do not have a beginners class available

FROGS
An exercise program designed to help older adults improve their mobility and strength to help prevent injuries caused by falls. Exercise is low impact, with or without chair assistance, and only as strenuous as you want it to be!

FROGS is held every Monday and Wednesday from 3–4 pm.
Do you have Medicaid?

If you have Medicaid, we can give you a ride to your medical appointments! We are currently contracted with Nebraska Total Care, United Health Care and Well Care of Nebraska to provide transportation services. When making your appointment ask for Midland Public Transit, 1-888-997-1655.

Site Council Elections

Elections will be held Wednesday, December 15th

If you would like to be a part of the team that keeps things in rolling at The Golden Friendship Center let us know! We need 2 new members for this election.

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.
DID YOU KNOW
GRANTS ARE
AVAILABLE TO
ASSIST
CAREGIVERS
WITH THEIR
JOURNEY?

Respite Care—
Allows for bringing
in extra services to
give a caregiver a
break
Supplemental Ser-
vices—Helps pay for
meal services, life-
lines, etc.

For more infor-
mation contact
Midland Area Agency
on Aging 402-463-
4565 ext. 311

Happy Holidays!
Do you have insurance questions or need help with resources?

The Nebraska's Aging and Disability Resource Center is available to provide information to anyone whom is aging or individuals with disabilities of any age, their family, friends, caregivers and other community agencies. We can provide information and assistance about long term services and supports and offer unbiased information that is relevant to your needs.

To reach the ADRC please call Sheryl at 402-463-4565 ex. 309, staff are available to answer your call between the hours of 8:00 - 5:00 Monday - Friday.
This year for our Service Project we have chosen The Bridge Inc.

Since 1977, The Bridge has offered long-term residential treatment services for women in a therapeutic, transitional setting. We are a gender competent facility located in a residential area of Hastings, Nebraska. Daily living in a family atmosphere helps individuals develop a sense of normalcy and community in a non-threatening environment that is alcohol and chemical-free.

We are collecting personal supplies for mothers to use upon arrival to the program. Oftentimes, these women have nothing more than the clothes on their back when they arrive. Below is a list of items that would be helpful. Cash donations can also be given to a site council member or staff. Please make check payable to The Bridge Inc.

ITEMS NEEDED

**Travel sized or full sized toiletries**
(Shampoo, Conditioner, body wash, soap, toothpaste, deodorant, lotion)

**Travel or full sized children's toiletries**
(Shampoo, Conditioner, body wash, soap, toothpaste, wipes, lotion)

**Manicure Sets**

Although the Children’s Christmas gift needs are met by community organizations, the Mother’s rarely receive gifts.

There are 10 Mothers that we would love to set up small gift bags for. Items could include fuzzy socks, journals and writing utensils, nail polish, or other small items that we can disperse between the gift bags.

All Donations MUST be in by December 15th
**Ingredients:**
- 12oz Left Over Turkey
- Onion (1 cup)
- Celery (3 Stalks)
- Water Chestnuts
- Mushrooms (1 Can)
- 16oz can Cream Of Mushroom Soup
- 6 oz Sliced Almonds
- 2 Cups Miracle Whip
- Chow Mein Noodles (1 Bag)

**Directions:**
- Pre-heat oven to 350
- Combine all ingredients except Chow Mein noodles.
- Mix thoroughly
- Place in Baking dish
- Bake at 350 till bubbly.
- Remove from oven
- Put one bag of chow mien noodles on top and return to oven
- Bake until they are brown and crisp.
WHAT WILL THIS COST ME?
All of our meals are contribution based. This means we do not charge for the cost of them, but we suggest a contribution amount that helps keep this program running in the future.

ALL Meals at ALL Adams County Sites for ALL Participants over 60 have a suggested Contribution of $5.00

Meal programs are supported by funding through the Federal Older American’s Act (OAA), the state of Nebraska, local donations, and your contributions. Any contribution is voluntary and confidential.
Midland Area Agency on Aging oversees programs designed for individuals over the age of 60 set in place by the Older Americans Act (OAA). These programs are funded by state and federal grants and have different eligibility requirements. All OAA services are available to anyone over the age of 60 regardless of ability to contribute monetarily.

Midland Area Agency on Aging

FOR REFERRALS OR QUESTIONS CALL MIDLAND AREA AGENCY ON AGING AND SPEAK WITH NICOLE

402-463-4565 EX. 301

Available for a limited time!

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frank.musalek@edwardjones.com

For ad info. call 1-800-950-9952 • www.lpicommunities.com
Golden Friendship Senior Center, Hastings, NE F 4C 05-1191
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>1 BBQ Chicken Quarters, Au Gratin Potatoes, Cream Cheese Corn, Cantaloupe, Roll</td>
<td>2 Hot Beef Sandwich, Mashed Potatoes/Gravy, Carrots, Honeydew, Pie</td>
<td>3 Seasoned Pork, Macaroni Salad, Baked Beans, Fruit Glaze Salad, Roll, Cookie</td>
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<td>F.R.O.G.S 3–4pm</td>
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<tr>
<td>6 Hamburger Steak, Mashed Potatoes/Gravy, Green Beans, Peaches, Roll</td>
<td>7 Lemon Chicken, Cheesy Hash browns, Carrots, Cinnamon Apples, Cheddar Biscuit, Cookie</td>
<td>8 Pork Loin, Mashed Potatoes/Gravy, Zucchini, Pineapple/Orange Jell-O, Roll, Fruit Crisp</td>
<td>9 Site Council 9am Cheeseburger, Potato Wedges, Macaroni Salad, Grapes</td>
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<tr>
<td>F.R.O.G.S 3–4pm</td>
<td>Bread Bingo Bridge 1–3:30pm Maintenance Tai Chi 2–3pm</td>
<td>F.R.O.G.S 3–4pm</td>
<td>Maintenance Tai Chi 2–3pm</td>
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<tr>
<td>13 Chicken Alfredo, Carrots, Oranges, Cheese Bread</td>
<td>14 Music With Dolores Chicken Fried Steak, Mashed Potatoes/Gravy, Corn, Roll, Brownie Bread Bingo 10pt Pitch &amp; Bridge 1–3:30pm Maintenance Tai Chi 2–3pm</td>
<td>15 Birthday &amp; Anniversary Meatloaf, Mashed Potatoes/Gravy, Green Beans, Cantaloupe, Roll, Cake BINGO Following Lunch F.R.O.G.S 3–4pm National Ugly Sweater Day Wear Yours!!!</td>
<td>16 Chipped Beef Gravy, Mashed Potatoes, Mixed Veggies, Mixed Fruit, Biscuit, Pie Maintenance Tai Chi 2–3pm</td>
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<td>20 Swiss Steak, Baked Potato, Corn, Peaches, Roll, Fruit Crisp</td>
<td>21 Christmas Dinner Pineapple Glazed Ham, Sweet Potato, Roll Casserole, Green Bean Casserole, Fruit Glaze Salad, Pie Bridge 1–3:30pm Maintenance Tai Chi 2–3pm</td>
<td>22 Ranch Chicken, Roasted Potatoes, Cauliflower, Grapes, Cheddar Biscuit NO FROGS!!!!</td>
<td>23 Hot Turkey Sandwich, Mashed Potatoes/Gravy, Peas, Oranges, Cookie Maintenance Tai Chi 2–3pm</td>
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<td>27 Ham &amp; Beans, Carrots, Pears, Corn Bread, Dessert Bar</td>
<td>28 Baked Cod, Roasted Potatoes, Corn, Honey Dew, Roll Bread Bingo Bridge 1–3:30pm Maintenance Tai Chi 2–3pm</td>
<td>29 Monterey Chicken, Au Gratin Potatoes, Peas, Pineapple, Cheddar Biscuit, Cookie NO FROGS !!!!</td>
<td>30 Chili, Coleslaw, Cantaloupe, Cinnamon Rolls Maintenance Tai Chi 2–3pm</td>
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<td>24 Closed Christmas Eve</td>
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<td>27 Closed New Year’s Eve</td>
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Orders MUST be received by 2pm the day before. To order meals please call (402) 460-1246