



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

January, 2011

SPECIAL EVENTS

Monday, January 3rd
11:30 & 12:45 Phil & Sherry
Vocal Duet Music

Tuesday, January 4th
Pat Cook, piano
1:00 Card Making

Wednesday, January 5th
11:30 & 3:00 Ray Petersen
On Accordion

Friday, January 7th
12:45 "Our Days in Beijing"
Phyllis and Darrel Rahn
Tour Slide Presentation
"China Market Display"
From Pat Cook

Tuesday, January 11th
11:30 Pat Cook, piano

Wednesday, January 12th
12:45 Connie Vogt, RN
"Hypothyroidism"

Friday, January 14th
11:30 Cyril Hansen, Organ

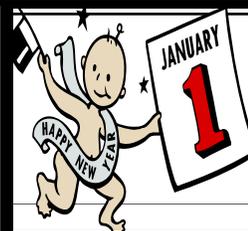
Monday, January 17th
1:00 Board Meeting

Wednesday, January 19th
Special Luncheon
& Snowball Dance
11:30 & 3:00 Ray Petersen
On Accordion

Thursday, January 20th
11:50 Library Corner
"Audio Reading Books"
By Lauran Lofgren

Thursday, January 27th
11:30 Connie Webber,
Organ Music

Monday, January 31st
Dinner Theatre Date
12:45 Comedy Movie
"How to Succeed in Business
Without Really Trying"
Starring Robert Morse
1:15 pm Bingo Every Friday
2:00 pm Chicken Foot Dominoes



Wayne Senior
Center
Wishes All Seniors
A Very
Healthy
New Year
And
Thank You
For
2010 Support



At the Year's Ending

For having lived this
one year more, Let me
be stronger than before.

For lessons learned
along the way, Give
Me more courage day
by day.

For faith I found within
my heart, Let me fore-
ever know faith's part.

For out of hurts and
sometimes pains-
Strength, courage, faith
must be the gains.
Phoebe Hayworth



May I, With Each Passing Day...
Dorothy Louise Thomas

I thank Thee first for all the gifts
The old year brought to me
The dancing spring, a yellow rose,
A few days by the sea;

Glad gypsy hours in autumn woods,
And restful nights of snow,
And many, many stirring bouts
With clean, blue winds that blow!

I would keep my New Year free
From carelessness and folly,
From little words that prick and sting,
From sinful melancholy;

Free from idle discontent
Which turns the brightest day
Into a stretch of sullen hours
Beneath a sky of gray.

Let me keep it clean as grass
Twinkling after rain;
Happy as the bird that cleaves
A morning sky in twain.

I would learn the tolerance
Of the kindly sun
That shines alike on rich and poor,
And heartens everyone.

Strengthen me to do my work
With joy and hardihood,
And may I, with each passing day,
Know that life is good!

Winter Wonderland Music
 Pat Cook: Piano on January 4th
 January 11th
 Cyril Hansen on Organ
 January 14th
 Ray Petersen on Accordion
 January 5th & 19th
 Connie Webber: January 27th

Connie Vogt, RN
 Is happy to present
 Health Information on

'Hypothyroidism"

12:45 Wednesday,
 January 12th

Plan to attend and eat Lunch.



Attention

Card Makers- Valentines
 Please come: Tuesday,
 1:00pm, January 4th

Joke: In a hospital's Intensive Care Unit, patients always died in the same bed, on Sunday morning, at about 11:00 am, regardless of their condition. It was a mystery. So a Worldwide team of experts assembled to study this problem. The next Sunday at 11:00am, Pookie Johnson, the part time sweeper, unplugged the life support system to use the vacuum cleaner to clean the hall way.

Our Days In Beijing



Enjoy the Sights in Beijing, China
 By Darrell & Phyllis Rahn & Pat Cook

Come for Dinner and China Tour
 12:00 Lunch: Friday, January 7th
 12:45 The Presentation
 Make your reservations early.



Enjoy Dinner and Music-
 Starring: Phil and Sherry Pfaltzgraff
 With their Delightful Duet Harmony
 11:30 am and 12:45 pm
 Monday, January 3rd

January Birthday Party
 Wednesday, January 5th
 11:30 am til 12:15 & 3:00
 Enjoy Ray Petersen
 on Accordion
 Playing your oldies but
 goodies.

3:00pm Angel Cake
 & Whipped Snow & Fruit



**December: Thank you to The Oaks of Wayne
 for sponsoring
 14 Special Luncheon Certificates
 Thank you Careage for 3 Century Club Certificates &
 3 Bingo Black Outs.**

*Wayne Public Transit is a great mode of
 transportation
 for you to get to appointments & to run
 Errands for \$1.50 one way.
 Hours: 9:00am—4:40pm*





Please Call and Volunteer!

Calling for Helpful Hands
Monday Kitchen Helpers !!

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

Volunteers, You are our " Valued Angels"



*Mary Nichols, RN
Health Care Screens*

Wednesday, January 19th
*9:30a.m.—12:00, Blood Sugar and
Blood Pressure
Gift Certificates to 14 Lucky Winners
Sponsored by Careage*

Hear Ye! Hear Ye!
Monday, January 17th at 1:00p.m.
Wayne Senior Center
Board Meeting
Open to All.



11:30 am and 3:00 Snow Ball Dance by Ray Petersen on Accordion

(make your reservations early)

Special Luncheon Menu:

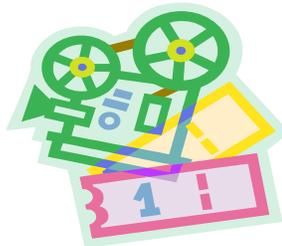
*Sliced Baked Ham with Pineapple Rings
Macaroni and Cheese Casserole
Cooked Peas
Sliced Whole Wheat Bread & Promise
Lime Jell o with Pears and Juice
Chocolate Cream Pie
Milk & Coffee*



Dinner and a Movie:

Monday, January 31st at 12:45pm

*Reserve your Dinner and
Come for a Free Movie:*



*"How to Succeed in Business
Without Really Trying"*

*Starring: Robert Morse
It's comedy and a musical for your afternoon entertainment.*



**Enjoy your Grandchildren with Laughter
Hugs, Smiles, and Hot Cocoa.**

Health Note: from Dr. Mike Wesson

I had a patient recently that came in with his wife because he was suddenly seeing double. He could not touch my finger accurately with his finger while either eye was covered (so he didn't see double). I referred him immediately to his primary care physician and to the emergency room for an MRI.

He was in the process of stroking.

Symptoms & Questions:

- Ask the person to smile
- Ask person to raise both arms
- Ask person to speak a sentence
- If person has trouble, call 911.



*The Library Corner
11:50 am Thursday, January 20th
By Lauran Lofgren*



"Talking Books" at Wayne Public Library

When the snow blows, when you think there is nothing on TV, but your eyes aren't what they used to be. Then listen to a "Talking Book" from our Wayne Public Library. They're great winter time entertainment.

Electric space Heaters: Do not overload the circuit and Only use necessary rating extension cords to carry the amp Load safely.

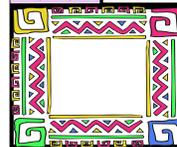


Chicken and Noodle Casserole

*1 stewing chicken
1 teaspoon salt
2 Tablespoons chopped onion
1 can cream of mushroom soup
1/2 cup Miracle whip or Mayonnaise
2 cups noodles
3 cups crushed Potato Chips
(optional: 2 tablespoons chopped pimento)*

*Cook chicken (about 1 hour), cool, and debone.
Cook noodles in lightly salted boiling water.
When done, drain water off the noodles, add soup and Miracle whip or Mayo, mix together, add chicken, salt and onions. Pepper to taste. Mix lightly.
Pour into a 9 x 13 baking dish. Sprinkle with crushed potato chips and a few parsley flakes for color.
Bake at 350 degrees for about 30 minutes until bubbly.*

Serves 8.



YUMMY HOT CASSEROLE

CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787

Cash Donations:

Barb & Howard Greve
Hallie Sherry
Les and Donna Hansen
VFW Auxiliary

Coffee Donations:

Gail Godbersen
Alta Meyer
Eddie Heithold
Al and Margaret Hansen
Marv Brummond

This & That

Bill and Deb Dickey-napkins
Oma and Don Jacobsen: lights
Viola and Alvin Meyer: hand cleaner
Bill and Val Koeber: Music Stand

Thank you to those of you who 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 Decorate.

Thank you for the volunteer hours, that many of you provide us each month.

You are the Center's treasured angels.



Penny Vollbracht	Coordinator
Rick Barelman	Operations Assistant
Fran Poehlman	Senior Center Assistant
John Rebensdorf	Van Driver
Dave Headley	Van Driver
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.



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. Not December.



Century Club Movie—January 13th

If you attend the Century Club Movie, make plans to have lunch afterwards! You won't be late. Serving time is at 12:05 to 12:15 on this day. Reservations made the day before. January sponsor will be *The Oaks*.

Sherlock Holmes Crossword Puzzle:

Adler, Baker, Beekeeping, Detective, Disguise, Doyle, Forensic Science, Hound, Hudson, Logical, Pipe, Scarlet, Twenty, Watson

Senior Center Hours

Monday – Friday
9:00 a.m. – 5:00 p.m.
AM Walk at 8:30 a.m.
Van Rides over at 4:40 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.