



The Senior Star



A monthly publication for The Wayne Senior Center



Wednesdays In January

7th—14th—21st—28th

10:45 to 11:45 am : By Bob Doughty & Dan Hansen

Friday, January 2nd

11:30: By Dan Hansen

Friday, December 9th

11:30: Connie Webber

FROG Exercises

Every M—W—Fr @ 9:00 am

AM WALKING—Daily

Health Clinic:

Tuesday, January 13th

10:45 to 11:45 am: With our Friends from Sr. Solutions

Blood Pressure—O2 Level

Blood Sugar—Temperature

NEW YEAR PUNCH CARD CHALLENGE

Join us for our FROG Exercise Class and participate in the AM Walking Club & bring your Punch Card to Diane or Jill to Validate "You Participated" Fill your card and receive a Prize/Reward!

NEW YEAR PUNCH CARD CHALLENGE
Visit with Jill or Diane



Wednesday—January 7th

Monthly Birthday Treat

Noon—In House Meal

Luncheon Certificates

In—House Drawings

Friday, January 2nd

Certificates by Kinship

Wednesday, January 14th

Certificates by Countryview

Monday, January 26th

Certificates by Countryview

Monday—January 12th

Toe Nail Care by Rachael

(Call for a Time)

Thursday—January 8th

11:15—11:45 am: Eye Glass Care w/ Evolving Eye Care

Wednesday—January 21st

12:30: Monthly Board meeting

Wednesday—January 28th

10:00 am: Caregivers Group

WHAT'S YOUR NEW YEARS RESOLUTION

"Join us at the Wayne Senior Center to Improve your Health"

Today, senior adults are more active than ever. A higher level of health care has led to treatments that help older adults stay healthier and more active as they age. However, because senior adults often look and feel younger, they miss out on the benefits of friendship, support, education and recreation that a senior center provides. Maybe you say, "I don't need a senior center. I don't feel old. I don't want to sit around talking with people who aren't able to get around like I do." But, many people are questioning the name "Senior Center" because studies show all types of people, including those who are healthy and active, find senior centers in their communities (Like the Wayne Center) a great resource for a myriad of things. According to the National Council on Aging (NCOA), 11,400 senior centers in the country serve more than one million adults. About 75% visit a senior center one to three times per week, and stay an average of 3.3 hours per visit,

If you don't feel old enough to join a senior center, consider these facts, also reported by the NCOA:

- Older adults who utilize senior centers learn to manage and/or delay the onset of chronic disease and experience significant improvements to their physical, social, spiritual, emotional, mental and even economic wellbeing.
- A study of nearly 900 people indicated that those seniors who are 80 years old lived longer IF they stayed active. Additionally, it's been shown that those older adults who are more active are less likely to have memory problems or need a nursing home. This same study debunked the myths that say senior adults aren't able to learn new things, like a new form of exercise or a hobby, and also that memory loss and significant decrease in physical aptitude is inevitable.
- Today's senior centers (Like the Wayne Senior Center) are expanding their programming and base of participants, especially as the baby boomer population grows.

So what is there to do at the Wayne Senior Center

Besides the delicious, nutritious, home cooked meals made daily - join us for daily walking and exercise programs, health clinics, Educational programs, music entertainment, cards and pool, great conversation and most important of all - Good Friends!

So what are you waiting for - Check us out and start the New Year Off Right. Pick up our monthly newsletter and see what is happening each day here at the center. Also - Check out the City of Wayne Website and find the Wayne Senior Center to see all what we have to offer! Don't have a ride - call 402-375-1460 for the Wayne City Transit!





DO YOU HAVE ANY NEW YEAR SUPERSTITIONS??

Hear are a few strange ones you can pick from.

- Don't sweep the floor during the first day of the new year. Your may sweep out the good fortune.
- If the first animal to cry is that of a rooster, the harvest will be poor.
- The first visitor on New Year's Day brings either good or bad luck to the household. Many people invite a respected person to be the first visitor.
- What happens on the first day of the new year will happen the rest of the year too.
 - Peruvians wear yellow underwear for good luck
 - Italians wear red underwear for good luck.
 - People in Naples, Italy throw pots and pans and sometimes furniture out their windows into the streets for good luck.
 - Puerto Rican children throw pails of water out windows to rid their houses of evil spirits.
 - The Swiss let a drop of cream hit the floor on New Year's Day for good luck

SNOWMAN SOUP

WHEN THE WEATHER OUTSIDE IS FRIGHTFUL,
SNOWMAN SOUP IS SO DELIGHTFUL.

POUR THE PACKET INTO A MUG,
ADD HOT WATER & TOP WITH SNOWBALLS.

USE THE CANDY CANE TO STIR IT,
SIP SLOWLY & FEEL THE WARM WINTER SPIRIT.



- 1 package of hot chocolate mix
- 3 Hershey Kisses
- 10 Mini-Marshmallows
- 1 Candy cane

**PLACE IN A SMALL ZIP LOCK BAG
OR IN A NEW MUG (Give to a Friend)**

DID YOU KNOW?

The ball in Times Square weighs 11,875 pounds, is 12 ft. in diameter and is covered with 2,668 Waterford crystals.



MORE NEW YEAR FUN FACTS

- Julius Caesar declared January 1 in the Julian calendar as the New Year, in 46 B.C.
- The first month of the year, January, was named after the god Janus in the Roman calendar. Janus had two faces, one looking backwards and one forward at the same time.
- In Britain, when the Big Ben clock strikes 12, everyone gathers to sing Auld Lang Syne, a Scottish song. It was written by Robert Burns in the 1700's, and the title literally means "old long ago."
- It was once believed that the first visitor on New Year's Day would bring either good luck or bad luck for the rest of the year, depending on who he or she was.
- Traditionally, it was thought that people could alter the luck they would have throughout the coming year by what they did or ate on the first day of the year.
- Many in the U.S. celebrate New Year's by consuming black-eyed peas and other legumes, as they are considered good luck in many cultures. Some people believe that eating fish, pork, lentils, and cooked greens can bring good fortune in the upcoming year. Others believe that eating chicken and lobster is thought to bring bad luck.
- The Spanish ritual on New Year's Eve is to eat 12 grapes at midnight. This tradition is meant to bring 12 happy months in the coming year.
- The practice of making New Year's resolutions can be traced back to the Babylonians.
- According to the data, nearly 45% of the people in the U.S. make New Year's resolutions.
- The first New Year's ball dropping at Times Square in New York City took place on December 31, 1907.

*I think I made too many
New Year's resolutions
this year. It took me
almost a full day
to break them all.*



January

- BITTER
- BLIZZARD
- CALENDAR
- CELEBRATION
- FIREPLACE
- FREEZING
- FROST
- FROSTY
- HIBERNATION
- HOLIDAY
- HOT CHOCOLATE
- ICICLE
- INDOOR
- JANUARY
- MITTENS
- MLK DAY
- NEW YEAR
- PARKA
- POLAR
- RESOLUTION
- SCARF
- SKIING
- SLEDDING
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

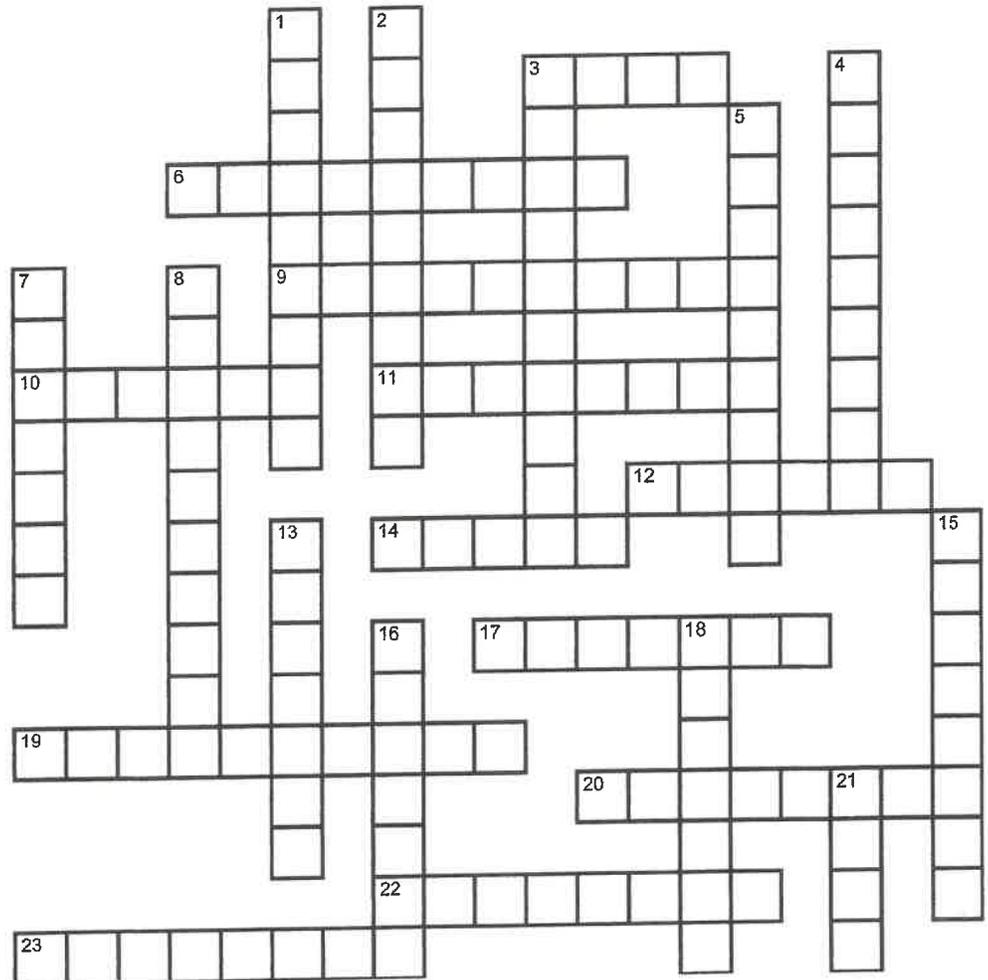


ACROSS

- 3. Wintry precipitation common in January
- 6. January's birth flower
- 9. Restlessness from staying indoors
- 10. Season in full swing during January
- 11. Zodiac sign for late January birthdays
- 12. January's birthstone
- 14. Icy coating on January mornings
- 17. Frosty figure built after fresh snowfall
- 19. Wintertime activity on frozen ponds
- 20. Comforting chocolate drink for cold days
- 22. Christian feast day on January 6th
- 23. Cozy coverings for chilly nights

DOWN

- 1. Zodiac sign for early January birthdays
- 2. Arctic mammal taking January swims
- 3. Unique ice crystals falling from winter skies
- 4. Cozy spot for gathering on cold evenings
- 5. Popular destination for winter sports enthusiasts
- 7. January 1st celebration



- 8. Winter plunge for warm relaxation
- 13. First month of the new year
- 15. Severe January snowstorm
- 16. Frozen water droplets hanging from roofs
- 18. Hand warmers for snowy days
- 21. Typical January weather condition

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
December 17, 2025**

The monthly meeting of the Wayne Senior Center was called to order with President George Burcum presiding. (10:00 a.m.). Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum, Treasurer: Jeanette Swanson, and Secretary: Verna Mae Baier Absent: Board Member: Joan Lage and Vice President: Carol Dunning.

The minutes of the November 19 meeting were approved as presented in the December edition of the Senior Star.

Treasurer Jeanette Swanson presented the treasurer's report using financial information for the period of 11/20/25 -- 12/17/25. Total expenses for the period: \$483.01 [\$65.00 root beer for OctoberFest, \$50.00for Sam's Club Membership, \$135.00 for toe nail clinic, \$65.00 for 13 meals for veterans on Veteran's Day, \$92.21 for pies and misc at Pac N Save and \$75.80 for pies at Quality Foods.] A motion was made by Verna Mae Baier to approve and pay this amount of expenses. Seconded by George Burcum. Motion carried.

Coordinator Bertrand presented an overview of December: Music events with Wayne elementary on Dec. 18 and Bob Doughty on Dec. 17 were switched. Many extra activities and music provided December entertainment. Christmas dinner will be Dec. 19. Kinship carolers will be at the Center on Dec. 22. Christmas coffee will be that afternoon. Center will be closed on Dec. 24-25 -26. There will be brunch for lunch on Monday, Dec. 29. Participants are asked to bring a favorite snack to share for New Year's Eve treat.

For January: The calendar will not have a lot of planned events due to the unpredictability of the weather. Center will be closed on January 1 and open on Friday, January 2. There will be a New Year's health challenge: Participate in FROGS or the Walking Club and get a punch card. Participants will receive a prize when the punch card is full.

Financial donations have been received and ideas were discussed using these funds. The Wayne Herald Subscription Renewal was discussed. {The Wayne Herald does not always remain in the Center for everyone to be able to read.}

An overview of the Senior Center financial safeguards was presented. No specific changes were needed at this time.

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 cancellations 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 11:45 a.m. Next meeting will be January 21, 2026 at 12:30 p.m.

Verna Mae Baier, Secretary

NEW YEAR, NEW CAREGIVING GOALS

Caregiver goals for 2026

The New Year is a fresh start, isn't it? For caregivers, it's the perfect time to set a few gentle, realistic goals that make life better for you and your loved one. Think back on the past year – what went well? What felt a little overwhelming? Use those reflections to guide your plans.

Prioritize Self-Care

One goal might be carving out time for yourself. It doesn't have to be big – maybe it's a 10-minute walk around the block, a quiet cup of tea, or a quick chat with a friend. Those little moments add up and can do wonders for your spirit. Sometimes, we caregivers feel guilty stepping away, but remember: you can't pour from an empty cup. Taking care of you helps you take better care of your loved one.

Introduce Something New for Your Loved One

Another idea? Find something new for your loved one to enjoy. Maybe it's a music playlist, a new book, or even a simple craft project. These fresh experiences don't have to be elaborate – just something that sparks joy or creates a little curiosity. Bonus points if it's an activity you can share together! Caregiving is about connection, after all.

Strengthen Your Support Network

Lastly, think about ways to connect with your support network. Maybe it's reaching out to another caregiver for advice, **(attend a local Support Group like the Wayne Senior Center Caregivers support Group)** setting up a family Zoom check-in to share responsibilities, or exploring Adult Day Care Programs. No one should feel like they have to do this alone. Even small steps, like joining an online forum or finding a local support group, can lighten the emotional load

Goals in Action

Here are a few actionable caregiving resolutions to consider:

Set a self-care schedule: Commit to one small thing each day that brings you joy.

Plan an engaging activity: Try a weekly movie night or puzzle time with your loved one.

Build your network: Reach out to one new resource or person for support this month. This year let's focus on the small wins – because those add up to big changes. Here's to a year of meaningful moments, brighter days, and an abundance of joy for you and your loved one

**Join us the Last Wednesday of each month
For the Monthly Caregivers support Group
This month group meeting will be
Wednesday, January 28th @ 10:00 am
Call 402-375-1460 for more information**

New Year's Day Traditions

- * Eat black-eyed peas to bring happiness and health throughout the year
- * Eat lobster for good health and happiness
- * Eat sauerkraut to keep well the rest of the year
- * Money cooked in black-eyed peas means you will have money all year
- * If you wash your clothes, you will wash someone out of your family
- * If you cry, you will be sorry throughout the year
- * Make sure your salt shakers are full, so you prosper throughout the year
- * Don't do anything that you don't wish to do all year
- * Always wear something new for good luck during the new year!



"New" Word Game

All answers contain NEW in them.
(Answers below—Don't Peak!)

- 1) Largest city in Louisiana whose Mardi Gras festival is attended by thousands of visitors each year
- 2) Part of the Bible that tells of the birth and life of Jesus
- 3) Northeastern state whose capital is Concord
- 4) Name of President Franklin D. Roosevelt's program to pull the U.S. out of the Great Depression
- 5) Recently delivered baby
- 6) Largest city in the U.S. and home of the Empire State Building
- 7) Recent arrival to a community
- 8) Capital of India
- 9) Television or radio personality who broadcasts the news
- 10) State on the East Coast of the U.S. whose nickname is the Garden State
- 11) Another name for the Western Hemisphere which includes North and South America
- 12) Recently married person
- 13) Southwestern state called the Land of Enchantment because of its beauty and rich history
- 14) Word for current information and recent happenings

ANSWERS

- | | |
|------------------|----------------|
| 1) New Orleans | 8) New Delhi |
| 2) New Testament | 9) Newscaster |
| 3) New Hampshire | 10) New Jersey |
| 4) New Deal | 11) New World |
| 5) Newborn | 12) Newlywed |
| 6) New York City | 13) New Mexico |
| 7) Newcomer | 14) News |

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.



WINTER WORD SCRAMBLE

(ANSWERS BELOW: DON'T LOOK)

1. ZEEGNIRF 2. STOBO 3. KNOFSWALE
4. BLONSLAW 5. ZYCO 6. BREMCEED
7. FARMFUSE 8. STACO 9. LOVESH
10. BLOWMONSIE 11. SNAKELBT 12. STROF
13. NAMOWNS 14. SLEVOG 15. TELM
16. RETHEA 17. DELSGIND 18. ZILBZRAD
19. CISELIC 20. STEMTIN 21. FRASC
22. PREFELIAC 23. KINGSI 24. LETSE
25. HINTERABE



ANSWERS.....

1. FREEZING 2. BOOTS 3. SNOWFLAKE
4. SNOWBALL 5. COZY 6. DECEMBER
7. EARMUFFS 8. COATS 9. SHOVEL
10. SNOWMOBILE 11. BLANKETS 12. FROST
13. SNOWMAN 14. GLOVES 15. MELT
16. HEATER 17. SLEDDING 18. BLIZZARD
19. ICICLES 20. MITTENS 21. SCARF
22. FIREPLACE 23. SKIING 24. SLEET
25. HIBERNATE

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*



Special Thanks to:
Mardelle Brudigan
for all her time and
talents spent on our
Christmas and Every-
day card display!

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!

THERE'S SNOW PLACE
LIKE THE WAYNE
SENIOR CENTER



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 Buncum	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 Center will be
Closed—Thursday
January 1st, 2026
No Meals or
Activities
No Transit

2026
Happy New Year

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