

JULY



Heritage Happenings 2025



Annual BBQ
Thursday July 3rd
Serving
Hamburgers,
Potato Salad
Baked Beans
Watermelon
Brownie Sundae
Milk



CLOSED
FRIDAY 
JULY 4TH

Advisory Board Meeting
10:00 a.m. Tuesday
July 29th, 2025
Conference Room
This meeting is open to the public

Blood Pressure Clinic
Senior Center Library Thursday
July 29th 11:00 to 11:45



Thank you to the family of Laverna Ely for designating the Heritage Senior Center as the recipient of Laverna's memorials. Memorials were given by Ron & Doris Friehe, Tracy De Dore and Beth Siegfried.

SLEEPLESS *in Nebraska*

July 29, 2025

10 - 11:30 AM

Heritage Senior Center

1312 W 5th Street

McCook, NE

Sleep Deficiency has been identified as a public health problem with links to the development of chronic disease and an impact on safety.

READY TO SLEEP BETTER TONIGHT?



"After attending this program, I discovered new ways to improve my sleep which can in turn improve my overall health!"

Sleep affects every moment of our daily lives from how we learn to how our bodies thrive! This presentation will give you tips and tricks to sleep better tonight.

Brenda Aufdenkamp - FNH Extension Educator - baufdenkamp1@unl.edu

July Birthdays

Larry Pollman	7	Janine Hall-Patenburg	21
Jan Sides	9	Jane Shield	21
Alex Bieker	10	Charles Quigley	22
Mary Gibbens	11	Paula Missing	23
Brad Beverlin	13	Nita Malleck	25
Jan Clapp	17	Henry Koch	26
Jerry Felker	18	Ruth McCormick	27
Lois Quigley	18	John Psota	27
Darlene Cuellar	19	John Zlomke	28
Marie Foley	19	Neil Corey	29
Wendell Peters	20	James Plenis	30
		Betty Gull	31

IMPORTANT INFORMATION AND PHONE NUMBERS

Heritage Senior Center Staff

Beth Siegfried—Director
Donna Blake—Home Delivered Meals
Tracy Crocker—Head Cook
Crystal West—Assistant Cook
Paige Samway- Assistant Cook
Paula Missing—Maintenance
Open Monday through Friday
8:30 to 4:30
345-1760 for reservations

McCook Public Transit Staff

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



Product of the Month Coffee



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



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

KINSHIP POINTE
Free ice cream on Tuesdays

MIDWEST LIBERTY
Federal Credit Union
Ice cream Monthly

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 June

Doug & Linda Burr

Susie Davidson

Pat Foley

Jim & Marlene Hamill

Nita Malleck

Bill & Sandy McConville

Dick & Ann Trail

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 8:00 a.m. to 4:30 p.m.
To schedule a ride call 308-345-6098

NEBRASKA SENIOR FARMERS MARKET NUTRITION PROGRAM

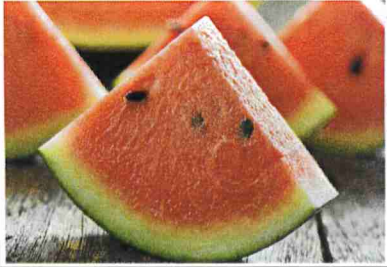


I have 10 Coupon Books left. The Nebraska Senior Farmers Market Nutrition Program (SFMNP) provides low-income senior citizens with coupons to purchase fresh produce or honey (pure only) at Nebraska farmers markets and roadside stands. The purposes of the program are to provide fresh, nutritious, unprepared, 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 \$28,953 for a single household or \$39,128 for a double 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 three sessions in Monday July 28th, Tuesday 29th and Wednesday 30th. all will be at 1:00pm. Call 345-1760 for information. Coupons must be spent on or before October 31, 2024. Klooz Farm will once again accept the coupons.

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

JULY 2025

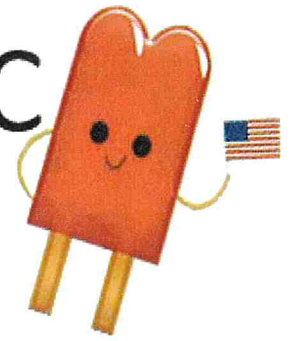
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CHICKEN ALFREDO GREEN BEANS PICKLED BEETS APRICOTS GARLIC BREAD MILK	2 PORK CHOP AUGRATIN POTATOES WINTER BLEND PINEAPPLE STRAWBERRY PRETZEL DESERT BREAD MILK	3 <u>4TH JULY PARTY</u> HAMBURGERS BAKED BEANS POTATO SALAD WATERMELLON BROWNIE SUNDAE MILK	4 CLOSED 	4
7 LASAGNA COLESLAW GREEN BEANS PEACHES BUG BITES GARLIC BREAD	8 CHICKEN & DRESSING BRUSSEL SPROUTS CAULIFLOWER SALAD RASPBERRY APPLESAUCE FRUIT COCTAIL CAKE BREAD	9 HAM LOAF SWEET POTATOES PEAS TROPICAL FRUIT RICE KRISPIE BAR BREAD	10 PIZZA CORN V-8 JUICE NO BAKE COOKIES MILK	11 TUNA & NOODLE CASSEROLE MIXED VEGATABLES CARROT RAISIN SALAD GRAPES BREAD MILK	
14 SHAKE & BAKE CHICKEN BABY BAKERS CREAM PEAS MIXED FRUIT FROSTED SUGAR COOKIE BAR	15 PEPPER STEAK / RICE ITALIAN BLEND ORIENTAL BLEND CHERRY JELLO / PEACHES APPLE COBBLER	16 POLISH DOGS MASHED POTATOES SAUERKRAUT PINEAPPLE/ORANGES TAPIOCA PUDDING BREAD MILK	17 POTATO BAR CHILI OR BROCCOLI/CHEESE WALDORF SALAD BANANA BARS BREAD MILK	18 LEMON TILAPIA SCALLOPED POTATOES CHEESY CABBAGE FRUIT JUICE BREAD MILK	
21 SMOTHERED CHICKEN SEASONED POTATO GREEN BEANS APRICOTS BREAD MILK	22 BBQ MEATBALLS BAKED POTATOES CHEESY CAULIFLOWER PEARS CHERRY PIE BAR BREAD MILK	23 PORK FRITTER SANDWICH FRENCH FRIES GREEN BEANS APPLE GRAPE SALAD MILK	24 BEEF & BROCCOLI / RICE CALIFORNIA BLEND DICED TOMATOES BAKED APPLES DISHPAN COOKIES BREAD	25 CHICKEN FRIED STEAK MASHED POTATOES SPRING BLEND SUNSHINE SALAD BIRTHDAY CAKE ROLLS MILK	
28 CHICKEN PATTY SANDWICH TATOR TOTS BAKED BEANS PEACHES MILK	29 SALISBURY STEAK MASHED POTATOES CARROTS MIXED FRUIT FRUIT OATMEAL BAR BREAD MILK	30 KIELBASA POTATO CASSEROLE TUSCAN BLEND APLLESAUCE PEANUT BUTTER COOKIES BREAD MILK	31 SOFT SHELL TACO REFRIED BEANS CORN FRUIT JUICE LEMON PUDDING MILK		

July 2025

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
		1 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	2 STRENGTH TRAINING 12:30	3 4TH OF JULY LUNCH BEE FIT WITH KRISTEN 12:30		4 5
6	7 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	8 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO SPONSORED by COMMUNITY HOSPITAL 12:30 BEE FIT WITH KRISTEN 12:30	9 VICTORY CARD CLUB 12:30 STRENGTH TRAINING 12:30	10 QUEEN OF CLUBS 12:30 BEE FIT WITH KRISTEN 12:30	11 FREE ICE CREAM MIDWEST LIBERTY FEDERAL CREDIT UNION FRIDAY BRIDGE 12:45 STRENGTH TRAINING 12:30	12
13	14 CLUB 42 12:30 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	15 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	16 MNB BANK DRAWING AND FREE ICE CREAM DLD CARD CLUB 12:45 STRENGTH TRAINING 12:3	17 BEE FIT WITH KRISTEN 12:30	18 ACE OF CLUBS FRIDAY BRIDGE 12:45 STRENGTH TRAINING 12:30	19
20	21 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	22 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	23 STRENGTH TRAINING 12:30	24 GAME DAY HOSTED BY GLADYS BROCKWAY DOMINOS MEXICAN TRAIN 12:30 BEE FIT WITH KRISTEN 12:30	25 BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING GAME DAY HOSTED BY GLADYS BROCKWAY DOMINOS MEXICAN TRAIN 12:30 STRENGTH TRAINING 12:30 FRIDAY BRIDGE 12:30	26
27	28 CLUB 42 12:30 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	29 READY TO SLEEP BETTER UNL EXTENSION PROGRAM 10:00 TO 11:00 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BLOOD PRESSURE 11:00 - 11:45 BINGO 12:30	30 STRENGTH TRAINING 12:30	31 BEE FIT WITH KRISTEN 12:30		



4TH OF JULY PICNIC



WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and
DIAGONALLY. Find and circle each word.

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

BEANS

BROWNIES

CAKE

CHICKEN

CHIPS

COBBLER

COLESLAW

COOKIES

CORN

CUPCAKES

FRENCH FRIES

FRUIT

HAMBURGERS

HOT DOGS

ICE CREAM

ICE TEA

LEMONADE

PASTA

PIE

POPSICLES

PUNCH

RIBS

SALAD

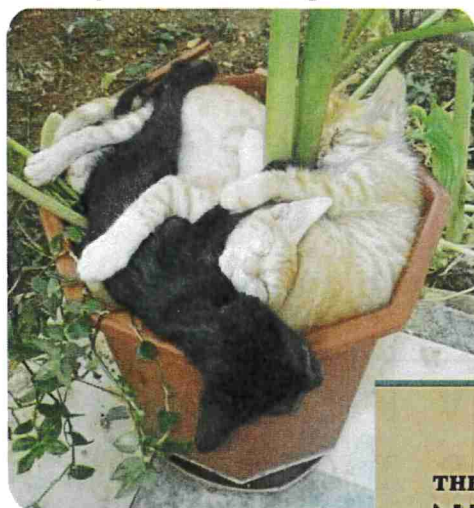
STEAK

VEGETABLES

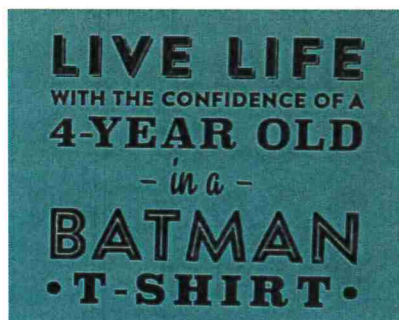
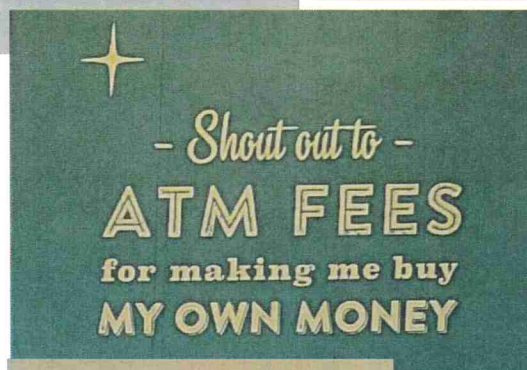
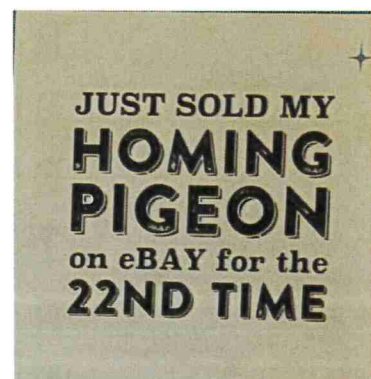
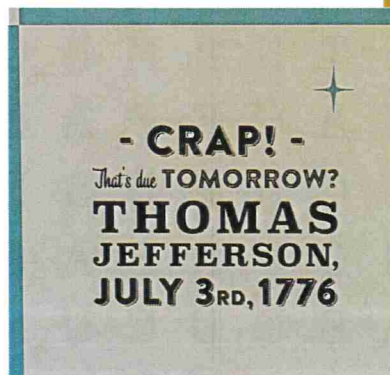
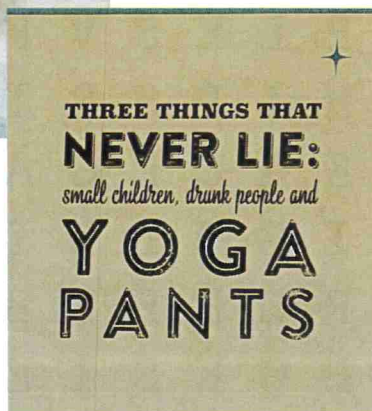
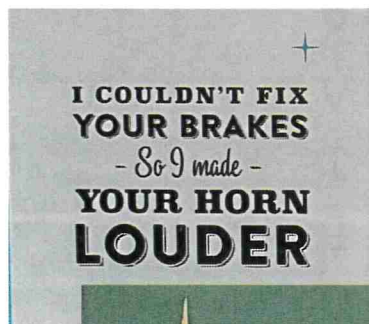
WATERMELON

WINGS

When planting your cats make sure to space them 6 inches apart so they have room to grow.

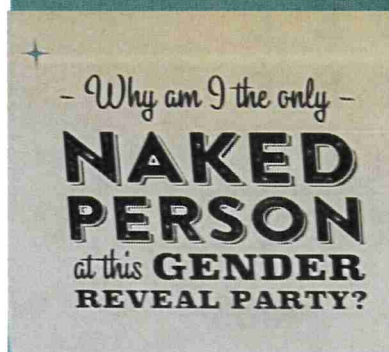


Did you know if you garden naked your neighbors will build a privacy fence at no cost to you. Follow me for more tips.

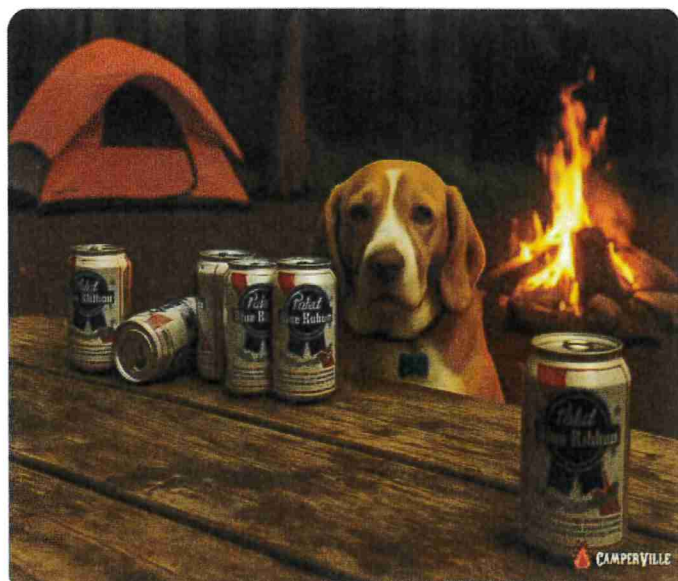


Me as a kid: [Falls 10 feet from the monkey bars] I'M OK

Me now: I tried to scoop ice cream that was just a little too frozen and I dislocated my shoulder.



Don't start with me, Karen... It was thundering and lightning SO HARD I thought I was going to die!



When people say, "You look so familiar" responding with, "Were we in prison together?" It's almost always a conversation stopper

Can you *SAVE* on your Medicare *premiums*?

You may qualify for the Medicare Savings Program if:

- You're single with a monthly income of \$1,781 or less and assets* limited to \$9,660
- You're married with a monthly income of \$2,400 or less and assets* limited to \$14,470

Contact Nebraska SHIP & SMP for more information.

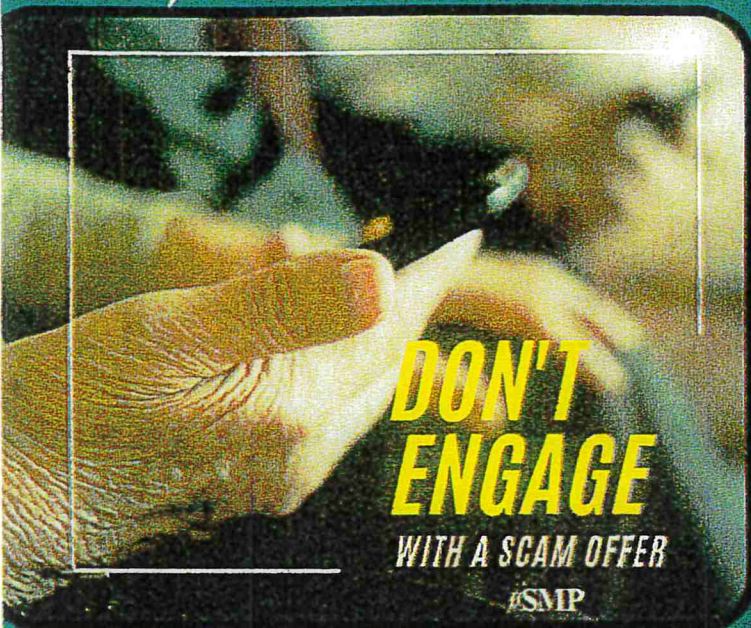
(800) 234-7119

doi.nebraska.gov/ship-smp



*Your home and car do not count as an asset.

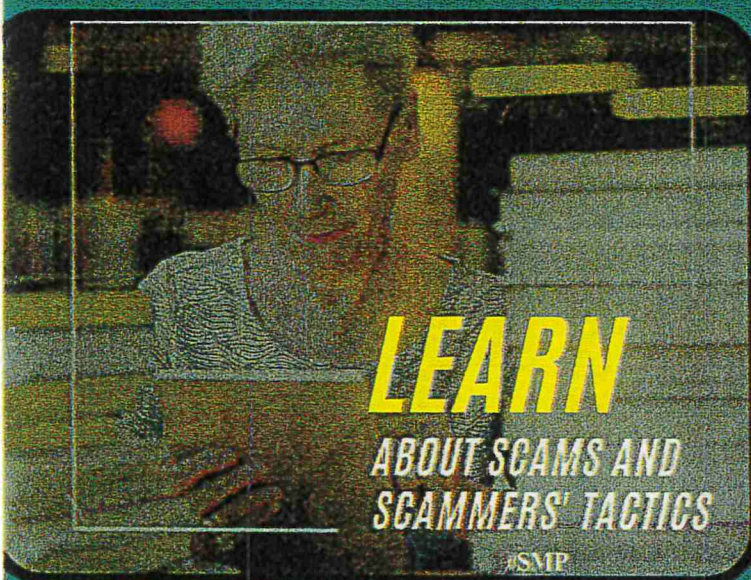




PREVENT



- *Treat Medicare & Social Security numbers like credit cards*
- *Medicare will never call to ask for your Medicare Number*



DETECT



- *Review Medicare statements for errors or double billing*
- *Watch for charges for services not received*



REPORT



- *Contact provider with questions on Medicare statements*
- *Report fraud if suspected*

Call the Nebraska SHIP & SMP if you think you may be a victim of a scam.



1.800.234.7119



This project was supported, in part by grant number 90MPPG0078, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.