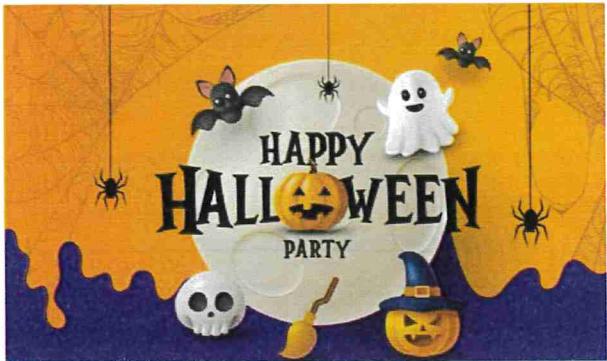


October

City Office

Heritage Happenings 2024



Halloween Party October 31st

In the spirit of Halloween please feel free to dress up in your favorite Halloween costume for lunch on Thursday October 31st. I will hand out lunch tickets to those who dress up.

You must be over 60 and wear a costume.

Advisory Board Meeting
Tuesday, October 22 2024
10:00 Heritage Senior Center
Conference Room

Blood Pressure Clinic
Senior Center Library
Thursday October 24st
11:00 to 11:45



Great Job!

Justin Randolph represented City of McCook Transit in the 32 annual Nebraska Association of Transportation Providers Roadeo in Keanery. Thank you for representing the City of McCook Transit. This is a really difficult driving course, plus a written test, a pre-trip inspection test and a wheel chair securement test. This year there was 10 Small Bus Drivers and 17 Mini Van Drivers.



Kathy Scusa with the Nebraska Commission for the deaf and hard of hearing will present a short program October 8th at Noon. She will explain some of the services she can offer



I will start
scheduling
appointments on
Tuesday
October 1st

DO YOU REVIEW?

Medicare Open Enrollment: October 15 - December 7

For a free, unbiased review of your Medicare Part D options contact Beth at the Heritage Senior Center for an appointment

1-308-345-1760

~~NEBRASKA~~ Local help for Nebraskans with Medicare.
SHIP www.doi.nebraska.gov/ship

This project was supported by grant number 90SAPG0078, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

October Birthdays

Charlie Powers	2
Dan Funk	2
Iva Fritz	3
Pauletta Gerver	3
Wanda Miller	6
Tami Lichty	7
Rich Hauxwell	10
Bette Rice	15
Anita Koch	19

Benjamin Marshall	19
Sandra McConville	22
Susan Ihrig	23
Mary Lebsack	23
Artie Berry	25
Brent Klien	25
Jim Hamill	27
Heidi Pinkal	28
Carla Quinn	30

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

**McCook Public
Transit Staff**
Beth Siegfried—Director
Justin Randolph —Driver
Donna Blake—Dispatcher
Substitute Drivers
Mike Towery
Brent Klien
Open Monday through Friday
8:30 to 4:30 Call 345-6098
to reserve a ride
Phone 345-6098



**Product of
the month**

Sugar



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

THANK YOU FOR
DONATIONS
MADE IN SEPTEMBER

Doug & Linda Burr
Kathy Cappell
Mary & Milton Duffield
Pat Foley
Duane Fortkamp
Judy Hall
George & Mary Huff
Patsy Kelly
Kent Kotschwar
Nita Malleck
Dan McCormick
Sandy McConville
Dick & Ann Trail
Sharolyn Troutman

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"**



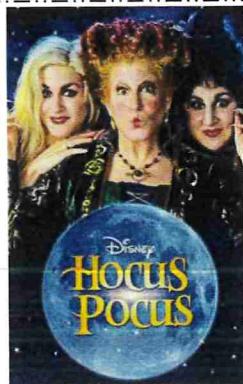
The City of McCook Heritage Senior Center is sponsored by West Central Nebraska Area on Aging, matching funds from the City of McCook, and personal donations. The senior center provides referral services, nutritional meals, health programs and recreational opportunities to people 60 years of age and 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



This film update of the "Maverick" TV series finds the title cardsharp (Mel Gibson) hoping to join a poker contest with an impressive payoff. In order to enter, **Maverick** must first put up a large cash sum. He scams hopeful contestants Annabelle (Jodie Foster) and Angel (Alfred Molina) in a preliminary card game to win the money he needs, making enemies of both players. While trying to evade Annabelle and Angel, the crafty **Maverick** realizes a cunning marshal (James Garner) is also on his tail.

Showing in the Pool Room Thursday October 24Th at 12:30



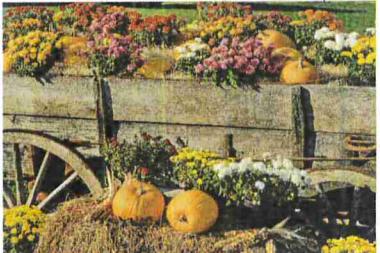
After moving to Salem, Mass., teenager Max Dennison (Omri Katz) explores an abandoned house with his sister Dani (Thora Birch) and their new friend, Allison (Vinessa Shaw). After dismissing a story Allison tells as superstitious, Max accidentally frees a coven of evil witches (Bette Midler, Sarah Jessica Parker, Kathy Najimy) who used to live in the house. Now, with the help of a magical cat, the kids must steal the witches' book of spells to stop them from becoming immortal.

Showing in the Pool Room Thursday October 31, at 12:30

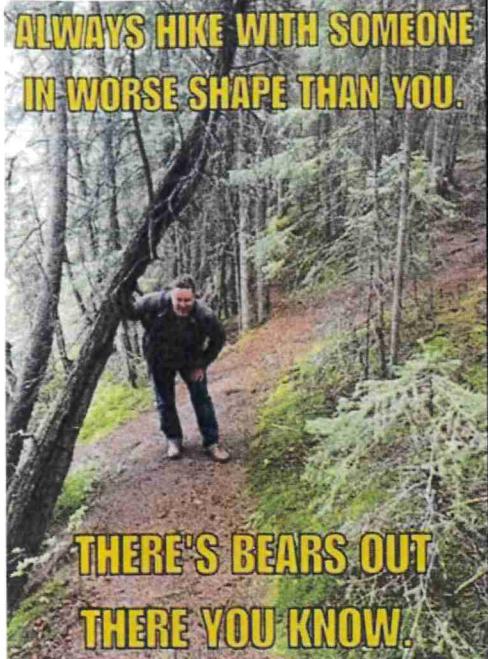
OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 PARMESAN CHICKEN CASSEROLE ITALIAN BLEND CELERY / PEANUT BUTTER PEACH CRISP RAISINS GARLIC BREAD MILK	2 HAM LOAF PEAS CINNAMON PEARS CHOCOLATE SUGAR COOKIES BREAD MILK	3 CHICKEN FAJITAS SPANISH RICE REFRIED BEANS DICED TOMATOES APPLESAUCE SOPAIPILLA CHEESECAKE MILK	4 VEGATABLE BEEF SOUP CHEESE SANDWICH PICKLED BEETS GRAPE MILK
GERMAN MEATBALLS BAKED POTATO SPINACH FRUIT JUICE LEMON CAKE BREAD MILK	7 TURKEY & DRESSING GREEN BEANS CAULIFLOWER SALAD MIXED FRUIT PEANUT BUTTER COOKIES MILK	8 PORK LOIN SANDWICH MASHED POTATOES CORN PINEAPPLE / ORANGES MILK	9 CHICKEN ROLL-UP BABY BAKERS CARROTS ORANGE DUMP CAKE MILK	10 LEMON CRUSTED TIOPPIA AUGRATIN POTATOES CHEESY CABBAGE STRAWBERRIES / BANANAS CHEESE STICK BREAD MILK
14 CHICKEN POT PIE CASSEROLE BREADED TOMATOES TROPICAL FRUIT CHOCOLATE PUDDING MILK	15 BEEF & NOODLES CARROTS APRICOTS PISTACHIO SALAD BREAD MILK	16 SAUAAGE GRAVY POTATO CAKE V-8 JUICE APPLE SUGAR COOKIES BISCUIT MILK	17 PIZZA CORN PEA SALAD CINNAMON BAKED APPLES ALMOND CAKE BREAD MILK	18 POLLOCK SCALLOPED POTATOES MIXED VEGATABLES PEARS PEACHES & CREAM BAR BREAD MILK
21 GOULASH GREEN BEANS COLESAW PEACHES BUG BITES GARLIC BREAD MILK	22 CHICKEN PATTY SANDWICH FRENCH FRIES HOMINY 5 CUP SALAD NO BAKE COOKIES MILK	23 PULLED PORK OVER MAC & CHEESE BAKED BEANS CARROT SALAD FRUIT JUICE BREAD MILK	24 SHEPARDS PIE CHEESY CAULIFLOWER GRAPES BUTTERSCOTCH DESERT BREAD MILK	25 CHICKEN FRIED STEAK MASHED POTATOES SPRING BLEND SUNSHINE SALAD BIRTHDAY CAKE ROLLS MILK
28 CHICKEN ALFREDO NOODLES GREEN BEANS DICED TOMATOES PEARS GARLIC BREAD MILK	29 SALISBURY STEAK MASHED POTATOES WINTER BLEND FRUIT JUICE PEACH COBBLER BAR BREAD MILK	30 KIELBASA & POTATO CASSEROLE BRUSSELS SPROUTS MIXED FRUIT OATMEAL CHOCOLATE CHIP BAR BREAD MILK	31 CHILI CHEESE SANDWICH BROCCOLI SALAD PINEAPPLE APPLECAKE MILK	

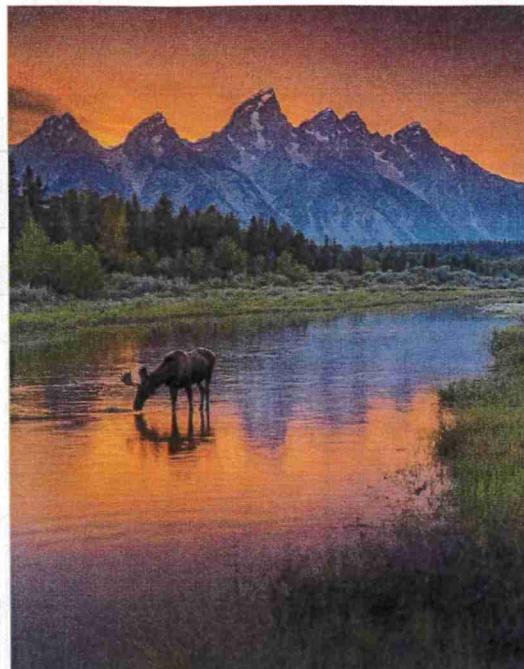
OCTOBER 2024

SU	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITHKRISTEN12:30	2 WEDNESDAY PITCH 12:30 STRENGTH TRAINING 12:30	3 KT CARD CLUB 12:30 BEE FIT WITHKRISTEN 12:30	4 FREE ICE CREAM MIDWEST LIBERTY FEDERAL CREDIT UNION ACE OF CLUBS 12:45 STRENGTH TRAINING12:30	5
6	7 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	8 NEBRASKA COMMISSION FOR THE DEAF AND HARD OF HEARING 12:00 FREE ICE CREAM KINSHIP POINTE BINGO SPONSORED by COMMUNITY HOSPITAL12:30 BEE FIT WITHKRISTEN12:30	9 ST THERESA CIRCLE 12:30 VICTORY CARD CLUB 12:45 DLD CARD CLUB 12:30 STRENGTH TRAINING 12:30	10 QUEEN OF CLUBS 12:30 BEE FIT WITHKRISTEN 12:30	11 FRIDAY BRIDGE 12:45 STRENGTH TRAINING12:30	12
13	14 SASSY SENIORS 21:30 BARGAIN BAZAAR HELPERS 11:45 CLUB 42 12:45 STRENGTH TRAINING12:30	15 FREE ICE CREAM KINSHIP POINTE BINGO :12:30 BEE FIT WITHKRISTEN12:30	16 MND BANK DRAWING & ICE CREAM WEDNESDAY PITCH 12:30 DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	17 BEE FIT WITH KRISTEN 12:30	18 ACE OF CLUBS 12:45 FREE ICE CREAM COMPLIMENTS OF MCCOOK CHRISTIAN CHURCH	19
20	21 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	22 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN12:30	23 DLD CARD CLUB 12:4 STRENGTH TRAINING 12:30	24 BLOOD PRESSURE 11:00 - 11:45 MOVIE MAVERICK 12:30 BEE FIT WITH KRISTEN 12:30	25 BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING & BIRTHDAY CAKE 11:45 FRIDAY BRIDGE 12:45 STRENGTH TRAINING12:30	26
27	28 CLUB 42 12:45 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	29 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN12:30	30 STRENGTH TRAINING 12:30	31 DRESS UP FOR HALLOWEEN FOR COMPLIMENTARY MEAL TICKET MOVIE 12:30: BEE FIT WITH KRISTEN 12:30		

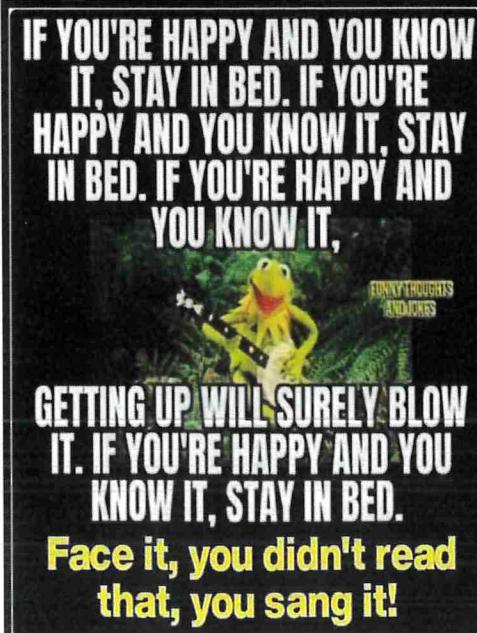
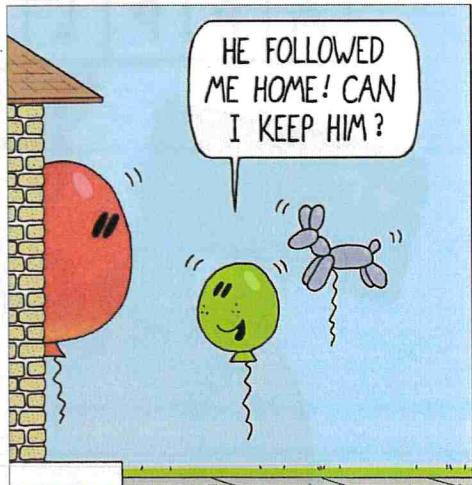
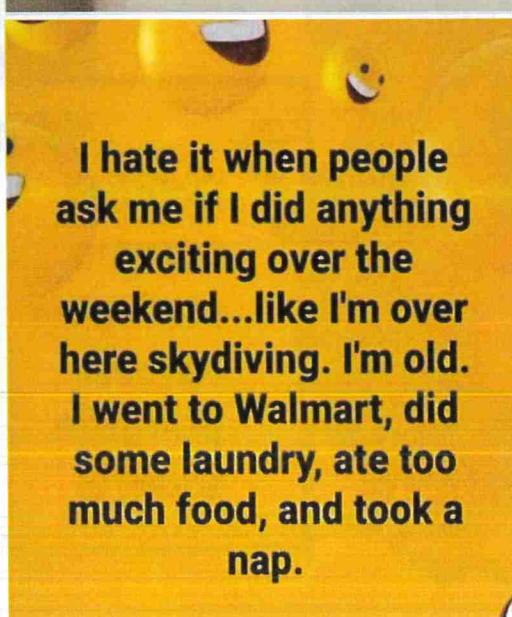
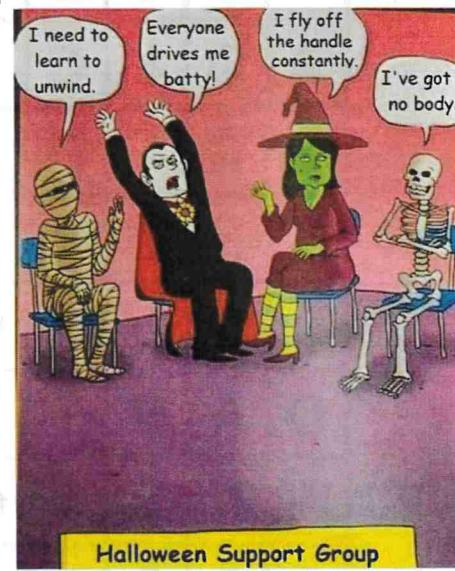
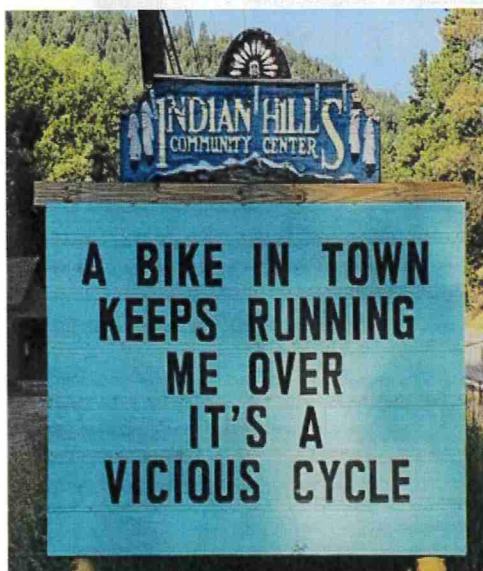
ALWAYS HIKE WITH SOMEONE
IN WORSE SHAPE THAN YOU.



THERE'S BEARS OUT
THERE YOU KNOW.



People out there
addicted to drink
and drugs and
then theres me
trying to get
off the potato chips

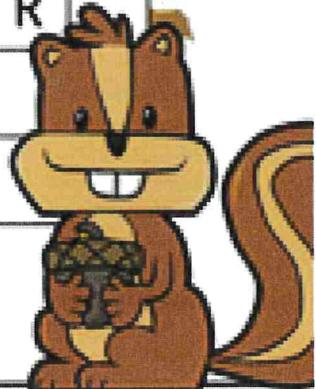


Walmart thinks
I want to put up
my Christmas
tree & eat turkey
while wearing
my Halloween
costume.

FALL

Directions: The words are hidden vertically and horizontally.

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



Word Box:

October	leaves	acorn
autumn	tree	raking
scarecrow	red	school
harvest	yellow	apple
pumpkin	brown	corn
squirrel	orange	carnival



Calcium?

CALCIUM is a mineral that is important for growth and maintenance of your bones throughout life. About 99 percent of the calcium in the body is found in the bones and teeth. Calcium is important for blood clotting, nerve transmission, maintaining muscle tone and regulating certain body processes. Recent research shows that adequate calcium also helps protect against heart disease, high blood pressure, osteoporosis, colon cancer, and other diseases.

Sources of Calcium: Dairy foods are among the best calcium sources. A cup of milk, for example, contains about 300 milligrams of calcium. Calcium is found in other food groups, too. Adequate vitamin D helps the body absorb calcium. Exposure to sunlight transforms a chemical in the skin to the active form of vitamin D. Milk and some other foods are fortified with vitamin D. Maintaining strong bones also requires boron, magnesium and phosphorus, so eating a variety of foods is important.

Calcium Requirements: Calcium intake is important throughout life, but calcium needs vary depending on age and other factors. The current recommendations are listed below.

Age	Calcium Recommendation
-----	------------------------

1-3 Yrs	700mg
4-8 Yrs	1,000 mg
9-18 Yrs	1,300 mg
10-51 Yrs	1,000 mg
51+ Yrs	1,200 mg
Pregnant Women 18 & under	1,300 mg
Pregnant Women 19 & Over	1,000mg
Postmenopausal Women	
On Estrogen Placement (ERT)	1,000mg
Not on ERT	1,500 mg
Over 65yrs	1,500 mg

Source: National Institutes of Health - Office of Dietary Supplements

Easy Ways to Increase Calcium in the Diet: Meeting your calcium needs may seem challenging. These are a few tips to help you meet your calcium needs.

- Use milk in scrambled eggs, hot cereal, and hot cocoa.
- Add cheese to potatoes, salads, pizza, casseroles, spaghetti sauce, and hamburgers.
- Prepare smoothies by blending fruit, juice and milk for a quick snack.
- Use plain yogurt for sour cream.
- Add non-fat dry milk to bread, meatloaf, meatballs, hot cereal, pancake mix, gravy, and pudding.
- Serve pudding or pudding pops made with milk for dessert.
- Choose fortified foods such as calcium-fortified milk, juices, cereal or cereal bars.
- Keep string cheese, yogurt and milk handy for a snack.

Source: North Dakota State University Extension, www.ndsu.edu/extension.

Calcium & Osteoporosis?

Osteoporosis is a disease in which the amount of bone in the body gradually decreases, weakening the bones to the point where breaks or fractures could occur. The hip, wrist, and spine are common areas of fracture.

Preventing osteoporosis requires:

- maintaining calcium-rich foods with adequate vitamin D,
- engaging in weight-bearing exercise,
- not smoking, and
- limit alcohol intake.



Calcium?

- A mineral that is important for growth and maintenance of bones throughout life.
- Calcium is important for blood clotting, nerve transmission, maintaining muscle tone and regulating certain body processes.
- Adequate calcium helps protect against heart disease, high blood pressure, osteoporosis, colon cancer, and other diseases.

