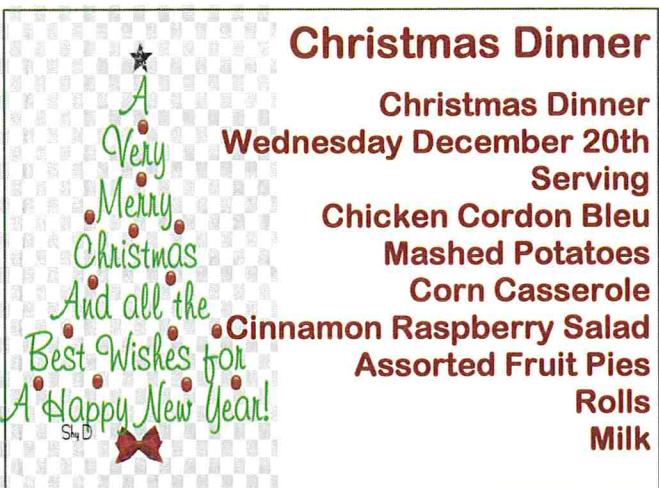


December Heritage Happenings 2023



We will be closing at Noon on
Friday December 22nd,
and all day
Monday December 25th

Christmas Brunch
Friday December 22nd 10:00 a.m.
Egg Casserole
Sausage
Potato Cake
Fruit Salad
V-8 Juice
Cinnamon Rolls



2024

Social Security recipients will receive a 3.2% cost of living adjustment in 2024. The Centers for Medicare & Medicaid Services (CMS) has announced that the standard monthly Part B premium will be \$174.70 in 2024, an increase of \$9.80 from \$164.90 in 2023. The annual deductible for Medicare Part B will increase by \$14 in 2023 to \$226 to \$240.00. Part B deductible will affect only those who have a Plan G Supplement.

**Please make your Christmas Dinner and
Christmas Brunch reservations as soon as possible!**

December Birthdays

Jim Pettra	2	Sharolyn Hornkohl	14
Susan Davidson	3	James Lankford	16
Marion Dempewolf	4	Hugh Kenny	17
Marilyn Wilson	4	Rose Day	19
Vickey Weigel	4	Carol Bridgeman	20
Judith Otto	5	Willetta Bieker	20
Linda Moses	7	Marlene Hamill	22
Diane Purvis	7	Ron Jacobs	24
Myrna Haag	7	Mary Duffield	24
Roger Krizek	9	Karen Meints	26
Sylvia Patterson	9	Shannon Pevoteaux	29
Sandy Fisher	10	Ed Sughrue	30
Gloria Tinkham	10	Joanne Deland	31
Lois Cain	13		

IMPORTANT INFORMATION AND PHONE NUMBERS

Heritage Senior Center

Staff

Beth Siegfried—Director

Donna Blake—Home Del. Meals

Tracy Crocker—Head Cook

Joni Kivlehen—Assistant Cook

Matt Kenner—Assistant Cook

Paula Missing—Maintenance

Open Monday through Friday
8:00 to 4:30

345-1760 for reservations

Phone: 308-345-1760

McCook Public

Transit Staff

Beth Siegfried—Director

Justin Randolph—Driver

Donna Blake—Dispatcher

Substitute Drivers

Brent Klien

Mike Towery

Open Monday through Friday

8:30 to 4:30

Call 345-6098

to reserve a ride

Phone 345-6098

BIG THANKS

Thank you to all our awesome volunteers who have helped use this past year. We would not be able to do what we do without your help.



Transit will closed on Friday the 22nd of December at noon, and all day Monday December 25th.

THANK YOU FOR SUPPORTING HERITAGE SENIOR CENTER

Community Hospital &
KINSHIP POINTE: Daily Menu on
KICX & KIOD

Community Hospital
Monthly Bingo

FIRST CENTRAL BANK: Monthly
Drawing
Bi-Monthly Birthday Cake

MIDWEST LIBERTY
Federal Credit Union
Ice cream

Pinnacle Bank
Bi-Monthly Meal Drawing

MNB: Monthly Drawing and
Ice Cream,

U-SAVE PHARMACY:
Weekly Menu in Gazette

REDWILLOW CO HEALTH
DEPARTMENT

Monthly Blood Pressure Clinic

BEE FIT WITH KRISTEN

Weekly Exercise Classes

Walmart Bi-Monthly
Birthday Cake

**Thank you for
donations
made in November**

Cindy Dame

Class of 1952

Judy Hall

Vivian Land

Gene Meints

Shannon Pevatouex

**First Interstate
Bank system Foundation**

NEBRASKA SHIP

Local help for Nebraskans
with Medicare

The December 7, 2021 deadline to get your Medicare Part D Drug plan review done is coming up fast. It only takes about 10 minutes to check to see if you still have the best drug plan or if you can save money by changing plans. Please take the time to do this each year.

I have had many questions about the constant commercials you are seeing and mailings you are receiving regarding Medicare Advantage plans. If you listen closely or read the fine print it says "you may be eligible for benefits based on your zip code." This means that not all the benefits they are mentioning may be available in Nebraska or Red

Willow County. These are national ads and they make it sound really good. I would encourage anyone who is interested in a Medicare Advantage Plan to please check into them and not just go off what you hear on the commercials. I encourage you to do some research and make sure you understand how they work before enrolling into one. They work very differently from the traditional Medicare and Medicare Supplement. If you do decide to try out the Advantage Plans available in Red Willow Co, remember you have up to 12 months to change your mind and go back to your supplement without having to pass underwriting. After a year if you want to go back you will have to be able to pass underwriting. If you have questions, just call me at 345-1760.

Product of the Month Powdered & Brown Sugar

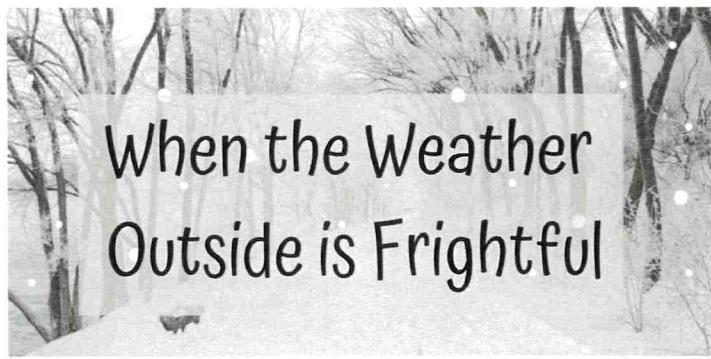


INCLEMENT WEATHER POLICY

Please listen to KICX, KIOD, or NTV for announcements on the Senior Center, Public Transit and Home Delivered Meals being cancelled. Our policy is if McCook Public Schools are closed due to bad weather, then we will be closed. If McCook Public Schools are delayed the Senior Center and Public Transit will operate with normal hours. If travel becomes hazardous during the course of the day due to bad weather, the activities may be canceled for the remainder of the day. If this occurs, all transit passengers will be driven home. No passengers will be left stranded.



Thanks for getting into the spirit of things and dressing up for Halloween.



I am looking for volunteers who would be willing to work with elementary students once a month. Some of the ideas are to teach them how to sew on a button, maybe make a beanbag, hammer a nail, maybe make a small box, write a thank you, set a table and anything else we can come up with. Let me know if you would be interested.

VOLUNTEERS

McCook Heritage Senior Center

**1312 W. 5th St.
McCook NE 69001**

**Phone 308-345-1760
Fax 308-345-6795**

We're on the web!

www.cityofmccook.com

**"In Youth We Learn
In Age We Understand"**

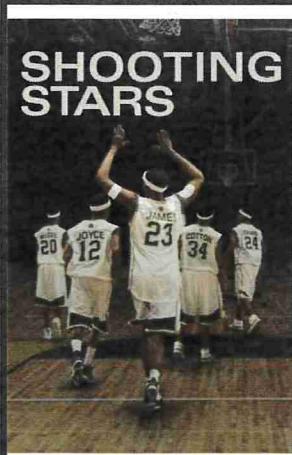
The City of McCook Heritage Senior Center is sponsored by the Nebraska Commission on Aging with matching funds from the City of McCook, and personal donations. The Heritage Senior Center provides referral services, nutritional meals, health programs and recreational opportunities to people over 60 years of age. Monday through Friday 8:00 to 4:30. For more information call 345-1760

The City of McCook Public Transit provides transportation within the city limits of McCook. It is a dial-a-ride system. The cost to ride the public transit is \$2.00 per boarding. The transit operates Monday through Friday from 8:30 a.m. to 4:00 p.m. To schedule a ride call 308-345-6098



From writer and director Nia Vardalos, the worldwide phenomenon *My Big Fat Greek Wedding* is back with a brand-new adventure. Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twists and turns. Opa!

Showing in the Pool Room December 20th, at 12:30



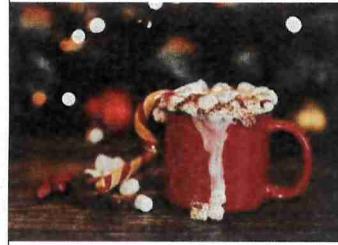
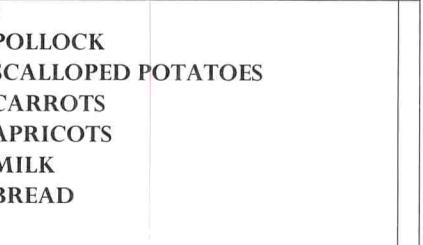
Based on the book by LeBron James and Pulitzer Prize-winning author Buzz Bissinger (*Friday Night Lights*), *Shooting Stars* is the inspiring origin story of a basketball superhero, revealing how LeBron James and his childhood friends become the #1 high school team in the country, launching James's breathtaking career.

Showing in the Pool Room December 27th, at 12:30

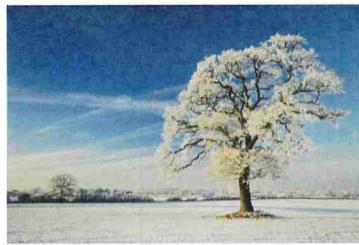


May warm, special memories brighten your holidays. Wishing you all the blessings of CHRISTMAS ...and time to enjoy them. May you stay healthy this holiday season and throughout the New Year. MERRY CHRISTMAS and HAPPY NEW YEAR from the staff of Heritage Senior Center and City of McCook Transit .

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
4 SMOTHERED CHICKEN RICE ORIENTAL BLEND PICKLED BEETS FRUIT JUICE BREAD MILK	5 SLOPPY JOES FRENCH FRIES PEAS & CARROTS MIXED FRUIT LEMON PUDDING MILK	6 KIELBASA & POTATO CASSEROLE DICED BEETS PINEAPPLE / ORANGES DISHPAN COOKIES BREAD MILK	7 LASAGNA GREEN BEANS COTTAGE CHEESE PEACHES GARLIC BREAD MILK	8 POPCORN SHRIMP SWEET POTATO FRIES BRUSSEL SPROUTS GRAPES ALMOND CAKE BREAD MILK	
11 CHICKEN ENCHAILADA REFRIED BEANS CORN APRICOTS CHURRO MILK	12 SALISBURY STEAK MASHED POTATOES WINTER BLEND CINNAMON PEARS BREAD MILK	13 HAM LOAF SWEET POTATOES PEAS PINNEAPPLE PEACHES & CREAM BAR BREAD	14 CHICKEN & DUMPLINGS GREEN BEANS APPLESAUCE CHEESE STICK HEATH COOKIES MILK	15 TURKEY HAM & CHEESE ROLL UPS BAKED POTATO BAKED BEANS STRAWBERRIES & BANANAS WHITE CAKE	
18 CHICKEN STRIPS TATOR TOTS MIXED VEGATABLES MIXED FRUIT BUG BITES BREAD MILK	19 CHILI MAC GREEN BEANS CARROTS/CELERY PEACHES NO BAKE COKKIES CORN BREAD MILK	20 CHRISTMAS DINNER CHICKEN CORDON BLEU MASHED POTATOES CORN CASSEROLE CINNAMON RASPBERRY SALAD ASSORTED PIES ROLLS MILK	21 BEEF STEW CAULIFLOWER CARROT SALAD FRUIT JUICE BISCUIT MILK	22 SERVING AT 10:00 EGG CASSEROLE CINNAMAN ROLLS SAUSAGE V-8 JUICE POTATO CAKES FRUIT SALAD MILK	
25 	26 TATOR TOT CASSEROLE CALIFORNIA BLEND APRICOTS PISTACHIO SALAD BREAD MILK	27 SAUSAGE GRAVY POTATO CAKES TOMATO JUICE ORNAGE JELLO / MADRIN ORANGES BISCUIT MILK	28 CHICKEN SPAGHETTI DICED TOMATOES ITALIAN BLEND CHERRY APPLESAUCE PEANUT BUTTER BAR BREAD MILK	29 ROAST BEEF MASHED POTATOES CATALINA BLEND TROPICAL FRUIT BIRTHDAY CAKE ROLLS MILK	

December 2023

u	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30
3	4 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	5 BINGO 12:30 BEE FIT WITH KRISTEN 12:30	6 STRENGTH TRAINING 12:30	7 QUEEN OF CLUBS 12:45 BEE FIT WITH KRISTEN 12:30	8 FRIDAY BRIDGE STRENGTH TRAINING	9
10	11 BARGAIN BAZAAR HELPERS 11:45 CLUB 42 12:45 SASSY SENIORS 12:45 STRENGTH TRAINING 12:30	12 BINGO SPONSORED by COMMUNITY HOSPITAL 12 BEE FIT WITH KRISTEN 12:30	13 ST THERESA CIRCLE 12:45 VICTORY CARD CLUB 12:45 ZUMBA DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	14 BEE FIT WITH KRISTEN 12:30	15 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30	16
17	18 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	19 BINGO 12:30 INDIANOLA CRAZY 8 BEE FIT WITH KRISTEN 12:30	20 CHRISTMAS DINNER MND BANK DRAWING & ICE CREAM MOVIE: MY BIG FAT GREEK WEDDING 3 ZUMBA DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	21 BEE FIT WITH KRISTEN 12:30	22 CHRISTAMS BRUNCH 10:00 CLOSE AT NOON	23
14	25 	26 BINGO 12:30 BEE FIT WITH KRISTEN 12:30	27 MOVIE: SHOOTING STARS LABRON JAMES STORY STRENGTH TRAINING 12:30	28 BLOOD PRESSURE 11:00 TO 11:45 BEE FIT WITH KRISTEN 12:30	29 BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING BIRTHDAY CAKE 11:45 STRENGTH TRAINING	30