



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

February, 2010

SPECIAL EVENTS

Tuesday, February 2nd
1:15p.m. Card Making

Wednesday, February 3rd
11:30 & 3:00 Ray Petersen,
Accordion; "Birthday Party"
3:00 Seniors Pot Luck
1:00 WSC Public Hearing

Wednesday, February 10th
11:30 Patricia Sherry, piano
12:45 "Hallie's Comment"
Abe Lincoln

Friday, February 12th
11:30 and 12:45 Artie & Gwen
Schmidt
"Valentine's Dance"

Monday, February 15th
1:00 Board Meeting

Tuesday, February 16th
11:30 Cyril Hansen, Organ

Wednesday, February 17th
9:30 Health Screening
9:30 Chair Massage
12:00 Special Luncheon
12:45 Morris Anderson,
"Wood Carving Exhibit"

Friday, February 19th
11:30 "Spotlight on Promise"
Phil Pfaltzgraff

Monday, February 22nd
11:30 Jane O'Leary,
Piano

Wednesday, February 24th
12:45 Connie Vogt
"Heart Disease"

Thursday, February 25th
11:30 Connie Webber Glassmeyer,
Organ

1:15 pm Bingo Every Friday



Wayne Senior
Center

Wishes All Seniors
A
Happy Valentines Day

And

Tell your loved ones
how
much you love them..



Be My Valentine

Valentine's Day Top 10 List

According to the Associated Content Society, the top 10 Flowers for Valentine's Day and their meanings are:

10. Iris for faith and hope
9. Sunflowers for loyalty
8. Wildflowers for adoration
7. Lilacs for Do you still love me?
6. Carnations for fascination
5. Orchids for love and beauty.
4. Lilies for beauty.
3. Tulips for perfect love.
2. Daisies for innocence and purity.
1. Roses for I Love You.

Top Ten Valentines Candies List

10. Peeps (not just for Easter anymore)
9. Candy or cookie bouquet
8. Hot cinnamon hearts
7. Chocolate-covered macadamia nuts
6. Colored taffy
5. Hershey's Hugs and Kisses
4. Pink Marshmallow hearts
3. Chocolate roses
2. Conversation hearts
1. Box of fine chocolates

February highlight is the XXI Olympic Winter Games

The games take place February 12-28, 2010 in Vancouver, British Columbia. The ancient Olympic Games began at Olympia in Greece in 776 B.C. This year there will be 2,500 athletes from over 80 nations that will compete in 15 sports for over 86 separate medal events. Good Luck U.S.A.!

Please Attend-
Wayne Senior Center
Public Hearing for Suggestions
And New Ideas
Wednesday, February 3rd
1:00p.m in Dining Room 



Come and Enjoy
Learning About

Morris Anderson's
Wood Carving Hobby
12:45p.m.
Wednesday, February 17th
(same day as Special
Luncheon)



**Attention
Card Makers**

Please come: Tuesday, Feb. 2nd
Wayne Senior Center: At 1:00 pm

Cards Needed are: Valentines

Cyril Hansen will be
Providing Wonderful Entertainment:

Tuesday, February 16th

He will be playing his organ or
Accordion depending on
Weather. Plan to come and eat with us.

You are invited to a beautiful Valentine's Dinner and Dance

Friday, February 12th at 11:30 and 12:45 for the
"Sweetheart Dance"

Featuring : Artie and Gwen Schmidt

For Your Dining Pleasure we are serving:
Tator Tot Casserole
Peas & Carrots
Sliced Peaches w/ Collage Cheese
Cinnamon or Raisin Bread & Promise
Ice Cream & Cookie



Come for Dinner and Hear
Hallie's Comments

12:45p.m. Wednesday, February 10th

Hallie Comments
Will
Enlighten You About

"Abraham Lincoln"



Birthday Party
Wednesday, February 3rd
11:30 am, 12:45 & 3:00 pm
Enjoy Ray Petersen
on Accordion
Playing your oldies but
goodies.
3:00pm All Seniors Bring
Birthday Treats



Thank you to Oaks for sponsoring
14 Special Luncheon Certificates.
Thank you to Premier Estates for supporting the
3 Century Club 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.



CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787



Donations

Baked Goodies-Numerous Angels
Ice Cream- Numerous Angels

Cash Donations:

Viola & Alvin Meyer
Dr. Gail & Carol Dunning
Elinor Jensen
Betty & Delmar
Heithold
Leon & Melvy Meyer

Coffee Donations:

Janet Reeg
This & That

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.

Please notify us if we missed your Donation!!



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 Months of July,
August, September, & October, & November. December we did not
make incentive. Please invite your friends to come eat!!!



Century Club Movie—To Be Arranged

If you attend the Century Club Movie, make plans to have lunch afterwards! You won't be late. Serving time is at 12:15 on this day. Reservations made the day before. February sponsor will be *Premier Estates*.

Cliches Puzzle:

Ants, Apple, Baptism, Both, Cookie Jar, Cotton, Crossed, Eye, Farm, Gloves, Gold, Green, Handwriting, Hatch, Heels, Last, Meow, Mouth, Skin, Straws, Thumbs, Top

Penny Vollbracht	Coordinator
Rick Barelman	Operations Assistant
Fran Poehlman	Senior Center Assistant
John Rebensdorf	Van Driver
Dave Headley	Van Driver
Jerry Krueger	Part-Time Custodian
Lori Dickes	Part-Time Custodian
Gloria Leseberg	President
Marj Porter	Vice President
Verna Mae Baier	Secretary
Norma Backstrom	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
9:00 a.m. – 5:00 p.m.

Meals are served at noon. Please make your meal reservations & cancellations by noon the day before.

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

MOW Delivery Substitutes & Kitchen Help

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, February 15 at 1:00p.m.
Wayne Senior Center
Board Meeting
Open to All.**



Thank you,
Senior Helpers for
Providing wonderful help cleaning tables after dinner.
This really helps Fran during cleanup time.
Thank you seniors for being understanding
in January with snow and icy conditions.
Thank you for venturing out and coming
to our wonderful Center.



Please Welcome

Jane O'Leary, as our New
Featured Organist & Pianist

She has graciously agreed to
perform on:

**Monday, February 22nd
At 11:30am.**

Jane O'Leary is one of the pianist/organist for the
Presbyterian Church in Wayne.



We have missed **Connie Vogt's** Healthful
Hints, so I've scheduled Connie to come join
us
At Wayne Senior Center-



**Wednesday, February 24th
At 12:45p.m**

Presenting Health Information about our "Ticker"
More specifically **Heart Disease.**

February Fire Prevention Tip

Continue to practice fire prevention when using your space heaters.

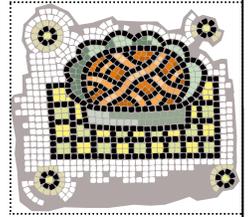


Pamper Yourself Spa & Health Care Screens Wednesday, February 17th

*9:30a.m.—12:00, Blood Sugar and Blood Pressure
9:45 am Chair Massage by Susan Wells
9: 30 am Nail Polishing by Tracy Keating
Noon, Special Luncheon and
Gift Certificates to 14 Lucky Winners
Sponsored by The Oaks Retirement Center*

Menu:

*Meatloaf
Mashed Potatoes w/Beef Gravy
Green Beans
Fresh Sliced Bread & Promise
Apple Cobbler
Milk & Coffee & Water*



**"Spotlight on Promise"
Featuring-
PERFORMERS FROM
WAYNE STATE COLLEGE
WITH
PHILIP PFALTZGRAFF
AS ACCOMPANIST**

**Friday, February 19th; 11:30am and 12:45pm
Come for Lunch.**



Chicken Parmigiana

*12 triscuit crackers or whole grain cracker crushed
1/4 cup fresh parsley, chopped
1/2 teaspoon oregano
Salt and Pepper to Taste
1 jar of your favorite spaghetti sauce
1 tablespoon olive oil
2 large egg whites
6 boneless & skinless chicken breasts
1 cup of part-skim mozzarella cheese, grated
1 cup of Romano cheese, grated
Preheat oven to 425 degrees
Coat a 9x13 pan with oil. Whisk egg whites and roll
Chicken breast in egg white, then dredge breasts in
(cracker, parsley, oregano, salt and pepper mixture).
Put into oiled pan and flip once to coat dredged
chicken in oil. Evenly pour and spread spaghetti
sauce over the chicken (allowing some sauce to be
under the chicken as well). Bake for 20 minutes .
Top evenly with cheese on top and bake another
10 minutes. Check chicken in the middle to be sure it
is done. 307 kcalories, 4 saturated and 5g unsatu-
rated fat, 17 g CHO, 34 protein, 2gm fiber*



HAPPY VALENTINE'S DAY.

FRIENDS