

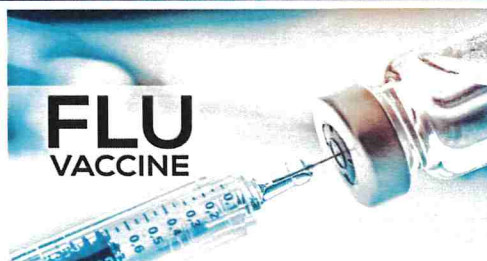
September



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



Farmers 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



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

Product for the
month of
Coffee



HOME DELIVERED MEAL RECEPIENTS

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
do so. Please call by 9:00 if you are not going to be home. Our
contact numbers are 345-6098 of 345-1760

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 City. 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.



1301 East H Street | McCook, Nebraska | 308-344-2650 | www.chmccook.org

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

Word Search

AUTUMN

BIRCH

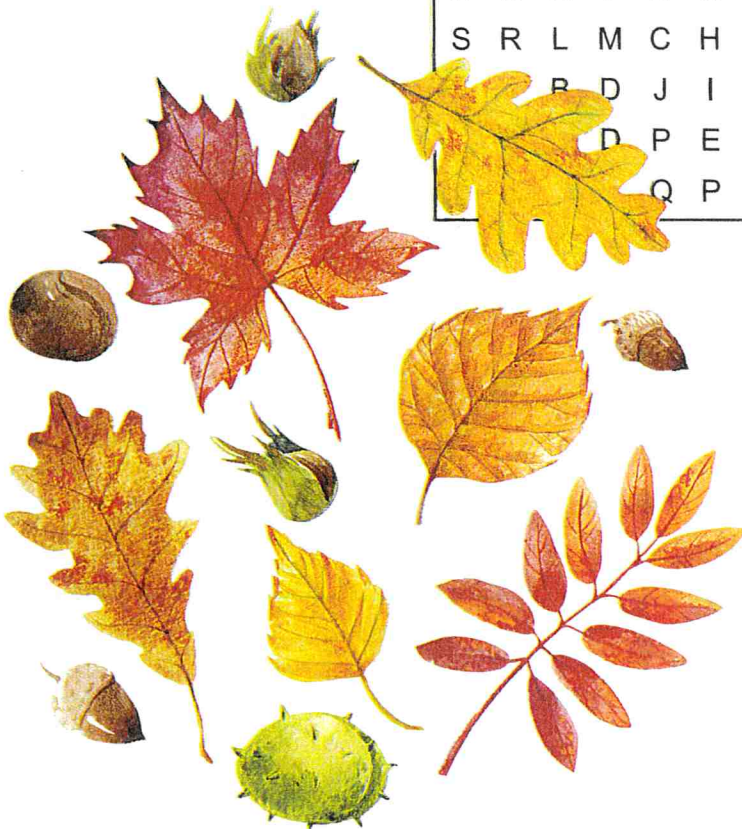
BROWN

CHANGE

COLORFUL

CRACKLE

DECIDUOUS



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

FALL

RAKE

FOLIAGE

RED

GOLDEN

RUSTLING

LEAVES

SCATTER

MAPLE

SCENIC

OAK

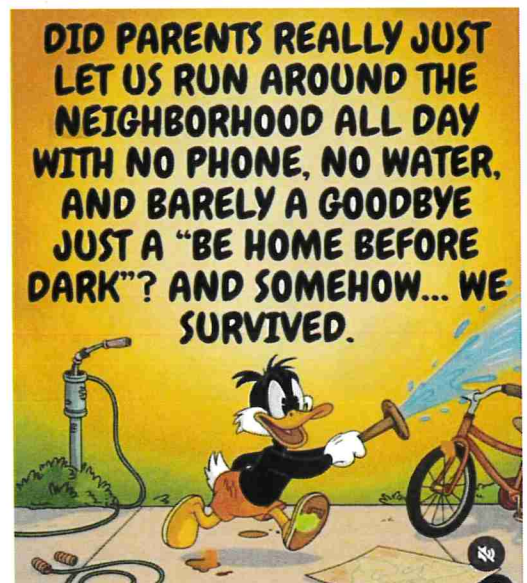
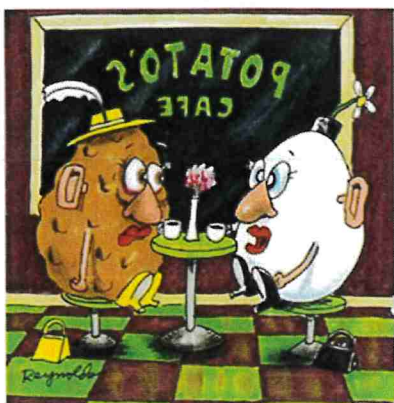
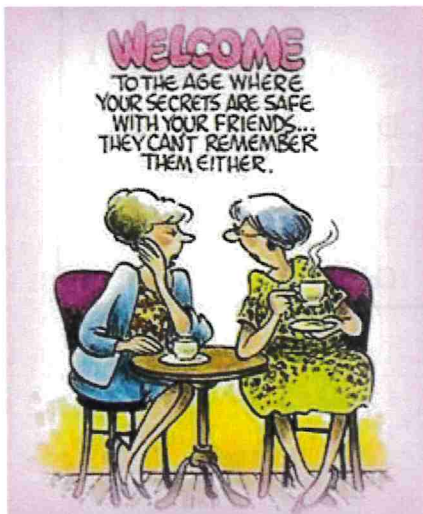
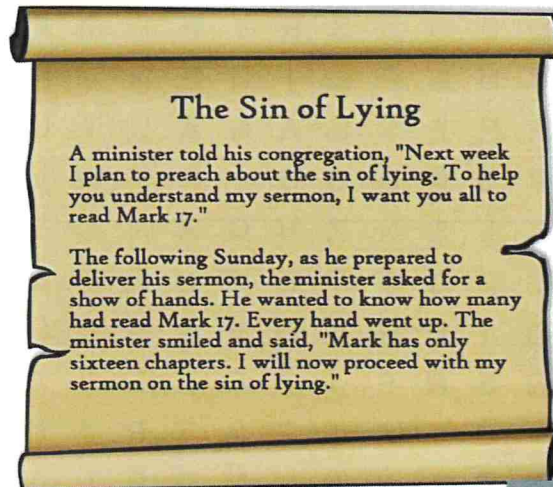
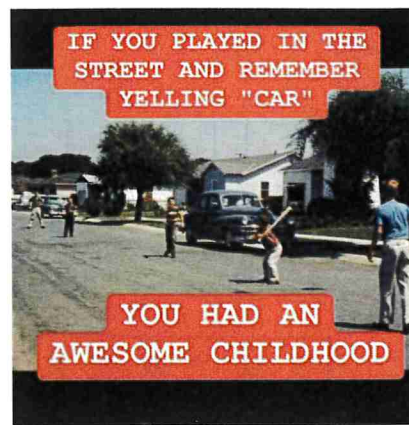
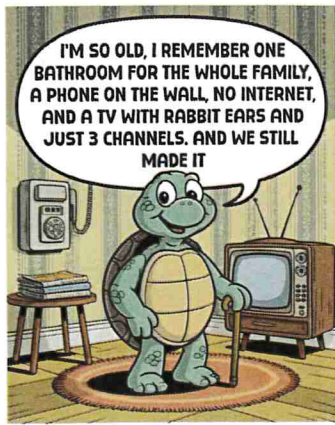
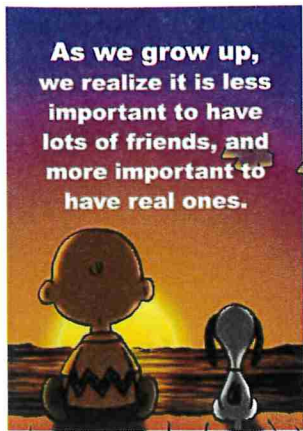
SEASON

ORANGE



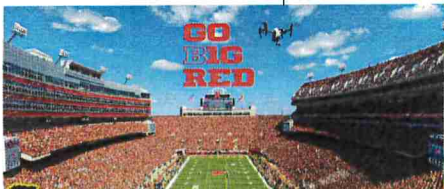

TREES

PILE


YELLOW



September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sa
 8 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	2 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO 12:30 BEE FIT WITHKRISTEN12:30	3 STRENGTH TRAINING 12:30	4 BEE FIT WITH KRISTEN 12:30	5 ACE OF CLUBS 12:30 STRENGTH TRAINING 12:30	6
9 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	9 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO SPONSORED by COMMUNITY HOSPITAL12:30 BEE FIT WITHKRISTEN12:30	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 TRAINING12:30	13
15 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	16 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO 12:30 BEE FIT WITHKRISTEN12:30	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 TRAINING12:30	23 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN12:30	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 12:3	26 VOLUNTEER APPRECIATION LUNCH BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING GAME DAY DOMINOS MEXICAN TRAIN 12:30 FRIDAY BRIDGE12:30 STRENGTH TRAINING 12:30	27
29 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	30 FREE ICE CREAM COMPLIMENTS OF KINSHIP POINTE BLOOD PRESSURE 11:00 - 11:45 BINGO 12:30 REF FIT WITH KRISTEN12:30				

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 CHOCLATE ECLAIRE BREAD MILK	12 LEMON TOLAPIA WILD RICE APARAGUS TOMATO JUICE PINEAPPLE/ORANGES BREAD MILK	
	15 LASAGANA GREEN BEANS COLESLAW 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 <u>VOLUNTEER & BIRTHDAY LUNCH</u> 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	