



Veterans Day Program
Monday—November 11th
 Program begins at 11:15 with the
 Presentation of Colors by the
 Wayne Consolidated Veterans

Noon Meal following:
 Taverns on a Homemade Bun
 Baked Beans & Potato Salad
 Patriotic Cake with
 Blueberries & Strawberries

Veteran's Day is a day where it is our privilege to say "Thank You" to all of America's veterans, to let them know that we appreciate them for their service and honor them for their sacrifices. The price of freedom is high. We cannot afford to forget those willing or have paid the ultimate price for our freedom. This day we want to celebrate America's Veterans for keeping this Nation 'the land of the free and the home of the brave.'

HISTORY OF VETERAN'S DAY

Veterans' Day was proclaimed in 1919 to commemorate the termination of World War I on November 11, 1918. Fighting stopped at 11 a.m., the 11th hour of the 11th day of the 11th month. On the first anniversary of the truce, President Woodrow Wilson issued a proclamation praising fallen Allied soldiers and then referring to November 11 as - Armistice Day. It became a holiday in the U.S., France, United Kingdom, and Canada. The holiday was renamed in the U.S. in 1954 to Veterans' Day and expanded to honor those who served in the World War II and the Korean War (police action/conflict).

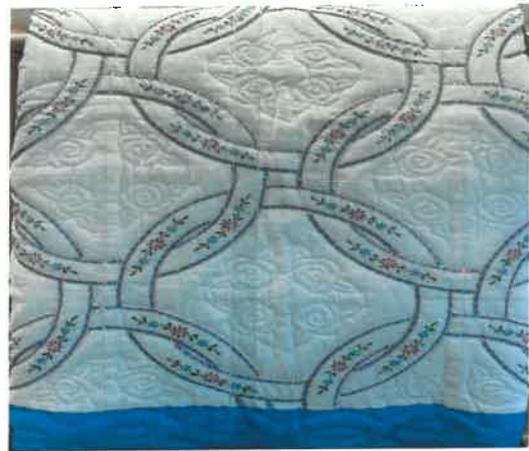
Today, the holiday honors all veterans.



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IN HALL WAY OF THE SR. CENTER

WORDS OF THE FORGOTTEN QUILT

I was created for a Raffle at the Wayne Senior Center over 28 years ago. I remember those many years ago—the Quilting Ladies group at the Wayne Senior Center were making 2 quilts a year to be used for Fund Raisers. The manager at the Center at the time was my friend, Georgia Janssen. I am a "Queen Size" Quilt: 106 inches Long and 92 inches Wide and I have been forgotten and tucked away in a Cupboard since around 1996 or longer. My Beautiful embroidery was especially done by someone who is no longer with us but is fondly remembered by her many stitches that adorn me. My Friend and Long Time Quilter—Beverly Hansen found me with a tag which said: "To be used for a Quilt Raffle to make money" for my beloved Wayne Senior Center. She took me home and patiently finished me to the way I look today. So, to honor this long forgotten request, over the next couple of months—my friends of the Wayne Senior Center will be selling Raffle tickets for someone to give me a "Forever Home". The cost will be: 1 ticket for \$5.00 or 3 Tickets for \$10.00. The winner will be announced during our Noon Christmas Meal—Friday, December 20th. You will not need to be present when we announce the winner but I would really like you to personally be here so we can take a picture of us both and then you can take me home to keep you warm over the Christmas Holiday & Many more years to come!



**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
October 23 2024**

The monthly meeting of the Wayne Senior Center was called to order with Vice President Carol Dunning presiding.. (12:30 p.m.) Present: Senior Center Coordinator: Diane Bertrand, Vice President: Carol Dunning - Secretary: Verna Mae Baier Treasurer: Jeanette Swanson and Board Member: Joan Lage. Absent: President: George Burcum.

The minutes of the September 18, 2024 meeting were approved as published in the October edition of the Senior Star in a motion by Jeanette Swanson and seconded by Joan Lage. Motion carried. Treasurer Jeanette Swanson presented financial information for the period of 9/19/24-- 10/23/24 with expenses of \$260.99 [\$51.00, popcorn for volunteer appreciation; \$58.51, bulletin board items; \$42.18, birthday cakes; \$22.46, hand mixer; \$47.48, water dispenser/carpet shampoo/napkins; \$25.10, Fiesta party supplies; \$14.26, ride tickets] This amount of expenses was approved in a motion by Joan Lage and seconded by Verna Mae Baier. Motion carried.

Coordinator Bertrand presented an overview of October and November: Thoughts of NENAAA Manager Training on Sept 24: Good representation from Wayne. Manager Bertrand attended NDOT Managers Conference. Immunization clinic on Oct. 11: 25 seniors served. First Open Enrollment on Oct. 17: 25 seniors assisted. October Fest was well attended. NENAAA Audit for Financial was Oct. 22; no discrepancies. Center will be closed Oct. 25 for staff work/cleaning day. Transit will operate as usual. NENAAA Audit for Program Monitoring will be Oct. 29.

November is National Caregivers Month. Theme: "Caring around the Clock." Surprise events throughout the month. Veterans' program on Nov. 11 and Thanksgiving on Nov. 22. Closed for Thanksgiving on Nov. 28-29. City audit for all files will be Nov. 20.

Coordinator Bertrand presented NDOT updates: Required zoom seminar on Nov. 1 (for manager) concerning "reasonable suspicion." The Center is going through the process of accepting quote for electronic software for transit.

The purchase of 4 additional armed chairs was acknowledged.

The quilt raffle is progressing nicely. A motion was made by Jeanette Swanson and seconded by Joan Lage to use the proceeds of this raffle for the purchase of a popcorn popper. Motion carried. These funds, together with ARPA funds, will also be used for a popcorn popper stand and a leaf blower. Winner of the raffle will be drawn in December.

Coordinator Bertrand presented staffing conditions concerning medical leaves and other leaves. Additional Kitchen Volunteers are needed.

Other items: . Quilting Room / Pool Room considerations. Card playing tables were discussed..

The meeting was adjourned at 1:30 p.m..

Next meeting date will be November 13.

Verna Mae Baier, Secretary

JOIN US FOR OUR MONTHLY CAREGIVERS
GATHERING: THE LAST WEDNESDAY OF EACH
MONTH – 10:00 AM. CALL DIANE AT THE
WAYNE SENIOR CENTER @ 402-375-1460

How to Enjoy the Thanksgiving Holiday With Your Health in Mind!

Before you pick up your fork and knife this Thanksgiving, consider this fact: The average American consumes 3,000-4,000 calories at their Thanksgiving dinner. YIKES! Use these simple tips below to enjoy a delicious holiday meal without having to loosen your belt.

- ◆ **EAT SOMETHING SMALL BEFORE THE BIG MEAL:** Avoid sitting down to Thanksgiving dinner completely ravenous with a growling stomach. Eat a balanced breakfast in the morning with a combination of protein and fiber—this will help keep your blood sugar stable during the day and prevent you from grabbing anything you can get your hands on when it's *finally* time to eat.
- ◆ **DRINK WATER:** Make sure you stay well hydrated by drinking water throughout the day and during your meal. Shoot for half an ounce per pound of body weight as your target. Think plain water is too boring? Infuse your water with a wedge of citrus or some fresh mint to jazz up the flavor.
- ◆ **LIQUID CALORIES ADD UP:** Don't forget that all of your favorite holiday beverages have calories too. A glass of wine is about 120 calories whereas a cup of eggnog can clock in at about 400 calories—*without* the liquor! Alcohol lowers your inhibitions and could lead to making some poor food choices that you may regret later. Consider alternating every alcoholic beverage with a glass of water to stay hydrated and keep liquid calories in check.
- ◆ **ARE YOU THE HOST?** Ask your guests to help you taste test the food so you aren't the only one taking bites here and there to test the flavor. Encourage guests to bring containers to package to bring home leftovers so you aren't stuck with all of the remaining food. Get creative and repurpose your leftovers into an entirely different meal—extra turkey could be added into a soup the next day!
- ◆ **MINGLE:** Instead of hovering over the appetizers before dinner and mindlessly munching, catch up with friends and family members you haven't seen in a while or play a game.
- ◆ **SCAN AND PLAN:** Before diving in and loading your plate with every dish at the table, pause for a moment to look at all of the wonderful choices available. Ask yourself, "What do I want to have?" Be picky with your food choices and select the dishes you wouldn't normally make unless it was a special occasion.
- ◆ **GET MOVING:** Grab your friends and family and sign up to participate in your local turkey trot. Once dinner is over and cleaned up, encourage your family and friends to go for a walk together or start a game of football in the yard. Get some gentle movement so you don't feel bloated and can enjoy a more restful night's sleep.



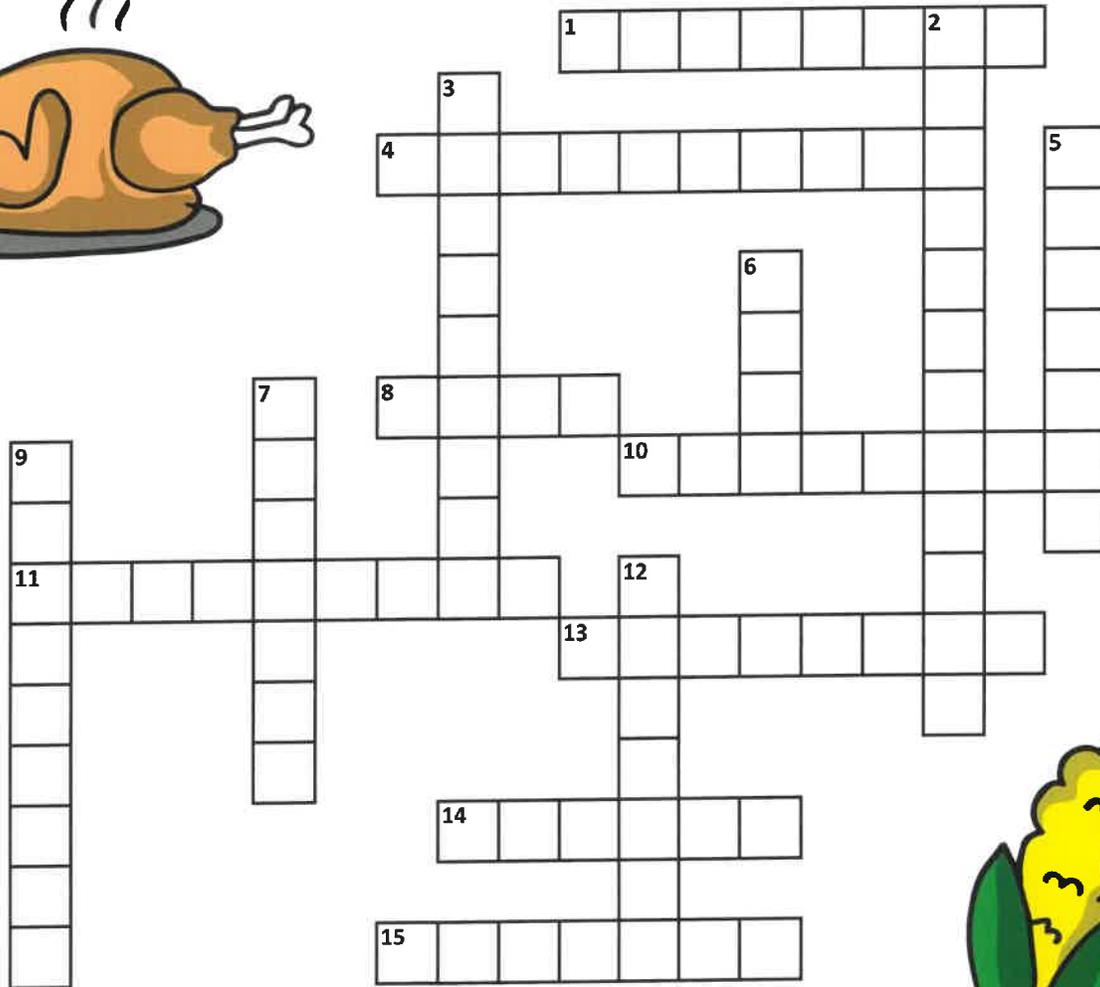
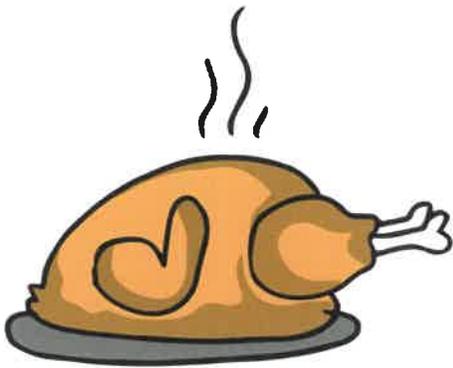
November

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Thanksgiving	Cranberries	Cornucopia	Scarecrow	Potatoes
Stuffing	Haystack	Election	Veterans	November
Soldier	Pumpkin	Pilgrim	Indians	Holiday
Harvest	Chilly	Voting	Squash	Turkey
Leaves	Apples	Autumn	Acorn	Windy
Feast	Corn	Rake	Fall	Pie

THANKSGIVING

Crossword

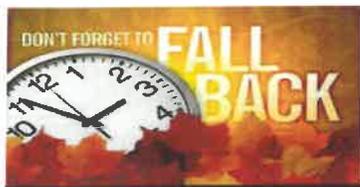


ACROSS

1. First village established by the Pilgrims
4. Symbol of abundance and nourishment
8. An essential grain in the New World diet
10. Literally, travelers going to a holy place
11. The Pilgrims' boat
13. 16th and 17th century English Protestants
14. The traditional holiday bird
15. American Indian who taught the Pilgrims many things

DOWN

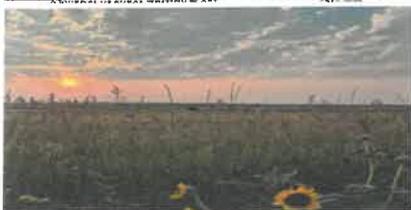
2. 4th Thursday of November
3. A traditional American Indian dwelling
5. Gathering of crops
6. Season for harvesting
7. Country the Pilgrims left behind
9. Indigenous people who were present at the first Thanksgiving
12. Bright orange squash used to make pie



REMEMBER

**TO SET YOUR
CLOCKS BACK 1 HOUR!
SUNDAY—NOVEMBER 3**

WEATHERVANE



**JOIN US FOR A
PRESENTATION BY
Angela Sievers &
Stephanie Marcellus
Monday, November 18th
After serving of
Our Noon Meal**

They would love to visit with you about their adventure with a Biannually Published “Journal of Rural Writing and Art” from the “FarmGirl Press” - Rural Carol, Nebraska. This book features “Poems, Stories, Essays, Artwork, and Photography that is grounded in the beauty of spring and the experience of rural living in its variety of expressions”. **THE GILDED**

WEATHERVANE

**EXCERPT FROM :
“THE GILDED WEATHERVANE”
Grandfather’s Farm**

Not far from town,
Just two miles north and three miles west,
Where the irrigation ditch crossed the road,
Was my grandfather’s farm.
On one side of the lane going into the farm
Was grandmother’s garden.
A bountiful source of tomatoes, cucumbers,
Beans, rhubarb, squash, and more,
That were eaten when fresh,
Or canned or pickled, and stored for later.
On the other side of the lane
Was the old white farmhouse
With its porch swing and shady porch,
Perfect for hot summer days and warm summer evenings.

I can still see my young self playing in the farmyard,
Exploring the barn and the granary,
Catching frogs and crawdads in the irrigation ditch,
Chasing garter snakes through the corn rows,
And climbing on the farm equipment,
Including the time that I found that hornet’s nest
In the old combine
The hornets....were not happy to see me.

For tree climbing, the best tree was
The cottonwood by the roadside ditch.
I would fill summer afternoons
Cradled in its branches
Spinning daydreams in its leaves.

A few years ago, I drove by the old farm,
And if not for the irrigation ditch,
I would never have known where it was.
Gone are the house, the buildings, and the farmyard,
Replaced by fields planted to the edge of the gravel road.
Gone is the old cottonwood.
Gone is the place,
A family came from.

By Brad Anderson

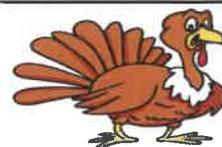


Pumpkin Pie Dessert

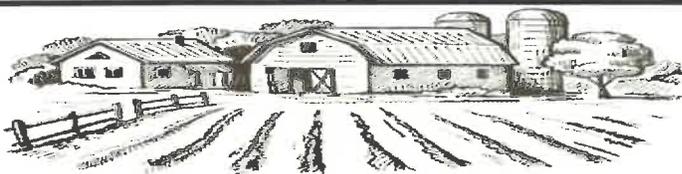
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|---------------------|----------------------|
| 1 Large can pumpkin | 2 tsp. Pumpkin Spice |
| 3 eggs | 1 yellow cake mix |
| 1 cup sugar | 1/2 cup Butter |
| 1 cup milk | 8 oz. Cool Whip |

Mix pumpkin, eggs, sugar, milk and pumpkin pie spice. Pour into a 9 X 13 Inch pan. Sprinkle dry cake mix over pumpkin mixture. Melt Butter ; drizzle over cake mix. Bake 45 to 50 minutes in a 350 degree oven. Top with Cool Whip when cool.
ENJOY!!!!!!!!!!!!!!!

**TURKEY
“THE BIRD”**



- The name turkey originally referred to a guinea fowl from Turkey. When Europeans saw the large, wild bird in the New World, they mistook it for Turkey’s turkeys, and the name stuck. Long before the word “turkey” meant loser, wild turkeys stood for pride as in “proud as a turkey.”
- The belief that Benjamin Franklin wanted America’s national bird to be the turkey instead of the bald eagle is a myth. In a letter to his daughter, he was questioning the choice of the eagle, commenting that the selected design of the Presidential Seal looked more like a turkey. He went on to write about the respectability and morality of each bird.
- The tradition of sending a Thanksgiving turkey to the White House began during President Ulysses S. Grant’s administration (1869-1877). He was given a 34-pound bird by Rhode Island Senator H.B. Anthony on behalf of turkey growers in his state. Historians believe the first pardoning of a Thanksgiving turkey began in Alabama, “where the ceremony was first invented in the 1940s as a governor’s ritual, “before it was “exported to the capital.” John F. Kennedy is usually credited as the first President to “pardon” a turkey when he declared, “Let’s keep him going.” According to the White House Historical Association, the formalities of a Presidential pardoning of a turkey gelled by 1989 with George H.W. Bush.



DONATIONS

Barb & Byron Heier- Donna Jacobsen-
Phyllis Rahn- Kathleen & Hilbert Johs- Janet Bull
-Wayne Food Pantry- Gerald & Mary Stalling-
Ron & Sandra Wriedt- Bob & Marilyn Carhart-
David Euing & Nancy Hickok- Bev Hansen-
Arlene Robinson- Ginny Otte- Les Schulz- Liz
Hagmann- Bridge Group- Ardyce Stanley
Marcile Thomas—Concord Camp Auxillary/Gideons Int.



Thanks to: Country View and Kinship for Sponsoring our Luncheon Drawings and Monthly Birthday Treat. Thanks to Kinship & Sr. Solutions for helping out with our Monthly Health Clinic & Kinship for helping with our "Fine Dining Friday" Thanks to the Meadows in Norfolk & our friends from Heritage at Fountain Point for helping with our "We Serve Wednesday" Thanks to all our Talented Musicians, Magnuson Eye Care, Wayne Eye Care, Rachael for our Toe Nail Clinic, and ALL Our Dedicated Kitchen and MOW Volunteers! Thanks to all that help bring in a treat for our 7:00 am & 2:30 pm snack/coffee time!

YOU'RE THE BEST!

Thanks to: Leslie, Glorious & Kiley for helping with The Open Enrollment Assistance!



TUESDAY, NOVEMBER 5TH

If you are a Resident of Wayne and need a ride to your precinct to vote—Call the City Transit and We will provide a *FREE* ride *to* and *from* the Polls

WHO'S WHO AT THE WAYNE SENIOR CENTER

- | | |
|------------------|-------------------------------|
| Diane Bertrand | Manager |
| Misty Brasch | Head Cook / Kitchen Manager |
| Jill Lehmkuhl | Office Assistant / Dispatch |
| Phil Does | Kitchen Aide / Sub Van Driver |
| LeAnn Schroeder | Kitchen Aide |
| Yeslyn Vasquez | Kitchen Sub |
| Roger Hochstein | Van Driver |
| Dan Carroll | Van Driver |
| Terry King | Van Driver |
| Verdell Lutt | Sub Van Driver |
| George Burcum | President |
| Carol Dunning | Vice President |
| Verna Mae Baier | Secretary |
| Jeanette Swanson | Treasurer |
| Joan Lage | 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.



The Senior Center will
Be closed for the
**THANKSGIVING
HOLIDAY**
Thursday, November 28th
And
Friday, November 29th
**See you Monday,
December 2nd**
**Serving BRUNCH FOR
LUNCH: 11:00 to 11:45**



**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 Door to door service.

Call: 402-375-1460 By Appointment only—

Please call to reserve your ride. Please schedule trips and appointments according to the Hours of operation—\$1.50

Fare for each stop—Service Area and type of

pickups include: We pick up and drop off passengers within the city limits of Wayne. We have vehicles that are

WC Accessible. (Transit will be **CLOSED** for

Thanksgiving Holiday: Thursday, November 28th and Friday, November 29th)



**Senior Center Hours
402-375-1460**

Monday through Friday: 7:00 am to 4:00 pm
Please make meal reservations by

Noon the Day before.

Meals on Wheels delivery go out at 11:00 am

To-Go Meals to be picked up between 11:15—11:30 am on the West side of the building. **Please try to pick**

you your To-Go meal by 11:30 am as our Staff is busy with preparation and serving of our Congregate meal which is Served In house at 11:45 am

If you need to cancel your reservation for your meal—please do so the day before if able.

Call 375-1460 for reservations