



York Area Senior Center September 2021 Newsletter

725 Nebraska Ave York NE 68467 402-362-2496

Email: office@yorkareaseniorcenter.com

Website: www.yorkareaseniorcenter.com

ONGOING ACTIVITIES

Hours: 9:00-4:00 Mon-Fri

COFFEE: Is Always On

SNACKS: Available each day

POOL ROOM:

Mon-Fri During Open Hours

COMPUTER LAB: Available to those 55-years and older

CARDS & GAMES

Bridge & Dominoes:

Monday @1:00

Pinocle:

Wednesday/Thursday @1:00

Pitch:

Tuesday/Friday @1:00

(Reserve rooms for a card group during open hours by calling)

POTLUCK DINNERS

Temporarily discontinued due to covid

WORKS IN PROGRESS

Crochet, knit, needlework, sewing, etc. Tuesday mornings 9:30-11:00

BOARD MEETING

2nd Monday of the month

@1:15

EXERCISE CLASSES

Mon & Wed 10:30-11

SENIOR AGING MEALS

information is available by contacting York County Aging Services

FOOT CLINICS

Appointment Required Call York County Aging Services



York Area Senior Center will be a stop for the Yorkfest Queen & King on Friday, September 10th @2:00 pm. Plan to attend and congratulate our new royalty!



Movie Time
Pay It Forward

(See page 3 for description)

Tuesday Sept 7th @9:30

Thursday Sept 23rd @2:00



**Ever Feel Like Throwing Your Cell Phone In The Trash!
STOP!**

A US Cellular Representative Will Be In Our Facility On The 3rd Thursday Of The Month From 2:00-3:00 PM To Help With Any Questions We Have Regarding The Use Our Cell Phones. Let's Show Our Kids And Grand-Kids We Can Be Savvy Cell Phone Users!!

Don't Forget There Are Two Tournaments Starting In September

Pool Tournament-\$5 Entry Fee

Pitch Tournament-Sept 9 & 16 Oct 14 & 21



\$5 Entry Fee



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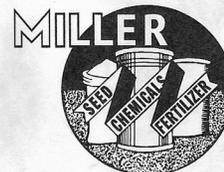


York Family Dentistry

Elizabeth Papineau, D.D.S.
Kaylene Luebbe, D.D.S.

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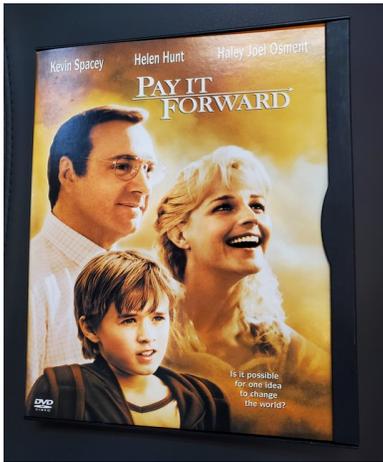
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September Movie “PAY IT FORWARD”

September 7th @9:30

September 23rd @ 2:00

Starring Kevin Spacey & Helen Hunt

Trevor starts a chain reaction of goodness for his social studies project in this bittersweet and uplifting tale.



Tai Chi Classes at the York Area Senior Center was the featured story in the York News Times on August 18th. Some of the participants were quoted while sharing what the classes have done for them. Good job to all who are attending! Classes continue on Mon & Wed @10:30. The Center thanks York General Wellness Center and 4 Corners for acquiring the grant to provide this program.

*A Negative Thinker Sees
 Difficulty In Every
 Opportunity
 *A Positive Thinker Sees
 Opportunity In Every
 Difficulty

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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Enjoy Stories About The History Of The York Area
Presented By Nancy Beach With The Anna Palmer
Museum On The Third Thursday Of The Month
At 10:00.

September's topic will be about Charles Flippen, his wife and his son George. George was still in school when Charles and his wife came from Kansas to open a medical practice in Henderson. George would become the first black player on the UNL football team. There are many twists and turns, good and bad, for the 3 of them while in Nebraska! Come hear the rest of the story!

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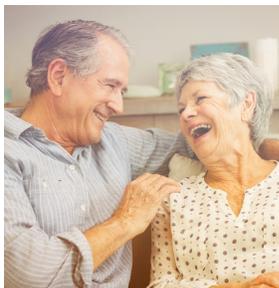
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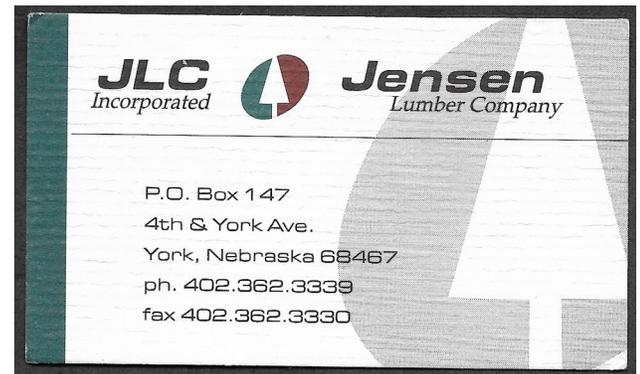
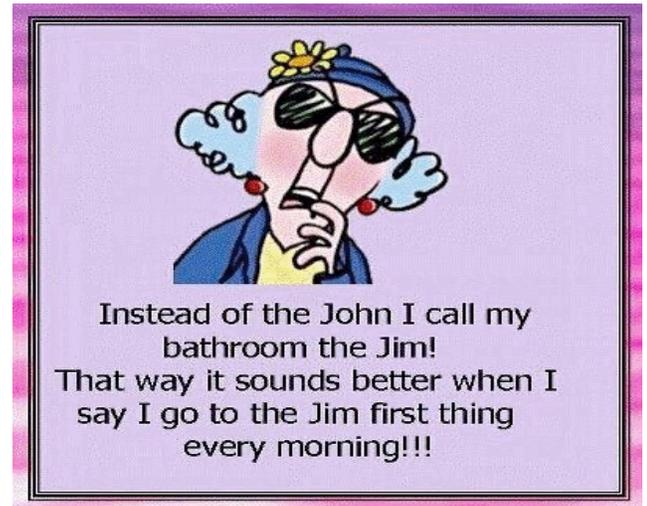


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M-F 8:00-8:00
Sat 9:00-5:00
Sun 11:00-5:00



Aging in Place at York General

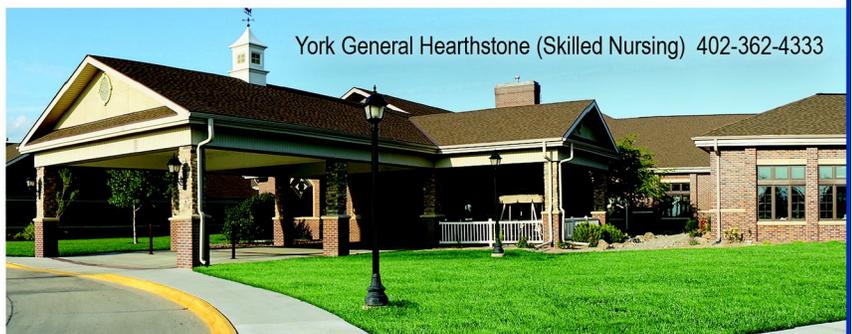
York General offers a continuum of care; we assist seniors with transitioning from home to higher levels of care as needed. When deciding on a senior living community, look no further than York General's Willow Brook and Hearthstone.



YORK GENERAL

York General Hearthstone is a 129-bed skilled nursing facility that provides short and long-term care in a home-like setting.

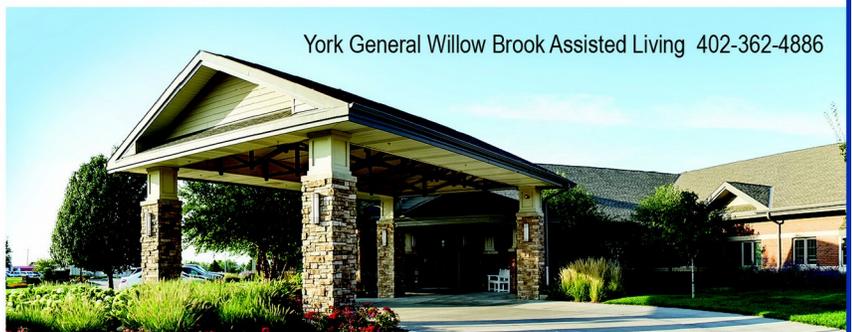
- Prestigious interior and exterior finishes
- Special features to assure privacy and dignity
- Programs that promote socialization and fellowship
- Around-the-clock nursing care
- Memory support services
- In-house rehabilitation services
- Hospice care, Adult Day Care, and Respite Care



York General Hearthstone (Skilled Nursing) 402-362-4333

Willow Brook is an assisted living facility established for persons needing various levels of daily assistance. Designed for independence and socialization, Willow Brook is an attractive choice for persons needing or wanting to change their living arrangements.

Willow Brook is staffed 24-hours per day by caring individuals who have been carefully screened and are well-trained in the care and services that Willow Brook provides. Additional services are available by referral as needed.



York General Willow Brook Assisted Living 402-362-4886

Check our our website for additional information - YorkGeneral.org



September Is National Senior Center Month!

Across the country, nearly 11,000 Senior Centers serve 1 million older adults each day, making them one of the most widely used services among America's older adults. Senior Centers serve as a hub for older adults – connecting them to indispensable services that help them stay healthy and independent. Senior Centers are places with high energy, many activities and programs and the heartbeat of the community.

According to the National Council on Aging, research shows that older adults who participate in Senior Center programs experience measurable improvements in their physical, social, spiritual, emotional and economic well-being. With the large baby boom generation approaching retirement, Senior Centers will continue to develop new programs and opportunities to meet the needs and interests of this dynamic generation of older adults.



Works In Progress attendees celebrated Shirley Arbogast's birthday with fun and treats! Shown left to right are Carol Eng, Shirley Arbogast, Kathy Moore, Bea Norquest, Janet Hines and Wilma Sucksdorf.