

APRIL 2024

NORTH PLATTE

SENIOR CENTER CURRENTLY OPEN FOR
CONGREGATE LUNCH, HOME DELIVERY
AND PICK-UPS



PLEASE CONSIDER JOINING US FOR LUNCH!! WE SERVE MONDAY THROUGH FRIDAY FROM 11:30 AM TO 1:00 PM . GRAB YOUR FRIENDS AND COME SEE US!! OPEN TO THE PUBLIC!!

The North Platte Senior Center is funded in part by the West Central Nebraska Area Agency on Aging under the authority of the Older Americans Act and the generous contributions of our clients and those who support our programs including Mid Plains United Way.

The North Platte Senior Center is administered by Community Action Partnership of Mid-Nebraska, a private, non-profit organization. The Senior Center provides information and referral services, health programs as well as many different programs for you to participate in.

We serve individuals sixty years of age or older and also welcome anyone of any age for meals and friendship. Congregate meals and Home Delivered Meals are served Monday through Friday at a suggested rate of **\$5.50** for persons over 60. Persons under the age of 60 are charged a set price of **\$7.50** per meal.

Consider making a Charitable Gift to benefit the North Platte Senior Center. These contributions and memorials allow the Center to use your donations where it is needed most. Unrestricted gifts allow us to continually enhance our programs for the elderly. The North Platte Senior Center is a 501(c)3 nonprofit agency and your gift is tax deductible.

901 East 10th Street, North Platte NE 69101 | 532-6544

Events

APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM MERRY WIDOWS 12:30 PM</p>	<p>2</p> <p>TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM CANASTA 12:30 PM</p>	<p>3</p> <p>FLYING NEEDLES 9:00 AM- 2:00 PM LUNCH 11:30 AM- 1:00 PM BALANCE CLASS 1:00 PM DANCE 7:00 PM- 10:00 PM</p>	<p>4</p> <p>TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM</p>	<p>5</p> <p>LUNCH 11:30 AM- 1:00 PM BRIDGE CLUB 12:30 PM OPEN CARD PARTY 6:00 PM</p>
<p>8</p> <p>LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM HOT SHOTS 12:30PM</p>	<p>9</p> <p>TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM</p>	<p>10</p> <p>FLYING NEEDLES 9:00 AM- 2:00 PM LUNCH 11:30 AM- 1:00 PM KIT KAT CARDS 12:30 PM BALANCE CLASS 1:00 PM DANCE 7:00 PM- 10:00 PM</p>	<p>11</p> <p>TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM</p>	<p>12</p> <p>LUNCH 11:30 AM- 1:00 PM BRIDGE CLUB 12:30 PM OPEN CARD PARTY 6:00 PM</p>
<p>15</p> <p>LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM 3RD MONDAY BRIDGE 12:30 PM</p>	<p>16</p> <p>TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM CANASTA 12:30 PM PAC BOARD MEETING 12:30 PM BINGO MEETING 1:00 PM</p>	<p>17</p> <p>FLYING NEEDLES 9:00 AM- 2:00 PM LUNCH 11:30 AM- 1:00 PM BALANCE CLASS 1:00 PM DANCE 7:00 PM- 10:00 PM</p>	<p>18</p> <p>TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM</p>	<p>19</p> <p>LUNCH 11:30 AM- 1:00 PM BRIDGE CLUB 12:30 PM OPEN CARD PARTY 6:00 PM</p>
<p>22</p> <p>LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM HOT SHOTS 12:30 PM</p>	<p>23</p> <p>TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM 4TH TUESDAY BRIDGE 1:00</p>	<p>24</p> <p>FLYING NEEDLES 9:00 AM- 2:00 PM LUNCH 11:30 AM- 1:00 PM KIT KAT CARDS 12:30 PM BLANCE CLASS 1:00 PM DANCE 7:00 PM- 10:00 PM</p>	<p>25</p> <p>TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM</p>	<p>26</p> <p>LUNCH 11:30 AM- 1:00 PM BRIDGE CLUB 12:30 PM OPEN CARD PARTY 6:00 PM</p>
<p>29</p> <p>LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM</p>	<p>30</p> <p>TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM CANASTA 12:30 PM</p>			

Events & Information

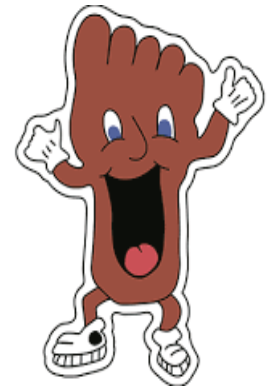
Salvation Army Weekly Produce Giveaway
Mondays at 11 a.m.

Fresh fruits and vegetables are often the most expensive goods in the grocery store and are usually priced beyond the reach of a limited budget. At our weekly produce giveaway, families and individuals can pick up fresh, healthy fruits and vegetables to ensure they are getting the nutrients they need.



FOOT CLINIC
CURRENTLY DOING THEM IN HOME ONLY

COST: \$20.00
CALL FOR AN APPOINTMENT
KAY RIES
539-2657



North Platte Area Retired & Senior Volunteer Program

★ serve your neighbor ★ serve your community
★ serve your country

901 East 10th Street, North Platte NE, 69101
(308) 535-6777

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www.volunteematch.org
www.ci.north-platte.ne.us/volunteer/rsvp

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- Inside the Doctor's Pavilion Complex

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aaguilar@lpicommunities.com
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Contact us at careers@4lpi.com or www.4lpi.com/careers

Balance Class



This class is for older adults with balance problems or who have a fear of falling. Participants will improve their balance and strength, reducing their risk of falling. Standing exercises will help participants stand tall and feel more confident when walking.

TAUGHT BY JON WIESELER PT
EVERY WEDNESDAY OF THE MONTH AT 1:00 PM
NORTH PLATTE SENIOR CENTER
308-532-6544

What is Public Transit?

The North Platte Public Transit is a demand-response bus system. The bus system is sponsored by the City of North Platte, available to everyone in North Platte and now anyone within a 20 mile radius of NP.

Who do I contact for more Information?

To schedule a ride call the dispatcher at:

Bus Dispatcher
(308) 532-1370

phone line shuts off one hour before closing

(308) 535-8560 Business Line

1520 North Jeffers
North Platte, NE 69101
Bus Hours 6:00 a.m - 8:00 p.m.
Monday - Friday
6:00 a.m. - 5:00 p.m. Saturdays
Closed Sundays
Office Hours Monday - Friday
8:00 a.m. - 4:00 p.m.

*E-PASSES can be purchased from any bus driver OR at the Public Transit Office during office hours.

Drivers are able to accept cash and checks

Passenger Information

(PLEASE READ)

1. All rides called in on the Same Day you need the ride or after 1pm the day before, will be \$4.00 to your destination, the return ride will be \$2.00. If you return back home and call for another ride that day, it will be considered a same day ride.
2. Please call ahead to cancel your ride so you don't get charged a NO SHOW FEE.
3. We ask that you start watching for the bus 45 minutes before scheduled trip. For example: if you have a 10:00 appointment, please be ready and start watching for the bus at 9:15.
4. Passengers must remain seat belted until the bus comes to a complete stop. Your safety is our main goal.
5. Passengers must behave appropriately. We have ZERO tolerance for unruly passengers. The driver has the right to ask you to get off of the bus.
6. Intoxicated passengers, passengers under the influence of drugs or alcohol, and tobacco use of any kind are NOT allowed on the bus.
7. Animals must be in full control of the handler.
8. Paid passengers must limit their shopping bags to eight (8).
9. We are a Door to Door service. If you need assistance of any kind we request you have an attendant accompany you... at no additional charge WITH an approved attendant form.
10. Personal hygiene must be maintained by our passengers, and passengers with poor hygiene could be denied transportation.
11. Rides outside of city limits (up to a 5 mile radius) are \$5.00 for each ride, 5 miles to 20 miles are \$10.00 each ride, AND NEED TO BE SCHEDULED THE DAY BEFORE, BY 1PM.

For more detailed information, a PASSENGER HANDBOOK is available on the City of North Platte website or at the Public Transit Facility
1520 North Jeffers
North Platte, NE 69101

308 532-1370



Proudly Serving
the Citizens of
North Platte &
Surrounding Areas



CHECK OUT OUR WEBPAGE
www.ci.northplatte.ne.us/transportation

Community News

AREA FOOD PANTRIES

St. Patrick's
401 1/2 East 3rd st
(308)532-8800

Grace Ministries
114 East C st
(308)-532-1083

Parkview Church
1802 North Jeffers
(308)-532-0613

Salvation Army
1020 North Adams
(308)-532-2038

Spanish Christian Church
510 North Jeffers
(308)-660-3209

Western Frontier County
Rt3 Box 160
Curtis, Ne 69025
(308)-613-0950

Cozad Food Pantry
302 East 8th st
Cozad, Ne 69130
(308)-784-4545

Lexington Food Pantry
931 West 7th st
Lexington, Ne 68850
(308)-324-4219

Church of God Prophecy
1011 North Lincoln
Lexington, Ne 68850
(308)-325-9899

Gosper County Pantry
601 Rush st
Elwood, Ne 68937
(308)-785-8141

PRODUCT OF THE MONTH

ICE CREAM
TOPPINGS



ICE CREAM
CONES



KLEENEX



STEAK SAUCE



LIKE TO DANCE??

LIVE MUSIC EVERY WEDNESDAY NIGHT

\$10.00 COVER AT THE DOOR

7:00 PM TO 9:30 PM

NORTH PLATTE SENIOR CENTER

901 EAST 10TH STREET, NORTH PLATTE

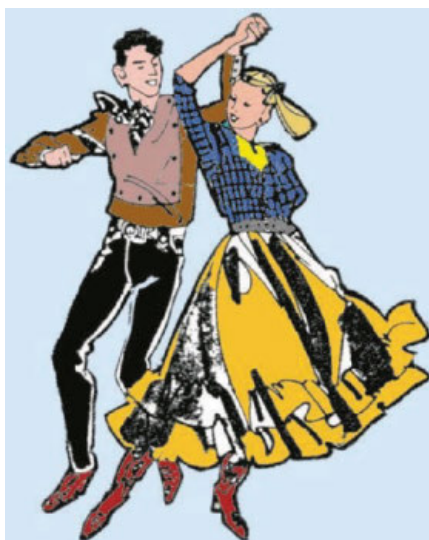
**APRIL 3RD— Jim Calhoun, Barb
& Brenda**

APRIL 10TH—Top Shelf Country

APRIL 17TH—B.J. Jamison

APRIL 24TH— Dan Dobson

**COME HAVE A GOOD
TIME!**



KETCHUP



BE SURE TO SIGN AT THE
DESK WHAT

YOU BROUGHT IN!

ALL DONATIONS

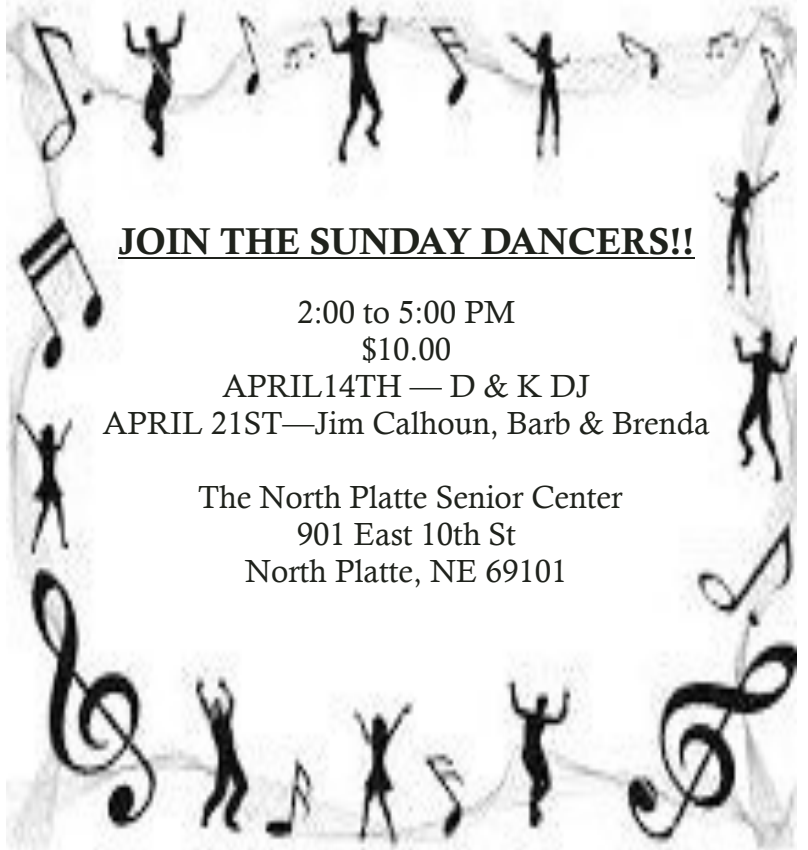
Community Events

Also Available at the North Platte Senior Center.....

Lending Library ~ We have lots of books!

Medical Equipment ~ North Platte Senior Center has the following item available to borrow: Power chairs, Wheelchairs, Walkers, Canes, Toilet Seat Risers, Bath Tub Handles, Cpap & much more. Hospital Bed, Specialized Wheel Chairs.

We also accept these items as donations.



JOIN THE SUNDAY DANCERS!!

2:00 to 5:00 PM

\$10.00

APRIL 14TH — D & K DJ

APRIL 21ST—Jim Calhoun, Barb & Brenda

The North Platte Senior Center

901 East 10th St

North Platte, NE 69101



Odean Colonial Chapel

at C and Sycamore

Rick Odean Funeral Director/Owner

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www.mycommunityonline.com



APRIL

Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 CHICKEN AND NOODLES MASHED POTATOES BEETS PINEAPPLE COTTAGE CHEESE	2 PULLED PORK SANDWICH TATOR TOTS BAKED BEANS FRUIT COCKTAIL	3 MEATLOAF BAKED POTATO CAULIFLOWER WITH CHEESE SAUCE PEACHES	4 SWEET AND SOUR PORK CHOP RICE BROCCOLI QUARTERED FRUIT 3 BEAN SALAD EGG ROLL	5 SCROD COD MACARONI AND CHEESE PEAS AND CARROTS COLESLAW PEARS
8 SALISBURY STEAK MASHED POTATOES WITH GRAVY MIXED VEGETABLES PEACHES	9 BAKED CHICKEN AU GRATIN POTATOES SPINACH APRICOTS	10 HAM AND BEANS TOMATO JUICE ROTINI SALAD PINEAPPLE CORN BREAD	11 CHILI DOG STEAK FRIES CARROT RAISIN SALAD PEARS	12 BREADED CHICKEN BREAST MASHED POTATOES WITH COUNTRY GRAVY CLIFORNIA BLEND MANDARIN ORANGES
15 CHICKEN STRIPS PARSLEY BUTTERED POTATOES WAX BEANS PEARS VANILLA PUDDING	16 SAUSAGE GRAVY OVER A BISCUIT MASHED POTATOES CARROTS MANDARIN ORANGES CHEESE CUBES	17 SUPREME CHICKEN BREAST RICE WITH CHEESE SAUCE ASPARAGUS PICKLED BEETS PEACHES	18 SPAGHETTI WITH MEAT SAUCE CORN LETTUCE SALAD PINEAPPLE GARLIC BREAD	19 <u>BIRTHDAY</u> TURKEY ROAST MASHED POTATOES WITH GRAVY SCADANAVIAN BLEND TROPICAL FRUIT DINNER ROLL CAKE AND ICE CREAM
22 SMOTHERED PORK CHOP MASHED POTATOES WITH GRAVY PEAS WITH ONIONS APPLESAUCE	23 GRILLED CHICKEN BREAST HASH BROWN CASSEROLE HOMINY PEACHES	24 RUNZA CASSEROLE CREAMED POTATOES GREEN BEANS PINEAPPLE	25 BBQ CHICKEN CHUNKY POTATOES SUCCATASH PEARS	26 <u>VOLUNTEER</u> POT ROAST MASHED POTATOES WITH GRAVY BABY CARROTS DINNER ROLL BANANA SPLIT
29 BEEF TIPS OVER RICE BRUSSEL SPROUTS STEWED TOMATOES PEACHES	30 HAM SWEET POTATOES SUGAR SNAP PEAS PEARS		<u>MENU SUBJECT TO CHANGE</u>	

Take a step toward staying
Healthy & Active

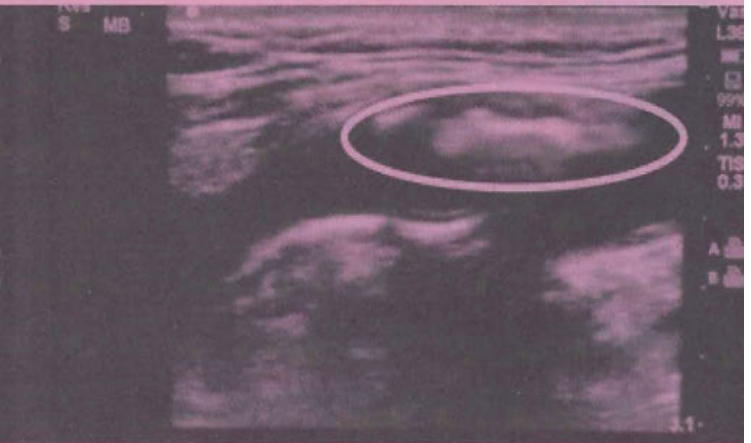
Life Line Screening goes beyond regular checkups to provide a more thorough look at your health

Be Smart: Do More For Your Cardiovascular Health

No Plaque Buildup



Plaque Buildup



Advanced ultrasound technology looks inside your arteries for signs of plaque buildup.

That's why **9 out of 10 cardiovascular doctors** support preventive screenings for those with key risk factors.¹

Adults age 50+ and those 40 and older with one or more risk factors for cardiovascular disease should be screened.

¹Key Risk Factors include: *High blood pressure, high cholesterol, diabetes, obesity, smoking, family history.

We are coming to your neighborhood.

Where: North Platte - North Platte Senior Center

When: Monday, May 13, 2024

To register for your appointment and to receive the special discount,
please call **1-800-640-6307** or visit **LLSA.SOCIAL/HC**

RECIPE

Daffodil Cake

Ingredients

- 10 egg whites
- 1 teaspoon cream of tartar
- 1/2 teaspoon salt
- 1 1/4 cups white sugar, divided
- 3/4 cup sifted cake flour
- 6 egg yolks
- 1/2 teaspoon orange extract
- 1/2 cup sifted cake flour
- 1 teaspoon vanilla extract



Directions

1. Preheat oven to 350 degrees F (175 degrees C). Wash the tube pan in hot soapy water to ensure it is totally grease-free.
2. In a large dry glass or metal bowl, whip egg whites until frothy. Add cream of tartar and salt, and continue to whip. When the whites can form soft peaks, gradually sprinkle in 1 cup sugar, while continuing to beat until stiff peaks form.
3. In a separate bowl, beat egg yolks with 1/4 cup sugar until thick and lemon-colored. Blend in 3/4 cup cake flour and orange extract. Fold half of the whipped egg whites into the yolk mixture.
4. Fold the remaining 1/2 cup of cake flour into the egg whites, along with the vanilla. Spoon about 1 cup of batter at a time, alternating colors, into the prepared pan.
5. Bake for 30 minutes in the preheated oven. Reduce heat to 325 degrees F (165 degrees C) and continue baking for another 20 minutes, or until the top of the cake springs back when pressed.
6. Without removing cake from pan, invert pan onto a wire rack to cool. Once completely cooled, remove cake from the pan and frost with your choice of frosting. Lemon Cream Cheese Frosting works quite well.



AZRIA HEALTH

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CentennialParkInfo@azriahealth.com

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- ★ Skilled Nursing Care

- ★ Respite Care & Short Term Stays
- ★ Rehabilitation Services

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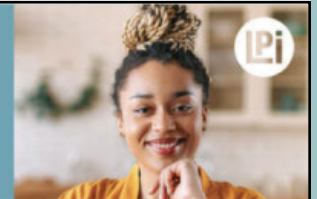
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For ad info. call 1-800-950-9952 • www.lpicommunities.com

North Platte Senior Center, North Platte, NE C 4C 05-1048

BINGO

OPEN TO THE PUBLIC!!
MUST BE 18 TO PLAY
3 TV SCREENS!
EVERY SATURDAY NIGHT!!
SALES START AT 5:30 PM
EARLY BIRD GAME AT
6:30 PM
REGULAR PLAY AT 7:00 PM
CASH COW!!
SPECIAL GAMES: \$1.00 A
SHEET
EARLY BIRD
GREEN GAME
JR AND SR JACKPOT!!!!
\$5, \$10 AND \$15 DOLLAR
PACKETS
DAUBERS \$1.00
GLUE STICKS \$1.00
NORTH PLATTE SENIOR
CENTER
901 EAST 10TH ST
ALL PROCEEDS BENEFIT
THE SENIOR CENTER



BINGO



BINGO

**HAPPY BIRTHDAY SENIOR
CENTER FRIENDS**

- 4/5 MARIA OLIVAS
- 4/7 LEANN PAXTON
- 4/11 SUSIE BRANTING
- 4/15 DOUG EDWARDS
- 4/17 LARRY HAHN
- 4/19 BETTY BROGDON
- 4/19 INEZ FATTIG
- 4/20 PAT SEDLACEK
- 4/24 SANDY MEISSNER
- 4/26 KENT KITTLE
- 4/26 JOAN RYLAND
- 4/27 JACKIE SILVIERA
- 4/27 BILL MULLIGAN
- 4/27 GWEN VIAN
- 4/29 BRUCE HUFFMAN
- 4/30 STAN LONGMORE
- 4/30 LINDA FOREMAN

Happy
Birthday
to You!

PRESCRIPTION DRUG COLLECTION

NEW LOCATION!

WHEN: 11AM-1PM 3rd Saturday of every month

WHERE: Bomgaars; 510 E Philip Ave., North Platte

WHAT: Bring outdated or unneeded medication
(Rx or OTC pills, liquids, and gels) for proper
destruction!



Lockboxes
available at
no cost!



These collections are brought to you by Community Connections and made possible through partnerships with Region II, Great Plains Health, RSVP, North Platte Police Department, Lincoln County Sheriff's Office, and Nebraska State Patrol

THANK YOU TO OUR FEBRUARY VOLUNTEERS

PAM AMES
 KAREN BECVAR
 GLORIA BLAKELY
 SUSIE BRANTING
 SUE BROTT
 CINDY BURTON
 DENNIS BURTON
 RUBY EDWARDS
 AGGIE GIES
 RUSSELL ISAAC
 GLORIA KRUEGER

GLORIA LIVINGSTON
 CAROL LOOS
 KATHY MCBRIDE
 FRANCINE MCKENZIE
 PAM MITCHELL
 ALICE OLSON
 OPPORTUNITY CENTER
 CHAD REESE
 LEA REESE
 DEL ROE
 DEREK ROTERT

CHUCK SCRIPTER
 JANET SHEPHERD
 JAMIE SCHOLTZ
 BILL SONGSTER
 MARLENE SONGSTER
 GARY THOMSEN
 CASS TURNER
 MORRIS TURNER
 MARY VAN ERT
 GWEN VIAN
 VIVIAN WHEELER



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Anita Aguilar

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DONATION
MEAL

EPISCOPAL
CHURCH OF
OUR SAVIOR
203 WEST 4TH ST
308-532-0515

HOME COOKED
MEAL SERVED
DRIVE-THRU
STYLE

WEDNESDAYS

5:30 PM – 6:30 PM



**WE WOULD LIKE TO
THANK YOU FOR ALL
OF YOUR DONATIONS
THAT HELP SUPPORT
YOUR SENIOR CENTER**

**Donations towards our
Home Delivered Meals**

Program & Fuel:

Del Roe: \$55.58

Memorials:

Eunice Shepherd: \$20.00

Delsey Rishell: \$20.00

Fonce Brynoff: \$20.00

Doug Neal: \$20.00

Margaret Skraback:

\$20.00

**Donations to the Center
by Individuals or Group:**

Product of the Month

Donations:

Salvador Munoz: ice cream cones, ice cream toppings, Kleenex, paper towels, ketchup

Victoria Loving: ketchup



Presents...



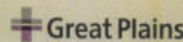
April 19-21 & 26-28

Tickets

*\$18 Adults - \$10 Students
In Advance*

Tickets go on sale April 8
@ the box office or online
www.northplattecommunityplayhouse.com

*Thank you to our
Corporate Sponsors!*



Spring Word Search



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

SPRING
NATURE
BLOOM
WIND
SNAIL

FLOWERS
TULIP
RAINBOW
SUNSHINE
WARMTH

PICNIC
BUTTERFLY
BREEZE
DRIZZLE
YELLOW



NO-COAST CRUISERS PRESENTS

CARS & COFFEE

8:00AM - 11:00AM



NORTH PLATTE, NE

INFORMAL CAR SOCIAL WITH COFFEE AND BREAKFAST SERVED AT THE ESPRESSO SHOP AND PARKING AT THE ST. PATRICK'S CATHOLIC CHURCH



NO-COAST CRUISERS

ALL CARS WELCOME • NO REGISTRATION

HUGE THANK YOU TO



CARAVAN

KAM ANDREWS PHOTOGRAPHY

PosiTrade

NORTH PLATTE
SENIOR CENTER
(308) 532-6544
901 EAST 10th STREET
NORTH PLATTE, NE. 69101
HOURS
MONDAY-FRIDAY
8:00 A.M. TO 4:00 P.M.
YOU CAN FIND US ON
FACEBOOK!
COME JOIN US!!

SENIOR CENTER STAFF

REBECCA BLUME,
DIRECTOR

STEPHANIE SHIELDS,
HOME DELIVERY
COORDINATOR

CHRIS EDWARDS,
KITCHEN MANAGER

JULIAN SMALL,
KITCHEN AIDE

KITCHEN ASSISTANT,
PAM MITCHELL

Meal programs

Sponsored by:

West Central Nebraska Area
Agency on Aging
United Way
& contributions from
clients

Our mission

To support the Independence and well being of adults age 60 and older, enhance their dignity and self respect, and promote participation in all aspects of community life through creative programming and providing opportunities and resources in the area of physical and mental well being, nutrition, recreation, and education.

