

WHEN IS THE WINTER SOLSTICE?

When is the first day of winter? In 2024, the winter solstice date is Saturday, December 21st. So, what is the winter solstice, and *why* does it happen? The winter solstice is the day with the fewest hours of sunlight throughout the year, making it the “Shortest Day” of the year. Thankfully, after we reach the winter solstice, the days begin to grow longer and longer until we reach the summer solstice—the first day of summer and the longest day of the year. Think of it this way: Although the winter solstice means the start of winter, it also means the return of more sunlight. It only gets brighter from here!

So to warm up and get ready for the Winter Solstice—Join us here at the Center on Friday, December 20th @ 2:30 pm for a cup of Hot cocoa & Cookies!



CROCK—POT HOT CHOCOLATE

- * 6 Cups of milk
- * 2 cups semisweet chocolate chips
- * 1 1/2 cups heavy whipping cream
- * 1 (14 ounce) can sweetened condensed Milk
- * 1 teaspoon vanilla extract

DIRECTIONS: Combine milk, chocolate chips, cream, condensed milk, and vanilla in a slow Cooker. Cover and cook on Low, stirring occasionally, until chocolate chips are melted and mixture is smooth, about 2 hours.



Join us on December 31st, (*New Years Eve Day*)

To celebrate and bring in the new year
2:00—2:30 pm

BRING A SMALL SAMPLING OF YOUR FAVORITE TREAT TO SHARE WITH OTHERS AND ENJOY

A New treat at the center
Fresh Popped & Buttered Popcorn



PURCHASED WITH ARPA FUNDS & QUILT RAFFLE \$ & JEANNINE ANDERSON MEMORIAL DONATION



*A Little Christmas Humor
From our Favorite Cook—Misty*

????? WHAT do you call an Old Snowman
A Puddle !!!!!



ANSWERS BELOW

1. What's the best Christmas Present?
 2. What did the stamp say to the Christmas card?
 3. What does Rudolph want for Christmas??
 4. What do elves learn in school?
 5. What do you call an obnoxious reindeer?
 6. What's the difference between the Christmas alphabet and the regular alphabet?
 7. What do you call a scary looking reindeer?
 8. What did the beaver say to the Christmas Tree?
 9. Why is it so difficult to buy Advent Calendars?
 10. How does a gingerbread man make his bed?
 11. What comes at the end of Christmas?
 12. Who is a Christmas Tree's favorite singer?
 13. What do snowmen eat for breakfast?
 14. How does a sheep say Merry Christmas?
- *****
1. A Broken Drum. You can't beat it!
 2. Stick with me and we'll go places!
 3. The newest Sleigh Station. 4. The Elf-abet
 5. Rude-olph 6. The Christmas alphabet has no—el.
 7. A Cari-boo 8. Nice gnawing you!
 9. Their days are numbered. 10. With a cookie sheet!
 11. The letter "S" 12. Spruce Springsteen
 13. Frosted Flakes 14. Fleece Navidad!



QUILTING THROUGH THE YEARS

QUILT RAFFLE

DRAWING NOON ON FRIDAY DECEMBER 20TH

Meet Bev Hansen
One of our Longest Dedicated Quilters at the Wayne Senior Center
Last opportunity for your chance of winning this beautiful quilt. 1 ticket = \$5.00
3 tickets = \$10.00

Christmas Joy



DIRECTIONS: Fill in the crossword grid with the provided words.

4 Letter Words
BELL
SNOW

5 Letter Words
ANGEL
COCOA
ELVES
HOLLY

6 Letter Words
LIGHTS
SLEIGH
TINSEL
WINTER
WREATH

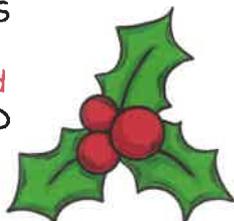
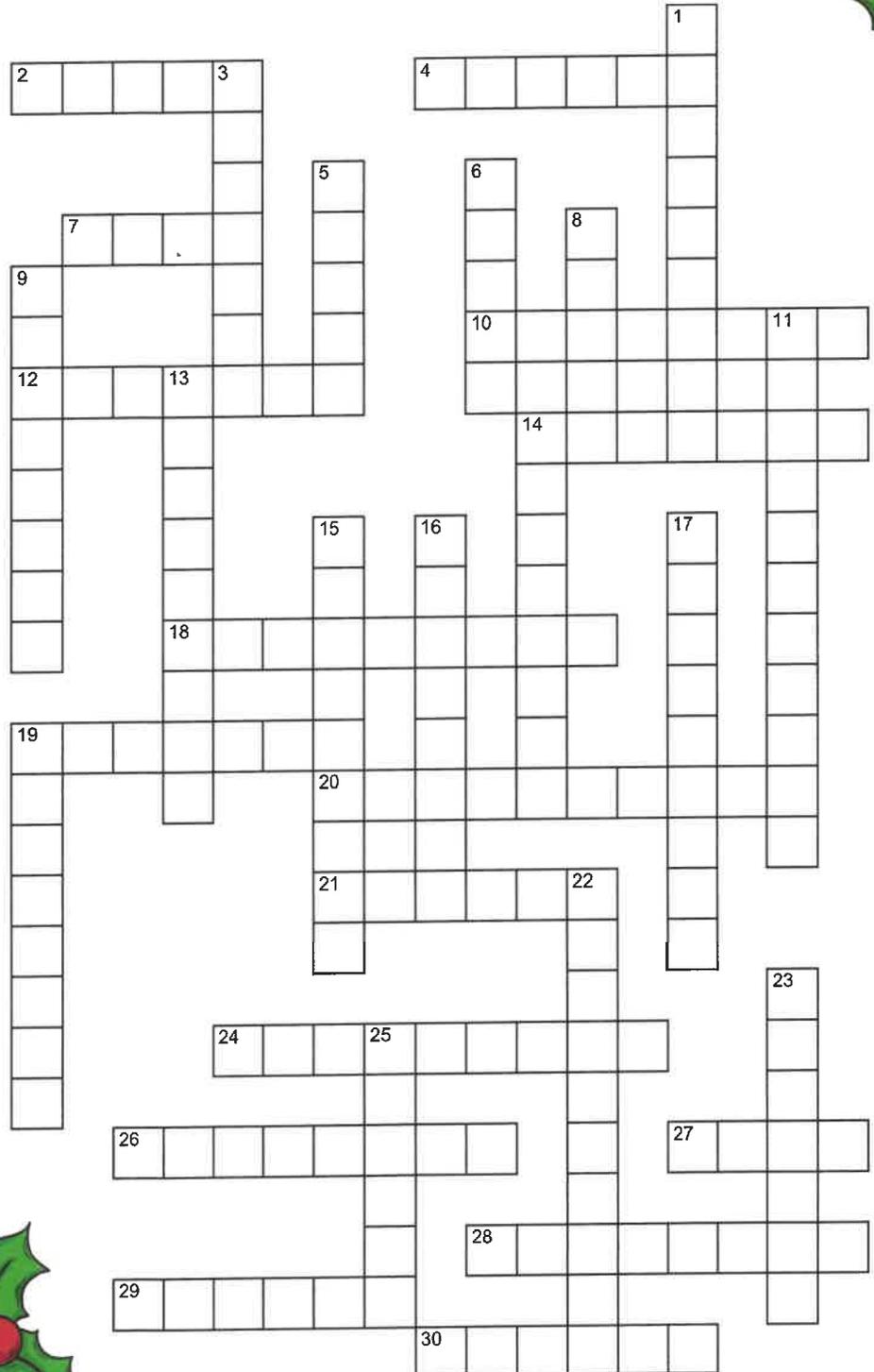
7 Letter Words
CHIMNEY
GARLAND
PAGEANT
RUDOLPH
SNOWMAN

8 Letter Words
CAROLING
DECEMBER
EXCHANGE
ORNAMENT
PRESENTS
REINDEER
WRAPPING

9 Letter Words
CHESTNUTS
CHRISTMAS
EVERGREEN
FRUITCAKE
MISTLETOE
NORTH POLE

10 Letter Words
POINSETTIA
SANTA CLAUS

11 Letter Word
GINGERBREAD



christmas

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

COOKIES AND MILK
CHRISTMAS EVE
DECORATION
NEW YEARS
PRESENTS
SINGING
SLEIGH
JOYFUL
CAROL
TOYS
FUN

MERRY CHRISTMAS
SANTA CLAUSE
STOCKINGS
MISTLETOE
LAUGHTER
HOLIDAY
WREATH
ENERGY
SANTA
NOEL

CHRISTMAS TREE
GINGERBREAD
GREETINGS
HAPPINESS
RUDOLPH
EXCITED
SPIRIT
ELVES
HOLLY
SNOW

CHRISTMAS CARD
FIRE PLACE
REINDEERS
CHRISTMAS
CHIMNEY
BELIEVE
SMILES
PARTY
GIFTS
LOVE

NEW YEARS EVE
NORTH POLE
ORNAMENTS
RELAXING
SNOWMAN
FAMILY
LIGHTS
PEACE
STAR
KIDS

Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting **November 20, 2024**

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

The minutes of the October 23, 2024 meeting were approved (with a date correction: Nov. 20) as published in the November edition of the Senior Star in a motion by Joan Lage and seconded by Carol Dunning. Motion carried. Treasurer Jeanette Swanson presented financial information for the period of 10/24/24—11/20/24 with expenses of \$485.78. [Supplies: \$27.50; Test Strips: \$79.16, Keg of Root Beer: \$65.00, Shampoo & Wax: \$29.51, Four arm chairs: \$284.61] This amount of expenses was approved in a motion by Verna Mae Baier and seconded by Carol Dunning. Motion carried.

Coordinator Bertrand presented an overview of November and December: Veterans' Day was well attended. Nov. 22 is the Thanksgiving meal. National Care Givers month will continue to be recognized. Center will be closed Nov. 28 & 29. Dec. 2 will be brunch for lunch and last open enrollment is Dec. 3. There will be a week of music on Dec. 16-20. Board meeting & caregivers meeting will both be on Dec. 18. Christmas dinner will be Dec. 20 with quilt raffle drawing. The Center Board will sponsor our Christmas coffee on Dec. 23. Center will be closed on Dec. 24-25. Brunch will be served on Dec. 26.

Correspondence: (received in the Senior Center mail) "The work you do in the Wayne community is both needed and valued. You work with my friend and the meals you deliver make a huge difference in his life. Please accept this donation to further your mission in any you see fit. Thank you.!!!"

Winter weather policy: If weather conditions become severe the decision to close will be made by Manager Diane Bertrand and City Administrator Wes Blecke. Listen to KTCH Radio for the announcement to close the Center. If temperature and wind chill is dangerously low we will not be delivering MOWs. If the Center is closed the menu set for that day will be served the next day. If the Center is closed there will be no city transit available.

Coordinator Bertrand presented staffing conditions concerning medical leaves and vacation leaves.. A volunteer/aid position was discussed. Manager's Evaluation: self-written. Future possibilities were noted.

A leaf blower has been purchased to use at the Center. A Popcorn popper is being purchased using ARPA funds, quilt raffle proceeds and Jeannine Anderson memorial money. The popper will be put into use on Dec. 31 for our New Year's Eve Celebration.

Pies and ingredients will be purchased for future use. Prices are favorable as of this writing.

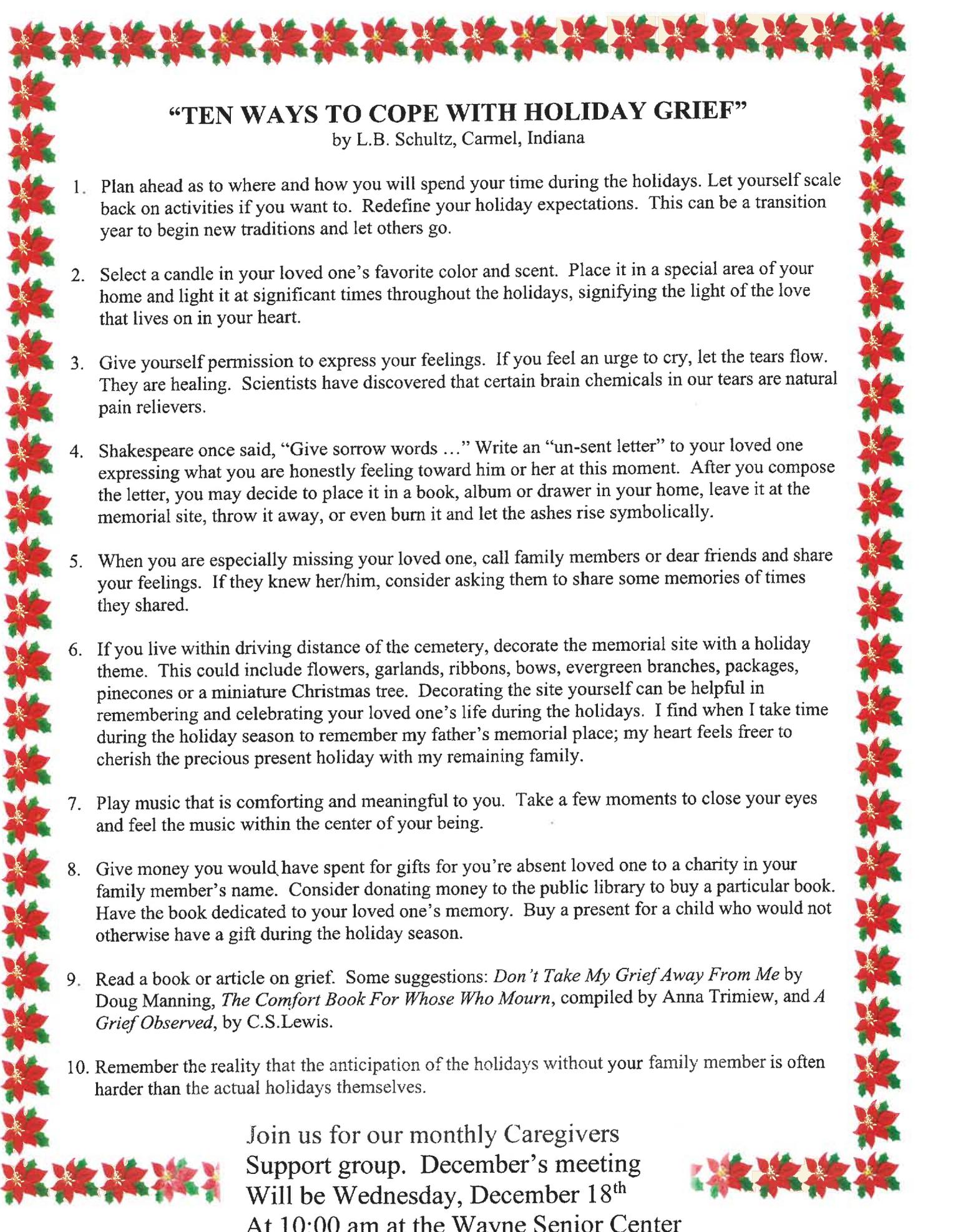
Overview and response to NENAAA Nutrition Status report and IIIB Evaluation of Oct. 29: "replace pot holders that are not in good condition" Corrective action: "Worn potholders were disposed and new ones purchased."

Quilting Room: The possibility of repurposing the room for an multi purpose social room was discussed. More discussion/action at the December meeting.

Meeting was adjourned at 1:30 p.m.

Next meeting will be Dec. 18 at 12:30 p.m.

Verna Mae Baier, Secretary

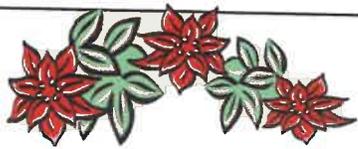


“TEN WAYS TO COPE WITH HOLIDAY GRIEF”

by L.B. Schultz, Carmel, Indiana

1. Plan ahead as to where and how you will spend your time during the holidays. Let yourself scale back on activities if you want to. Redefine your holiday expectations. This can be a transition year to begin new traditions and let others go.
2. Select a candle in your loved one's favorite color and scent. Place it in a special area of your home and light it at significant times throughout the holidays, signifying the light of the love that lives on in your heart.
3. Give yourself permission to express your feelings. If you feel an urge to cry, let the tears flow. They are healing. Scientists have discovered that certain brain chemicals in our tears are natural pain relievers.
4. Shakespeare once said, “Give sorrow words ...” Write an “un-sent letter” to your loved one expressing what you are honestly feeling toward him or her at this moment. After you compose the letter, you may decide to place it in a book, album or drawer in your home, leave it at the memorial site, throw it away, or even burn it and let the ashes rise symbolically.
5. When you are especially missing your loved one, call family members or dear friends and share your feelings. If they knew her/him, consider asking them to share some memories of times they shared.
6. If you live within driving distance of the cemetery, decorate the memorial site with a holiday theme. This could include flowers, garlands, ribbons, bows, evergreen branches, packages, pinecones or a miniature Christmas tree. Decorating the site yourself can be helpful in remembering and celebrating your loved one's life during the holidays. I find when I take time during the holiday season to remember my father's memorial place; my heart feels freer to cherish the precious present holiday with my remaining family.
7. Play music that is comforting and meaningful to you. Take a few moments to close your eyes and feel the music within the center of your being.
8. Give money you would have spent for gifts for you're absent loved one to a charity in your family member's name. Consider donating money to the public library to buy a particular book. Have the book dedicated to your loved one's memory. Buy a present for a child who would not otherwise have a gift during the holiday season.
9. Read a book or article on grief. Some suggestions: *Don't Take My Grief Away From Me* by Doug Manning, *The Comfort Book For Whose Who Mourn*, compiled by Anna Trimiew, and *A Grief Observed*, by C.S.Lewis.
10. Remember the reality that the anticipation of the holidays without your family member is often harder than the actual holidays themselves.

Join us for our monthly Caregivers
Support group. December's meeting
Will be Wednesday, December 18th
At 10:00 am at the Wayne Senior Center



National Poinsettia Day Thursday, December 12th

This day honors the poinsettia and Dr. Joel Roberts Poinsett, the person who introduced the Central American plant to the U.S. This is Poinsett's death anniversary (1799-1851). He was an American diplomat and also served as a member of Congress and Secretary of War.

Join us for lunch on this day and your name will be added to a drawing for the chance to win

1 of 3 Poinsettia Plants

**Sponsored by our Friends from
Kinship Senior Living**

Frosty's Favorite Egnog

*2qts. whole milk, divided *2 1/2 cups sugar *1Tbsp.
flour *10 eggs *1qt. Half and half *3tsp. vanilla
*whipped cream *ground nutmeg

- 1) In a large saucepan, combine one quart of milk, sugar, and flour. Stir over medium heat until mixture just begins to boil. Lower heat and stir for an additional 2 minutes.
- 2) In a separate bowl, beat eggs. Quickly whisk in the hot milk mixture, whisking briskly. Return to low heat. Cook, stirring for an additional 5 minutes.
- 3) Remove from heat and stir in the remaining milk and half and half. Let cool.
- 4) Stir in vanilla. Chill thoroughly.
- 5) Serve cold topped with whipped cream and nutmeg.



COME JOIN US AT THE SENIOR CENTER

**Monday, December 23rd
2:00 to 2:30 PM**

**For Cookies, Coffee, Apple Cider and a little
Eggnog to Bring in the Christmas Holiday
Wear Your Ugly Christmas Sweater Day
HOSTED BY THE WAYNE SENIOR
CENTER BOARD MEMBERS**



**The weather outside is frightful,
but the fire is so delightful.**

Let it snow, let it snow, let it snow.

WINTER WEATHER TIME

In case of Inclement weather— your safety and our Staff's safety is important . If weather conditions become severe—the decision to close will be made by Manager Diane Bertrand and City Administrator, Wes Blecke. Listen to KTCH Radio—104.9 Wayne Station: for the announcement to close the Center. Additionally—if the temperature and wind chill is dangerously low and streets are Icy—we will not be sending out our Volunteers for MOW delivery on that day. If the decision is made to close the center—the menu set for that day will be served the next day. Additionally, if the Center is closed—there will be no city transit available. Please—if you have any doubts if the center is open or closed—call ahead to make sure!



1. Which popular Christmas Beverage is also called "milk punch"?
2. What did the other reindeer not let Rudolph do because of his shiny red nose?
3. How many ghosts show up in "A Christmas Carol"?
4. Where was baby Jesus born?
5. The movie "Miracle on 34th Street" is based on a real-life department store. What is it?
6. What are the two most popular names for Santa Claus?
7. Elvis isn't going to have a white Christmas, he's going to have a.....?
8. In the movie, "It's A Wonderful Life", what happened every time a bell rang?
9. In Charles Dickens's "A Christmas Carol", What was the first name of Scrooge?
10. What did Frosty The Snowman do when a magic hat was placed on his head?

ANSWERS TO CHRISTMAS TRIVIA

1. EGGNOG
2. JOIN IN ANY REINDEER GAMES
3. FOUR
4. IN BETHLEHEM
5. MACY'S
6. KRIS KRINGLE & SAINT NICK
7. BLUE CHRISTMAS
8. AN ANGEL GOT HIS WINGS
9. EBENEZER
10. HE BEGAN TO DANCE AROUND

DONATIONS

Kathy & Lowell Johnson– Earl & Joyce Lundahl– Art & Mae Greve– Donna Lundin– Gail Korn– Ron & Sandra Wriedt– Carol & LeRoy Roberts– Bridge Group– Ruth & Charles Maier– Gerald & Marilyn Otte– Larry & Lorraine Johnson– Janet Bull– Ardyce Stanley– Bill Kaup– Marcile Thomas– Les Schultz– Arlene Robinson– Ginny Otte– David & Kim Macoubrie– Janet Reeg - Les Schulz Orphan Grain Train - Cynthia Jorgensen

MEMORIAL

Jeanine Anderson From: Carol Griesch And From: Gerald & Marilyn Otte



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. Thanks to Kinship Sr. Living & our friends from Heritage at Fountain Point of Norfolk for helping with our “Fine Dining Fridays”& The Meadow of Norfolk for helping w/ 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!

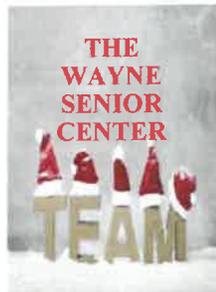
Christmas Fun Fact:

More than 1.8 Billion Candy Canes are made each year. 90 % of those are sold between Thanksgiving and Christmas!

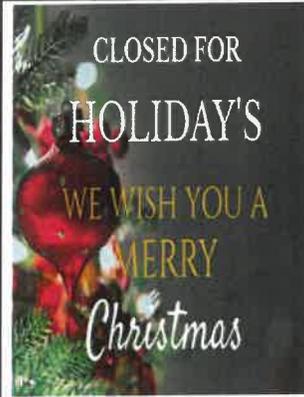


WHO'S WHO AT THE WAYNE SENIOR CENTER

- | | |
|------------------|-------------------------------|
| 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 **Christmas Holiday** Tuesday, December 24th And Wednesday, December 25th **See you Thursday December 26th** **Serving BRUNCH FOR LUNCH: 11:00 to 11:45** **Call for your Reservation**



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 Christmas Holiday: Tuesday, December 24th and Wednesday, December 25th)

*o° This is o°
o° the place o°
where FRIENDS
become
FAMILY*

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 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