



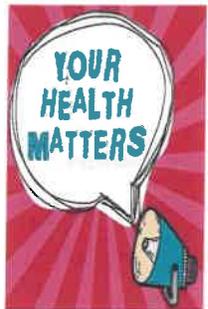
The Senior Star



A monthly publication for The Wayne Senior Center



Wednesdays In December
 3rd—10th—17th—31st
 10:45 to 11:45 am : By Bob Doughty
Tuesday, December 2nd
 11:30: "Spotlight on Promise"
Friday, December 5th
 11:30: By Dan Hansen
Friday, December 12th
 Noon: St. Mary's Band Youth
Thursday, December 18th
 12:30: 3rd Grade Elementary Carolers
Friday, December 19th
Christmas Dinner (Served by Heritage)
 11:30: By Connie Webber
Monday, December 22nd
 11:30: Kinship Carolers



FROG Exercises
 Every M—W—Fr @ 9:00 am
AM WALKING—Daily
Health Clinic:
Tuesday, December 9th
 10:45 to 11:45 am: With our Friends
 from Kinship
 Blood Pressure—02 Level
 Blood Sugar—Temperature



Wednesday—December 3rd
 Monthly Birthday Treat
 Noon—In House Meal
Luncheon Certificates
In—House Drawings
Friday, December 5th
 Certificates by Countryview
Tuesday, December 16th
 Certificates by Kinship
Wednesday, December 31st
 Certificates by Kinship



Monday—December 8th
 Toe Nail Care by Rachael
 (Call for a Time)



Thursday—December 11th
 11:15—11:45 am: Eye Glass Care
 Wayne Eye Care



Wednesday—December 17th
 12:30: Monthly Board meeting
Wednesday—December 31st
 10:00 am: Caregivers Group



SYMBOLS OF CHRISTMAS

Even though Christmas is supposed to be a sacred celebration of the birth of Jesus, today it is often a secular holiday rather than a sacred holy day. However, it is possible to see the sacred in the secular if one intentionally looks for the religious meanings in those things that are secular in nature for many, if not most, Americans.



Gift - Giving

The giving of gifts can be an expression of love originating in God's love for humankind. "God so loved the world, that he gave...." "Gift-giving can be a reminder that the Wise Men gave Jesus precious gifts of gold, frankincense, and myrrh



Christmas Tree

The Christmas tree is usually an evergreen tree that can symbolize the eternal life that Jesus promises to His followers: "For God so loved the world that He gave His only Son, that whoever believes in Him shall not perish, but have eternal life." (John 3:16)



Santa Claus

Santa means "saint," and Claus is a shortened form of Nicholas. Santa Claus is St. Nicholas, a 4th century Christian and bishop who preached the good news of Jesus and who practiced what he preached. The Dutch pronounced his name as Sinter Klaas.



Poinsettia

The Poinsettia can be seen as a star that represents the Star of Bethlehem that led the Wise Men to the infant Jesus. The Red poinsettia reminds believers of the blood of Christ, and the white poinsettia reminds them that the blood of Christ Cleanses sin from all.

The lights on the tree and in other decorations can remind us of Jesus' words, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." The Christmas lights can also be a reminder that Jesus said to his followers, "You are the light of the world.... Let our light shine before others." After the holiday season, many churches save the large Christmas tree, strip off its branches, make a cross of it, and use that cross as a focal point of worship during Lent, the 40 days of preparation for Easter.



When Christians came to America, they brought Sinter Klaas as part of their Christmas Celebration. St. Nicholas gave generously, unselfishly, and anonymously. Over the Years, largely as a result of Clement Moore's "Twas the Night Before Christmas" and Thomas Nast's drawing of Santa Claus for a Coca-Cola ad, St. Nicholas became the Santa Claus of our secular Christmas.

CHRISTMAS TREE TRIVIA

- The Top five most popular Christmas tree varieties BALSAM FIR, FRASER FIR, SCOTCH PINE, DOUGLAS FIR & COLORADO BLUE SPRUCE

DID YOU KNOW??

- The top three Christmas songs that are covered by musicians: SILENT NIGHT, WHITE CHRISTMAS & JINGLE BELLS

POINSETTIA TRIVIA FOR THE DAY

Each Holiday season, three-quarters of the poinsettias that are sold are red, followed by pink and white. There are more than 100 varieties, and the least favorite colors are purple, peach, and yellow. In Mexico, poinsettias are grown year-round and can be as tall as 16 feet.

"People are like stained glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed if there is a light from within." Elizabeth Kubler-Ross



With the approaching of Winter Weather Season - we want all of our patrons and staff to be safe. When there is inclement weather, the Senior Center Manager and City Administrator will make the decision on whether the center and city transit will be open and providing service to the public. If we are closed, all cancellations can be heard on KTCH. If you have a group activity or a lunch scheduled and you don't want to travel in bad weather please contact the Senior Center as soon as possible to cancel.

If you are unsure that the center is open or not, again, please call the center before venturing out.

Thank you for your cooperation.



Monday, December 8th:

Speaker—Leslie Schulz

From Providence Medical Center

Visiting about the "Swing Bed" program at PMC. Overviewing an alternative option if a person experiences a hospitalization and would need an extended stay in the hospital for therapy or other medical reasons.

CHRISTMAS CHEER BY KINSHIP

Join us Tuesday, December 16th

For our Noon meal here at the center and Enjoy a Special Christmas Dessert Treat provided by our Friends from Kinship Senior Living



The Center will be closed for the Christmas Holiday

24th—25th—26th

No meals or Activities MOW patrons: If you would like to order an extra meal to be delivered on the 22nd or 23rd: Let us know the day before



MIXED UP CHRISTMAS SONGS

There are one or two words in the following songs titles that are incorrect

1. Away in a Snow Bank
2. I Saw Mommy Kissing Rudolph
3. Jingle Night
4. Frosty the Reindeer
5. It's Beginning to Look a lot like Winter
6. Silver Halls
7. The 20 Days of Christmas
8. . What Angel is This?
9. All I want for Christmas is My Jingle Bells
10. Rolly Polly Christmas
11. I'll Be Caroling for Christmas
12. Christmas Wonderland
13. Let it Storm! Let it Storm! Let it Storm!
14. The First Holy Night
15. 'Twas the Day before Christmas
16. We Wish You a White Christmas

(Find Answers in news letter)

December

ACROSS

- 2. Dickens character who hated Christmas
- 4. Injury caused by exposure to extreme cold
- 6. White precipitation that covers the ground in winter
- 9. Shiny decorative strands draped on Christmas trees
- 11. Type of tree that stays green all winter long
- 12. Period of anticipation leading up to Christmas
- 13. Frozen water formations hanging from roofs in winter
- 17. Singing holiday songs door-to-door
- 18. Season that officially begins in December
- 21. Description of holiday lights at night
- 22. Festival of Lights celebrated in December
- 23. Full of holiday cheer and merriment
- 24. Major holiday celebrated on December 25th
- 25. Santa's preferred entry point on Christmas Eve
- 27. Last month of the year, full of holiday celebrations
- 28. Shortest (and longest) day of the year

DOWN

- 1. Plant hung overhead to encourage holiday kisses
- 3. Decorative items hung on Christmas trees
- 5. Winter activity on frozen ponds or indoor rinks
- 7. Santa's flying helpers during the holiday season
- 8. Creamy holiday beverage
- 10. Time off from work or school to celebrate in December

- 14. Santa's vehicle for delivering presents
- 15. Red and green plant popular as a Christmas decoration
- 16. Common practice during the December holidays
- 19. Jolly gift-giver who visits on Christmas Eve
- 20. African American cultural celebration in late December
- 25. December weather that makes you want to bundle up
- 26. Ancient winter festival that influenced Christmas traditions

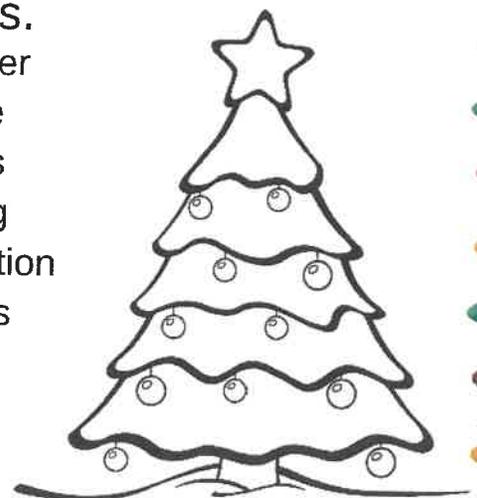
Giant Christmas Word Search



b g y p y r u d o l p h s c f u l w a r r u o r z
 f d z f v b z l q x j k l t u r k e y l y h f e s
 s s l j j c o w q n n j e j g a r l a n d a f i l
 a n w o o v a p p r e c i a t i o n m p w i d n e
 l o t y l s a m c f s p e s t o c k i n g s g d i
 f w g t l y c h a v c h e g g n o g k a e d i e g
 a d w t y u v g e l i d o i k p h b z s d f f e h
 m w o c o w l k t i n s e l e n s c b m u y t r v
 i s v r h y k w b n s q v h l p x s a g q c s s j
 l n l o t r s j c t s h s w r y q k f r e e n f i
 y o v s t k i q w r q q d a i w y t u e o z b t n
 z w a n u r k s g e l d x u n q m i f l c l y r g
 q f e o w i p x t e a n f x s t k n y g z i s a l
 x l b w g o r n a m e n t s w x a u g a k q c d e
 u a v m q c q n b o a j h a l c g t y t r l z i b
 j k b a v k c i e j f s s b l a y c s h u i z t e
 d e c n t x a p v l p w d q z u l r k e a g i i l
 t b h h t g y a s o f d d f c e v a k r b h p o l
 c f w l e t h a n k f u l k f a w c n i d t r n s
 c d o h j e z r h s v c t r g u j k q n f s c s v
 u r v d e z r o m q q p u m u d x e w g y z i x g
 n o r t h p o l e e j s d f s n a r s v b k q a n
 k g s o b n q w x j x d g r a t i t u d e w v s a
 t r e e s k i r t j f r o s t y d t e h i p q g d
 s i p m i s t l e t o e d y r m b w o e g b q g j

Find these **Christmas** words.

- | | | | |
|------------|-----------|--------------|--------------|
| North Pole | Santa | ornaments | nutcracker |
| family | reindeer | tree skirt | mistletoe |
| joy | toys | jingle bells | traditions |
| tinsel | snowflake | eggnog | gathering |
| thankful | Frosty | gratitude | appreciation |
| garland | holly | carols | christmas |
| snow | lights | sleigh | Rudolph |
| turkey | stockings | snowman | tree |
| cheer | jolly | gifts | elf |



(The words may be hidden vertically, horizontally or diagonally.)

Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
November 19, 2025

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, Treasurer: Jeanette Swanson, Secretary: Verna Mae Baier, and Board Member: Joan Lage. . Absent: Vice President: Carol Dunning.

The minutes of the October 15 meeting were approved, as presented in the November edition of the Senior Star.

Treasurer Jeanette Swanson presented the treasurer's report using financial information for the period of 10/16/25 --11/19/25. Total expenses for the period: \$434.34 [\$83.71 for kitchen supplies, \$79.16 for clinic test strips, \$150.00 for toe nail clinic, \$35.29 for Veteran's Day pens, \$52.55 special order of jello, and \$33.63 for cleaning supplies] The motion was made by Joan Lage to approve and pay this amount of expenses. Seconded by Verna Mae Baier. Motion carried.

Coordinator Bertrand presented an overview of November: The November 11 Veterans' Day Program was very well attended. Many compliments were voiced. Nov. 21 is the Thanksgiving Gathering/Meal. Caregivers gathering has been moved to Nov. 21. The Center will be closed for Thanksgiving Holiday on Nov. 27 and Nov. 28. In December: Special Music on Dec. 12, Dec. 18, and Dec. 22 with Christmas Dinner on Dec. 19. On Dec. 8 Leslie Schulz will address the group concerning swing beds. Dec. 16 dessert with Kinship. Brunch will be served on Dec. 1 and Dec. 29 {time: 11:00 to 11:45 a.m.} The Center will be closed on Dec. 24, Dec. 25, and Dec. 26.

The NENAAA Audit on Nov. 18 showed no specific deficits. {The gross cost of meals was discussed. To a large extent, the cost increased because expenses have also increased} The NDOT and NENAAA are currently doing an audit with the City of Wayne.

A Sam's Club Membership is currently in effect for the Wayne Senior Center. Coordinator Bertrand was given permission to purchase pies, now while they are on sale. Storage of these frozen items will not be a problem. Several donations have been received and ideas were discussed using these funds.

Transit software will need to be changed. (The current software company has been bought out) The effective date is March 31. This was not a planned change.

Coordinator Bertrand reminded everyone: With the approaching of Winter Weather Season, we want everyone to be safe. When there is inclement weather, the Senior Center Coordinator and City Administrator will make the decision on whether the center and city transit will be open and providing service. All cancelations can be heard on KTCH. (1590 AM and 104.9 FM) If you have a group activity scheduled and don't want to travel in bad weather please contact the Center as soon as possible. Please call the Center before venturing out.

No further items were presented for consideration. Meeting was adjourned at 1:15 p.m.

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

Verna Mae Baier, Secretary

FAMILY CAREGIVER HOLIDAY GIFT GUIDE

The holidays are a time to express gratitude for those in our lives, and caregivers are an important group to recognize and celebrate.

These individuals give so much of themselves every day to ensure their aging loved ones are cared for and supported. And while caregivers serve in a role that calls for putting the needs of others before their own, the holiday season offers an opportunity to let them know you are thinking of them and appreciate the remarkable work they do.

“Many caregivers find reward in helping their loved ones, doing so with compassion and joy. But caregiving is an extremely demanding role,” said Lakelyn Hogan Eichenberger, Ph.D., gerontologist and caregiver advocate at Home Instead. “While every day is an opportunity to celebrate them, the holidays are a great reminder to recognize their hard work by showing them support and appreciation in return.”

According to AARP, an estimated 53 million Americans are providing unpaid care for relatives and friends – 61% of whom also juggle outside employment. Furthermore, family caregivers provide an average of 23.7 hours of care each week. This number goes up substantially for those whose care recipients live with them (37.4 hours per week), making caregiving the equivalent to a full-time job.

Many caregivers aren't looking for big, expensive gifts. They are generous givers – of their time, energy and love – which is what makes their role all the more meaningful. A small gift or act of kindness can go a long way in making a caregiver feel appreciated.

We polled family caregivers to learn which gifts they would truly appreciate.

The 4 Most Requested Gifts for Family Caregivers

Time for Themselves. The gift of time and support with caregiving tasks, whether for an afternoon or a few days, are among the things caregivers want most. This gives caregivers a moment to rest, recharge and focus on their own health – because when a caregiver's needs are met, the care recipient will benefit as well. The temporary support of a professional caregiver may be a great way to help a family caregiver find that much-needed time off. A more formal arrangement such as respite care can be another solution to helping caregivers.

Gift cards and subscription services. Treat a caregiver to the things they enjoy with a gift certificate to their favorite restaurant, store, coffee shop or spa. Paying for meal delivery services or a streaming platform can also offer caregivers a chance to wind down and practice self-care.

Acts of service. Sometimes the act of lending a helping hand is the best gift. Whether it's loading up the fridge with home-cooked meals or offering to clean up around the house or yard, small acts of service can be a huge help in making caregivers' lives easier and manageable.

Recognition. The pressures of caregiving can leave many feeling stressed out and underappreciated. Small gifts like handwritten cards from family members, friends or care recipients can go a long way in showing caregivers you are thankful for all that they do. Couple this with a fresh bouquet of flowers to truly brighten their day.

As you plan your holiday shopping this season, remember to include caregivers on your list. Celebrating family caregivers and offering support is something you can do now and year-round to make a meaningful impact on your loved ones.

Join us for our monthly Caregiver support Group the last Wednesday of each month
December Caregiver group meets: Wednesday, December 31st @ 10:00 am

1. MANGER for Snow Bank *(Answers from*
2. SANTA CLAUS for Rudolph *Christmas Songs)*
3. BELLS for night
4. SNOWMAN for Reindeer
5. CHRISTMAS for Winter
6. BELLS for Halls
7. 12 for 20
8. CHILD for Angel
9. TWO FRONT TEETH for Jingle Bells
10. HOLLY JOLLY for Rolly Polly
11. HOME for Caroling
12. WINTER for Christmas
13. SNOW for Storm
14. NOEL for Holy Night
15. NIGHT for Day
- 16..MERRY for White

COME JOIN US AT THE SENIOR CENTER
 Monday, December 22nd: 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

UGLY SWEATER PARTY



SLOW COOKER HOT CHOCOLATE

- 1 1/2 Cups of Heavy Whipping Cream
- 14 oz. Container of Sweetened Condensed Milk
- 6 cups of Milk & 1 Tsp. Vanilla
- 2 cups of milk Chocolate Chips
- (Can use part semi-sweet chocolate chips)
- Whipped Cream or Marshmallows

Put the whipping cream, sweetened condensed milk, milk, and vanilla in a 5 - quart slow cooker and whisk until blended. (If doubling the recipe, use a 7-quart or larger size.)

- Stir in the Chocolate Chips
- Cover and cook on low for two hours, stirring occasionally with the whisk, until the mixture is hot and the chips are melted. (If the chips aren't melting, turn to high for a short time and stir occasionally.)
- Turn the slow cooker to a warm setting and stir before serving
- Add whipped cream or marshmallow, as desired, to the top of each cup

Note: The hot chocolate can be stored in the Refrigerator for a few days and reheated. Shake or stir the mixture before heating

CROCK POT APPLE CIDER

- 2 Whole Cinnamon Sticks
- 1 Teaspoon whole cloves
- 1 Teaspoon whole all spice
- 8 Cups (2 Quarts) apple cider
- 1/3 Cup light brown sugar packed
- 1 Large Orange Sliced



POUR the cider into the crock pot and add the brown sugar—stir until the sugar dissolves

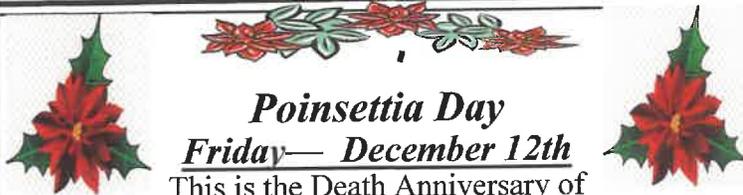
ADD the cinnamon sticks, cloves, allspice and orange slices

COVER and cook on low for a least 2 hours for the flavors to cook through. Feel free to allow the apple cider to warm through on low until ready to serve.

WHEN you are ready to serve the cider, discard the spices, cinnamon sticks, and orange slices using a small strainer to remove them

QUICK & EASY CROCK POT CIDER:

1 Gallon Apple Cider & Add a Package of Cinnamon imperial Candies. Heat Thoroughly, Stir and ENJOY!



Poinsettia Day

Friday— December 12th

This is the Death Anniversary of Dr. Joel Poinsett (1799-1851), the first U.S. ambassador to the new Republic of Mexico. He introduced the native Mexican plant to America. In Mexico, poinsettias are grown year-round and can be as tall as 16 feet. There are more than 100 varieties, and the most popular colors are red, followed by pink and white, and the least favorite colors are purple, peach, and yellow.

Join us for dinner & have a chance to take home a Poinsettia Plant.



Sounds of the Season

COME AND ENJOY ALL THE WONDERFUL MUSIC AT THE WAYNE SENIOR CENTER DURING THE MONTH OF DECEMBER
 Remember to sign up and enjoy our delicious meals While you are here!

Tuesday - December 2nd

11:30 - Spotlight on Promise

Wednesdays in December

10:45 am: Monthly Birthday Party Day w/ Bob Doughty & Dan Hansen

Also enjoy Bob & Dan on: 10th, 17th, 31st

Friday—December 5th

11:30—Dan Hansen

Friday - December 12th

12:00/Noon—St. Mary's Youth Band Members

Thursday—December 18th

12:30 pm—3rd Grade Wayne Elementary Students

Friday—December 19th

CHRISTMAS DINNER

11:30 am—Connie Webber

Monday, December 22nd

11:30 am— Carolers from Kinship



It's beginning to look a lot like Christmas!

DONATIONS

*Bob & Marilyn Carhart— Mary Ellen Maxey—
 Carol & LeRoy Robbert— Jeanette Swanson—
 Bob Schwarzenbach— Cynthia Jorgensen—
 Barb & Byron Heier— ACME Club—Bill Kaup—
 Janet Bull—Donna Jacobson—Barry & Marlene Dahlkoetter—
 Ardyce Stanley—Brad Wieland—Arlene Robinson—
 Bev Hansen—Jerry & Bill Sharpe—Mary & Terry Janke*

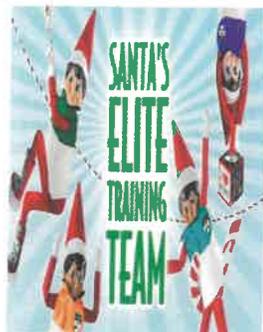


Thanks to: Country View and Kinship for Sponsoring our Luncheon Drawings and Monthly Birthday Treat. Thanks to Kinship & Sr. Solutions for helping our with our Monthly Health Clinic. Thanks to our friends from Heritage at Fountain Point of Norfolk for helping with our "Special Events" Countryview for 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!

IT'S THE MOST WONDERFUL TIME OF THE YEAR

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.



NEW YEARS EVE DAY
Wednesday—
December 31
Bring in your favorite
FINGER FOOD
For our 2:30 snack time
To share & Bring in the
New Years!

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 Holiday
Schedule
DECEMBER
24th: CLOSED
25th: CLOSED
26th: 9:00 am to
2:00 pm

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

