

North Platte Area Ready to Serve Volunteer Program

★ Serve Your Neighbor

★ Serve Your Community

★ Serve Your Country

901 East 10th Street, North Platte NE 69101
(308) 535-6777 rsvp@ci.north-platte.ne.us

Monday-Friday 8:00 a.m.-5:00 p.m.

Dana Songster, Director; Bridget Weeder, Christy Amos & Susan Marquez, Administrative Assistants
Helen Keslar, Office Volunteer

www.facebook.com/nprsvp www.volunteermatch.org www.ci.north-platte.ne.us/volunteer/rsvp www.allforgood.org

March 2019

RSVP Literacy Program

With the 2018-2019 school year almost over, **we still need FIVE volunteers for the Literacy Program to meet or grant requirement. We have 15 teachers who still need a volunteer.**

Classroom teachers will determine the day & time that fit their class schedule along with the students who need extra reading time. Volunteers determine which day, time, school, teacher & grade level they would like to assist. Activities include reading to the students, listening to students read & offering guidance in developing overall reading skills. Volunteers will serve for approximately one & a half hours, sometimes less, each week throughout the school year. Volunteers will assist students in grades K-5th in all 9 of the North Platte District Elementary Schools.

If you would like to help with this, but are afraid to commit because you like to go visit family periodically – consider being on-call. Also, the teaching staff is very nice & does understand if you have something come up & have to be gone. The students truly benefit even if you can only come once or twice a month. We can arrange schedules so you can volunteer the 1st & 3rd week & find another volunteer to do the 2nd & 4th week.

Please give the Literacy Program a try. I promise you will find it a very rewarding volunteer assignment. If you are interested in becoming a Literacy Volunteer, please contact Bridget at 535-6777.

Buffalo Elementary

4th Grade – Tiffany LeTourneau
Tuesday, Thursday 10:30-11:30 a.m.
Monday, Wednesday, Friday 8:30-9:00 a.m.

Cody Elementary

3rd Grade – Meagan Bourke
Monday, Tuesday, Wednesday, Thursday,
Friday 8:10-8:55 a.m.
Monday, Tuesday, Thursday, Friday 12:45-
1:55 p.m.

Eisenhower Elementary

Kindergarten – Kim Mertens
Tuesday, Thursday 9:00-10:00 a.m.
Wednesday, Friday 10:30-11:15 a.m.
1st Grade – Ashley Melvin
Monday, Tuesday, Thursday 8:45-9:45 a.m.

2nd Grade – Yvonne Bailey

Tuesday 10:15-10:50 a.m., 12:50-1:40 p.m.

Jefferson Elementary

1st Grade – Kathy Beisner
Thursday 8:50-11:15 a.m.
2nd Grade – Jamie Hernandez
Thursday, Friday 8:50-10:30 a.m.
Monday, Tuesday, Wednesday, Thursday,
Friday 2:25-2:50 p.m.

McDonald Elementary

Kindergarten – Autumn Ball
Wednesday, Thursday, Friday
10:25-11:00 a.m.

1st Grade – Angie Ayres

Tuesday, Friday 8:45-10:00 a.m.

4th Grade – Kelsey Cahill

Monday, Tuesday, Wednesday, Thursday,
Friday 1:00-2:00 p.m.

Osgood Elementary

Kindergarten – Becky Stine
Friday 9:00-10:00 a.m.

1st Grade – Brenda Malmkar

Tuesday, Wednesday 8:20-9:20 a.m.
Monday, Tuesday, Thursday 12:40-1:40 p.m.

2nd Grade – Karoline Ivester

Wednesday, Friday 12:00-1:30 p.m.

Washington Elementary

Kindergarten – DaNessa Fleck
Tuesday 10:50 a.m.-12:15 p.m., 1:35-2:20
p.m.

2nd Grade – Kristi Burford

Monday, Wednesday 9:15-10:00 a.m.
Monday, Tuesday, Wednesday, Thursday
12:00-12:35 p.m.

In Memory of Current & Past RSVP Members:

Eileen Boltz

13 years
2,464 hours

Mary Sedlacek

12 years, 5 months
1,442 hours

Steven Ormesher

12 years, 2 months
1,131 ½ hours

Arlene Haddock

2 years, 10 months
111 ½ hours

Sympathy to the following RSVP Members on the loss of a loved one:

Dan & Berva Arensdorf
Bob & Clydene Britton
Jan Broome
Alma Bullington
Cindy Burton
Velma Carlson
Vicky Fritz
Marion Keith
Wilma Neal
Dan & Eloise Shuck
Valma Smith
Kyle, Dana
Jayden, Carson & Kade
Songster
Clara Vencill

If you have lost a loved one & he/she is not mentioned in the newsletter, please accept our apologies. We were not aware.



Welcome

The North Platte Area RSVP is extremely happy to have thirteen new RSVP Volunteers joining us! Please welcome Larry Becvar, Mike Beem, Steve & Monica Cooper, Lynette Gralak, Nathan Lukas, Patrick & Robin Merritt, Les Ravenscroft, Ron Refior, Pedro Rincon & Pat & Julie Wieszorek, Welcome! We look forward to serving with you!

RSVP is gearing up for North Platte Giving Day, May 8th. We will have more information in the April newsletter.

Thank you's

☺ Thank you for allowing our organization to place a red donation can at RSVP. Every little bit helps purchase a pair of shoes for children in need in Lincoln County. ~ Goodfellow Shoe Fund, Jana Greenwood, Vice President.

Mark Your Calendar for the Hamburger Bash

All RSVP Volunteers & their spouses are invited to the Hamburger Bash on April 18th from 5:00-7:00 p.m. at the Eagles Club, 620 North Chestnut. The Eagles Club will be serving Hamburgers, Salad, French Fries & Cookies.

Call the RSVP Office at 535-6777 to make your reservation. Please let us know if you are bringing a guest.

Guests are \$5.00 (please pay in advance).

This year's theme is "Go Huskers". Please wear your favorite Nebraska shirt, cap, scarf, facepaint, etc.

Available parking is located in the Telegraph parking lot (except first row in front of the building since they will be open for business), Ace Hardware parking lot, & the parking lot between the railroad tracks & the Eagles Club.

Raffle

We are preparing for the upcoming raffle...if you do not want raffle tickets this year please call RSVP at 535-6777.

Tickets will hopefully be ready for you to pick up at the Hamburger Bash.

Lunch Drawing

Congratulations Sharon Heiser for turning in your January hours by February 5th! Sharon has been a member of RSVP since July 2006. She volunteers with the Foster Grandparents Program & transporting others. Enjoy lunch at the Lincoln Highway Diner.

Our Family Labels

Do you shop at Gary's? If so, please save the Our Family UPC bar codes (or even the whole label if that is easier for you). We ask that you save the UPC's/labels & bring/send them into the RSVP Office often. When we collect 500 UPC's we will send them in & redeem \$25.00 - that's 5¢ per label! So far RSVP has received \$450.00!



Through this program, we can raise money by simply doing something we all do each week-grocery shopping. In every Gary's ad there will be a 5¢ designation by every product that is label saving eligible. With your support & more than 2,000 Our Family brand products available to purchase, there's no limit to the amount of labels we can collect & redeem. If you have any questions, please call RSVP at 535-6777.

A Note about Memorials

Please consider making a charitable contribution to the North Platte Area Ready to Serve Volunteer Program. Contributions & memorials allow RSVP to use your donations where it is needed most. Unrestricted gifts allow us to continually enhance our program.

RSVP has a fund set up at Mid-Nebraska Community Foundation. They can help you set up a monthly or a one-time contribution to the RSVP Program. Contributions are tax deductible. Please contact Eric at 534-3315.

Please remember when planning your estate, or in the event you have lost a loved one & would like to leave a memorial in their honor, to please be specific about the recipient. Please know that the North Platte Senior Center & the North Platte Area RSVP are separate non-profit organizations. We want to make sure RSVP receives the gifts intended for us & the Senior Center receives the gifts that were intended for them. We both appreciate your consideration of either program.

Volunteer Shirts

New volunteers get one free t-shirt? If you want additional shirts, t-shirts cost \$5.00, long sleeve shirts cost \$10.00 & sweatshirts cost \$5.00. We also have staff uniforms & polo shirts marked down to \$5.00.

Wish List

If you have an item listed & would like to donate it, please bring it to the RSVP Office. 3 ring binders, AA batteries, address labels, aluminum foil, baseball gloves, bias tape, blank cards with envelopes, board games, body wash, bookmarks, bowls, Box Tops for Education, brass brads, bubble wrap, clean cardboard scraps, clear & white school glue, clip boards, clothespins, coffee filters, college ruled paper, cologne, colored pencils, conditioner, Correll plates, cotton balls, craft projects, crayons, deodorant, disc golf stuff, dry erase markers, educational & self-help books, egg cartons, erasers, film canisters, footballs, Frisbees, glitter, glue sticks, gourds for birdhouses, hand sanitizer, headphones &/or speakers for tv, horseshoes, hot glue sticks (bigger & smaller sizes), individually wrapped candies, laminating film, Legos, Little Debbie snacks, markers, masking tape, Mechanical pencils, Mini fridge, nerf balls, non-caffeine pop, office supplies, old cd's. Our Family UPC's, paper clips, pencil grippers, pencil sharpeners, pencil top erasers, pencils, pens, pipe cleaners, plastic lids, plastic silverware, plastic straws, pop tabs, popsicle sticks, Pringles cans, prize box items. q-tips, rated G movies, rubber bands, sand paper, sandwich bags (zip & fold-top), Sanitizing wipes, saran wrap, shampoo, sidewalk chalk, sketch pads, small & medium cups (plastic or paper), small laminator, small paper plates, small toys for prize box, stamp pads, Standard-size pillows, stickers, tennis & badminton rackets, toilet paper/paper towel tubes, tooth brushes, tooth paste, toothpicks, twist ties, video games, volleyball & net, yarn/string, Ziploc bags (gallon, quart, sandwich & snack size).

American Legion Auxiliary

The American Legion Auxiliary is now accepting new members! You must have a relative who served in the military. Meetings are held on the second Wednesday of the month at 2:30 p.m. at 2020 East 4th Street. Membership fees can be paid yearly, or for a lifetime!

Volunteer Opportunities

Give the RSVP Office a call at 535-6777 if you are interested in volunteering at any of the following:

<p style="text-align: center;">Senior Center Kitchen</p> <p>Help serve lunch from 10:30-12:30 p.m.</p>	<p style="text-align: center;">Craft State Offices</p> <p style="text-align: center;">Tuesday p.m.</p> <p>For more information call Kris at 530-2063.</p>	<p style="text-align: center;">North Platte Community College</p> <p>Hand out programs March 12th & 28th 6:15-7:00 p.m.</p>	<p style="text-align: center;">Nursing Homes</p> <p>Looking for volunteers to provide friendly visitation, provide music, help during craft time & bingo.</p>
<p style="text-align: center;">Prairie Arts Center</p> <p style="text-align: center;">March 2nd</p> <p>Take tickets at the front door & assist on 2nd floor. 7:00-8:30 p.m.</p>	<p style="text-align: center;">Mothers of Preschoolers (MOPS)</p> <p style="text-align: center;">1st & 3rd Friday of the month</p> <p>Help tend children while mothers attend group. 8:30-11:15 a.m.</p>	<p style="text-align: center;">Lincoln County Veteran Service</p> <p>Drivers Needed! Transport Veterans to Grand Island for appointments. A van is provided.</p>	<p style="text-align: center;">North Platte Children's Museum</p> <p>Clean & sanitize displays. Set your own schedule. Open Tuesday-Saturday 9:30 a.m.-5:00 p.m.</p>
<p style="text-align: center;">Commodities</p> <p>March 21st & 28th, May 16th & 23rd, July 18th & 25th, September 17th & 26th, November 21st & December 5th. 8:00-10:00 a.m. Help load 50 lbs. boxes from truck to car.</p>	<p style="text-align: center;">North Platte Senior Center Bingo</p> <p>Saturday evenings Early bird helpers 5:15-7:00 p.m. Or come for the evening 5:15-9:00 p.m.</p>	<p style="text-align: center;">Poppy Day</p> <p style="text-align: center;">May 18th 9:00 a.m.-2:00 p.m. (1 hour shift)</p> <p>Hand out poppies & collect donations. Free lunch. Go to 2020 E 4th St. to pick up supplies.</p>	<p style="text-align: center;">Salvation Army</p> <p>Tuesday, Wednesday or Thursdays 2:00-4:00 p.m. Answer the phones, take messages, direct phone calls, & greet clients.</p>

Home Delivered Meals Program

The Home Delivered Meals Program is in need of volunteers. Volunteers are needed every day to deliver meals to the homebound. Two volunteers are assigned to each route - one volunteer drives; the other is the runner & takes the meal to the door. Volunteers who drive their own vehicle receive a mileage reimbursement. Volunteers arrive at the center at 10:00 a.m. & are finished no later than 12:00 noon. Looking for volunteers who could commit to one day a week or being on-call. Please call Becky at 532-6544.

Great Plains Health

Great Plains Health has 30 different volunteer opportunities including those listed below. If you are interested in joining their great group of volunteers, contact Julie at 568-7475 or calahanj@gphealth.org. Training, meal benefits & gift shop discounts are provided. Most volunteers serve one day a week or multiple days, depending on your schedule. Currently the following volunteer opportunities are available:

- ☺ Emergency Department information desk – Mondays 1:00-5:00 p.m., Fridays 8:00 a.m.-12:00 p.m., Fridays 12:00-4:00 p.m.
- ☺ North Platte Health Pavilion information desk – Mondays & Tuesdays 12:30-5:00 p.m.
- ☺ Cardiac screens – 1st & 3rd Fridays from 8:00 a.m.-1:00 p.m.

Foster Grandparents

Share Today. Shape Tomorrow.

The Foster Grandparent Program is a nationally recognized & funded program through the Corporation for National & Community Service (just like the Retired & Senior Volunteer Program).

The Foster Grandparent Program matches individuals with children in an educational setting. Volunteers work one on one with children spending time reading, building life skills & enjoying what each generations has to offer. The ultimate goal is to empower seniors by enriching their lives & the lives of the children they work with.

Requirements: •55 years of age or older •Ability to volunteer 15 hours or more per week •Must be in good general health •Meet income guidelines.

Benefits: •Earn a tax-free stipend •Paid personal leave time •Mileage reimbursement •Annual Physical •Meal provided while volunteering •Monthly in-service/training •Meet new friends • Make a Difference in the life of a child! Do you want to be a Foster Grandparent? Please call & speak with Cathy at (308) 635-3089.

Habitat for Humanity Construction Coordinator Needed

The North Platte Area Habitat for Humanity (NPAHFH) is looking to hire a Construction Coordinator for the 2019 build season. The successful candidate will be responsible for the pre-planning, managing & completing the building projects as directed by the Board of Directors. This part-time position requires the direction of volunteers & partner families in the construction of three houses as well as serving on the NPAHFH Construction Committee.

Construction typically begins in April & runs through December each year. NPAHFH is a Christian organization seeking to put God's love into action, bringing people together to build homes, communities & hope. Those interested in the Construction Coordinator position should submit a resume to NPAHFH, PO Box 1785, North Platte, NE 69103.

Kidney Walk Share a Spare Color Run & Walk

March 2nd 8:00-11:00 a.m. Lake Maloney Golf Course

Needs volunteers to help with organizing the event as well as registration, color station & water/snack station. Please call Christy at 535-6777 for more information & to sign up to help!

Golden Spike Tower

Like to help with Crafts? The Golden Spike is hosting Kindergarten classroom tours on March 4th, 5th, 6th & 7th. They are in need of helpers from 9:00-10:30 a.m. & 1:00-2:30 p.m. If you would like to help with this, please call RSVP or the Golden Spike.

The Golden Spike Tower still have openings available for 8th floor guides & 1st floor greeters for anyone who is interested in volunteering here at The Golden Spike Tower. The Golden Spike Tower is open all year around, so we have shifts available in every season. If you are interested in volunteering at the Golden Spike, please call Kimberly, Volunteer Coordinator, at 532-9920 for additional information.

Community Connections Mentoring



Community Connections Mentoring has an opportunity for individuals 50 & over to volunteer to mentor for our Impact Team of 6th grade students. We will meet at the Senior Center on Wednesdays from 3:15-4:30 p.m. twice a month for the school year. These students will attend a classroom activity on the opposite weeks which will focus on increasing skills in areas of communication, decision making, goal setting, problem solving, bullying prevention, & substance abuse prevention. Time spent with mentors at the Senior Center will be used to reinforce the lesson learned with fun activities planned. Mentors will also spend time playing games or cards, doing crafts & performing community service together. This is meant to be a simple time to share together. We will be there to support you along the way! Contact Angela at 696-0975 if you have questions.

Volunteer Drivers Needed-Save a Life with the Red Cross

The Red Cross is finding they have more deliveries than the drivers can handle. They would like to recruit 1-2 more volunteers who are willing to be on call. Volunteers could be called once per week. They would use Red Cross vehicles for the deliveries. Deliveries include taking blood products directly to the hospitals for patient use. Volunteers are covered by Red Cross insurance when driving Red Cross vehicles. Deliveries are nearly all in the daytime hours & range all over the Western portion of the Midwest Region. All volunteer drivers must be able to lift up to 30 lbs. (carts are used for deliveries), willing to take a background check & have a clean driving record. Training is offered. Can be a team, like husband & wife. Call RSVP!



**American
Red Cross**

insurance

Plan to attend this special training...

Management of Spontaneous Volunteers in Disasters

April 29th from 8:00 a.m.-5:00 p.m.

University of Nebraska Extension Offices, 348 West State Farm Road, North Platte.

Sponsored by: Corporation for National & Community Service, University of Nebraska Extension, Nebraska Citizen Corps Council, & Nebraska Emergency Management Agency

This one day course has been developed for individuals responsible for the management of spontaneous volunteers. The course will outline the benefits & challenges of utilizing spontaneous volunteers during relief efforts. Special emphasis will be placed on how to fully plan for & operate a Volunteer Reception Center Program. Classroom training will be conducted during the morning session & a disaster simulation will be held during the afternoon session. Register on line at <http://www.nema.ne.gov>. There is no fee to attend this course. Lunch will be provided for participants. Registration deadline is April 22nd. Course Contact: Brent Curtis, (402) 471-7426 or Brent.curtis@nebraska.gov

Head Start

Head Start is in need of volunteers to be classroom Assistants, Office Assistants, & with Manual Labor. Classroom Assistants help with activities, lessons & cleanup after activities. Office Assistants perform clerical duties such as word processing, photocopying, filing, answering the phone & welcoming visitors. Those who like to do manual labor help with painting, landscaping & repairs. Volunteers should be dependable, able to maintain confidentiality, able to work with children, able to pass a background check. Bi-lingual is a plus!

There are three Head Start sites in North Platte. Please call the central office at (308) 865-5690.

RSVP Bake Sale at the Library

Calling all bakers! RSVP is in need of baked goods for the Bake Sale, April 25th, 26th & 27th.

Project Connect

Project Connect & Stand Down will be held on April 17th from 1:30-4:00 p.m. For Project Connect, forty to fifty agencies & organizations will be present to provide resources, services, & information about employment, health, family services, housing, education, counseling, legal services, & more. The public is welcome to attend to learn more about what is available in our community & to get questions answered.

Stand Down is an opportunity for veterans & their family members to learn more about programs & benefits. Programs serving veterans will be present to answer questions & provide assistance.

Volunteers are needed for these events. Volunteers may help set up, assist with intakes, serve as navigators, help with donated items, & help with clean up. A sign-up sheet is available in the RSVP office.

Donations are also requested for hygiene items, baby supplies, laundry detergent, first aid items, fire alarms & carbon monoxide detectors, & new & gently used bicycles & sports equipment. Donations may be left at the Families First Partnership Office, 421 S. Dewey, or dropped off at "Stuff the Trailer" in the Platte River Mall parking lot on April 13th or 16th from 11:00 a.m.-3:00 p.m.

For more information, contact Janet Livingston, 221-6823, livingstonj@wcdhd.org, Jaime Blevins, 227-8391, Jaime.blevins@boystown.org, or Caroline Sabin, 520-3743, families.1st@icloud.com.

Helping People – Changing Lives

North Platte Senior Center...532-6544
Open Monday-Friday, 8:00 a.m.-4:30 p.m.
Lunch is served from 11:30 a.m.-1:00 p.m.
Suggested donation for 60 & over is \$4.00, 59 & under is \$6.00.

The North Platte Senior Center also provides meals for the Hershey Senior Center.

March 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
				1
Stop by the North Platte Senior Center. Come for lunch, to dance, play cards, exercise...bring a friend!	Menu subject to change without notice			BBQ Rib Sandwich, Steak Fries, Baked Beans, Fruit Cocktail & Vanilla Pudding 12:30 Bridge Card Club 1:00 Pinochle Pals Card Club 6:00 Open Card Party-bring a covered dish
4	5	6	7	8
Salisbury Steak, Mashed Potatoes with Gravy, Asparagus, Plums & Lettuce Salad 1:00 Porcelain Pals 1:00 Dominoes 1:00 Merry Widows Card Club	Lemon Chicken, Chunky Potatoes, Harvest Beets, Pears & Cherry Crisp 10:00 Strength Training Class 12:30 Jolly Dollies Card Club	Salmon Loaf, Creamed Potatoes, Green Beans, Applesauce & Cookie Bar 9:00-2:00 Flying Needles Quilt Group 11:00 🎵 Ray Mullen 7:00-9:30 Dance-Ray Mullen. \$5/person	Turkey & Cheese Sandwich, Potato Soup, Pea Salad & Peaches 10:00 Strength Training Class 1:00 Pennies	Popcorn Shrimp, Au Gratin Potatoes, Sliced Carrots, Pineapple Chunks & Gelatin 9:00 Advanced Tia Chi 12:30 Bridge Card Club 12:30 Hand & Foot Card Club 1:00 UTU Card Club 6:00 Open Card Party-bring a covered dish
11	12	13	14	15
Sweet & Sour Chicken Breast, Rice, Oriental Blend Vegetables, Pickled Beets, Apricots & Egg Roll 9:00 Beginner Tia Chi 1:00 Dominoes	Pork Cutlet, Mashed Potatoes with Gravy, Wax Beans, Peaches & Gelatin 10:00 Strength Training Class 11:00 🎵 Bob Mandeville 1:00 Little Girls Card Club 7:00 NP Coin Club	Meatloaf, Baked Potato, Cauliflower with Cheese, Pineapple Chunks & Rotini Salad 9:00-2:00 Flying Needles Quilt Group 12:15 Kit Kat Card Club 7:00-9:30 Dance-Lou Kraus. \$5/person	Polish Dog, Scalloped Potatoes, Sauerkraut, Apple Rings & Chocolate Pudding 10:00 Strength Training Class 1:00 Pennies	Corn Beef & Cabbage, German Blend Vegetables, Whole White Potatoes, Pears, Pistachio Salad & Dinner Roll 9:00 Advanced Tia Chi 12:30 Bridge Card Club 1:00 Pinochle Pals Card Club 1:00 Friendship Card Club 6:00 Open Card Party-bring a covered dish
18	19	20	21	22
Beef & Noodles, Mashed Potatoes, Mixed Vegetables, Quartered Fruit & Cottage Cheese 9:00 Beginner Tia Chi 1:00 Dominoes 1:00 Hot Shots Card Club 1:00 Grasshoppers Card Club	BBQ Chicken, Hashbrown Casserole, Brussel Sprouts, Peaches & Gelatin 10:00 Strength Training Class 12:30 Jolly Dollies Card Club 1:00 PAC Meeting 2:00 Bingo Committee Meeting	Tater Tot Casserole, Tomatoes with Zucchini, Pears & Corn Salad 9:00-2:00 Flying Needles Quilt Group 11:00 🎵 Ray Mullen 11:30 8 Queens Card Club 12:30 Foot Clinic 7:00-9:30 Dance-Ray Mullen. \$5/person	Breaded Chicken Breast, Au Gratin Potatoes, Peas, Pineapple Chunks & Macaroni Salad 10:00 Strength Training Class 11:30 Foot Clinic 1:00 Pennies	Birthday Dinner Roast Beef, Mashed Potatoes with Gravy, California Blend Vegetables, Tropical Fruit, Dinner Roll, Cake & Ice Cream 9:00 Advanced Tia Chi 12:30 Bridge Card Club 12:30 Hand & Foot Card Club 1:00 UTU Card Club 6:00 Open Card Party-bring a covered dish
25	26	27	28	29
Chicken Ala King Over Biscuit, Mashed Potatoes, Green Beans, Plums & Cheese Cubes 9:00 Beginner Tia Chi 1:00 Dominoes	Ham, Scalloped Potatoes, Lima Beans, Peaches & Apple Cobbler 10:00 Strength Training Class	Spaghetti with Meat Sauce, Corn, Pineapple Chunks, Lettuce Salad & Garlic Bread 9:00-2:00 Flying Needles Quilt Group 12:15 Kit Kat Card Club 1:00 Little Girls Canasta 7:00-9:30 Dance-Top Shelf Country. \$5/person	Pork Chop, Dressing, Mashed Potatoes with Gravy, Spinach & Applesauce 10:00 Strength Training Class 1:00 Pennies 1:00 We All Card Club	Tavern Battered Fish, Macaroni & Cheese, Peas, Fruit Cocktail & Pickles Beets 9:00 Advanced Tia Chi 12:30 Bridge Card Club 6:00 Open Card Party-bring a covered dish



Daylight Savings time begins March 10th...set your clocks ahead 1 hour.

Also Available at the North Platte Senior Center...

Pet Food Pantry~ Must be 60 or older, proof of income, shot/rabies records, spaying/neuter record.

Strength Training ~ Jon Wieseler, Instructor, is a Physical Therapist at Platte Valley Physical Therapy. He has 30 plus years' experience, brings knowledge, LOTS of fun & jokes to each class... Laughter really is the best medicine! Classes are \$25.00 for an 8 week session or you can drop in anytime for \$3.00. Classes are held on Tuesdays & Thursdays at 10:00 a.m., a 15 minute break is taken at 10:30 a.m. & class ends at 11:15 a.m.

Lending Library ~ We have lots of books, audio books, VHS tapes & DVD's available to borrow.

Bingo ~ Join us on Saturdays for BINGO! Early Bird game starts at 6:30 p.m. Bingo starts at 7:00 p.m.

Medical Equipment ~ North Platte Senior Center has the following items available to borrow: Power chairs, Wheelchairs, Walkers, Canes, Toilet Seat Risers, Bath Tub Handles, hospital bed, wound & colostomy supplies, C-pap, hydraulic lift & much more. They also accept these items as donations.

Foot Clinic ~ The next clinic will be March 20th from 12:30-3:30 p.m. & March 21st from 11:30 a.m.-3:30 p.m. The cost is \$12.00. Call 532-6544 to schedule an appointment. No walk-ins. To schedule to have your feet done in your home call Kay at 539-2657.

Porcelain Pals Painting Club ~ This painting club meets on the first Monday of every month. If you are interested in learning to paint, please feel free to join them. For more information, please call Donna at 530-1705.

Woodcarvers ~ meet on the 1st & 3rd Saturday from 9:00 a.m.-12:00 noon.

Bus Tours ~ Grand Canyon, Las Vegas & Hoover Dam. \$900.00. June 22nd-30th. \$75.00 at signing. Final payment due April 15th.

Nova Scotia, Prince Edward Island & New Brunswick. \$1,750.00. September 15th-29th. \$75.00 at signing. Final payment due July 8th.

Community Action Partnership of Mid Nebraska 901 East 10th Street, 532-3250

If you are interested in any of the following programs, call Ashley to make an appointment:

The Commodities Supplemental Food Program provides free, nutritious, supplemental food to income eligible individuals 60 years old & over. Income eligibility goes by Net Income not Gross Income...\$1,316 for a one person household or \$1,7884 for a two person household. If you are interested & eligible, please call Ashley for an appointment or go to the church. Must have proof of age, income & address. The next distribution will be held on March 21st from 8:00-10:30 a.m., you can pick up at the Presbyterian Church, 1901 West Leota Street.

Weatherization provides long lasting energy saving upgrades to homeowners who qualify. These services are offered at no cost. Please tell your friends & family, as they really need applications for Lincoln County.

Emergency Utility Assistance helps with eviction notices & disconnected utilities...when funding allows.

Prairie Arts Center

Hours: The PAC is open Tuesday- Saturday from 11:00 a.m.-4:00 p.m.

March Gallery Exhibit: High School Exhibit & Art Study High School Awards

Events: March 2nd Blue Swing in concert at 7:30 p.m.

Classes: March 1st 6:00-8:00 p.m. Learn the art of paper flower making with rice paper from Thailand. Instructor Cheri Erickson.

March 26th 6:00-8:00 p.m. Silk scarf marbling with Instructor Tim O'Neil. Float paints of a thick solution, swirl the paint into patterns, then capture the design with fabric. It's that easy...& fun.

Special classes in May presented by Japanese Potter Katsumi Kato. Learn about a traditional Japanese tea ceremony, shisa pottery, making coffee mugs & tea cups, sushi making & more.

Art supplies & snack are provided during class. Includes one complimentary glass of beer or wine, for participants age 21 or older. \$40.00 non-members, \$35.00 members. For more information or to RSVP for a class, please contact Holly at 534-5121 or 530-3619...spots are limited. Please check out their website at www.prairieartscenter.org or their Facebook page www.facebook.com/PrairieArtsCenter.

Great Plains Health Community Wellness Education Calendar

Check out the calendar of events at <https://www.gphealth.org/calendar/> or by calling 568-7530. In March they are offering a Bariatric Seminar, Diabetes Grocery Tour, Cancer survivorship 101: A time to heal, Weight Loss Surgery Support Group & Ostomy Support Group.

Screenings: Heart disease can happen to anyone. It's the leading cause of death in America, but it doesn't have to be. Early detection is key. That goal is at the heart of everything we do at Great Plains Health Heart & Vascular Center. Our comprehensive heart screening gives you a clear picture of your heart health-so you & your doctor can start working toward a solution. Normally this series of tests would cost around \$750, but we offer the screening for just \$50. It includes your Blood glucose level, Blood pressure, Body mass index, Calcium score & Cholesterol level.

If your doctors suspect a heart problem, you may need more diagnostic tests to pinpoint the cause. You can get any of these screenings right here without leaving North Platte: 64-slice CT scan, Coronary angiogram, Echocardiogram, Electrocardiogram (ECG or EKG), Nuclear cardiac testing. Stress echo, Transesophageal echo (TEE) & Vascular ultrasound.

Find out with a heart screening from Great Plains Health Heart & Vascular Center. To schedule a test, call 568-7455. Appointments are available on the 1st & 3rd Friday of the month.

Platte River Fitness Series

March 2nd ~ Share a Spare 5K Color Run

April 6th ~ CASA Superhero 5K & Kids Mile

March 23rd ~ Light up the Night 5K & Kids Mile

April 26th-28th ~ James O'Rourke Memorial Triathlons

Visit www.platteriverfitness.com for more information.

Brain Injury Engagement Group

Have you or a family member experienced an injury to the brain? Anyone living with the effects of a TBI, concussion, stroke or infection of the brain is invited, along with their family members, to come together to share ideas, community resources & build grassroots support for those with brain injury in the North Platte area. The group will meet the first Saturday of the month from 5:00-7:00 p.m. at the Cervelle Consulting Services, 100 East 5th Street, Suite 203, North Platte. Refreshments are provided. For more information, please call 532-7451.

Community Connections Drug Collection

Community Connections is offering a drug disposal program at the Platte River Mall, 1000 South Dewey Street, on March 16th from 11:00 a.m.-1:00 p.m. This program is an excellent way to dispose of prescriptions & over the counter medications that are expired or no longer needed. The medications are turned over to the Nebraska State Patrol who destroys them in an environmentally friendly manner. In partnership with Keep North Platte & Lincoln County Beautiful, the bottles & other packaging are recycled. For more information, call 696-3358.



Parkinson's Support Group

Do you have Parkinson's or are related to someone with Parkinson's? Are you a caregiver & want more information? If so, plan to attend the Parkinson's Support Group on the first Monday of the month (April-December) at the First United Methodist Church, 1600 West E Street. at 7:00 p.m. For more information, please call 534-7404.

Ms. Habitat Crowning Event March 9th at 7:00-9:00 p.m. Sandhills Convention Center

The Ms. Habitat Crowning event is the culmination of many months of hard work by an amazing group of women to raise money for North Platte Area Habitat for Humanity. Join us at this crowning event to see which contestant raised the most money in this unique fund raising competition. Who will take home the pink hard hat & the title of Ms. Habitat 2019? You will want to be there to find out! Individual tickets are \$35.00 or tables of 8 for \$250.00 may be purchased from any Ms. Habitat contestant. For information on all the contestants, check our website at www.npahfh.org/donate.



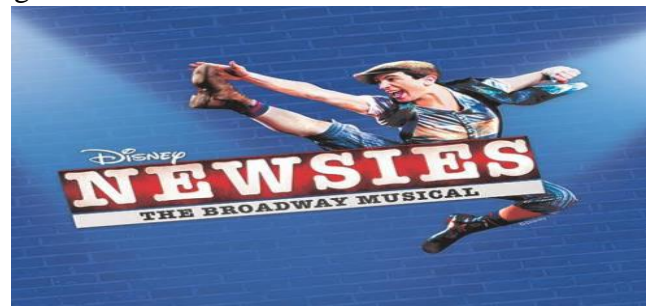
Newsies – The Broadway Musical

March 14th & 16th at 7:00 p.m.

March 17th at 2:00 p.m.

North Platte High School Performing Arts Center

Set in turn of the century New York City, Newsies is the exciting story of Jack Kelly, a charismatic newsboy & leader of the "Newsies". When Joseph Pulitzer decides to raise distribution prices of the newspaper at the newsies expense, the newsboys mount a successful strike & campaign to fight for what's right! Based on the 1992 motion picture, Newsies features a Tony Award winning score by Alan Menken & Jack Feldman & a book by Tony Award winner Harvey Fierstein. Featuring recognizable songs such as "Seize the Day" & "Santa Fe", Newsies is full of thrills, dancing, comedy & a timeless message that is perfect for the whole family!



Tickets are available at <https://www.showtix4u.com/events/14927>. Please call the North Platte High School Activities Office for help, 535-7105.

Mid Plains Community College Music events

Please plan to attend the Band & Choir Concert on March 12th & the Faculty Recital on March 28th. Both events begin at 7:00 p.m. & are held at the McDonald Belton in the Performance Center.

United Way's Taste of the Plains

April 27th

4:00-7:00 p.m.

Quality Inn & Suites

Home Health & Hospice

Grief support for those that have experienced the death of a loved one.

When someone you love dies, your world changes. There is no right or wrong way to mourn. Many people share the same feelings; most deal with the pain of loss, or some worry about the future. But, there also can be differences. It may help to talk with other people who also are grieving. Join our support group where you can feel comfortable sharing your feelings & concerns. Each session begins with an informational video & is followed by discussion.

Date.....Wednesdays until March 13th from 1:00-2:30 p.m.

Location.....Conference Room C, Great Plains Health, 601 West Leota Street, North Platte.

No registration is required & this class is offered free of charge. For more information, contact Renee at 568-7918.

Radon is a cancer-causing, radioactive gas that is undetectable to the human senses. Half of all homes have high radon levels. Radon test kits are available at the West Central Dist. Health Department. Call 696-1201 ext 260 for more info.

News from the North Platte Public Library...

Hours ~ Monday through Thursday, 9:00 a.m.-9:00 p.m. Friday & Saturdays, hours are 9:00 a.m.-6:00 p.m. The computer center closes 30 minutes before the rest of the library.

Contact ~ Library Website: <https://nppl.online>. Follow us on Facebook or Twitter: @Northplattepl. Library Blog: <http://libraries.ne.gov/northplatte>.

Make it Monday a free craft time on March 18th from 4:00-6:00 p.m. This month you will make Mason Bee houses. All materials are provided; no pre-registration required; crafts available for all ages of attendees; & you can come anytime during the two hours. Watch for more details at the library or on our Facebook page.

Story Time for Age 3-Kindergarten: 30-minute sessions on Tuesdays at 9:30 a.m., 10:30 a.m. & 1:30 p.m.

Wee Read for Ages under 3: 20-minute sessions on the 1st & 3rd Wednesdays at 9:30 a.m. & 10:00 a.m.

Teens Explore for ages 12-18: Thursdays 4:00-5:00 p.m. We have a different activity planned for each week including computer coding, water colors, snowball fun & more. No registration needed.

Lego Club ~ March 5th from 4:00-5:30 p.m. Open to ages 4-12. Parents & grandparents are welcome to join the kids & build together.

AARP Tax Aide Program Tax aides are available on Wednesdays, 12:00-3:00 p.m. & Saturdays from 9:30 a.m.-3:30 p.m. through April 13th. Must bring government issued photo ID & Social Security card. Couples must come together. This year there is a longer form to complete prior to helping you, so it is recommended to stop by the library & pick up this form to fill out at home. Library staff cannot assist you with your taxes, but can help you in printing out tax forms. Printing is 10¢/side. Tax forms have changed, so be prepared to read instructions to find out what you need.

Creation Station classes ~Team Spirit Buttons! Show your support for your favorite High School or College team! Come learn how to use the button/magnet maker & then make as many pin-back buttons/magnets as you want! There is no charge for staff to certify you to use the button/magnet maker. The training takes about 10 minutes. Then you can start making buttons all by yourself. Each button/magnet only takes about 5 minutes to make & costs 25¢/each! Training is available March 6th from 3:00-8:00 p.m., 7th from 6:00-8:00 p.m. & 9th from 1:00-5:00 p.m.

St. Patrick's Day Buttons! St. Patrick's Day happens every year on March 17th! This day observes of the death of St. Patrick, the patron saint of Ireland. The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking & a whole lot of GREEN. Come learn how to use the button/magnet maker & then make as many pin-back buttons/magnets as you want for the low price of 25¢/each! The training takes about 10 minutes. Then you can make buttons/magnets all by yourself. Each button/magnets takes about 5 minutes to make. Show your Irish spirit by wearing a green button on St Patrick's Day...so you don't get pinched! Training will occur on March 11th from 6:00-8:00 p.m., 12th from 1:00-4:00 p.m., 13th from 6:00-8:00 p.m., 14th from 2:00-6:00 p.m., & 16th from 1:00-5:00 p.m.

St. Patrick's Day Bookmarks. If you love St. Patrick's Day OR Green is your favorite color, stop by the library & make yourself a festive, fancy green bookmark! Library staff will teach you on how to use the laminator (which takes about 5 minutes) & then you can make bookmarks to celebrate St. Patrick's Day or the color GREEN! Cost is \$.50 per bookmark to make (includes the cost of: paper, lamination pouch, ribbon, & embellishment). Training will occurs on March 11th from 1:00-3:00 p.m., 12th from 4:00-6:00 p.m., 14th from 1:00-3:00 p.m. & 6:00-7:00 p.m.

Learn to Knit! & make a little knitted BUNNY! Have you ever wanted to learn to knit? Or, you haven't knitted in so long that you have forgotten how? Come learn basic stitches in knitting & get a free pattern on how to make a knitted bunny! There is no cost for this beginners class; yarn & needles are provided to learn on, (but if you have yarn or needles of your own & want to use them, please bring them). Plan on an hour & a half to knit & make the bunny. Please register by calling 308-535-8036 ext 3320. This beginners knitting course will be offered March 18th from 1:00-3:00 p.m., 19th from 3:30-6:00 p.m., 20th from 1:00-5:00 p.m. & 23rd from 9:00 a.m.-12:00 p.m. or 2:00-4:00 p.m.

The Embroidery Machine has arrived! Come learn from Jason! Jason's Creative Sewing Center will be here to show how to use our new Pfaff Embroidery Machine! There is no cost to learn how to use this machine. Classes offered March 18th & 26th from 6:00-8:00 p.m. Plan on 2 hours of learning to really get a feel for this machine. Although there is no class, registration is greatly appreciated: Register by calling 308-535-8036 ext. 3320.

Brown Bag Programs This year, we are featuring people from our area with unique experiences, hobbies & careers. The library is grateful they are willing to come & share their stories & talents with our noon program attendees.

March 7th, 12:00 p.m. "Bees" by Shelly Deardoff. Shelly our Young Adult Librarian, will present the first noon program this year. Shelly, in her spare time, is a beekeeper, & has started a small home business, "Sassy Pants Honey". Shelly describes her program here: "Bees are BIG NEWS! You have heard bits & pieces, but do you want to dig a bit further into the hive? Here's your chance! We aren't really going to let the girls (bees) out, but as an eye witness, have I got stories for you! Which of the many kinds of bees might you see in your back yard? What do you plant, to feed & attract pollinators? Now that they are in your yard, what happens if they land on you? What does the inside of a hive look like? These are a few of the questions we will look at plus so much more. Bring your questions & if I don't know the answer I will search the answer & get it to you. We at Sassy Pants Honey, are dedicated to caring for the environment, sharing our passion & bringing products that we can be proud of to our community."

March 14th 12:00 p.m. Rascal Martinez. Many of you have probably heard Rascal play in different venues in North Platte, when he isn't on the road performing across the US. Rascal's multi-instrumentalist career began in his family basement in Sutherland. We asked Rascal, now living in Denver, if he would come to a noon program & tell us about his musical journey & maybe sing a few songs, & we were delighted when he said yes. Don't miss this opportunity to hear his story.

Bargain Bin

The Bargain Bin will now be open every Thursday from 5:00-8:00 p.m. in addition to Monday-Saturday 10:00 a.m.-3:00 p.m. Bag Sales are held on the 2nd Monday of the month from 5:00-8:00 p.m. as well as on the 15th & 30th during normal business hours. If the 15th or 30th is on a Sunday, the bag sale is the previous Saturday. Come and check out the new remodeling.

Change your clock, Change your Battery

Keep North Platte Lincoln County Beautiful & Duracell would like to invite you to change the batteries in your smoke/carbon monoxide detectors. RSVP has some new batteries, stop by & pick a few up. Please remember to dispose of the old batteries properly. RSVP has a box for old batteries too. Or you can drop them off at the Hazardous Waste Facility on the 2nd & 4th Thursdays of the month from 7:00 a.m.-1:00 p.m. If you are unable to change your batteries, please call 535-6762 & leave your name, phone number & address & someone will come change your battery for you.

North Platte Community Playhouse

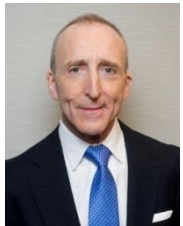
The North Platte Community Playhouse is a one stop place for our entertainment needs. You can enjoy a play, a movie & the Town Hall Lecture Series.

2019 Production ~ *Gilligan's Island - The Musical* is a family-friendly musical version of the ever popular & iconic 60's TV comedy show "Gilligan's Island". Shipwrecked on a remote Pacific island, the seven castaways build huts & begin to explore their surroundings. They discover strange hieroglyphics in a spooky cave, which speak of an ancient legend. The weather gets rough, Gilligan foils the best-laid of the castaway's rescue plans, romance develops & the castaways have an out-of-this-world encounter. Directed by Lori Evans. April 26th & 27th at 8:00 p.m., 28th at 2:00 p.m., May 3rd & 4th at 8:00 p.m. & 5th at 2:00 p.m. Individual Tickets are General Admission - \$15.00, Ages 16 & under - \$8.00 & Students with I.D. - \$8.00. Season Tickets are: Adult \$50.00, Student \$25.00 & Family Pass \$135.00 (2 adult & 2 student memberships).

Movies at the Fox Theater ~ In March the schedule is as follows: Dr. Seuss' The Lorax on March 1st at 7:00 p.m. & 2nd at 3:00 & 7:00 p.m. Tickets are \$5.00 a person, Kids 12 & under are \$3.00. For more information, visit www.northplattecommunityplayhouse.com/movies/.

Town Hall Lecture Series

The Town Hall Lecture Series has brought engaging, insightful & informative speakers from across the world to audiences in North Platte. Four lectures per season are held in the historic Neville Center for the Performing Arts, located at 301 East 5th Street. All lectures begin at 10:30 a.m.



On April 2nd, Marc Ruskin will present "*The Pretender: My Life Undercover for the FBI*". Marc Ruskin spent 20 years as an FBI special agent working primarily in undercover operations. He successfully infiltrated a New York Mafia crime family, a Chinese Malaysian heroin organization, a Wall Street trading exchange, right-wing terrorist group, & worked on espionage cases. Marc shares his stories of undercover operations, including the procedures, the successes, the failures & the changes in the culture of the new-era FBI.



On May 7th LaDonna Gatlin will present "*Tune Up Your Life*". LaDonna, sister of Country Music's Gatlin Brothers, knows firsthand that we can't live someone else's dream. In order to be our absolute best, we must find our own voice & "sing our own song." She has spent her entire career empowering people to "sing their own song" from the inside out through their words, their deeds & their actions.

Luncheon with the speaker immediately follows at the Quality Inn & Suites. Attendance with advanced reservations only. Season tickets are \$70.00.

North Platte Concert Association

The North Platte Concert Association has been bringing the Performing Arts to North Platte for over sixty years. It is the mission of the North Platte Concert Association to provide the performing arts & arts based educational experiences to the community of North Platte & the surrounding area.



Jersey Tenors ~ March 5th at 7:30 p.m.

The Jersey Tenors is the newest Opera/Rock Mash-up sensation that creates an explosive blend of the most iconic Opera classics alongside such industry greats as Queen, ABBA, Journey, Elton John & Josh Groban to name a few. But we are also "Jersey proud!" & we do not forget where we came from as we highlight the best of our NJ brethren like Frankie Valli & The Four Seasons, Frank Sinatra, Bon Jovi, Bruce Springsteen, etc. These four charming wise guys will raise the roof with their powerful voices & will have you singing along before you know it. From Frank Sinatra to Frankie Vallie to Figaro... Forgetaboutit!

Omaha Symphony Orchestra ~ March 19th at 7:30 p.m. at the NPHS Performing Arts Center

The Omaha Symphony Orchestra brings its superbly trained & talented musicians to North Platte for your enjoyment. During their visit, they will work with local teachers & 5th grade students & perform a Link Up matinee concert for students, "The Orchestra Swings." That evening, the North Platte Concert Association will be able to enjoy the artistry of the orchestra with a family-friendly community concert, "All Aboard." Concert sponsored by Mid Nebraska Community Foundation, North Platte Giving Day Benefactors.



Doo-Wah Riders ~ April 7th at 7:30 p.m.

There is no one else like the Doo-Wah Riders. For over 30 years they have been riding their own path of the musical range throughout the west. They possess the rare combination of many years of experience & youthful energy, fired by a love for what they do. The Doo-Wahs are country, with a unique, original sound. They define their sound as "high energy country with a cajun twist". Their tight musicianship & powerful arrangements of classic, contemporary, & original songs have made them favorites everywhere they go. The Doo-Wah Riders have appeared in concert with a number of notable artists, including Garth Brooks, George Strait, Brad Paisley, Blake Shelton, Billy Currington, Old Dominion, Alabama, Alan Jackson, Charlie Daniels, Faith Hill, Tim McGraw, Brooks & Dunn, among others.

Membership Fees are \$50.00/person, \$17.00/student, or \$100.00/family. There is reciprocity with concerts in Kearney, Cozad, Grand Island & McCook. You may be eligible to attend up to ten total concerts.

Name (please print): _____

Please keep track of your volunteer hours. Some common activities, which are not countable, include: services you get paid for &/or services you do for your family. If you have questions please call RSVP at 535-6777.			Notes... _____ _____ _____
Date	Site & Duties	# of Hours	<p>By signing below, I certify that this statement & the hours claimed are true, correct & complete to the best of my knowledge.</p> <p>Volunteer Insurance: I certify that I possess a valid driver's license & liability insurance in the minimum amount required by law was in force at the time of this travel.</p> <hr/> <p style="text-align: center;">Your Signature</p> <p>Please remember to report your hours each day. Also, please report your hours monthly. You can...</p> <ul style="list-style-type: none"> *hand deliver or mail (901 East 10th Street, North Platte NE 69101), *fax (535-6779), *call (535-6777), *e-mail rsvp@ci.north-platte.ne.us, *submit them on our website www.ci.north-platte.ne.us/volunteer/rsvp/rsvp-hours <p>If you drop them by, we have a gift for you! This month we are handing out star shaped stress relievers</p> <p>If you turn in hours by the 5th of the month, you will be placed in a drawing for a free lunch.</p> <p>The April newsletter can be picked up at the RSVP Office March 22nd-28th or you may visit www.ci.north-platte.ne.us/volunteer/rsvp/rsvp-newsletter to print the newsletter.</p>
<i>Bereavement (Funeral) if you help with a funeral dinner at church put it under the church. This is for the support of the family, like taking them food, for example.</i>			
<i>Friendly Visitation When you go & visit someone in their home, nursing home, hospital, etc.</i>			
<i>In-Home Care If you help someone in their home with laundry, snow removal, lawn care, cooking, paying bills, etc.</i>			
<i>Telephone Reassurance When you call someone to visit or check up on them.</i>			
<i>Transportation When you drive someone to the store, doctor, to an event, or just a Sunday drive.</i>			
Total Hours:			

For Office Use Only

	hours _____
	hours _____
	hours _____
	hours _____
	hours _____
	hours _____
<u>Bereavement</u>	hours _____
<u>Friendly Visitation</u>	hours _____
<u>In-Home Care</u>	hours _____
<u>Telephone Reassurance</u>	hours _____
<u>Transportation</u>	hours _____
Total hours _____	