

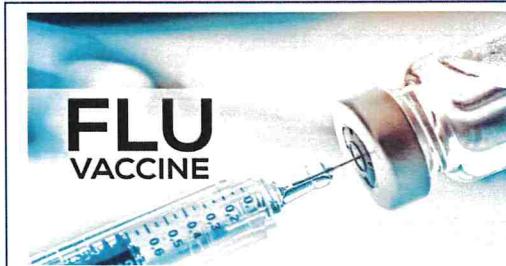
September



Heritage Happenings 2025



We will be closed Monday
September 1st
for
Labor Day



The Red Willow County
Health Department

Mark your calendars
Red Willow Co Health
Department will
Wednesday September
24th, 2025 in the Small
Meeting Room from 11:00 to 1:00. They will file insurance if
needed. Make your calendars and stay healthy!

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



2025 VOLUNTEER LUNCH

Our 2025 Volunteer Lunch will be on
Friday September 26, 2025 We will be serving
Roast Beef, Mashed Potatoes, Tuscan Blend,
Fruit Salad, Birthday Cake, Rolls, and Milk
You will receive your invitation in the mail, with your
lunch ticket. This lunch ticket is only good for the
Volunteer Lunch. We hope to see all of our
awesome volunteers. You are greatly appreciated.
Please RSVP by Thursday September 25th
RSVP to 345-1760 Or 345-6098

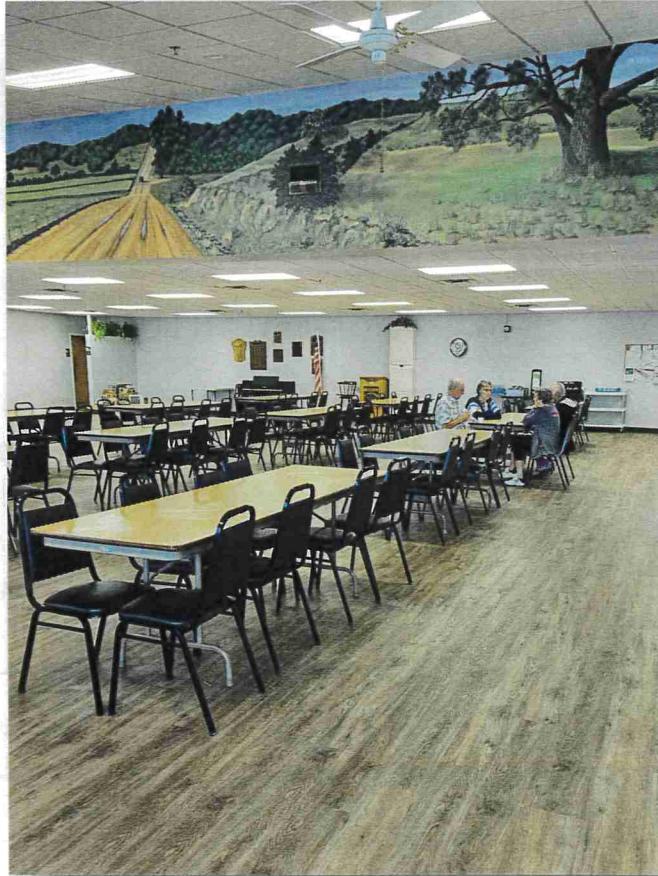
This might sound **CORNY**, but
we are just **POPPING** by to
say thank you
for being such
a great
volunteer





Thank you to the Laverna Ely Family for designating the Senior Center as a recipient of their Mother's memorials
We have received over \$500 in donations

Thank you Liz Knedlik for donating the two benches placed in front of the building. Your generosity is very much appreciated



Farmer Market Coupon Books

One of the other Senior Centers turned their Farmers Market coupon books back in so I now have an additional 10 books. Please spread the word that we have more coupon books. The books contain \$48.00 worth of coupons that can be used at any Farmer's Market in the state with vendors who have registered with the state. Our local vendor is Klooz Farm. These coupons can be used for locally grown fruits, apples, vegetables, herbs and honey. In order to qualify you must be 60 or over and meet the income guidelines for a single household of no more than \$28,953 annual income, for a double household the income needs to be \$39,128 or under. Please let me know if you or anyone you know would be interested.



COME CHECK US OUT!

If you haven't been inside the Senior Center lately, you need to come check us out. New flooring has been installed throughout the building. It has really transformed the look of our building. We think it makes it look more homey. A BIG THANK YOU to all the donors through out the years for making this possible. Unrestricted funds were used. Bring a friend and come eat a delicious meal with us. When we cleaned out the library, we had a lot of jig saw puzzles. You are welcome to take some home with you. They would be great for the cold winter days ahead!

September Birthdays

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

Dennis Foster	14
Karen Stevenson	15
Kent Nicholson	18
Judy Hall	22
Pat Foley	24
Jan Seligman	26
Judy Budke	29

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
 Phone: 308-345-1760

McCook Public Transit Staff

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



Product for the month of Coffee



HOME DELIVERED MEAL RECEIPTS

If you receive home delivered meals and have a message for us, please do not tell your delivery person to relay it to us. We cannot leave your meal if you are not home, please don't ask us to do so. Please call by 9:00 if you are not going to be home. Our contact numbers are 345-6098 or 345-1760

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

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 AUGUST

Verna Barnett

Doug & Linda Burr

Judy Hall

Pam Hartwell

Nita Malleck

Bill & Sandy McConville

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. 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



Are you an adult who has recently lost a loved one?

Community Hospital's Grief Support Group may help you find healing.

Any adult who has experienced a recent loss of a loved one may find through this group, grief shared is grief diminished.

Where: Community Hospital
1301 East H St. | McCook, NE | Room: Temporary Shell Space*

When: September 23, October 7 & 21, November 4 & 18
December 2 & 16, January 13

Meetings on Tuesdays from 4:30 - 6 p.m.
This is a closed support group.

New members will not be added after September 19

Cost: There is no charge to attend. Support for this program has been generously supplied by Community Hospital Health Foundation.

Register: Contact Becky Mai or Daphne Tidyman, Community Hospital Social Workers, (308)-344-8221.

*Park in the McCook Clinic parking lot; enter through the Convenient Care entrance at the north part of the clinic.



8/2025

SPAGHETTI SQUASH BITES



INGREDIENTS:

1 SMALL SPAGHETTI SQUASH
1 EGG
1 CUP BREAD CRUMBS, OF CHOICE
½ CUP GRATED PARMESAN CHEESE

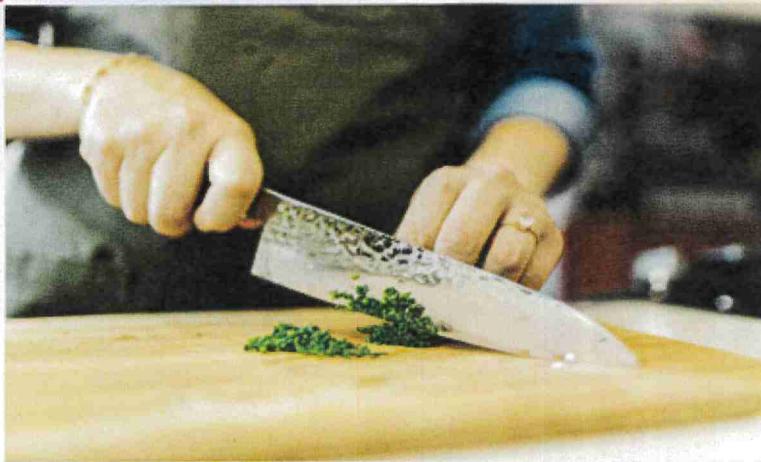
DIRECTIONS:

1. WASH HANDS
2. CUT SQUASH IN HALF, SCOOP OUT SEEDS, BAKE 40 MINUTES CUT SIDE DOWN AT 400°F.
3. LET COOL AND COMBINE BEATEN EGG WITH SQUASH FLESH, BREADCRUMBS, AND CHEESE. THOROUGHLY COMBINE.
4. SHAPE INTO BITES USING 1 TABLESPOON SQUASH BATTER.
5. PLACE ON LINED BAKING SHEET.
6. BAKE 15-20 MINUTES UNTIL GOLDEN BROWN.

#UNLFOOD SAFETY

N EXTENSION

IS YOUR CUTTING BOARD SAFE?



PLACE CUTTING BOARDS
THAT HAVE DEEP
GROOVES, ARE WORN
OUT!

USE SEPARATE BOARDS
FOR RAW MEAT &
POULTRY FROM FRESH
PRODUCE.

USE NONPOROUS
CUTTING BOARDS - EASY
TO CLEAN & SANITIZE

#UNLFOOD SAFETY

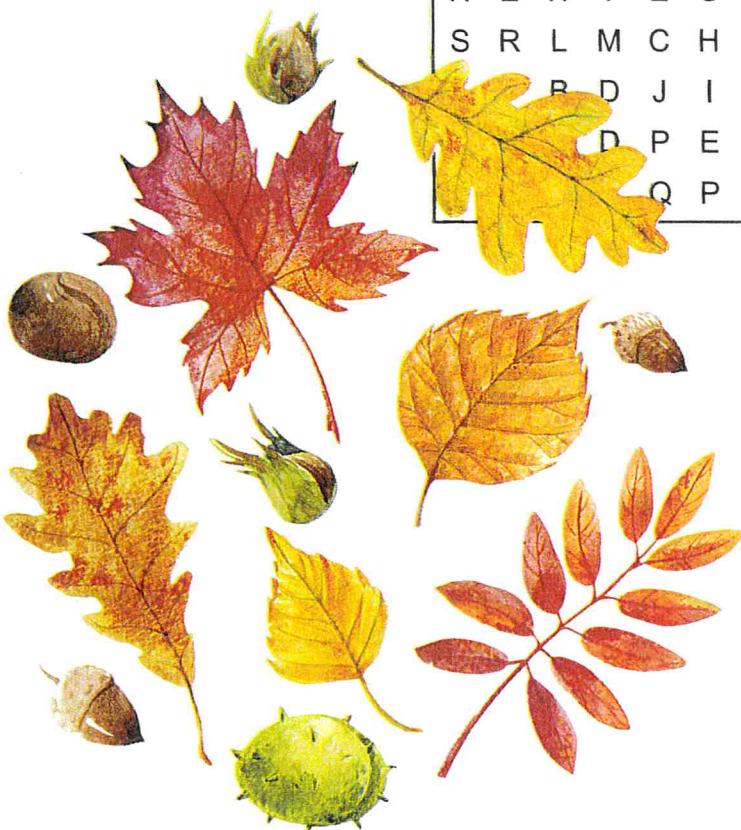
N EXTENSION

Fall Leaves

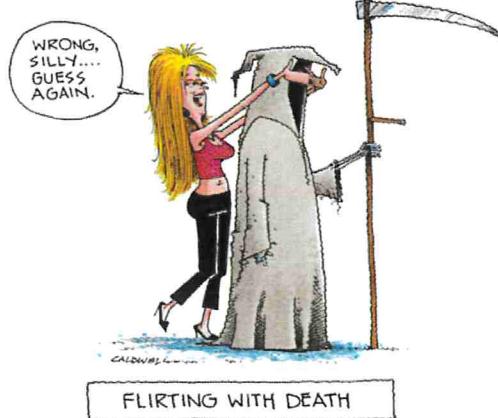
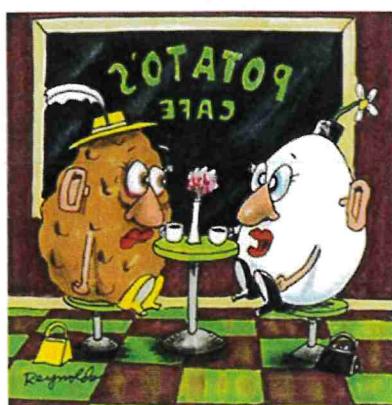
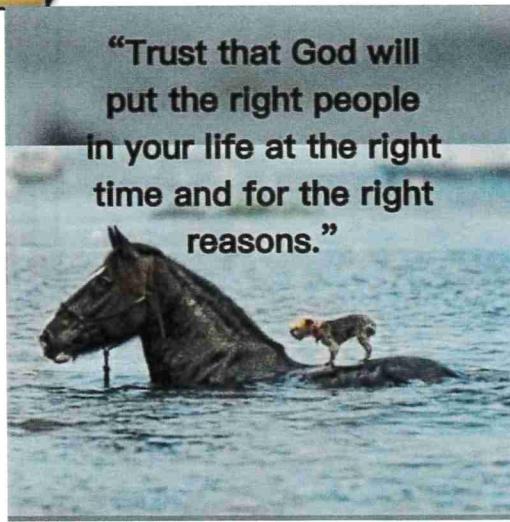
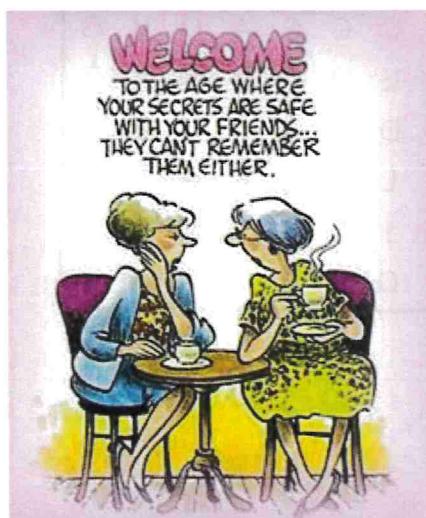
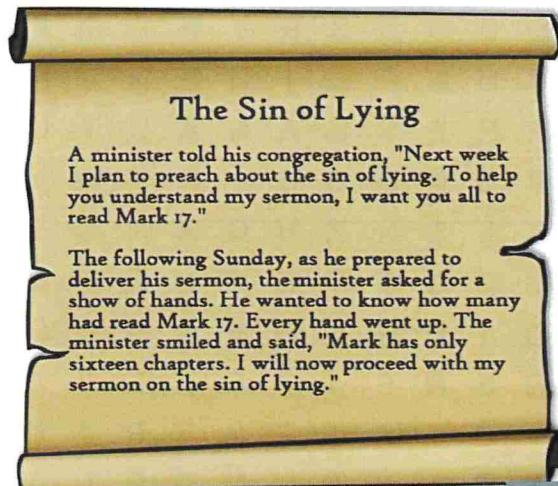
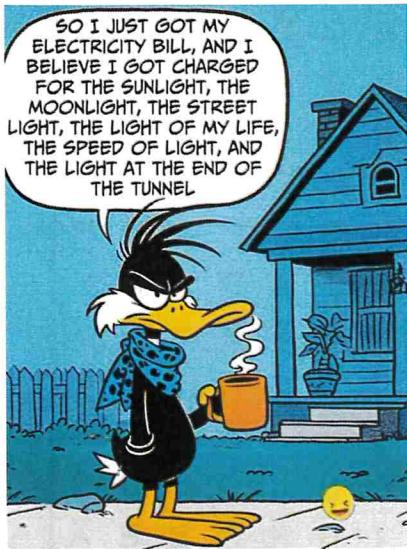
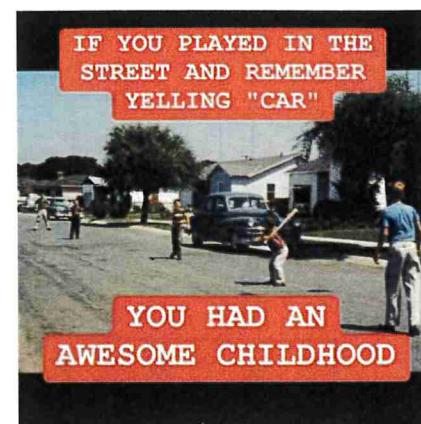
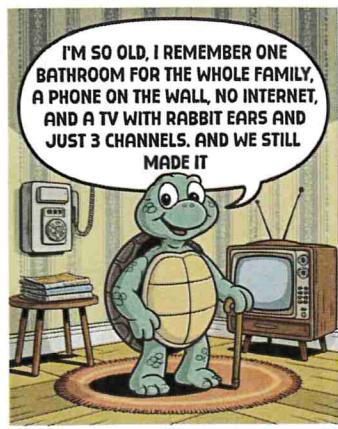
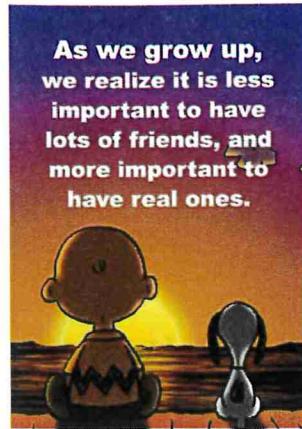
Word Search

AUTUMN
BIRCH
BROWN
CHANGE
COLORFUL
CRACKLE
DECIDUOUS

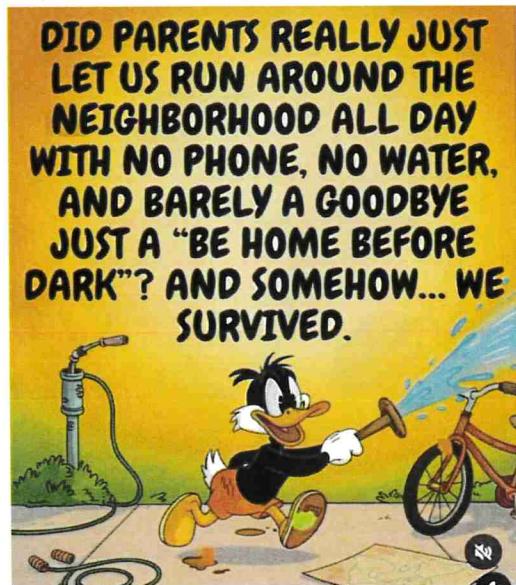
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Q	E	O	S	S	R	Y	K	P	M	F	E	G	Q	Z	F	B	F	G
Y	U	A	P	D	I	H	E	N	V	R	X	U	O	R	G	T	U	A
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S	R	L	M	C	H	C	T	E	P	I	A	D	I	R	G	U	E	G
B	D	J	I	L	L	G	O	P	W	L	B	C	E	G	L	F		
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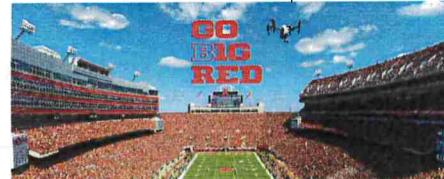
FALL	RAKE
FOLIAGE	RED
GOLDEN	RUSTLING
LEAVES	SCATTER
MAPLE	SCENIC
OAK	SEASON
ORANGE	TREES
PILE	YELLOW



"No, Ida, it wasn't a chemical peel. I went under the knife."



September 2025

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

September 2025

Monday

Tuesday

Wednesday

Thursday

Friday

S



2
CHICKEN ROLL-UP
BABY BAKERS
BRUSSEL SPROUTS
PEACHES
BUG BITES
MILK

3
HOT HAM & CHEESE SANDWICH
POTATO WEDGES
CHEESY CAULIFLOWER
FRUIT JUICE
CHOCOLATE SUGAR COOKIES
MILK

4
CHICKEN ALFREDO RICE CASSEROLE
BROCCOLI
DICED TOMATOES
APRICOTS
HONEY BUN CAKE
GARLIC BREAD
MILK

5
TUNA & NOODLES
GREEN BEANS
PICKLED BEETS
PEARS
MUFFIN
MILK

8
BACON CHEESEBURGER MEATLOAF
BAKED POTATO
SPINACH
FRUIT JUICE
BREAD
MILK

9
TURKEY & NOODLES
MASHED POTATOES
CARROTS
MIXED FRUIT
BROWNIES
BREAD
MILK

10
PORK CHOP
AUGRATIN POTATOES
DICED BEETS
STRAWBERRY JELLO /
PEACHES
BREAD
MILK

11
STUFFED PEPPER CASSEROLE
CAULIFLOWER
APPLESAUCE
CHOCOLATE ECLAIRE
BREAD
MILK

12
LEMON TOLAPIA
WILD RICE
APARAGUS
TOMATO JUICE
PINEAPPLE/ORANGES
BREAD
MILK

15
LASAGANA
GREEN BEANS
COLESAW
PEACHES
BUTTERSCOTCH PUDDING
GARLIC BREAD
MILK

16
MISSISSIPPI CHICKEN
RICE
BROCCOLI
V-8 JUICE
BAKED APPLES
BREAD
MILK

17
POLISH DOGS
MASHED POTAOES
SAUERKRAUT
APRICOTS
STRAWBERRY PRETZEL DESERT
BREAD
MILK

18
PORCUPINE MEATBALLS
BAKED POTATO
ITALIAN BLEND
GRAPES
OATMEAL SCOTCHIES
BREAD
MILK

19
HONEY BUTTER FLOUNDER
SWEET POTATO FRIES
CHEESY CABBAGE
ORANGE COTTAGE CHEESE SALAD
RAISINS
BREAD
MILK

22
SMOTHERED CHICKEN
BABY BAKERS
BRUSSELS SPROUTS
PEARS
BREAD
MILK

23
CHILI
CHEESE SANDWICH
BROCCOLI SALAD
CELERY W / PEANUTBUTTER
TROPICAL FRUIT
MILK

24
HAM LOAF
SWEET POTATOES
PEAS
PEACHES
CARAMEL CAKE
BREAD
MILK

25
TACO BAKE
REFRIED BEANS
CORN
FRUIT JUICE
M&M COOKIES
BREAD
MILK

26
VOLUNTEER & BIRTHDAY LUNCH
ROAST BEEF
MASHED POTATOES
TUSCAN BLEND
FRUIT SALAD
BIRTHDAY CAKE
ROLLS
MILK

29
BEEF STROGANOFF
HOMINY
PICKLED BEETS
RASPBERRY APPLESauce
BREAD
MILK

30
CHICKEN STRIPS
FRENCH FRIES
BAKED BEANS
PEARS
PEANUT BUTTER CUP BAR
BREAD

