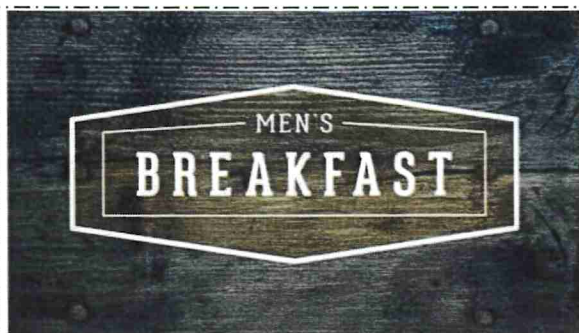


# JUNE



## Heritage Happenings 2025



**Men's Breakfast**  
**Thursday**  
**June 13th, 2024**  
**8:30**

**Heritage Senior Center**  
**Menu**

**Orange Juice**  
**Cinnamon Roll**  
**Egg Frittata**  
**Sausage**

**Bring a Friend and Join Us**  
**Sign up sheet will be on the**  
**Credenza.**



**DID YOU KNOW NORTH PLATTE HAS  
A PROFESSIONAL BASEBALL TEAM?**

June 3rd

6:30 p.m.

North Platte 80's vs Santa Fe Fuego's  
Jaycee Complex McCook  
Tickets on line or at the gate.



The North Platte 80s are a Professional Baseball Team in the [Pecos League of Professional Baseball Clubs](#). Other teams in the Pecos League include: ([Alpine Cowboys](#), [Austin Weirdos](#), [Bakersfield Train Robbers](#), [Blackwell Flycatchers](#), [Dublin Leprechauns](#), [Garden City Wind](#), [Kansas City Hormigas](#), [Martinez Sturgeon](#), [Monterey Amberjacks](#), [North Platte 80s](#), [Pecos Bills](#), [Roswell Invaders](#), [San Rafael Pacifics](#), [Santa Fe Fuego](#), [Trinidad Triggers](#), [Tucson Saguaros](#), [Vallejo Seaweed](#).)

### REMINDER

Please make a reservation if you plan to eat. It makes it so much easier to plan for the quantity of food needed for the day if we have an accurate count. We have been receiving many late calls for reservations or no calls at all to cancel meals. Calls are not answered before 8:00 a.m. Please call between 8 and 9, if you are making a same day reservation or if you are cancelling for the day. If you have a guest under 60, please see either Beth or Donna and pay for the meal. The cost for under 60 is \$7.50, under 12 is \$3.50. You can not use meal tickets to pay for under 60 guest meals. It is great having a soft-serve ice cream machine. Please do take advantage of it by taking a double or triple serving of the ice cream. The serving size for cookies is two cookies. The serving size for canned or boxed juices and milk is one container. If people continue to take more than the allowed serving, we will start putting these items on the trays as you go through the line.



## NEBRASKA SENIOR FARMERS MARKET NUTRITION PROGRAM

The Nebraska Senior Farmers Market Nutrition Program (SFMNP) provides low-income senior citizens with coupons to purchase fresh produce or honey (pure only) at Nebraska farmers markets and roadside stands. The purposes of the program are to provide fresh, nutritious, unprepared, locally grown fruits, vegetables, herbs and honey to low-income seniors and increase the consumption of agricultural commodities by expanding or aiding in the development of new farmers markets and roadside stands.



Coupons will be available through the Heritage Senior Center. Once again it will be first come first serve and you must attend an informational meeting in order to receive the coupons. I have 28 coupon books. You must be 60 years or older, income at or below \$28,953 for a single household or \$39,128 for a double household. Only one set of coupons per household. Value of the coupons is \$48.00 and can be used at any Farmers Market in the state of Nebraska. The vendor just needs to be signed up with the state to be able to redeem the coupons. I will have four sessions Tuesday June 17th, Wednesday June 18th, Tuesday June 24th and Thursday June 26th all will be at 1:00pm. In the conference room at the Senior Center. Call 345-1760 for information.

**You have to attend a session in order to receive a coupon book. Please spread the word.**

Coupons must be spent on or before October 31, 2024. Klooz Farm will once again accept the coupons.



HAPPY FLAG DAY JUNE 14. WHEN WE HONOR OUR FLAG WE HONOR WHAT WE  
STAND FOR AS A NATION-FREEDOM, EQUALITY, JUSTICE, AND HOPE.

Ronald Reagan

## It's That Time Of Year

Remember a Tornado Watch means a tornado is possible, be prepared. A Tornado Warning means seek shelter immediately, a tornado is on the way. The warning sirens in McCook are intended as outdoor warning devices, not to be heard inside. If you hear the sirens you should go inside and turn on the radio or T.V. to find out why they are sounding it. It could be for



something other than a severe storm. If you signed up for this portion of the **CODE RED** Alerts, you should be receiving notifications by voice mail or text message, whatever you chose.

## Golden Games Thursday, June 19<sup>th</sup>, 2025

**North Platte Recreation Center**  
**1300 South McDonald Road**  
Park & Enter on the East Side

9:00-9:30 a.m. Coffee & Donuts

9:30-10:00 a.m. Opening Ceremony  
Shawna Tatman Memorial  
Golden Senior Award presentation

10:00 a.m.-12:00 p.m. Activities & Games

12:00 p.m. Lunch & Entertainment  
by Frontier Revue

1:00-2:00 p.m. Activities & Games

2:00-2:30 p.m. Cake, Ice Cream &  
Prize Drawing

### Activities & Games

Bingo	Sarsaparilla Saloon	Corn Hole
Plinko	Sweet Treat Walk	Black Jack
Bowling	Wheel of Fortune	Ladder Ball
Mini Golf	Steer Roping	Photo Booth

Participate in all activities & games to be entered in the  
Grand Prize Drawing.



This event is for those  
55 years & older only!

If you are interested in volunteering,  
please call 535-6777



# June Birthdays

Marilyn Anderjaska	1
Chris Berry	1
Carmen Wesch	2
Gene Meints	4
Tom Volz	4
Anne Wolf	5
Alice Harpst	5
Freda Clapp	6
Dan McCormick	8
Rene Morris	11
Greg Pevoteaux	12
Kit Elliott	14
Rachel Hay	15
Mary Lou Drake	16

Cindy Lawson	16
Shelia Berls	17
Tracy Crocker	17
Melvin Nicholson	17
Vernon Porter	17
Jeanne Moody	17
Leroy Stevenson	19
Charlotte Hewitt	19
Craig Spencer	23
Carolyn Woolard	24
Wally Derr	26
Lynn Psota	27
Donna Blake	28
Gladys Brockway	30

**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

## IMPORTANT INFORMATION AND PHONE NUMBERS

### Heritage Senior Center Staff

Beth Siegfried—Director  
Donna Blake— Home Del. Meals  
Tracy Crocker—Head Cook  
Crystal West—Assistant Cook  
Paige Samway—Assistant Cook  
Paula Missing—Maintenance  
Open Monday through Friday  
8:00 to 4:30

### McCook Public Transit Staff

Beth Siegfried—Director  
Justin Randolph –Driver  
Donna Blake—Dispatcher  
Substitute Drivers  
Mike Towery, Milton Duffield  
Doug Burr  
Open Monday through Friday  
8:30 to 4:30  
Call 345-6098  
to reserve a ride



“The older I  
get the smarter  
my father  
seems to get.”  
TIM RUSSERT

**Product of  
the Month  
Cake Mixes**



**THANK YOU FOR  
DONATIONS MADE IN MAY**

Judy Hall

Helen Hackney

Nita Malleck

Bill & Sandy McConville

Heidi Pinkal

# McCook Heritage Senior Center

## City of McCook Transit

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

**Phone 308-345-1760  
Transit 308-345-6098**

***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*

***Happy Father's Day***



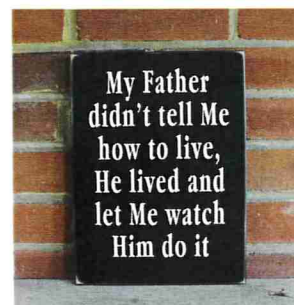
### **VOLUNTEERS NEEDED**

**We are in need of additional Home Delivered Meals Volunteers. If you would be interested, please call Donna at 345-6098**







**PLEASE RETURN YOUR MEALS ON WHEELS TRAYS. WE ARE RUNNING OUT OF TRAYS. TRAYS NEED TO BE RINSED OUT AND GIVEN TO YOUR DELIVERY PERSON THE NEXT DAY.**

**DELIVERY PERSON THE NEXT DAY.**





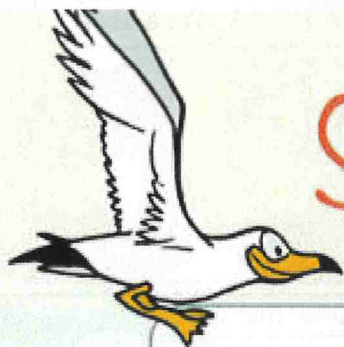
# June 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>2</div> <div>SLOPPY JOES TATOR TOTS BAKED BEANS PEACHES TAPIOCA PUDDING MILK</div>	<div>3</div> <div>TURKEY TETTRAZZINI DICED BEETS BROCCOLI SALAD BAKED APPLES BROWNIE BREAD MILK</div>	<div>4</div> <div>ST. LOUIS RIB HASHBROWN CASSEROLE CARROTS MIXED FRUIT M&amp;M COOKIES BREAD MILK</div>	<div>5</div> <div>CHICKEN STRIPS FRENCH FRIES GREEN BEANS PINEAPPLE JELLO CAKE BREAD MILK</div>	<div>6</div> <div>SALMON SCALLOPED POTATOES CALIFORNIA BLEND FRUIT JUICE YOGURT BREAD MILK</div>	
<div>9</div> <div>CHICKEN &amp; DUMPLINGS BROCCOLI PICKLEED BEETS PEARS MILK</div>	<div>10</div> <div>BRAUT ON A BUN POTATO WEDGES BAKED BEANS TROPICAL FRUIT BUTTERSCOTCH DESSERT MILK</div>	<div>11</div> <div>PULLED PORK OVER MAC CHEESE COLESLAW ITALIAN BLEND APPLE BREAD MILK</div>	<div>12</div> <div>BEEF ENCHILADA CASSEROLE REFRIED BEANS CORN APRICOTS LEMON BAR MILK</div>	<div>13</div> <div>MEN'S BREAKFAST POLLOCK AUGRATIN POTATOES MIXED VEGATABLES ORNAGE JELLO/MANDERIN ORANGES HONEY BUN CAKE BREAD MILK</div>	
<div>16</div> <div>BBQ CHICKEN BAKED POTATO BRUSSEL SPROUTS APRICOTS BUG BITES BREAD MILK</div>	<div>17</div> <div>BEEF STROGANOFF GREEN BEANS CUCUMBERS &amp; ONIONS PLUMS PEANUT BUTTER BAR BREAD MILK</div>	<div>18</div> <div>HAM SLICE SWEET POTATOES PEAS PINEAPPLE/ORANGES CHOCOLATE PUDDING BREAD MILK</div>	<div>19</div> <div>CHICKEN SALAD GREEN BEAN SALAD V-8 JUICE MIXED FRUIT PECAN BARS MILK</div>	<div>20</div> <div>FLOUNDER BABY BAKERS HARVARD BEETS APPLE SNICKER BAR SALAD CHEESE STICK BREAD MILK</div>	
<div>23</div> <div>CHICKEN ENCHILADA REFRIED BEANS FIESTA CORN FRUIT JUICE MILK</div>	<div>24</div> <div>WEINER ROLLUP FRENCH FRIES BAKED BEANS PEARS OATMEAL RAISIN COOKIES MILK</div>	<div>25</div> <div>SAUSAGE GRAVY BISCUIT POTATO CAKE TOMATO JUICE PEACHES CHEESE CAKE MILK</div>	<div>26</div> <div>SMOTHERED CHICKEN RICE BROCCOLI 3-BEAN SALAD APPLESAUCE BREAD MILK</div>	<div>27</div> <div>ROAST BEEF MASHED POTATOES SPRING BLEND FRUIT SALAD BIRTHDAY CAKE BREAD MILK</div>	
<div>30</div> <div>CHILI MAC CARROTS CELERY / PEANUT BUTTER BAKED APPLES PISTACHIO SALAD CORN BREAD</div>	<div></div>	<div></div>	<div></div>	<div></div>	

# June 2025

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
1	2 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	3 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	4 STRENGTH TRAINING 12:30	5 BEE FIT WITH KRISTEN 12:30	6 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30	7
8	9 CLUB 42 12: BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	10 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO SPONSORED by COMMUNITY HOSPITAL 12:30 BEE FIT WITH KRISTEN 12:30	11 VICTORY CARD CLUB 12:30 ST THERESA CIRCLE 12:30 STRENGTH TRAINING 12:30	12 QUEEN OF CLUBS 12:30 BEE FIT WITH KRISTEN 12:30	13 MEN'S BREAKFAST 8:30 FRIDAY BRIDGE 12:45 STRENGTH TRAINING 12:30	14
15	16 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	17 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	18 MNB BANK DRAWING AND FREE ICE CREAM DLD CARD CLUB 12:30 STRENGTH TRAINING 12:30	19 BEE FIT WITH KRISTEN 12:30	20 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30	21 7
22	23 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	24 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BLOOD PRESSURE 11:00 - 11:45 BINGO 12:30 BEE FIT WITH KRISTEN 12:30	25 PINNACLE BANK DRAWING- DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	26 FREE ICE CREAM COMPLIMENTS OF MIDWEST LIBERTY FEDERAL CREDIT UNION GAME DAY HOSTED BY GLADYS BROCKWAY DOMINOS MEXICAN TRAIN 12:30	27 BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING FRIDAY BRIDGE 12:45 GAME DAY MEXICAN TRAIN DOMINOS 12:30 STRENGTH TRAINING 12:30	28
29	30 CLUB 42 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30					





# Summer Word Search

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

RELAXATION  
TRAVELING  
HOT  
SUNSHINE  
POPSICLE

BARBECUE  
OCEAN  
BEACH  
SUNBATHE  
GRILLING

VACATION  
SWIMSUIT  
AIR CONDITIONING  
SWIMMING  
ICE CREAM

WATER PARK  
LAKE  
POOL  
CAMPING  
SPEEDBOAT





I was visiting my DAUGHTER last night when I asked if I could borrow a newspaper.

"This is the 21st century" she said.

"We don't waste money on newspapers. Here, use my iPad."

I can tell you this... that fly never knew what hit him...



My wife and I got stuck in an elevator and when we got home, we told the story to our kids. They just looked at us and said,

"Soooo....."

...did ya get out?"

My wife and I looked at each other and made a pact to go ahead and start drinking away their college fund.

**WHAT DO YOU  
CALL A TYPO ON  
A TOMBSTONE?  
A GRAVE MISTAKE**



"I swear, all I did was hit the trunk release lever!"

What's the difference between a crow and a raven? Scientifically, a raven has 17 primary wing feathers, the big ones at the end of the wing. They are called pinion feathers. A crow has 16. So, the difference between a crow and a raven is only a matter of a pinion. I'll see myself out...

PEOPLE

WHO ARE LATE ARE OFTEN  
HAPPIER THAN

THOSE WHO HAVE TO  
WAIT FOR THEM



If you love Something, set it free. If it comes back, it's yours. If it doesn't, it never was.

And if it just sits there on the sofa, Watching tv, unaware that it's been set free, you probably married it or gave birth to it!

I tried the Japanese method of decluttering in which you hold every object you own, and if it does not bring you joy, you throw it away. So far, I have thrown out all the vegetables, my bra, the electric bill, the scale, a mirror, and my treadmill.





## Rhubarb

Rhubarb is available throughout Nebraska in April, May and June. This is not a rare produce for Nebraskans to eat or use but it can be seen as “not that health.” Remember, Rhubarb can be used in very healthy ways especially when recipes use limited or alternative sweeteners. Only the stalks of the rhubarb can be safely eaten, they have a rich, tart flavor when cooked. Rhubarb leaves (cooked or raw) contain toxins that are poisonous and should not be eaten. Many varieties differ in stalk color, size, and flavor. Colors can range from red to green. If you do have Rhubarb in your backyard, check with a neighbor.

**Benefits:** Rhubarb is an excellent source of vitamin c and k, fiber, and potassium and is low in calories and carbohydrates.

**Selecting Rhubarb:** Select rhubarb that are firm and flat. Avoid stalks with split ends or discolored spots.

**How to Store:** Remove leaves and discard. Wash the stalks, wrap in a damp towel and place in a plastic bag. Store in the refrigerator for up to two weeks.

### CHILLED RHUBARB TEA

3 c water  
2 black tea bags  
1/3 C sugar or honey  
¼ c juice (lemon or orange)

#### Directions:

Simmer rhubarb in water for 10 minutes. Add tea bag and steep for 5 minutes. Remove tea bags, strain, and stir in desired sweetener. Chill and serve over ice.

### RHUBARB COCONUT ENERGY BARS

1 C Rhubarb, dice and cooked	1 Rolled Oats
1/2 C unsweetened shredded coconut	¼ C honey or maple syrup
1 tsp vanilla extract	½ C almond butter
1/3 C Chia Seeds	¼ tsp Salt

**Directions:** Simmer diced rhubarb in a saucepan with a splash of water over medium heat until rhubarb is soft. Remove and cool slightly. Combine cooked rhubarb with rolled oats, shredded coconut, almond butter, honey/syrup, chia seeds, vanilla, and salt in a mixing bowl. Mix all ingredients well. Using clean hands, form into 1-inch balls and place on a baking sheet. Refrigerate for at least 30 minutes. Once set, store energy balls in an airtight container in the refrigerator for up to one week.



## Rhubarb?

- ♦ Fat Free Vegetable
- ♦ Cholesterol Free
- ♦ Sodium Free
- ♦ Low in Calories

## Harvested Rhubarb?

- ♦ Remove rhubarb leaves.
- ♦ Wash stalks under running water.
- ♦ Refrigerate 4 to 5 days.
- ♦ Find new ways to cook and eat:
- ♦ <https://food.unl.edu/article/rhubarb>



## Why Use Rhubarb?

- ♦ Rhubarb is a good source of vitamin c and K, which helps support healing and the immune system
- ♦ Rhubarb is a good source of potassium and calcium which helps bones stay strong.
- ♦ Rhubarb contains fiber which helps with digestion and protects against heart disease.

## Using Rhubarb?

- ♦ Only the Rhubarb stalk should be used as the leaves are toxic
- ♦ Be sure to remove the leaves before storing or eating.
- ♦ Rhubarb is a vegetable