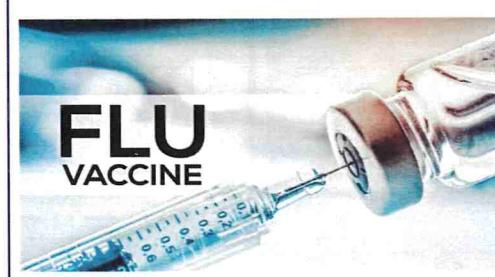


September



Heritage Happenings 2024



The Red Willow County Health Department

Mark your calendars
Red Willow Co Health Department will conduct a Flu Shot Clinic on Thursday September

26th, 2024 in the Divided Meeting Room from 11:00 to 1:00. They will file insurance if needed. Make your calendars and stay healthy!

We will be closed Monday
September 2nd in



**Join Us for
Instant Pot Cooking
Heritage Senior Center
Thursday September 12
10:00 AM to 11:00AM**



**Discover the magic of the Instant Pot
Learn the benefits, techniques,
and recipes, plus enjoy samples**

FARMERS MARKET COUPONS

I have several coupon books left for this year. Please contact me at 308-345-1760, if you are interested and qualify or if you know of anyone who could use them.



FOOTCARE

at

Red Willow Health Department

-Susan Ihrig RN provides footcare. A typical footcare appointment includes a foot soak, nail trim/filing, foot massage, and treatment of minor corns or callouses. Call Red Willow Co Health Department at 345-6130 for an appointment. Please bring your own basin and towel. \$30.00 per visit.



Monthly Blood Pressure Clinic
Thursday September 26, 2024
11:00 to 11:45
Senior Center Library



Happy
FALL y'all

First Day of Fall September 22nd

JUST A FRIENDLY REMINDER

Please return the Home Delivered Meal Trays. These need to be rinsed out and returned the next day. We are currently having difficulties getting all of the items we order, so please be patient if we have to substitute items on the menu. When making meal reservations or cancelling please call by 9:00 am.



Thank you to the Glenice Discoe Family for the generous donation to the Senior Center in memory of their Mother Glenice Disco



Thank you to the Doyle Family for designating the Heritage Senior Center as the recipient of Carla Bales memorials. Memorials received from: Yvonne West, Joanne Dueland, Scott & Kristy Hanchera, Class of 1953, ED & Susan Townsley, , Rory & Judith Cook, Sheree Bacus-Reigier, Glen & Judy Haney and several others.

September Birthdays

Bobby Martin	1
Rex Moore	1
Fred Pinkal	3
Jim Mitchem	4
Cheryl Yoder	9
Sharon Parde	11
Sharolyn Troutman	11
Daniel Stramel	12

Jean Grant	12
Dennis Foster	14
Karen Stevenson	15
Mona Anderson	18
Judy Hall	22
Sharon Sughrue	22
Pat Foley	24
Jan Seligman	26

IMPORTANT INFORMATION AND PHONE NUMBERS

Heritage Senior Center Staff

Beth Siegfried—Director
 Donna Blake—Home Del. Meals
 Tracy Crocker—Head Cook
 Matt Kenner—Assistant
 Paula Missing—Maintenance
 Open Monday through Friday
 8:00 to 4:30
 Phone: 308-345-1760

McCook Public Transit Staff

Beth Siegfried—Director
 Justin Randolph—Driver
 Donna Blake—Dispatcher
 Substitute Drivers
 Mike Towery,
 John Johnson
 Open Monday through Friday
 8:30 to 4:30
 Call 345-
 6098
 to reserve
 a ride
 Phone 345-
 6098



THANK YOU FOR DONATIONS MADE IN AUGUST

Peggy Appleyard	Dan Harland
Verna Barnett	Nita Malleck
Jo & Harold Bebe	Bill & Sandy McConville
Doug Burr	Eldon & Sharon Parde
Kathy Cappell	Fred & Heidi Pinkal
Judy Hall	Dick & Ann Trail

THANK YOU FOR SUPPORTING HERITAGE SENIOR CENTER

Community Hospital Health Foundation: Daily Menu on KICX

Community Hospital Monthly Bingo Menu and Activities in McCook Gazette

FIRST CENTRAL BANK: Monthly Drawing Bi-Monthly Birthday Cake

First Christian Church Ice Cream

KINSHIP POINTE Free ice cream on Tuesdays

MIDWEST LIBERTY Federal Credit Union Ice cream

Pinnacle Bank Quarterly Meal Ticket Drawing

MNB: Monthly Drawing and Ice Cream,

REDWILLOW CO HEALTH DEPARTMENT Monthly Blood Pressure Clinic BEE FIT WITH KRISTEN Weekly Exercise Classes

Walmart Bi-Monthly Birthday Cake

Product for the month of



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 and also receives funds from the Federal Older Americans Act with matching funds from the City of McCook, and personal donations. The senior center provides referral services, nutritional meals, health programs and recreational opportunities to people 60 years of age and older.

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 demand-response system. The cost to ride the public transit is \$2.00 per boarding.

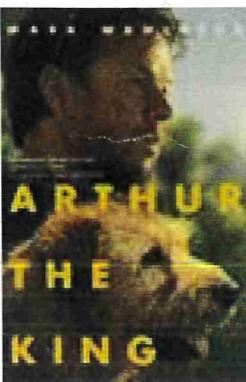
The transit operates Monday through Friday from 8:30 a.m. to 4:30 p.m.
To schedule a ride call 308-345-6098



ORDINARY ANGELS

A struggling hairdresser finds a renewed sense of purpose when she meets a widowed father working hard to care for his two daughters. With his youngest critically ill and waiting for a liver transplant, the fierce woman single-handedly rallies an entire community to help.

Showing in the Pool Room
Thursday, September 19th at 12:30



Arthur The King

Desperate for one last chance to win, Michael Light convinces a sponsor to back him and a team of athletes for the Adventure Racing World Championship in the Dominican Republic. As the team gets pushed to the outer limits of endurance, a dog named Arthur comes along for the ride, redefining what victory, loyalty and friendship truly means.

Showing in the Pool Room
Thursday September 26 at 12:30

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	S
 2	CHICKEN SPAGHETTI WINTER BLEND TOMATO JUICE MIXED FRUIT BREAD MILK	3 HAM SLICE SWEET POTATOES PEAS 5-CUP SALAD JELLO CAKE BREAD MILK	4 RUNZA CASSEROLE FRENCH FRIES DICED BEETS PEARS MONSTER COOKIES MILK	5 POLLOCK AUGRATIN POTATOES ITALIAN BLEND FRUIT JUICE PISTACHIO SALAD BREAD	6
FRENCH ONION CHICKEN BAKED POTATO BRUSSEL SPROUTS RASPBERRY APPLE SAUCE SNICKER DOODLE COOKIES BREAD MILK	9 CHICKEN STRIPS TATOR TOTS GREEN BEANS PEACHES BREAD MILK	10 POLISH DOGS MASHED POTATOES SAUERKRAUT MIXED FRUIT CINNAMON ROLL CAKE BREAD	11 PIZZA BURGER POTATO WEDGES BAKED BEANS FRUIT JUICE CHERRY PIE BAR MILK	12 TUNA & NOODLES PEAS & CARROTS PICKLED BEETS MUFFINS APRICOTS MILK	13
SMOTHERED CHICKEN SPUDSTERS BROCCOLI PINAPPLE / ORANGES BREAD MILK	16 PEPPER STEAK and RICE CAULIFLOWER 3-BEAN SALAD PEARS DISHPAN COOKIES BREAD MILK	17 ST. LOUIS RIB HASHBROWN CASSEROLE CORN GRAPES BREAD MILK	18 CHICKEN & DUMPLINGS MIXED VEGATABLES BROCCOLI SALAD FRUIT JUICE LEMON POPPY SEED BAR MILK	19 COD SANDWICH FRENCH FRIES CARROTS APPLE STRAWBERRY CAKE MILK	20
SPAGHETTI COLESLAW CALIFORNIA BLEND APRICOTS BUG BITES GARLIC BREAD MILK	23 CHICKEN BROCCOLI RICE CASSEROLE HOMINY PINAPPLE WALDORF SALAD HONEY BUN CAKE BREAD	24 HAM & POTATOE SOUP CHEESE SANDWICH V-8 JUICE PEARS CHEESE CAKE MILK	25 CHEESE & STEAK CASSEROLE GREEN BEANS BAKED APPLES SCOTCHEROOS BREAD MILK	26 ROAST BEEF MASHED POTATOES SPRING BLEND PEACHES BIRTHDAY CAKE ROLLS MILK	27
CHILE MAC CORN GREEN BEANS TROPICAL BLEND LEMON PUDDING BREAD MILK	30 				

SEPTEMBER 2024

SU	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
	CLOSED 2 	3 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITHKRISTEN12:30	4 STRENGTH TRAINING 12:30	5 THURSDAY PITCH12:30 BEE FIT WITHKRISTEN 12:30 FREE ICE CREAM MIDWEST LIBERTY FEDERAL CREDIT UNION	6 ACE OF CLUBS 12:45 STRENGTH TRAINING12:30 0	7
8	9 BARGAIN BAZAAR HELPERS 11:45 CLUB 42 12:45 STRENGTH TRAINING12:30	10 FREE ICE CREAM KINSHIP POINTE BINGO SPONSORED by COMMUNITY HOSPITAL12:30 BEE FIT WITHKRISTEN12:30	11 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:30	12 INSTANT POT CLASS 11:00 QUEEN OF CLUBS 12:30 THURSDAY PITCH 12:30 BEE FIT WITHKRISTEN 12:30	13 FRIDAY BRIDGE 12:45 STRENGTH TRAINING12:30	14
15	16 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	17 FREE ICE CREAM KINSHIP POINTE BINGO :12:30 BEE FIT WITHKRISTEN12:30	18 MND BANK DRAWING & ICE CREAM DLD CARD CLUB 12:45 STRENGTH TRAINING 12:	19 FREE ICE CREAM COMPLIMENTS OF MCCOOK CHRISTIAN CHURCH MOVIE: 12:30 BEE FIT WITH KRISTEN 12:30	20 ACE OF CLUBS 12:45 STRENGTH TRAINING12:30	21
22	23 BARGAIN BAZAAR HELPERS 11:45 CLUB 42 12:45 STRENGTH TRAINING12:30	24 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN12:30	25 DLD CARD CLUB 12:4 STRENGTH TRAINING 12:30	26 BLOOD PRESSURE 11:00 - 11:45 FLU SHOT CLINIC 11:00 -1:00 MOVIE 12:30: BEE FIT WITH KRISTEN 12:30	27 BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING & BIRTHDAY CAKE 11:45 FRIDAY BRIDGE 12:45 STRENGTH TRAINING12:30	28
29	30 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30					

SEPTEMBER

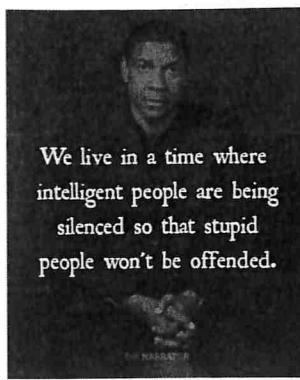
*September
national days
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the Holidays*



PATRIOT DAY
PROPOSAL DAY
GRATITUDE DAY
DEAF DAY
BATMAN DAY
SOBER DAY
ALZHEIMERS DAY

PEANUT DAY
GYRO DAY
CHAI DAY
SALAMI DAY
FAMILY DAY
GREENPEACE DAY
SCARF DAY

VFW DAY
RHINO DAY
RESPECT DAY
SKYSCRAPER DAY
TV DINNER DAY
SUDOKU DAY
COFFEE DAY



We live in a time where intelligent people are being silenced so that stupid people won't be offended.

