



410 N. Pearl Street

The Senior Star



A Monthly publication for the Wayne Senior Center

November, 2025



Wednesdays In November

5th—12th—19th—26th

10:45 to 11:45 am : By Bob Doughty

Tuesday, November 4th

11:30: "Spotlight on Promise"

Friday, November 7th

11:30: By Dan Hansen

Tuesday, November 11th

11:15 am: Veteran's Day Program

Patriotic Music :By Sondra Mattess—Dan

Hansen & WSC Students

Friday, November 21st

Thanksgiving Meal

11:30: By Val Koeber

FROG Exercises

Every M—W—Fr @ 9:00 am

AM WALKING—Daily

Health Clinic:

Tuesday, November 18th

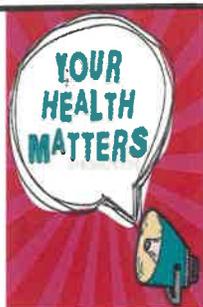
PLEASE NOTE CHANGE IN DATE!

10:45 to 11:45 am: With our Friends

from Sr. Solutions

Blood Pressure—02 Level

Blood Sugar—Temperature



Wednesday—November 5th

Monthly Birthday Treat

Noon—In House Meal

Luncheon Certificates

In—House Drawings

Friday, November 7th

Certificates by Kinship

Wednesday, November 12th

Certificates by Countryview

Tuesday, November 25th

Certificates by Countryview



Monday—November 10th

Toe Nail Care by Rachael

(Call for a Time)

Thursday, November 20th

11:15—11:45 am: Eye Glass Care

Evolving Eye Care



Wednesday—November 19th

12:30: Monthly Board meeting

Friday—November 21st

11:15 am: CAREGIVER'S

THANKSGIVING GATHERING
(PLEASE NOTE CHANGE IN DATE)



THANKSGIVING FOOD TRIVIA

1. What is the main course of a Thanksgiving dinner?
2. Name 3 foods found in a Thanksgiving feast.
3. True or False? The first Thanksgiving feast was eaten outdoors.
4. Are female turkeys OR male turkeys used in the Thanksgiving feast?
5. What are female turkeys called?
6. What are male turkeys called?
7. What causes male turkeys to gobble?
8. What is another name for the feathers on a male turkey's breast?
9. Which type of food from the first Thanksgiving is now hardly eaten during the celebration?
10. Does a domestic turkey weight more than a wild turkey?
11. What is a nickname for Thanksgiving?
12. Which state in the US has the most turkeys?
13. What sport uses the term "turkey"?
14. How do you know if cranberries are sweet enough for harvest?
15. On average, how many feathers do adult turkeys have?
16. What company is famous for its pre-basted turkeys?
17. How many questions can Butterball answer on their "Turkey Talk Line"?
18. Colchester, Connecticut postponed their Thanksgiving in 1705 due to what?
19. What percentage of Americans eat turkey on Thanksgiving?
20. How many turkeys do Americans consume at Thanksgiving? **(ANSWERS ON NEXT PAGE)**

Friday, November 21st

11:30: Music by:

Val Koeber

Meal Served @ 11:45

By our friends from
Heritage of Norfolk

Sliced Turkey & Dressing

Mashed Potatoes & Gravy

Scalloped Corn

Cranberry & Orange Salad

Hawaiian Dinner Roll

Pumpkin Dessert

(Call Early to reserve your meal)



November 11, 2025

On November 11, 1918, an armistice (or cease fire agreement) was signed between England, France, and the United States with Germany to end World War I. The first Armistice Day celebration was held on November 11, 1919, the anniversary of the signing of the armistice. Many celebrations included (and still do) observing two minutes of silence at the same hour that the fighting had stopped: 11 a.m. (on the 11th hour of the 11th day of the 11th month). On Armistice Day in 1921, a casket of an American soldier that had been brought from an unmarked grave in France was taken in a procession to Arlington National Cemetery where it was placed in a 50-ton block of Colorado marble inscribed with these words: "Here rests in glory an American soldier known but to God." Since then, the remains of an unknown soldier from World War II and Korean War have been added to the Tomb of the Unknowns. Due to advanced means of identification, it wasn't until 1984 that the remains of an unknown soldier from the Vietnam War was added. In 1998, his remains were recovered and identified as St. Michael J.

Blassie. He was reburied in Jefferson Barracks National Cemetery in St. Louis, MO on July 11, 1998. The Tomb of the Unknowns is guarded 24 hours a day by soldiers from "The Old Guard," the Army's U.S. 3rd Infantry. In the 1920s and 1930s, it was a tradition to honor the dead soldiers from World War I on November 11. In 1938, Armistice Day was proclaimed a legal federal holiday. With World War II and the Korean War, not as many people celebrated Armistice Day because of its significance with only World War I. In 1954, Congress passed and President Eisenhower signed a bill that designated November 11 as Veteran's Day and to include veterans of World War II and the Korean War, as well as future wars!

THANKS TO ALL OUR VETERANS!



VETERANS DAY CELEBRATION TUESDAY, NOVEMBER 11TH

Special Patriotic Music by: Sondra Mattes

Dan Hansen & WSC Students

Program starts at 11:15 am

Meal Served @ 11:45 am

SERVING:

Tavern on a Homemade bun
Baked Beans & Potato Salad
Patriotic Cake with
Blueberries & Strawberries

IN FLANDERS FIELDS



In Flanders fields the poppies blow
Between the crosses, row by row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amidst the guns below.

We are the Dead, Short days ago
We lived, felt dawn, saw sunset glow
Loved, and were loved,
and now we lie In Flanders Fields.

Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high.

If ye break faith with us who die
We shall not sleep,
though poppies grow In Flanders Fields.

Canadian John McCrae was a surgeon to the First Brigade of the Canadian Forces Artillery. In April, 1915, he was near Ypres, Belgium in the area traditionally called Flanders. Some of the heaviest fighting during World War I took place in this area. The day before he wrote the poem, "In Flanders Fields," one of his closest friends was killed in the fighting. All the soldiers killed were buried in makeshift graves. There were poppies blooming in that field among the crosses of the graves. The poppy has become the flower of remembrance for the war dead of the U.S., Canada, Britain, and other Commonwealth countries. McCrae died in France in January 1918.



ANSWERS FROM FRONT PAGE

1. Turkey 2. Turkey, Potatoes, cranberry sauce & More
3. True 4. Both 5. Hens 6. Toms
7. To Entice Female Turkeys 8. A Tassel or Beard
9. Seafood 10. YES, almost double 11. Turkey Day
12. Minnesota 13. Bowling 14. You see if they bounce
15. 3500 16. Butterball 17. More than 100,000
18. The Absence of Pumpkin Pies 19. 88%
20. 46,000,000



November Fun Facts

Across

2. What is the day after Thanksgiving called that is a traditional start of Christmas shopping

5. This Canal formally opened in New York on November 4, 1825.

11. November 18, 1963 this Telephone Company introduced to the public the push button phone

12. Celebrated on November 11th

14. This US President was assassinated on November 22, 1963

15. November semi precious stone

16. Mexican and Hispanic communities celebrate November 1 as

Down

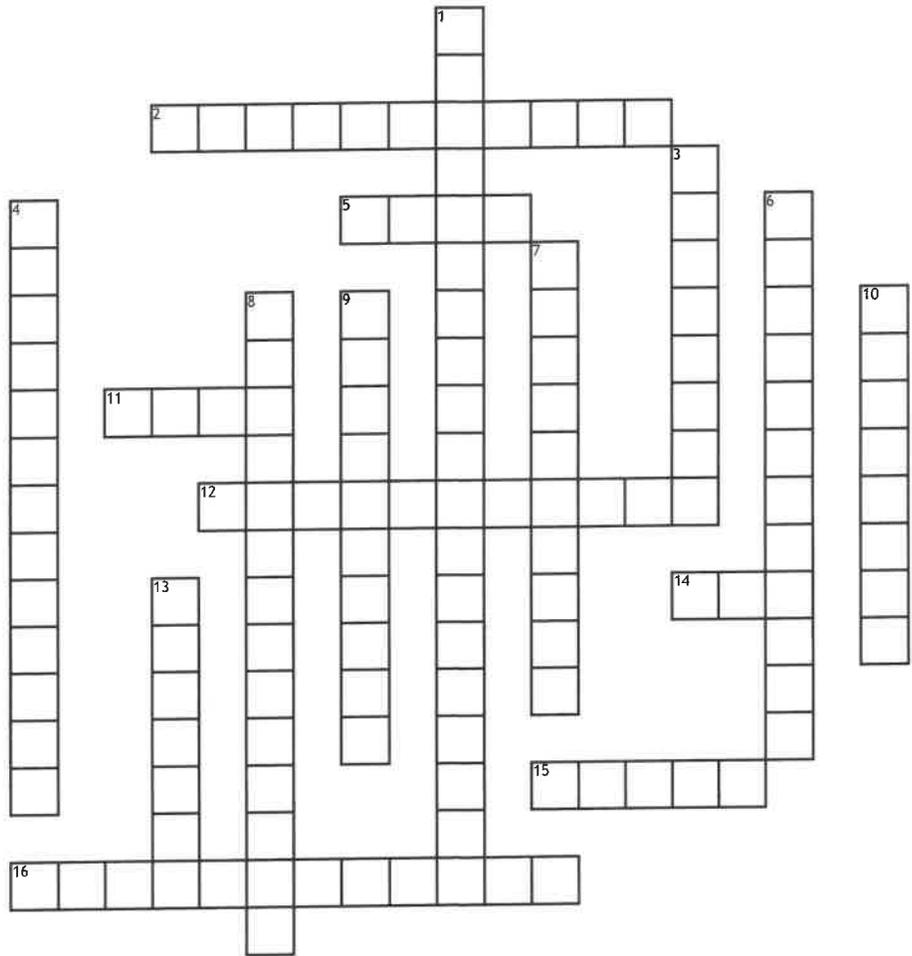
1. November 19, 2021 this will be visible from parts of North America

3. Parkers Brothers introduced the world to this game on November 5 1935

4. November's flower

6. November 3 is known as this day?

7. Abraham Lincoln gave this address on November 19, 1863



8. Famed TV Journalist was born on November 4, 1916

9. November full moon is traditionally called this because in the colonial era, this was the month to set traps before swamp frooze.

10. November 28 marks the start of

13. One of the astrological signs for November



Thanksgiving Word Search

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

Massachusetts Bay Colony
 pumpkin pie
 cornucopia
 Colonists
 wishbone
 grateful
 holiday
 symbol
 autumn
 bread
 ham

Wampanoag Indians
 cranberries
 tradition
 celebrate
 thankful
 football
 harvest
 voyage
 maize
 beans

Abraham Lincoln
 Sarah Hale
 Pecan pie
 casserole
 settlers
 England
 friends
 turkey
 third
 acorn

Native American
 vegetables
 Mayflower
 New World
 Plymouth
 customs
 Squanto
 gobble
 gravy
 yams

sweet potato
 tablecloth
 cornbread
 Thursday
 November
 Pilgrim
 celery
 family
 feast
 bake

Thanksgiving Survival Tips for Seniors & Their Caregivers

Thanksgiving is a wonderful holiday for Americans, meant to enjoy loved ones, good food, and a relaxed atmosphere. Planning for all this fun and relaxation can sometimes be a bit stressful, especially if you're a caretaker for the senior loved one in your life. But fear not! Our tips will help you get through Thanksgiving with ease, so you can get back to enjoying what the day is all about—giving thanks for the special loved ones in your life.

Thanksgiving Tips for Caregivers:

Don't hesitate to receive help. Thanksgiving Day is surrounded by lots of family and friends, and that means there will likely be many people who can help look after your senior loved one so you can enjoy the festivities. Don't hesitate to let friends and family help! You'll both be in good hands.

Be prepared. It's common for elderly people to have special dietary needs. If your senior loved one has difficulty chewing or only likes certain foods, why not be prepared by offering to bring or cook those items. Being prepared will allow everyone to enjoy the meal together and you'll have the help you need!

Don't forget about yourself! As a caregiver, it's easy to lose sight of taking care of your own needs. This Thanksgiving, take advantage of the extra friends and family and allow them to help see to the needs of your senior loved one so you can relax and enjoy your own time with those around you!

Extra Tips for Seniors:

Be mindful. Part of what makes those sauces and gravies so flavorful and rich is the additives used. While they definitely make our food extra yummy, you'll want to be mindful of any potential allergies your senior may have. Elderly people may also be more sensitive to heartburn or stomach upset with rich food. Encourage them as well, not to overeat. These simple reminders will help everyone feel better and enjoy Thanksgiving a little more!

Socializing. If it so happens that you don't have family around to share a Thanksgiving meal with, do not let that hinder you from socializing and fun! Reach out to a local senior center, church, or neighborhood and dine together! There is no reason anyone should have to be alone on Thanksgiving.

Stay Healthy. The holidays can be a vulnerable time for all of us when it comes to our health, but especially for seniors! Don't hesitate to call their doctor and schedule a check-up appointment ahead of the holidays. Depression, cold and flu, and many other conditions can be more prevalent during this time of year, so stay mindful of health. Keeping prescriptions filled on time will help if you plan to travel. *Thanksgiving should be a time to relax and just enjoy friends and family. We hope these tips will help you to have the best holiday season ever.*

**JOIN US FOR OUR MONTHLY CAREGIVER GATHERING
THIS MONTH WILL BE A SPECIAL GET TOGETHER WITH OUR
CAREGIVER GROUP FAMILY & FRIENDS: FRIDAY, NOVEMBER 21ST @ 11:15 AM
FOR OUR THANKSGIVING MEAL & CELEBRATION**

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
October 15, 2025**

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 - Treasurer: Jeanette Swanson, and Secretary: Verna Mae Baier. Absent: President George Burcum and Board Member: Joan Lage.

The minutes of the September 17 meeting were approved, as presented in the October edition of the Senior Star.

Treasurer Jeanette Swanson presented the treasurer's report using financial information for the period of 9/18/25 --10/15/25. Total expenses for the period: \$2,494.60 [\$96.11 for envelopes and regular and decaf coffee, \$90.00 toe nail clinic, \$2,287.00 buffet table cabinet and \$21.49 for popcorn seasonings.] Motion by Verna Mae Baier to approve this amount of expenses. Seconded by Carol Dunning. Motion carried.

Coordinator Bertrand presented an overview of October and November: Wes Blecke's Q/A presentation was well received. The Senior Center was featured in "The Golden Years." Friday, October 17 is October Fest. The Center will be closed for extensive cleaning on October 24. A kitchen staff member is absent for a family visit. October 31 is the scheduled Flu/Covid Shot Clinic.

November Highlights: Nov. 11 is the Veterans Day Program. The Health Clinic date has been changed to November 18 from 10:45 to 11:45. Thanksgiving will be observed on November 21 with a traditional holiday meal. Caregivers gathering has been changed to November 21 in conjunction with the Thanksgiving gathering. The Center will be closed for Thanksgiving holiday on Thursday, Nov. 27 and Friday, Nov. 28.

No other items were presented for consideration.

Meeting was adjourned at 1:00 p.m...

Next meeting will be November 19, 2025 at 12:30 p.m.

Verna Mae Baier, Secretary



Thursday, November 27th & Friday, November 28th
PLEASE NOTE:

MEAL ON WHEELS PATRONS:

If you would like to receive an extra meal delivered to enjoy on Thursday—November 27th and/or Friday—November 28th

Please notify the center on the day before if you would like an extra meal prepared & delivered on those days!



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.

Thanksgiving Historical Time Line

The Pilgrims landed in the New World in December 1620. In the face of harsh weather and inadequate supplies, half the settlers died before winter ended. Historians say had it not been for local Indians who gave the settlers food and taught them how to plant corn, the entire colony might have perished. After their first successful harvest in the fall of 1621, the colonist declared a day of thanksgiving. The Pilgrims entertained 92 Indian guests. The first Thanksgiving started as a breakfast, and the festivities continued for three days. Boiled eel, lobster, roast pigeon, and stuffed cod were served at the meals. The Indians brought turkeys, pumpkins, corn, sweet potatoes, and cranberries. The Pilgrims had their first taste of popcorn which was given to them by the Indian brave, Quadequina, brother of Chief Massasoit. George Washington proclaimed November 26, 1789 to be Thanksgiving Day. It was a day of public thanksgiving and prayer. Over the next 74 years, people all over the U.S. celebrated their thanksgiving at different times. In 1863, President Lincoln re-established the holiday as a way to create a unified national culture in the face of Civil War, beginning on the last Thursday in November 1864. In 1939, President Roosevelt moved the celebration one week earlier to lengthen the shopping time before Christmas. In 1941 Congress proclaimed the fourth Thursday of November to be the federal holiday of Thanksgiving starting in 1942.



**GOOD MANNERS ARE NEVER OUTDATED
HERE ARE A LIST OF EMILY POST'S
TOP 10 TABLE MANNERS**

(Great tips for your Thanksgiving Family Dinner)

1. Chew with your mouth closed.
2. Keep your smartphone off the table and set to silent or vibrate. Wait to check calls and texts until you are finished with the meal and away from the table.
3. Don't use your utensils like a shovel or stab your food.
 4. Don't pick your teeth at the table.
 5. Remember to use your napkin.
6. Wait until you're done chewing to sip or swallow a drink. (Choking is clearly an exception.)
 7. Cut only one piece of food at a time.
8. Avoid Slouching and don't place your elbows on the table while eating (though it is okay to prop your elbows on the table while conversing between courses, and always has been, even in Emily's Day)
9. Instead of reaching across the table for something, ask for it to be passed to you.
10. Take part in dinnertime conversation.

DONATIONS

Hilbert & Kathleen Johs- Janet Bull- Bill Kaup
Bob & Mailyn Carhart- Gerald & Marilyn Otte-
Art & Mae Greve- Ardyce Stanley- Janelle Eaton
Earl & Joyce Lundahl - Ginney Otte - Sharon Puckett
Cynthia Jorgensen

Thanks to all who have shared their Garden
Produce to share with all of us!
With the rising cost of coffee—donations are welcome!



Thanks to: Country View and Kinship for Sponsoring our Luncheon Drawings and Monthly Birthday Treat. Thanks to Kinship & Sr. Solutions for helping our with our Monthly Health Clinic. Thanks to our friends from Heritage at Fountain Point of Norfolk for helping with our “Fine Dining Fridays” & Countryview for helping w/ “We Serve Wednesday”. Thanks to all our Talented Musicians, Evolving 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!

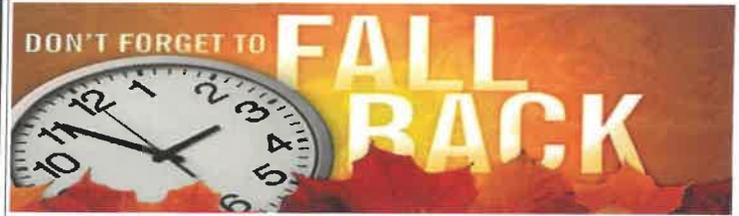
This is
♥ the place ♥
where **FRIENDS**
become
FAMILY

WHO'S WHO AT THE WAYNE SENIOR CENTER

- | | |
|------------------|-----------------------------|
| Diane Bertrand | Manager |
| Misty Brasch | Head Cook / Kitchen Manager |
| Jill Lehmkuhl | Office Manager/ Dispatch |
| Caleb Carroll | Sub Dispatch |
| Phil Does | Dispatch/Sub Van Driver |
| LeAnn Schroeder | Kitchen Aide |
| Adel Bohlken | Kitchen Aide |
| Sue Temme | 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.



**REMEMBER TO TURN YOUR CLOCK BACK
AN HOUR—SUNDAY: NOVEMBER 2ND**



**ADVENT
BEGINS**

**SUNDAY
NOVEMBER 30TH**

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.



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 so our Kitchen staff may adjust count for meal preparation.

Meal Contribution Requests:

- \$5.00 : Congregate Meals—Age 60 and Over
- \$7.75: Congregate Meals—Under Age 60
- \$6.00: Meals on Wheels & To Go—Age 60 and Over
- \$8.75: Meals on Wheels & To Go—Under age 60