



York Area Senior Center March 2020 Newsletter

725 Nebraska Ave York NE 68467 402-362-2496

Email: office@yorkareaseniorcenter.com

Website: www.yorkareaseniorcenter.com

ONGOING ACTIVITIES

COFFEE Is on all day Monday-Friday.

SNACKS are available to enjoy each day.

POOL ROOM is open

Monday-Friday

COMPUTER LAB is available to those 55-years and older.

CARD PLAYING

Bridge & Dominoes:

Monday @ 1:00

Pitch:

Tuesday/Friday @ 1:00

Pinochle:

Wednesdays/Thursday @ 1:00

Groups can reserve rooms during open hours by calling/asking ahead of time.

POTLUCK DINNERS 2nd & 4th Tuesday of the month @

Noon

WORKS IN PROGRESS

Crochet, knit, needlework, sewing, etc. every Tuesday

morning 9:30-11:00.

BOARD MEETING is held @1:15 on 2nd Monday of the month.

EXERCISE CLASSES on Mon/Wed/Fri 10:30-11

SENIOR AGING MEALS

information is available @ the facility or by contacting

York County Aging Services.

FOOT CLINICS

are scheduled on a monthly basis. Call for available appointments.



It's Time For Our
“Wearing Of
The Green”
Fundraiser!!
March 19th
11 am-1 pm

Menu:
Baked Potato Bar
Pie
Coffee-Tea-Water

Free Will Offering Appreciated
Everyone Is Welcome

March Fundraiser Sponsor
Thrivent Financial-Lutherans

What does it mean if you find a four-leaf clover?
That you have too much time on your hands!

Why do leprechauns love to garden?
They have green thumbs!


Why shouldn't you iron a four-leaf clover?
You might press your luck!




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 **YORK DENTAL
ASSOCIATES**

Perry J. Rosenau, D.D.S.
Miles D. Berg, D.D.S.

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Phone: (402)362-5846
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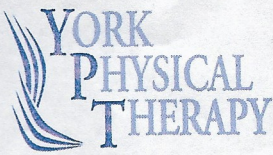


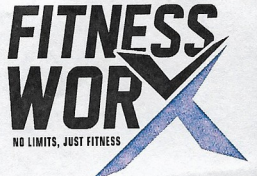
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M-F 8:00-8:00
Sat 9:00-5:00
Sun 11:00-5:00



Are You 55 Or Older? Then You Can Enjoy All Of The Amenities Available At Your Local Area Senior Center

- *Event Rooms For Rent-Full Kitchen Available
- *Computer Lab W/Printer & Copier
- *Pool Room-Join The Monthly Tournaments
- *Cards/Games-Dominoes Bridge Pitch Pinochle And More
- *Exercise Classes Provides by YGH Wellness Center
- *Knitting-Crocheting-Needlework Group
- *Hot Noon Meals Provided By York County Aging Services
- *Clothes Closet Offers Men's & Women's Used Clothing
- *Large Flower Room For Designing Floral Arrangements

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Take The Next Step



**Orthopaedic Surgical
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- Dr. Scott Bigelow and Dr. Douglas Koch are Board Certified in Orthopaedics and treat patients of all ages
- Joint Replacement Surgery
- Knee and Shoulder Scopes



YORK GENERAL

- Hand, Foot & Ankle Surgeries
- Fractures & Sprains
- Rotator Cuff & ACL Repair
- Sports Injuries

**Access to care close to home is important in ensuring better healthcare outcomes.
Consider York General for your orthopaedic surgical needs.**

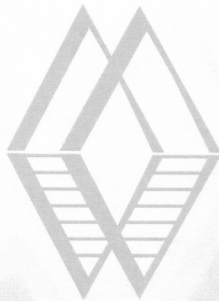
Call Jeana Fricke, York General Total Joint Coordinator, 402-362-0489.

Exciting News!!!

Exercise Classes Now Available On
Mon-Wed-Fri @10:30.
In Response To Your
Suggestions On Our
Survey There Will Be A
Tia Chi Class Added On Friday's
@10:30.

Taught By YGH Wellness Center

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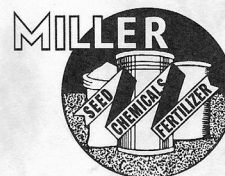


York Family Dentistry

Elizabeth Papineau, D.D.S.
Kaylene Harms, D.D.S.

1902 North Lincoln Ave
York, NE 68467

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www.yorkfamilydentist.com



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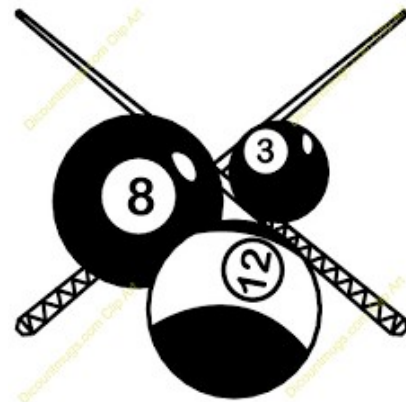
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Don't forget to join our fun card games or a competitive game of pool. Let's get some more fun games started with a sign-up sheet. Let our host/hostess know your ideas.



Here are 12 amazing benefits of Tai Chi for Seniors:

- Relieves physical effects of stress
- Promotes deep breathing
- Reduces bone loss in menopausal women
- Improves lower body and leg strength
- Helps with arthritis pain
- Reduces blood pressure
- Requires mind and body integration through mental imagery
- Accumulates energy by releasing endorphins rather than depleting it
- Enhances mental capacity and concentration
- Improves balance and stability by strengthening ankles and knees
- Promotes faster recovery from strokes and heart attacks
- Improves conditions of Alzheimer's, Multiple Sclerosis, and Parkinson's

**Join our new class starting Friday March 6th
@10:30**