



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

January, 2013

SPECIAL EVENTS

Tuesday, New Year's Day
Center Closed,
No H.D Meals,
No Van Service

Wednesday, January 2nd
11:30 & 3:00 Special Music
Ray Petersen, Accordion
3:00 Birthday Snowball Cake

Monday, January 7th
9:15 Frog Exercises Begins
Penny Vollbracht, Certified Frog
Instructor

Tuesday, January 8th
1:00 Card Making
1:00 Toe Nail Cutting
Anne Hoeman, P.A.

Friday, January 11th
Noon Century Club Certificates

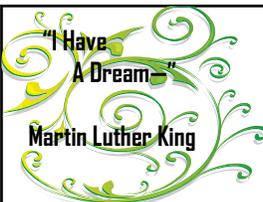
Wednesday, January 16th
9:30 to 12:00 Health Screenings
Noon Special Luncheon
11:30 & 3:00 Bev & Cyril Hansen

Monday, January 21st
1:00 Public Hearing
Followed by Board Meeting
Followed by Safety Meeting

Wednesday, January 23rd
1:00 Movie Matinee

Thursday, January 24th
12:45 Oak's Day
By Charlotte Easland, Admin.
"Magical Winter"
Free Certificates
Plus New Guest & You Free

8:45 AM Mile Walk Indoors
9:15 Frog Exercises M,W,F
9:00 & 1:00 Pool M, W, F
1:00 Hand & Foot M, W, F
1:00 Chicken Foot Bingo M, W, F
1:00 Pitch Daily
1:15 pm Bingo Every Friday



Wayne Senior
Center

Wishes All Seniors
A
Happy & Healthy
2013



Questions?

What do you want to
accomplish that you
keep putting off?
What five things do
you want to do in
2013?

New Year Wishes Poem Author Unknown

*I wish you health....
So you may enjoy each day in comfort.
I wish you the love of friends and family...
And peace within your heart.
I wish you the beauty of nature...
That may enjoy the work of God.
I wish you wisdom to choose priorities....
For things that come to you.
I wish you happiness and joy...
And blessings for the New Year.
I wish you the best of everything
That you so well deserve.
Happy New Years, friends!*

New Weather Forecasting Method (Burrometer)

- If tail is dry.....Fair
- If Tail is Frozen.....Cold
- If Tail is wet.....Rainy
- If tail is white.....Snowy
- I Tail is swinging.....Windy
- If tail is gone.....Cyclone!
- To Be.....
- "To be or not to be"-Shakespeare
- "To be is to do"-Voltaire
- "To do is to be" -Decartes
- "Do be do be do"- Sinatra

New Year's Resolutions: It began more than 4,000 years ago with the Babylonians. The Babylonians celebrated New Year's in March for an 11 day period. During this time, they made resolutions to their gods, promising that they would return borrowed farm equipment and pay their debts. The date of New Year's Day was changed to January 1 in 153 B.C. by Romans.

Wayne Police Department
Prepare for a

"Disaster"

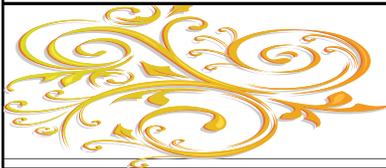
Date TBA



Winter

Thurs, 1/24/13
"Magical Winter"
Oak's Day
Features 12:45
Magic Show Entertainment

Remember you and your
brand new guest get a free
meal and also free meal
certificates prizes.



Attention Card Makers

Please come: Tuesday,
January 8th

Wayne Senior Center: At 1:00 pm
Cards Needed are: Sympathy

Sign up on January 8th at 1:00p.m.

Toe Nail Cutting

By Anne Hoeman, P.A.

Your Feet are Important for Good Health
and your energy levels. Diabetics should
Have a professional cut their toe nails.

Birthday Party

Wednesday, January 2nd
11:30 am, 12:45 & 3:00 pm
Enjoy Ray Petersen
on Accordion

Playing your oldies but
goodies.

3:00pm Snowball
Birthday Cake



Thank You

Volunteers: the Wayne Senior Center wants to thank you for your service
In the year 2012.

Many of you help in the kitchen as Kitchen Aides and volunteer from 3 to 6
hours per week. We thank you for always striving to make our tray appear
Attractive and sharing a welcoming smile. Helping with the large serving pans
and washing dinner ware is a wonderful helping hand to Fran and the Wayne
Senior Center.

Our Home Delivered Meals volunteers leave their homes once or twice a week,
every week, in all kinds of weather. Thank you for giving such great service to our
H.D. Participants. They depend on your smiling faces for so much more than
regular meal delivery. We are grateful for your service to the community.

Many of us, use the beautiful cards that the card making group prepare for us.
This is a wonderful sentiment and ability to recreate a lovely card from used
cards. Thank you for your creativity.

Quilters the hours and hours of time you donate to the center is very much
appreciated. The money you donate to the center is more valuable than words
can express. Your talent and diligence is a wonderful gift to our Wayne Senior
Center. Thank you valued volunteers for sharing with us.

Your Invited to join us for dinner and dancing at Wayne Senior Center

Snowball Dance featuring Ray Petersen, Accordion

Playing your Polka Favorites

Tuesday, January 2nd

Dance Begins at 11:30am. Followed by Dinner

Dancing Again at 3:00 pm

Dinner Menu

Ham

Sweet Potato

Peas

Lime Jello with Pineapple

Fresh Bread & Promise



Thank you to Oaks for sponsoring
3 Century Club Certificates.
Thank you to Careage of Wayne for supporting the
14 Special Luncheon certificates.

Wayne Public Transit is a great mode of transportation
for you to get to appointments & to
run errands.

Fee for the van is \$1.50 one way.
(last ride at 4:30)



CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787



Donations

Baked Goodies-Numerous Angels
Ice Cream- Numerous Angels

Cash Donations:

Leon & Melvy Meyer
Delmar & Betty Heithold

John & Anita Fuelberth memorial in memory of
Faye Peck to purchase kitchen stove.

Ameritas Community Involvement Group
Money towards MOW containers

Sandra Henschke memorial in memory to
Frances Nichols

Alta Meyer memorial in memory of Frances
Nichols

Coffee Donations:

Esther Baker
Rick Barelman
Lee Larsen
Marilyn Otte
Alta Meyer

This & That

Sandra Henschke Puzzles

Thank you to those of you that take the time
to bring in baked items, ice cream and all
the other goodies for 3:00 coffee.

Thank you to those who help with the
Decorating for special occasions.

Thank you for the volunteer hours that
many of you provide us each month.
You are the Center's treasured angels.

Thank you Seniors For
Supporting the Wayne Senior Center
Congregate and Delivered Meal Programs.
Your support has allowed the Center
To receive incentive money for the Home Delivered Meals.
Way to Go!!!
We're a great place to be!



Century Club Movie—January 11th

If you attend the Century Club Movie, make plans to have
lunch afterwards! You won't be late. Serving time is at
12:10 on this day. Reservations made the day before.
January sponsor will be *The Oaks*.

Baby Boomer Inventions Puzzle:

Apple, Artificial, Heart, Cement,
DNA, Drug Release, Infusion, Microscope, Prosthesis,
Recognition, Synthesizer, Viagra, World Wide Web

Penny Vollbracht	Coordinator
Rick Barelman	Operations Assistant
Fran Poehlman	Senior Center Assistant
John Rebensdorf	Van Driver
Fred Krenk	Van Driver
Roger Hochstein	Van Driver
Lori Dickes	Part-Time Custodian
Herb Biermann	President
Betty Heithold	Vice President
Verna Mae Baier	Secretary
Joan Lage	Treasurer

Services are provided without regard to race, origin, handicaps, age
or sex. The Wayne Senior Center is funded by the City of Wayne,
Northeast Nebraska Area Agency on Aging, The Department of
Roads, United Way, and your donations.



Senior Center Hours

Monday – Friday
8:30 a.m. – 5:00 p.m.

Meals are served at noon. Please make your
meal reservations & cancellations by noon
the day before. \$3.75 Congregate & \$4.00
MOW Contribution Appreciated

For van transportation or
meal reservations call 375-1460.



A special thank you to United Way for
funding the distribution of this newsletter.



VOLUNTEERS Thank You!!

The Senior Center is looking for volunteers for

Quilters & Friday Kitchen Sub

If you are interested in volunteering your time for this very important and rewarding service please call the Wayne Senior Center at 375-1460.

Volunteer Angels Needed.

Hear Ye! Hear Ye!
Monday, January 21st at 1:15p.m.
Wayne Senior Center
Board Meeting
2:15 Safety Meeting



Wayne Senior Center
Public Hearing, Monday, January 21st

1:00 Following Lunch

Objective is to review programs
Make new objectives for Growth
Questions and Suggestions Welcome.



FROG EXERCISES

New to Wayne Senior Center
(Fitness Reaching Older Gen's)
Taught by Certified Teacher
Penny Vollbracht



Sign Up 1st Week in January & fill out Medical Clearance Form from your physician.
1st Class 9:15 am (1/2 hour) January 7th, come in casual stretchy clothes.
Monday, Wednesday, Friday for 4 week Initial Stage. Light Muscular Endurance.

Popcorn and Musical Movie Matinee
Wed, January 23rd at 1:00 after lunch

Feature Movie—

“The Best Exotic Marigold Hotel”
Current release, charming, funny and heartwarming



Starring:

Judi Dench, Bill Nighy, Dev Patel, Tom Wilkinson, and Maggie Smith

January Fire Prevention Tip

Call your friends to see if they are alright?

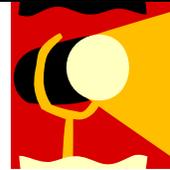


Health Care Screens Wednesday, January 16th

9:30a.m.—12:00, Blood Sugar
and Blood Pressure
Noon, Special Luncheon and
Gift Certificates to 14 Lucky Winners
Sponsored by Careage of Wayne
Bev and Cyril Hansen are
11:30 featured entertainers

Menu:

Baked Chicken in Cr of Chicken Soup
Ranch Red Roasted Potatoes
Mixed Vegetable
Fresh Sliced Bread & Promise
Strawberry Rhubarb Pie
Milk & Coffee & Water



“Spotlight on Promise”
Featuring-
PERFORMERS FROM
WAYNE STATE COLLEGE
WITH
PHILIP PFALTZGRAFF
AS ACCOMPANIST
Thursday in January TBA
Come for Lunch.

Hot Chicken Sandwiches

From Dora Echtenkamp

1 1/2 c. chopped chicken (cooked or canned)
1 cup grated cheese
1/3 cup chopped celery
1/4 cup chopped almonds
1/2 cup salad dressing or mayonnaise
1 tsp. minced onion
1 Tbsp. lemon juice
Salt & Pepper to taste.

Combine and put on hamburger buns,
wrap in foil and put in
350 degree oven for 15 to 20 minutes.

Enjoy

HAPPY NEW YEARS!

ENJOY WITH HOT SOUP

