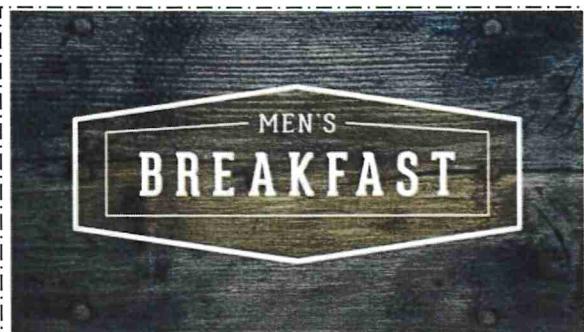


JUNE



Heritage Happenings 2025

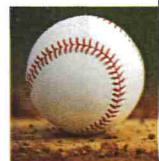


Men's Breakfast
Thursday
June 13th, 2024
8:30
Heritage Senior Center
Menu
Orange Juice
Cinnamon Roll
Egg Frittata
Sausage
Bring a Friend and Join Us
Sign up sheet will be on the
Credenza.



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 \$39128 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 session Tuesday June 17th, Wednesday June 18th Tuesday June 24th and Thursday June 26 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 19th, 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.

Find us on facebook.

This event is for those 55 years & older only!

If you are interested in volunteering, please call 345-6777.

June Birthdays

Marilyn Anderjaska	1
Chris Berry	1
Carmen Wesch	2
Gene Meints	4
Tom Volz	4
Anne Wolf	5
Alice Harpst	5
Freida 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

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



Product of the Month Cake Mixes



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 MAY

Judy Hall

Helen Hackney

Nita Malleck

Bill & Sandy McConville

Heidi Pinkal

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

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*

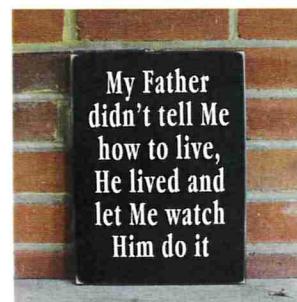
Happy Father's Day



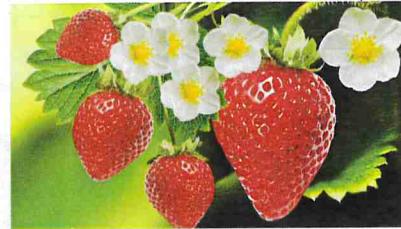
VOLUNTEERS NEEDED
We are in need of additional Home Delivered Meals Volunteers. If you would be interested, please call Donna at 345-6098



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.

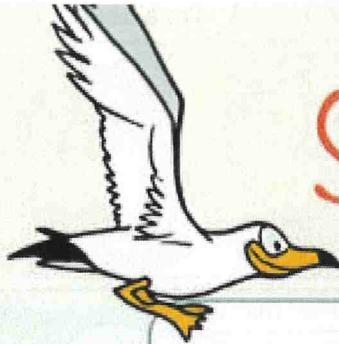


June 2025

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

June 2025

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
1	2 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	3 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO 12:30 BEE FIT WITHKRISTEN12:30	4 STRENGTH TRAINING 12:30	5 BEE FIT WITHKRISTEN 12:30	6 ACE OF CLUBS 12:45 STRENGTH TRAINING12:30	7
8	9 CLUB 42 12: BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	10 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO SPONSORED by COMMUNITY HOSPITAL12:30 BEE FIT WITHKRISTEN12:30	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 TRAINING12:30	14
15	16 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	17 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO 12:30 BEE FIT WITHKRISTEN12:30	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 TRAINING12:30	21 7
22	23 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	24 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BLOOD PRESSURE 11:00 - 11:45 BINGO 12:30 BEE FIT WITH KRISTEN12:30	25 PINNACLE BANK DRAWING- DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	26 FREE ICE CREAM COMPLIMENTS OF MIDWEST LIBERTY FEDERAL CREIDT 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 TRAINING12:30					



Summer Word Search

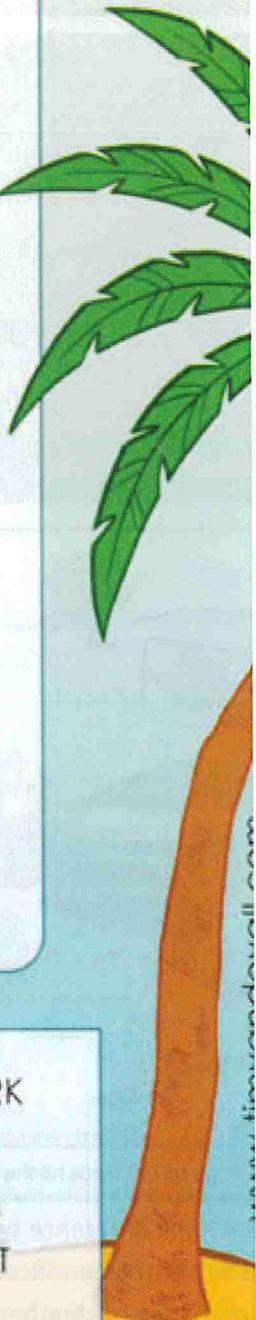
B F G P W W S C A M P I N G S P X
A A N R V D L X T C B N B B F O Q
A I R C I W V O X W Q Y E B G O H
T E R B W L H G I C S A B T J L U
G U N C E S L N V N C L Z E E L N
Z O B Q O C Z I O H O Y C F K I N
J Q I K B N U W N I W I M K W A W
E E S J T E D E K G T Y T Q H T L
N H N T W R B I K R W A R A I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

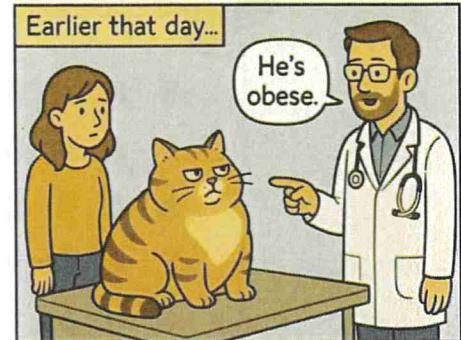
I can tell you this... that fly never knew what hit him...

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.



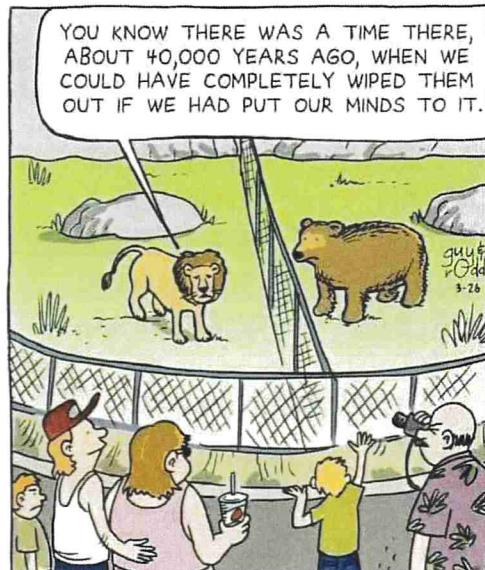
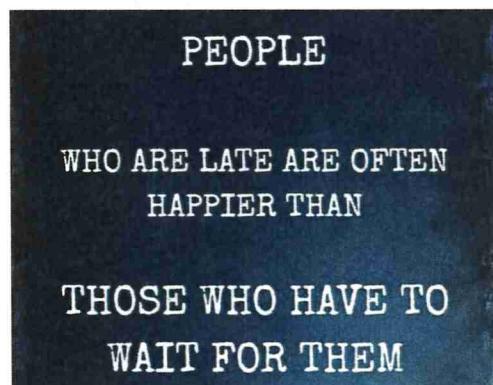
**WHAT DO YOU CALL A TYPO ON A TOMBSTONE?
A GRAVE MISTAKE**



4-13 © 1996 AMERICA'S FUNNY PAPER BY UNIVERSAL PRESS SYNDICATE McPHERSON

"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...



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 healthy." 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
1/4 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	1/4 C honey or maple syrup
1 tsp vanilla extract	1/2 C almond butter
1/3 C Chia Seeds	1/4 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