

MAY 2024

## NORTH PLATTE

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



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

# MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 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	2 TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM	3 LUNCH 11:30 AM- 1:00 PM BRIDGE CLUB 12:30 PM OPEN CARD PARTY 6:00 PM
6 LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM HOT SHOTS 12:30PM MERRY WIDOWS 12:30 PM	7 TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM	8 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	9 TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM	10 LUNCH 11:30 AM- 1:00 PM BRIDGE CLUB 12:30 PM OPEN CARD PARTY 6:00 PM
13 LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM	14 TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM CANASTA 13:30 PM	15 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	16 TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM	17 LUNCH 11:30 AM- 1:00 PM BRIDGE CLUB 12:30 PM OPEN CARD PARTY 6:00 PM
20 LUNCH 11:30 AM- 1:00 PM PITCH LADIES 12:30 PM 3RD MONDAY BRIDGE 12:30 PM HOT SHOTS 12:30 PM	21 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	22 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	23 TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM	24 LUNCH 11:30 AM- 1:00 PM BRIDGE CLUB 12:30 PM OPEN CARD PARTY 6:00 PM
27 <b><u>CLOSED</u></b> <b><u>FOR</u></b> <b><u>MEMORIAL</u></b> <b><u>DAY</u></b>	28 TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM CANASTA 12:30 PM 4TH TUESDAY BRIDGE 1:00 PM	29 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	30 TAI CHI 9:00 AM LUNCH 11:30 AM- 1:00 PM	31 LUNCH 11:30 AM- 1:00 PM BRIDGE CLUB 12:30 PM OPEN CARD PARTY 6:00 PM



## Events & Information

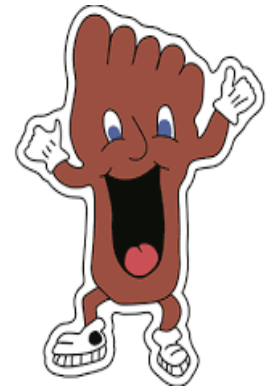
### Salvation Army Weekly Produce Giveaway Mondays at 11 a.m.

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 10<sup>th</sup> Street, North Platte NE, 69101  
(308) 535-6777

[www.facebook.com/nprsyp](http://www.facebook.com/nprsyp)  
[www.volunteematch.org](http://www.volunteematch.org)  
[www.ci.north-platte.ne.us/volunteer/rsvp](http://www.ci.north-platte.ne.us/volunteer/rsvp)

Serving West Central Nebraska for over 35 years!

**Twin Rivers Body Shop**  
Jim Miller, Owner  
1920 West 9<sup>th</sup> North Platte, NE  
(308) 532-4411

Providing Quality Collision Repair with Written Warranty (All Insurance Companies)

SUPPORT OUR ADVERTISERS!

**U Save Pharmacy**

NOW IN TWO LOCATIONS

- 211 West Leota St. North Platte, NE 69101
- Inside the Doctor's Pavilion Complex

(308) 532-0310  
[www.usaverx.com/north-platte](http://www.usaverx.com/north-platte)

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

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**Anita Aguilar**

[aaguilar@lpicommunities.com](mailto:aaguilar@lpicommunities.com)  
(800) 950-9952 x2677

**WE'RE HIRING!**   
AD SALES EXECUTIVES

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at [careers@4lpi.com](mailto:careers@4lpi.com) or [www.4lpi.com/careers](http://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](http://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

**MAY 1ST— Jim Calhoun, Barb & Brenda**

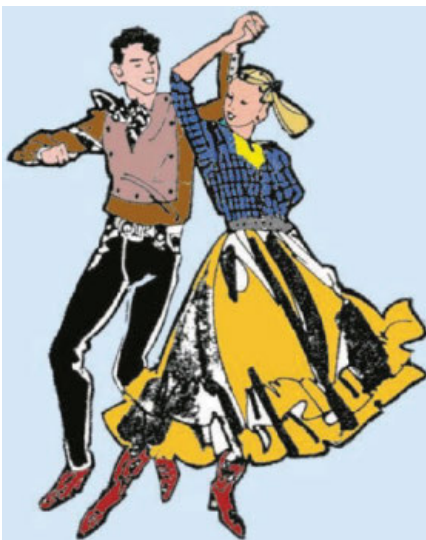
**MAY 8TH—Top Shelf Country**

**MAY 15TH—Ray and Pauletta Gerver**

**MAY 22ND— Dan Dobson**

**MAY 29TH— Top Shelf Country**

**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

MAY 12TH — Kiley and Company  
MAY 19TH—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

Helping Families at Their Time of Need & With Preneed Planning

(308) 532-1450 - [www.odeanchapel.com](http://www.odeanchapel.com)

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit [lpicomunities.com](http://lpicomunities.com)



# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.



Visit

[www.mycommunityonline.com](http://www.mycommunityonline.com)



# MAY

# Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CHICKEN ALA KING OVER A BUSCUIT MASHED POTATOES TOMATOES WITH ZUCHINNI FRUIT COCKTAIL CHEDDAR CHEESE CUBES	2 MEATLOAF BAKED POTATO CAULIFLOWER WITH CHEESE SAUCE MANDARIN ORANGES	3 HONEY BUTTER BISCUIT FISH MACARONI AND CHEESE PEAS APRICOTS CORN SALAD
6 HOT PORK SANDWICH MASHED POTATOES WITH GRAVY BRUSSELL SPROUTS PEARS	7 LEMON CHICKEN AU GRATIN POTATOES PEAS AND CARROTS PEACHES	8 STUFFED PEPPER PARSLEY BUTTERED POTATOES GREEN BEANS PINEAPPLE SWISS CHEESE CUBES	9 PROK CHOP CHUNKY POTATOES SUCCATASH APPLESAUCE	<b>10 MOTHER'S DAY</b> CHICKEN CORDON BLEU RICE PILAF WITH CHEESE SAUCE ASPARAGUS CARROT RAISIN SALAD FRUIT COCKTAIL CHEESECAKE DINNER ROLL
13 BEED AND NOODLES MASHED POATATOES SUGAR SNAP PEAS PEACHES COTTAGE CHESE	14 CHICKEN SALAD ON A CROISSANT 3 BEAN SALAD POTATO SALAD PINEAPPLE	15 POLISH DOG SCALLOPED POTATOES SAUERKRAUT FRUIT COCKTAIL PEA SALAD	16 CHICKEN STRIPS CREAMED POTATOES BROCCOLI PEARS	17 PORK CUTLER MASHED POTATOES WITH GRAVY CORN MANDARIN ORANGES
20 CHEESE OMELET SAUSAGE PATTY HASHBROWN CASSEROLE BABY CARROTS FRUIT COCKTAIL DANISH	21 BAKED CHICKEN AU GRATIN POTATOES LIMA BEANS PEACHES	22 SLOPPY JOES TATOR TOTS BAKED BEANS PINEAPPLE	23 LETTUCE SALAD WITH GRILLED CHICKEN BREAST, CHEESE AND DICED TOMATOES CUCUMBER SLICES MANDARIN ORANGES CLUB CRACKERS	<b>24 BIRTHDAY</b> ROAST BEEF MASHED POTATOES WITH GRAVY CALIFORNIA BLEND TROPICAL FRUIT CAKE AND ICE CREAM DINNER ROLL
27 <b><u>CLOSED</u></b> <b><u>FOR</u></b> <b><u>MEMORIAL</u></b> <b><u>DAY</u></b>	28 SWISS STEAK MASHED POTATOES WITH GRAVY CARROTS PEACHES	29 FISH SANDWICH STEAK FRIES PEAS WITH ONIONS PEARS COLE SLAW	30 SWEET AND SOUR CHICKEN BREAST RICE WINTER BLEND PICKLED BEETS APRICOTS EGG ROLL	31 HAM O'BRIAN POTATOES WAX BEANS RASPBERRY APPLESAUCE LETTUCE SALAD



Take a step toward staying

# Healthy & Active

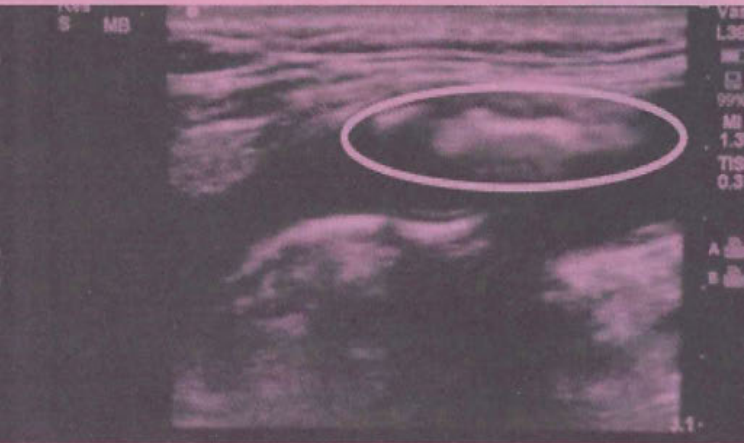
Life Line Screening goes beyond regular checkups to provide a more thorough look at your health

## 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.<sup>1</sup>

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

<sup>1</sup>Key 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

### Crispy Fried Poached Eggs

#### Ingredients

- 4 large fresh eggs
- 2 tablespoons white vinegar
- 4 cups vegetable oil
- 1 ½ cups all-purpose flour
- 2 large eggs, lightly beaten
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 ½ cups panko bread crumbs
- 2 tablespoons chopped pickled red onions (for garnish)
- 2 tablespoons chopped green onions (for garnish)
- 1 tablespoon red pepper flakes for garnish, or to taste



#### Directions

1. Fill a saucepan with cold water and place over medium heat. Stir in vinegar and bring to a gentle, slow simmer. Working with one egg at a time, crack an egg into a ramekin or measuring cup for easier transfer.
2. Stir the water vigorously to create a whirlpool effect. As the whirlpool is turning, drop the egg into the center of the water. Continue to stir gently, cooking until the egg white turns opaque. Using a slotted spoon, carefully remove the egg from the water and move to a paper towel-lined plate to drain.
3. In a medium saucepan, heat oil to 375 degrees F (190 degrees C). Meanwhile, set up a dredging station with 3 separate bowls. To the first bowl, add the flour. Beat 2 eggs with salt and pepper in a second bowl. Add breadcrumbs to the third bowl. Carefully dip the cooled egg first into the flour, second into the egg mixture, and last into the breadcrumbs, coating egg on all sides at each station.
4. Using a slotted spoon, carefully drop the egg into the hot oil and fry until golden brown, 2 to 3 minutes, being careful not to overcook. Drain on a paper-towel lined plate.
5. Garnish with pickled red onions, green onions, and red pepper flakes. Serve immediately.



AZRIA HEALTH

## Azria Health Centennial Park

510 Centennial Circle • North Platte, NE 69101 • (308) 534-7000

CentennialParkInfo@azriahealth.com

- ★ Independent & Assisted Living
- ★ Skilled Nursing Care

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

[www.azriahealth.com](http://www.azriahealth.com)

## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

## ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

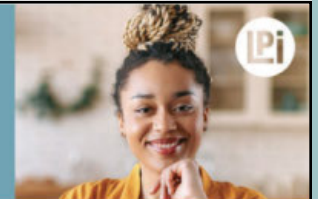
833-287-3502

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BRING YOUR PASSION.  
WORK WITH PURPOSE.

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- Work-life balance
- Full-Time with benefits
- Some travel
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://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



**HAPPY BIRTHDAY SENIOR  
CENTER FRIENDS**

- 5/5 LEON BUTTERMORE
- 5/6 JOANN HIATT
- 5/7 DARLENE HANSEN
- 5/11 MARY HURD
- 5/11 GLENN KOCH
- 5/13 BETTY MROCZEK
- 5/14 DENNIS BURTON
- 5/14 RICK HOFFMAN
- 5/22 PHYLLIS HASTINGS

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 MARCH VOLUNTEERS

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

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

CHUCK SCRIPTER  
 JAMIE SCHOLTZ  
 BILL SONGSTER  
 MARLENE SONGSTER  
 THERESA SWEeley  
 GARY THOMSEN  
 CASS TURNER  
 MARY VAN ERT  
 GWEN VIAN  
 VIVIAN WHEELER



 **Great Plains Health**  
 Putting the patient first – **always**



**308.568.8000**  
 601 W. Leota St. | North Platte, NE 69101 | [gphealth.org](http://gphealth.org)



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 Oxygen | Sleep Therapy  
 Nutritional and  
 Incontinence Products



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 1320 S. Cottonwood St., Ste 2, North Platte, NE  
[www.FrontierHomeMedical.com](http://www.FrontierHomeMedical.com)

**Shrake Body Shop, Inc.**



**DAVID REFIOR - Owner**  
**(308) 532-1053**  
 102 West Front • North Platte

**LET'S GROW YOUR BUSINESS**  
 Advertise in our Newsletter!

**CONTACT ME**  
**Anita Aguilar**

[aaguilar@lpicommunities.com](mailto:aaguilar@lpicommunities.com)  
**(800) 950-9952 x2677**



*Gift Card*

EAT AT THE NORTH PLATTE SENIOR CENTER MORE THAN 15 TIMES IN ONE MONTH AND YOUR NAME WILL BE ENTERED IN OUR DRAWING FOR A \$25.00 GIFT CARD!!

TELL YOUR FRIENDS!!!

**CONGRATULATIONS**

OUR GIFT CARD  
WINNER FOR  
FEBRUARY IS:  
JARROLD BROWN

OUR MARCH WINNER  
IS:  
DICK BAXTER

CONGRATULATIONS  
WINNERS!!!!!!



**FREE WILL**  
**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

**I'D RATHER BE**

**TAI CHI CLASSES!!!!!!**

CLASSES WILL BE HELD TUESDAY'S AND THURSDAY'S FROM 9:00 AM TO 10:00 AM.

CALL TO ADD YOUR NAME TO THE NEXT STARTING CLASS.  
COME RELAX AND GAIN BALANCE AND STRENGTH WITH US!!

**DOING TAI CHI**

**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:

Memorials:

Arlene Jepsen: \$110.00

Donations to the Center  
by Individuals or Group:

Duane Deterding:  
\$100.00

Product of the Month

Donations:

Pam Mitchell: ice cream

cones, ketchup

Ruby Edwards: ice cream  
toppings

Gwen Vian: ice cream  
toppings

Salvador Munoz:

Kleenex , ketchup, ice  
cream cones, ice cream  
toppings



# DOWNTOWN



Come for an hour or stay  
for the day - All supplies  
are provided - Just bring  
you!

**8:00 Breakfast - Meet at  
NebraskaLand Bank -  
Downtown Location**

**8:30 Cleanup begins**

**9:00 Headquarters  
moves to corner of 5th  
and Dewey**

**11:00 Lunch begins at 1st  
Interstate Bank**

# CLEANUP



# MAY 14



Make a difference one piece  
of litter at a time.







# Mother's Day Word Search



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




 MOTHER  
 GRANDMA  
 FLOWERS  
 ADOPTION  
 WISE



CHILD  
 LOVE  
 PRESENTS  
 PERFUME  
 LESSONS



PARENT  
 FAMILY  
 BIRTH  
 KISS  
 COOKING





# Cinco De Mayo Celebration

MUSIC . FOOD . GAMES. RAFFLES

**May  
5th**

**1:00-  
6:00**

**Location:  
Downtown**

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.

