



# The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

April, 2010

## SPECIAL EVENTS

Friday, April 2nd Closed  
No Congregate Meals &  
No Home Delivered Meals  
No Van Service

Tuesday, April 6th  
12:45 Joelle Herman  
"The Sciatica"  
1:00 pm Card Making

Wednesday, April 7th  
11:30 & 12:45 & 3:00  
Birthday Celebration  
With Ray Petersen

Monday, April 12th  
12:45 am Marj Porter,  
"Dolls"-Show & Tell

Tuesday, April 13th  
11:30 Pat Cook, Piano

Thursday, April 15th  
"Elderfest" Meal Reservations

Friday, April 16th  
11:30am "Spotlight on Promise"

Monday, April 19th  
1:00 Board Meeting

Tuesday, April 20th  
11:30 Val Koeber, Piano

Wednesday, April 21st  
9:30 Health Screenings  
& Chair Massage  
12:00 Special Luncheon  
12:45 "Brain Games"  
Connie Vogt, RN

Wednesday, April 28th  
12:45 pm Earl Fuoss,  
"Weather's Effect on  
Barometers"

Thursday, April 29th  
12:00 Complimentary Meal  
12:45 : "American Broad band"-  
Mike Storjohann

Friday, April 30th  
11:30 am Pat Cook, Piano

1:15 pm Bingo Every Friday



Wayne Senior  
Center  
Wishes All Seniors  
A  
Happy Easter  
with  
Wonderful  
Family Gatherings



*The Happy Heart*  
By Patience Strong

The happy heart is that  
Which is content with  
little things-the heart that  
loves the simple life, the  
heart from which there  
springs a sense of joy  
with each fresh day-a  
prayer of gratitude-for  
the morning miracle of  
health and strength  
renewed.



*For Those Who Walk Softly*  
By Marion Doyle

*This is the time of year  
When Nature calls louder,  
"Stop, look, and listen!"  
For now she is prouder  
Of one pale anemone  
Braving the snows  
Than she will be later  
Of even the rose;*

*Or when she has painted  
The meadows and hills  
With fresh new green splendor  
And gold daffodils.*

*Give heed to her calling-  
Stop, listen and look  
In mysterious woodland,  
By brown field and brook-*

*For Nature has wonderful  
Secrets to share  
With those who go softly- - -  
O secrets aware.*



Please make meal reservations early for a complimentary meal on:  
Thursday, April 29th (96 is the maximum)  
Followed by a program at 12:45pm on:  
"American Broadband"  
Presenters are : Mike Storjohann & Jay Anderson  
Come learn about the new telephone service in Wayne.

**They're Back !**  
**Pat Cook plays piano**  
**April 13th & 30th**

**Val Koeber,**  
**Plays Piano April 20th**



## **“Doll Collection”**

by *Marjorie Porter*



**National**  
**Volunteer Week is**  
**April 18-24.**

**Thank you**  
**Volunteers!**

**You give from the heart**  
**right from the start.**

**Thank you, we say, you**  
**brighten each day!**



### **Attention** **Card Makers**

**Please come: Tuesday, April 6th**  
**Wayne Senior Center: At 1:00 pm**

**Cards Needed are: Sorting**  
**Cards and Card Fronts**

**Wednesday, April 28th at**

**12:45pm for Wayne's Weather & News**

**“Weather 's Effect on Barometers”**

**Featuring Earl & Janet's Barometer**  
**Collection & News Update**

**Monday, April 12th**

**12:45pm Following Dinner.**

*Do you remember your favorite doll, playing paper dolls, and having tea parties with your dolls? Or maybe it was putting your Raggedy Anne doll into the buggy and going for a stroll down the lane on a warm summer's day. These are special memories and we want you to share these fond memories...*

**If you still have your doll then please bring it to:**  
**“SHOW and Tell”.**

#### **Menu:**

*Beef Stroganoff and Noodles*  
*Prince William's Vegetable*  
*Vegetable Salad,*  
*Cottage Cheese on Pineapple Ring on*  
*Bed of Lettuce*  
*Bread & Promise*  
*Cookie*  
*Milk & Coffee & Water*



### **ELDERFEST**

**12:00 pm, Thursday, April 15TH**

*Make your DINNER reservations early.*

*Highlighting a BBQ Meatball Sandwich*

*The maximum we can serve is 96.*

*Seniors plan to have fun all day in Wayne.*

*Note: Wayne Senior Center helped sponsor the*  
*Elvis Impersonator & Blues Band.*

### **April Birthday Party**

**Wednesday, April 7th**

**11:30 am, 12:45 & 3:00 pm**

**Enjoy Ray Petersen**

**on Accordion**

**Playing your oldies but**  
**goodies.**

**3:00pm “Sunshine” Square**



**Thank you to The Oaks Retirement Community for**  
**sponsoring**

**14 Special Luncheon Certificates.**

**Thank you Careage 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.**





## **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.

**Volunteers, You are our "Starburst of Flower"**

**Hear Ye! Hear Ye!**  
**Monday, April 19th at 1:00p.m.**  
**Wayne Senior Center**  
**Board Meeting**  
**Open to All.**



*Thank you,*  
*Bridge Clubs, Minerva, Acne, Extension, &*  
*Morning Coffee Neighborhood Groups for*  
*Providing wonderful Noon Participation &*  
*3:00 Refreshments.*

*Your participation really helps*  
*Wayne Senior Center*  
*have excellent meal counts.*  
*"It's the Place To Be"*



## **"The Sciatica Nerve"**

Learn about this common  
back problem.



**Causes, Symptoms, and Solutions.**  
**By Joelle Herman, Chiropractor**  
**From Herman Chiropractic**  
**12:45pm Tuesday, April 6th**

**12:45pm Wednesday, April 21st**

Connie Vogt, RN presents  
Health Information  
on **"Brain Games"**

***Ideas to prevent the loss of our***  
***Brain function.***



***Brain Exercises are lots of fun.***

**April Fire Prevention Tip**  
**Burn permits from the Fire Chief are required for**  
**Open burning.**



**Mary Nichols, RN**  
**Health Care Screens**  
**Wednesday, April 21st**

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

**Brain Food Menu for "Brain Games" at 12:45pm:**

**Country Beef Steak**

**Country Gravy**

**Mashed Potatoes**

**Corn**

**Sliced Bread & Promise**

**Strawberry Rhubarb Pie**

**Milk & Coffee**



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

**Friday, April 16th; 11:30am and 12:45pm**  
**Come for Lunch.**



**"Sunshine" Easter Dessert**

**1 cup flour**

**1/2 cup of melted margarine or butter**

**1/2 cup of nuts (chopped walnuts or pecans)**

**2 tablespoons of powdered sugar**

**Combine until crumb like and press into the bottom of**  
**9 x 13 pan. 1st Layer.**

**Bake for 15 minutes at 350 degrees. Cool.**

**While crust is baking. Mix up 2nd Layer of Dessert :**

**8 oz. cream cheese, softened.**

**1 cup of powdered sugar**

**2 cups of whipped topping**

**(spread over cooled crust)**

**Then combine and spread on 3rd Layer.**

**Beat together Two 3 oz pkgs. Instant Lemon Pudding**

**3 1/2 cups milk**

**4th Layer is whipped topping.**

**12 oz. container whipped topping**

**Refrigerate 2 to 3 hours to set.**



**GREAT FOR EASTER SUNDAY DINNER**



# CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787

## Donations

Baked Goodies-Numerous Angels  
Ice Cream- Numerous Angels  
Country Classics 4-H Baked Goods

## Cash Donations:

Duaine & Donna Jacobsen  
Ruth Wacker in Memory of Elmer  
Delmar & Betty Heithold  
Glennadine Barker  
Verlin & Elaine Frances  
Margaret Andersen  
Marilyn Morse

## Coffee Donations:

Janet Reeg  
Kenn Johnson  
Esther Hansen  
Irene Blecke  
George & Darlene Biermann  
Lanora Sorenson  
Donna & Les Hansen  
Nancy Jo Powers  
Mae & Art Greve  
Marvin Nelson

## This & That

Spring Fling Napkins-Bill & Deb Dickey  
Verlyn Anderson- Card Making Supplies

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.



|                  |                         |
|------------------|-------------------------|
| Penny Vollbracht | Coordinator             |
| Rick Bareman     | 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 & February. December  
& January we did not make incentive. So please invite your friends.

## 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 12:05 to 12:15 on this day. Reservations made the day before. April sponsor will be *Careage of Wayne*.

## Puzzle:

Age, Canal, Centipede, Cow, Decimal, Dividing, Fingers, Forum, Gone, Inch, Junkyard, Long, Multipliers, Nine, Numerals, Penny, Problems, Ruler, Vision.

## Senior Center Hours

**Monday – Friday**  
**9:00 a.m. – 5:00 p.m.**  
**AM Walk at 8:30 a.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.*