



# The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

November, 2021

The days are getting chilly, but it is always warm in the Senior Center! We love seeing your smiling faces everyday while you drink coffee, play cards, shoot pool, quilt, make puzzles, and of course eat lunch with your friends.

**November is a month for thankfulness, and We are Thankful for You!**

Without you, we would not be here doing what we love best— being able to see you everyday! This month we will be closed for Thanksgiving on Thursday the 25th and Friday the 26th. We hope you all get to spend some great quality time with all of your friends and family this year over the Thanksgiving holiday. It can be such a rejuvenating time—just what we all need right now.

In other news, we have all of our usual clinics and activities scheduled this month in addition to another Medicare open enrollment day. We hope you can find time to come in to listen to some of our live music options as well. The activity calendar for November is very full, so make sure to take a look at any activities you would like to participate in!



## ✓ Medicare Open Enrollment

(Part D Compare)

November 18th

From 9:00am— 3:30pm

CALL THE CENTER TO SIGN UP FOR A TIME

Additional Upcoming Dates:

December 2nd

This service is provided for free and spots fill up fast, so do not wait to call! Please bring your Medicare Card and a current list of medications with you to your appointment.

We would like to Thank you for providing us with so much fresh produce to distribute over the past couple of months! It always goes to good use and it is an easy way to not let your extra produce go to waste.

## What's Happening in November

### Wednesday–November 3

Monthly Birthday Party

### Thursday– November 4

Special Luncheon Drawing from CountryView

### Monday– November 8

9:15-11:15 Toe Nail Clinic

### Tuesday– November 9

9:30-11:30 Health Clinic

11:15 Spotlight on Promise

### Wednesday– November 10

We-Serve-Wednesday with Misty from CountryView

### Thursday– November 11

11:15 Music by Connie Webber

### Friday– November 12

Century Club Movie Day Drawing

### Monday– November 15

Caregiver's Week Special Luncheon Drawing

### Wednesday– November 17

9:00 Board Meeting

Information tables for Caregiver's with a chance to win a prize

### Thursday– November 18

Caregiver's Week Special Luncheon Drawing

9:00-3:30 Open Enrollment

### Friday– November 19

Fine Dining Friday with Lexi

11:15 Music with Val

7:30-9:30 & 2:30-3:00 Caregiver's Open House

### Tuesday– November 23

Special Luncheon Drawing from CountryView

11:30 Magnuson Eye Glass Clinic

### Wednesday– November 24

10:00 Caregiver's Support Group

11:15 Music with Deb Dickey

### Thursday– November 25 &

### Friday– November 26

Closed for Thanksgiving

### Tuesday– November 30

11:15 Spotlight on Promise

As always there are daily activities of AM and PM Coffee, Walking, FROGs, Puzzling, Quilting, Pool, Bridge, Hand & Foot, Pitch, SkipBo and Bingo. See the Activities calendar for the full schedule of all of these events. We look forward to seeing you here!



## Veterans Day

Veteran's Day was originally called Armistice Day, and it commemorated the end of World War I on November 11, 1918. Fighting stopped at 11:00 a.m., the 11th hour of the 11th day of the 11th month.

In 1919, on the first anniversary of the World War I armistice (truce), President Woodrow Wilson issued a proclamation expressing pride in the heroism of those who died during the war. Business stopped for two minutes starting at 11:00 a.m. and it later became customary to observe two minutes of silence at 11:00 a.m. Many states made Armistice Day a state holiday in the 1920s and 1930s, and in 1938, the U.S. Congress declared it a federal holiday in honor of all those, living and dead, who served with the U.S. armed forces. On June 1, 1954, Armistice Day became Veteran's Day to recognize all American veterans.



## Tomb of the Unknowns

If you have ever visited the Tomb of the Unknowns, popularly known as the Tomb of the Unknown Soldier, you have come to understand the power of this marble sarcophagus at Arlington National Cemetery in Virginia. General Pershing, the U.S. Army commander during World War I, wanted our country to show its appreciation for the two million soldiers who fought for our liberty. In 1921, the general selected a casket that had been exhumed from an American cemetery in France to garner the honors for all unidentified soldiers. The casket traveled across the Atlantic and up the Potomac River and lay in state on November 9th on the same platform that once bore the body of Abraham Lincoln. On November 11th, the remains were interred under a simple marble slab. The elaborate tomb that stands today would not be constructed and dedicated until 1932.

The tomb is guarded 24 hours a day by a hand-selected group of rigorously trained members of the 3rd Infantry Regiment. A formal ceremony is repeated on the half hour in summer and hourly during the rest of the year. The guards pace back and forth in front of the tomb, marching 21 steps, then pausing for 21 seconds. Twenty-one refers to the 21-gun salute, the highest military honor.



## Thanksgiving

The first American Thanksgiving was celebrated in 1621 to commemorate the harvest reaped by the Plymouth Colony after a harsh winter. The colonists and the Wampanoag Native Americans shared an autumn harvest feast that is acknowledged as the first Thanksgiving celebration in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

## Ancient Origins

Although the American concept of Thanksgiving developed in the colonies of New England, its roots can be traced back to the other side of the Atlantic. Both the Separatists who came over on the Mayflower and the Puritans who arrived soon after brought with them a tradition of providential holidays—days of fasting during difficult or pivotal moments and days of feasting and celebration to thank God in times of plenty. As an annual celebration of the harvest and its bounty, Thanksgiving falls under a category of festivals that spans cultures, continents and millennia. In ancient times, the Egyptians, Greeks, and Romans feasted and paid tribute to their gods after the fall harvest. Thanksgiving also bears a resemblance to the ancient Jewish harvest festival of Sukkot. Historians have noted the Native Americans had a rich tradition of commemorating the fall harvest with feasting and merrymaking long before Europeans set foot on their shores.

## Holiday Traditions

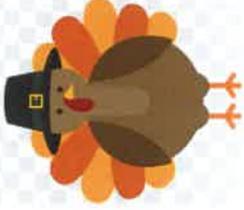
In many American households, the Thanksgiving celebration has lost much of its original religious significance; instead, it now centers on cooking and sharing a bountiful meal with family and friends. Today, nearly 90% of Americans eat turkey—whether roasted, baked, or deep-fried—on Thanksgiving. Beginning in the mid-20th century, the president of the U.S. has pardoned one or two Thanksgiving turkeys each year, sparing them and sending them to a farm for retirement.

Parades have also become an integral part of the holiday in cities and towns across the United States. Presented by Macy's department store since 1924, New York City's Thanksgiving Day parade is the largest and most famous, attracting 2 to 3 million spectators along its 2.5-mile route and drawing an enormous television audience. It typically features marching bands, performers, elaborate floats conveying various celebrities and giant balloons shaped like cartoon characters.





# November Activities 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Morning Walking Quilting &amp; FROGS Hand &amp; Foot Pitch &amp; Pool</p>	<p>2</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>3</p> <p><b>Monthly Birthday Party</b> Morning Walking Quilting &amp; FROGS Hand &amp; Foot Pitch &amp; Pool</p>	<p>4</p> <p>Special Luncheon Drawing from CountryView Morning Walking Quilting Afternoon Bridge Club Pitch &amp; SkipBo</p>	<p>5</p> <p>Morning Walking Quilting &amp; FROGS—Pitch Hand &amp; Foot—Bingo—Pool Pitch &amp; Pool Bingo</p>
<p>8</p> <p>9:15 to 11:15—Toe Nail Clinic (Call for a Time) Morning Walking Quilting &amp; FROGS Hand &amp; Foot Pitch &amp; Pool</p>	<p>9</p> <p>9:30-11:30 — Health Clinic 11:15-Spotlight on Promise Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>10</p> <p><b>We Serve Wednesday with Misty</b> from CountryView Morning Walking Quilting &amp; FROGS Hand &amp; Foot Pitch &amp; Pool</p>	<p>11</p> <p><b>Thank You Veterans</b> Morning Walking Quilting Afternoon Bridge Club Pitch &amp; SkipBo 11:15 Patriotic Music Music by Connie Webber</p>	<p>12</p> <p>Morning Walking Quilting &amp; FROGS—Pitch Century Club Movie Day Drawing by Kinship @ Noon Hand &amp; Foot—Bingo—Pool Pitch &amp; Pool &amp; BINGO</p>
<p>15</p> <p><b>Caregiver's Week—Spe- cial Luncheon Drawing</b> Morning Walking Quilting &amp; FROGS Hand &amp; Foot Pitch &amp; Pool</p>	<p>16</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>17</p> <p>9:00 Board Meeting Morning Walking Quilting &amp; FROGS Hand &amp; Foot Pitch &amp; Pool Information tables for Care- giver's w/ a chance to win a prize</p>	<p>18</p> <p>Caregiver's Week— Special Luncheon Drawing 9-3:30- Open Enrollment Morning Walking Quilting Afternoon Bridge Club Pitch &amp; SkipBo</p>	<p>19</p> <p>Fine Dining Friday w/ Lexi Music @ 11:15 with Val Koeber Morning Walking Quilting &amp; FROGS Hand &amp; Foot Pitch &amp; Pool &amp; BINGO Caregiver's Open House from 7:30-9:30 and 2:30-3:00</p>
<p>22</p> <p>Morning Walking Quilting &amp; FROGS Hand &amp; Foot Pitch &amp; Pool</p>	<p>23</p> <p>Special Luncheon Drawing from CountryView 11:30— Magnuson Eye Glass Clinic Morning Walking Quilting Afternoon Bridge Club &amp; Pitch</p>	<p>24</p> <p>10:00- Caregiver's Support Group Music @ 11:15 w/ Deb Dickey Morning Walking Quilting &amp; FROGS Hand &amp; Foot Pitch &amp; Pool</p>	<p>25</p> <p><b>Happy Thanksgiving!</b> <b>The Senior Center will be closed for</b> <b>all meals and activities</b></p>	<p>26</p>
<p>29</p> <p>Morning Walking Quilting &amp; FROGS Hand &amp; Foot Pitch Pool</p>	<p>30</p> <p>11:15— Spotlight on Promise Morning Walking Quilting Afternoon Bridge Club Pitch</p>			<p><b>DAILY COFFEE/SNACK TIME</b> 7:00—10:00 AM 2:30—3:00 PM <b>MONDAY THROUGH FRIDAY</b> REMEMBER to sign coffee time sheet to help us take credit for Offering this fun time for all!</p>

**Wayne Senior Center at Wayne, Nebraska --  
Monthly Business Meeting  
October 20, 2021**

The monthly meeting of the Wayne Senior Center was held with President George Burcum calling the meeting to order. (9:00 a.m.) Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum Vice President: Carol Duning, Secretary: Verna Mae Baier, Treasurer: Joan Lage and Board Member: Francisco Morales.

The September 8 minutes were approved as published in the October Senior Star in a motion by Francisco Morales and seconded by Joan Lage. Motion carried.

Treasurer Joan Lage, presented financial information for 9-10-21 through 10-9-21 with expenses of \$1,027.97. This amount of expenses was approved in a motion by Verna Mae Baier and seconded by Carol Duning. Motion carried and this financial report was accepted.

Coordinator Bertrand presented an overview of the monthly contributions as related to the NENAAA report.

The upcoming Open Enrollment dates were discussed. ( November 18 and December 2)

The Flu Shot Clinic will be held October 21.

November happenings include: The Center will be closed on Thanksgiving (November 25) and the following day ( November 26).

Veterans will be recognized in an Ad sponsored by the Senior Center in the local newspaper. COVID does not recommend the gathering of large groups. COVID is still around the area and in the state.

November is National Caregivers Month-- "Caring Around the Clock" A week of activities is planned for November 15—19.

Care Givers support group meets the last Wednesday of each month.

The Board meetings will continue on the third Wednesday of each month. This is as stated in the Wayne Senior Center Constitution.

The next meeting will be November 17 2021.

No additional concerns were presented.

The meeting was adjourned at 9:30 a.m.

Verna Mae Baier, Secretary

## 5 Tips for Helping Family Caregivers This Thanksgiving

While Thanksgiving is treasured as a time of family togetherness, the hustle and bustle of the holiday — preparing the meal, inviting family and friends, and preparing the home and setting — is a stressful affair unto itself. This stress is felt even more acutely by the family caregiver in your life. With the demands of caregiving at the forefront of their mind, the thought of a large get together with several guests can seem simply overwhelming.

During this holiday of togetherness and grateful reflection, as a friend or family member of a family caregiver, there are several ways you can communicate love and lend your support to them during this cherished, albeit sometimes stressful, holiday.

### 1. Offer to Host or Help Prepare the Home

Being a family caregiver isn't easy, and the role of caregiver is one that quickly consumes much of a person's life. With providing care being the primary focus at all times, tasks such as household chores become less important as time and energy are at a premium when caring for a terminally ill family member. To alleviate some of the holiday stress from the family caregiver in your life, offer to host this year's Thanksgiving dinner. If transportation of the family caregiver's loved one isn't feasible, thereby making the caregiver's home the only place where the meal can be hosted, offer to help them prepare their home instead. No matter the specific arrangements that you make with the family caregiver in your life, your hosting or assistance in the hosting preparations will lift an incredible burden from their shoulders.

### 2. Help with the Shopping and Meal Preparation

Between grocery shopping, meal preparation, and the actual cooking time, there's a lot of moving parts involved when planning a successful Thanksgiving meal — and that's just the food. And all of these steps demand one thing that family caregivers never have enough of: Time. With caregivers rarely having time to spare and with extended time away from their loved one — to perform tasks like Thanksgiving meal shopping — not being feasible, your assistance with shopping and meal preparation will be a godsend.

### 3. Help Keep the Mood Positive and Meaningful

Family tensions can run high during Thanksgiving — particularly when hot-button conversations make their way to the dinner table. These moments of heated, stressful family confrontation are the last thing that the family caregiver, or their sick loved one, needs. To help reduce the risk of the holiday turning sour, keep an eye out for tensions on the rise and help steer conversations toward more uplifting topics. A thoughtful word, kind gesture, and a positive attitude can work wonders at de-escalating heated situations, and will help the caregiver focus on enjoying the holiday.

### 4. Bring a Gift for the Caregiver

As one of the five love languages, gift giving may seem simple, but the thoughts and feelings that it communicates transcend the actual dollar amount of the gift itself. But what if you don't know what the family caregiver in your life wants? Ask! With time and money often being stretched thin for family caregivers, sometimes very practical gifts are just what a family caregiver needs. A new shower head might not sound like the most exciting gift to you, but it might be exactly the thing that makes day-to-day life for a caregiver just a little bit easier. Whatever your gift may be, the true value lies in the family caregiver seeing that there's someone out there who cares for them, is actively thinking of them, and wants to help see them through this time in life.

### 5. Listen, Support, and Love

Sometimes, all family caregivers need at the time is someone to compassionately listen to their stresses and fears, and to offer words of loving encouragement. Sadly, many caregivers — especially those who provide care to a loved one who is unable to speak — feel lonely and seldom have the opportunity to enjoy friendly, engaging conversation. Lending your ear and heart to the family caregiver in your life might be exactly what they need. For them, be attentive, sympathetic, and compassionate during this demanding time in life.

# Thanksgiving

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

November  
blessings  
mayflower  
plymouth rock  
football  
butter  
stuffing

gobble  
casseroles  
pumpkin pie  
indians  
parade  
rolls  
mashed potatoes

traditions  
gravy  
apple pie  
pilgrims  
friends  
ham  
turkey

harvest  
yams  
america  
nap  
family  
cranberry sauce  
Thanksgiving

# Thanksgiving

1. HKGATVSGINNI \_\_\_\_\_

2. IPMLGRI \_\_\_\_\_

3. NIRPATU \_\_\_\_\_

4. KUETRY \_\_\_\_\_

5. TPESOAOT \_\_\_\_\_

6. VRGAY \_\_\_\_\_

7. EPI \_\_\_\_\_

8. FWROYELAM \_\_\_\_\_

9. CAARIEM \_\_\_\_\_

10. DRAEB \_\_\_\_\_

11. CCNOARUOPI \_\_\_\_\_

12. RABRNRyce \_\_\_\_\_

13. RCON \_\_\_\_\_

14. MSICDTRKU \_\_\_\_\_

15. LBOBEG \_\_\_\_\_

16. BENOREVM \_\_\_\_\_

17. PPINMKU \_\_\_\_\_

18. INGUFTSF \_\_\_\_\_

19. WHEONISB \_\_\_\_\_

20. AHSDTUyR \_\_\_\_\_

21. MAY \_\_\_\_\_

22. AUHSQS \_\_\_\_\_

23. TESAF \_\_\_\_\_

24. CRDSIUMTK \_\_\_\_\_

25. ANAIMECR \_\_\_\_\_

## PLEASE NOTICE

### Thursday & Friday— November 25 & 26

The center **will not** be open for meals, activities, or City Transit. Staff will be enjoying Thanksgiving with their families.

### National Family Caregivers Month

Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones. November is National Family Caregivers Month and this year's theme is "Caregiving Around the Clock."

While there can be joy, purpose, and other benefits to helping out a friend or family member who needs assistance, it is important to stay balanced so you as a caregiver stay healthy. There are more than 65 million Americans who provide care in the home to a loved one.

Ways to care for yourself as a caregiver

1. Budget time for you. One report found that 70% of family caregivers didn't have time to take themselves to their own doctor for a checkup. Put time on the calendar for not just medical appointments, but also a movie night, coffee with a friend, a workout, or even a walk. When time isn't set aside for self care, it can just slip away as more responsibilities pile up.
2. Take a nap. Even if you haven't been a napper, just plan to take 20 minutes to lie down and rest as frequently as you can. Power naps can increase mood, alertness, lead to quicker reaction time and even improve memory function.
3. Embrace technology. There might be ways to reduce your workload using devices, apps, or other modern advances that can help with organization and possibly reduce stress.
4. Accept the offers of help. Be careful in thinking that only you can do this, even if the person you are caring for insists on it only being you. Maybe you can hire a professional caregiver to step in for you for a few hours a week, or another relative can come visit for a week while you take a vacation.
5. Put things in order. Having all medical information in one place and all advance panning legal documents prepared and easy to locate might put everyone's mind at ease. Each day should not be another crisis to overcome and preparation is the solution to staying calm.

If you are not a caregiver, reach out to a family caregiver and tell them how grateful you are for all that they do.



### Advent

Advent is the four-week season before Christmas. The word "Advent" comes from a Latin word meaning coming. The season of Advent is a time of preparing for the coming of the Lord. Christians who observe Advent use these four weeks prior to Christmas to prepare for celebrating the coming of Christ at his birth in Bethlehem. In addition, they are also reminded to prepare for His second coming, either at the end of time or at the end of the believer's life on earth. In addition to the theme of preparation, other Advent themes are repentance, hope, expectant waiting, and joy.



### World Kindness Day

World Kindness Day is an international holiday that was formed in 1998 to promote kindness throughout the world and is observed annually on November 13th as part of the World Kindness Movement. This day presents us with the opportunity to reflect upon one of the most important and unifying human principles. On a day devoted to the positive potential of both large and small acts of kindness, try to promote and diffuse this crucial quality that brings people together.

### Sweet Potato Cake with Cream Cheese Frosting

Ingredients for cake:

- 4 medium sweet potatoes, scrubbed
- 3 1/4 cups cake flour
- 2 tsp. baking powder
- 1 1/2 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1/2 tsp kosher salt
- 1 1/2 cups granulated sugar
- 1 1/2 cups light brown sugar
- 1 Tbsp vanilla extract
- 1 stick melted, unsalted butter
- 7 Tbsp vegetable oil
- 5 large eggs, room temp

Ingredients for frosting:

- 2 16-oz packages full-fat cream cheese, room temp
- 2 sticks salted butter
- 8 cups powdered sugar
- 1 Tbsp vanilla abstract
- 3/4 tsp kosher salt

Directions:

1. Cook sweet potatoes until tender, about 40-45 minutes. Drain and let sit until cool enough to handle. Remove skins, then mash flesh with a fork. Let cool.
2. Preheat oven to 350. Spray 3 9-inch diameter cake pans with nonstick spray, line bottoms with parchment paper and spray.
3. Whisk together baking powder, cinnamon, nutmeg, salt, and cake flour into a large bowl. Combine sugar, brown sugar, butter, oil and vanilla together. Beat on medium speed about 5 minutes.
4. Add eggs to sweet potato puree and mix well. Add into sugar mixture and beat on low while adding dry ingredients. Spread batter evenly among pans. Bake about 25-30 minutes
5. Beat cream cheese and butter until creamy. Add all other ingredients and beat for 2 minutes on high.
6. Frost cake using 1/3 of frosting on top of each cake layer before stacking.



**OUR GENEROUS DONATIONS**

Ann Nolte Byron & Barbara Heier Francisco Morales  
Ginny Otte Mardelle Brudigan Deb Daehnke  
Kathy Johnson Roy Gramlich Doris Daniels  
Debbie Dietrich Paul Biermann Janet Bull Janis Myers  
Bonnadell Koch Bev Hansen Ardyce Stanley  
Jude & Ron Milliken Mae Greve Lila Splittgerber  
Loren Park Marcella Larson Donna Lundin  
Afternoon Bridge Club Quilting Ladies

Thank you to Country View for providing 4 free meal tickets and the monthly birthday cake & Kinship Pointe for providing 10 free meal tickets

**Memorials**

In Memory of Hazel Fritschen: Roy Gramlich  
In Memory of Marvin Nelson: Julie Grone

**The Wayne Public Transit**  
*A COMMUNITY SERVICE FOR ALL*

Open for transportation—Monday through Friday  
8:00 am to 4:00 pm (Only)

We are an On-demand service with reservations . Call: 375-1460

Please schedule trips and appointments according to hours of operation—\$1.50 Fare for each stop

**COVID PROTOCOLS IN PLACE TO PROTECT BOTH THE DRIVERS AND PASSENGERS**

**IT IS STILL A FEDERAL MANDATE THAT MASKS ARE REQUIRED ON ALL PUBLIC TRANSIT. PLEASE WEAR A MASK!!**



**WHO'S WHO AT THE WAYNE SENIOR CENTER**

Diane Bertrand	Manager
Misty Brasch	Assistant Manager/Head Kitchen
Frank Sheda	Van Driver/Asst.
Halie Chinn	Dispatch/Asst.
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Denny Spangler	Van Driver
Phil Does	Van Driver
George Burcum	President
Carol Dunning	Vice President
Verna Mae Baier	Secretary
Joan Lage	Treasurer
Francisco Morales	Board Member



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, Wayne Community Chest, and your donations.

**Turn Your Clocks Back!**

At 2:00 a.m. on Sunday, November 7th, Daylight Saving Time ends. Remember to turn your clocks back by one hour, meaning you'll gain one hour, in order to "Fall Back".

Daylight Saving Time always ends the first Sunday of November. The reason behind this time change is to allow for more light in the mornings during the fall and winter months. But this also means that it will be dark much earlier in the late afternoon as well.

Daylight Saving Time is also the time to check or change the batteries in all of your smoke detectors! This is important, so don't forget!



**Senior Center Staff Hours**  
*Available to take your calls*

**Monday – Friday**  
**7:00 am to 4:00 pm**

**Open to the Public from 7:00am-4:00pm for coffee and social activities**

**For Curb Side Delivery, Congregate Dining or Meals on Wheels Delivery—Please call by noon the day before!**

**Suggested Contribution remains:**  
**\$4.95 for 60 & up**

**Meals on Wheels delivery leaves the Center at 11:00 am. For Curb Side pickup meal reservations—Drive to the WEST Side of the building, between 11:15—11:30 am. Congregate dining begins at 11:45 am.**

***If you are unable to be out and about and would like a meal delivered directly to your home by our Great Volunteers—give us a call and Visit with Misty or Diane for Details!***

*A special thank you to Wayne Community Chest for funding the distribution of this newsletter.*