SENIOR CENTER GAZETTE

NOVEMBER 2026

LIED SENIOR CENTER OF SEWARD

1010 Manor Drive W.
Seward, NE 68434
(402) 643-4466

HOURS

8:00 AM to 3:30 PM
Monday-Friday

SENIOR SHUTTLE

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HOURS

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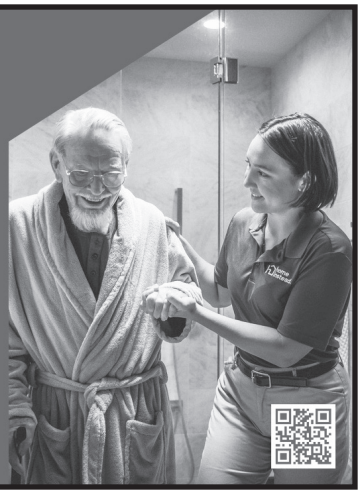
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- Long-Term Care

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Olli at UNL

Osher Lifelong Learning Institute

Osher Lifelong Learning Institute at the University of Nebraska-Lincoln is an adult learning program designed for people 50 and older, offering non-credit courses with no test and grades on a variety of subjects.

200+ pre-recorded course presentations are available.

Courses are streamed Live on Zoom or on demand.

Aging with Intention

Tuesday, October 17th 1:00 PM

Aging with Intention Instructor: Julie Masters

Aging is an opportunity, not just an event. It is a time of possibilities to become something greater than ourselves. It is also a time to see that our lives are so much more than simply existing. We can make a difference as we age if we are willing to age with intention.

We're all about YOU!

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Events

MON	TUES	WED	THURS	FRI
2 **9 AM** Yoga **1 PM** Pitch **2:30 PM** Tai Chi	**3** **9:00 A.M.** Resistance Bands **10:00 A.M.** Body Basic **1 PM** Mahjong **1 PM** Hand & Foot **FOOT CLINIC**	**4** **BIRTHDAY/ANNIV** **VETERANS MEAL** **9 AM** QI Gong **11:30 AM** Blood Pressure **1 PM** **BRANDON BURTON** **BOBBY GADOURY**	**5** **9 AM** Resistance Bands **10 AM** Body Basic **1 PM** Liverpool Rummy	**6** **8:30 or 9:30 AM** Tai Chi **9 AM** Donuts & Coffee **1 PM** Hand & Foot **2:30 PM** Tai Chi
9 **9 AM** Yoga **1 PM** Pitch **2:30 PM** Tai Chi	**10** **9:00 AM** Resistance Bands **10:00 AM** Body Basic **1 PM** Mahjong **1 PM** Hand & Foot	**11** **CLOSED** **VETERANS** **DAY**	**12** **9 AM** Resistance Bands **10 AM** Body Basic **1 PM** Liverpool Rummy **1 PM**	**13** **8:30 or 9:30 AM** Tai Chi **9 AM** Donuts & Coffee **1 PM** Hand & Foot **2:30 PM** Tai Chi
16 **9 AM** Yoga **1 PM** Pitch **2:30 PM** Tai Chi	**17** **9 AM** Resistance Bands **10 AM** Body Basic **1 PM** Mahjong **1 PM** OLLI AT UNL **-AGING WITH-** **-INTENTION-** Hand & Foot	**18** **THANKSGIVING** **MEAL** **9 AM** QI Gong **1 PM** **OPEN GAME** **DAY**	**19** **9 AM** Resistance Bands **9:30 AM** **BREAKFAST** **BINGO** **10 AM** Body Basic **1 PM** **OLLI AT UNL** **ORPHAN TRAIN** **SESSION 2** Liverpool Rummy	**20** **8:30 or 9:30 AM** Tai Chi **9 AM** Donuts & Coffee **1 PM** Hand & Foot **2:30 PM** Tai Chi
23 **9 AM** Yoga **1 PM** Pitch **2:30 PM** Tai Chi	**24** **9 AM** Resistance Bands **10 AM** Body Basic **1 PM** Mahjong **1 PM** Hand & Foot **FOOT CLINIC**	**25** 9 AM QI Gong 1 PM **OPEN GAME DAY**	**26** **CLOSED** HAPPY THANKSGIVING	**27** **CLOSED** HAPPY THANKSGIVING
30 **9 AM** Yoga Pitch **2:30 PM** Tai Chi				

INCLEMENT WEATHER.

Winter weather is upon us and as a rule, Lied Senior Center will be closed if Seward Public Schools close due to weather. Please listen to TV or check local announcements or call the center for more information.

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The FREE Veterans meal is funded by Cattle Bank, Joens Bank and Union Bank.

BRANDON BURTON

★ AUTHOR • SPEAKER • VETERAN • LEADER ★

WEDNESDAY, November 4th

ALL VETERANS eat free by calling the senior center by 1:00 pm Tuesday, November 3rd.

Brandon Burton is a retired Captain who served for 20 years with the Nebraska Army National Guard, including two combat deployments to Afghanistan in 2008 and 2013. An engineer officer, instructor and former commander of the 623rd Engineer Company, Brandon's military career took him from leading soldiers overseas to training the next generation of Guard officers. He retired from uniformed service in 2022 and is the author of Authority Without Control: A Memoir on Conflict, Restraint, and Leadership.

Followed By —›



WEDNESDAY, November 4th

Bobby Gadouy

Bobby Gadoury presents his own eclectic interpretations of popular classical and jazz compositions. Rat Pack Jazz

Meals

The suggested donation for a person over 60 years of age is $5.00: for a person under 60 years of age is $8.50.
Reservations must be made by noon the day BEFORE you wish to eat by calling 402-643-4466.
MENUS ARE SUBJECT TO CHANGE - MILK AND WHOLE WHEAT BREAD SERVED WITH EVERY MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **BEEF TIPS** Mashed Potatoes Brocolli Blueberries	**3** **CHICKEN TENDERS** Beets & Onions Macaroni Salad Banana	**4** **BIRTHDAY/ANNIV VETERANS MEAL** Fried Chicken Mashed Potatoes Green Beans Fruit Cup cake	**5** **CHICKEN SALAD CROISSANT** Roasted Red Pepper Gouda Soup Fruit Cup Crackers	**6** **FRIED CATFISH** French Fries Cottage Cheese Rosted Brussel Sprouts Rye Bread
9 **JUMBO SHRIMP** French Fries Three Bean Salad Strawberries	**10** **CHEESE BURGER** Pickle, Lettuce, Onion Pasta Salad Baked Beans Orange Slices	**11** **CLOSED VETERANS DAY**	**12** **PORK TENDERLOIN SANDWICH** Lettuce-Tomato-Onion Chips Mix Vegetables Pears	**13** **SLOPPY JOES** Chips Sweet Pepper Slaw Pineapple
16 **CHICKEN POT PIE** Biscuit Peas & Carrots Fruit Cup	**17** **BEEF TACO SALAD** Tomatoes & Cheese Refried Beans Fruit Cup	**18** **THANKSGIVING MEAL** Turkey Stuffing Mashed Potatoes Green Beans Pumpkin Pie	**19** **BREAKFAST** Pancakes Eggs Turkey Sausage Hashbrown Fruit Cup V8/Orange Juice	**20** **RUNZA** Salad Root Beer Float Fruit Cup
23 **ORANGE CHICKEN** Fried Rice Peas & Carrots Strawberries	**24** **CHICKEN FRIED STEAK** Mashed Potatoes Corn Fruit Cup	**25** **HAMBURGER PIZZA** Salad Garlic Bread Mix Berries	**26** **CLOSED HAPPY THANKSGIVING**	**27** **CLOSED HAPPY THANKSGIVING**
30 **CHICKEN CORDON BLEU** Broc Parm Pasta Carrots Fruit Cup				

Birthdays

01 LEE HOLTZEN
04 CAROL ZAK
06 PIXIE WELSH
06 KIM TARR
06 FRANKLIN HRONIK
08 JOAN TEMPEL
10 ANDY ANDERSON
11 CAROL HOFER
15 JUDITH DYNNESON
23 ANN BEDIENT
24 MARV TAYLOR
24 SUSAN CUTSHALL
28 LORRAINE DENNY
28 SHARON JELINEK
28 SHARYL PATTERSON
30 CHERYL WALLIN
30 TED SCHMIDT

Anniversaries

03 LOREN & SHARON TOOVEY
21 AL & JOYCE SHEEHAN
22 DAVE & CAROLE RICKERS
30 DICK & KAREN MCCONNELL

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Thanksgiving Meal

Wednesday, November 18th

JOIN US FOR A FANTASTIC MEAL PREPARED BY SPARETIME LOUNGE.



A reservation is **REQUIRED** and must be made by Fri., Nov. 13th by calling the Senior Center.

ORPHAN TRAIN:

THE LARGEST MIGRATION OF CHILDREN IN U.S. HISTORY

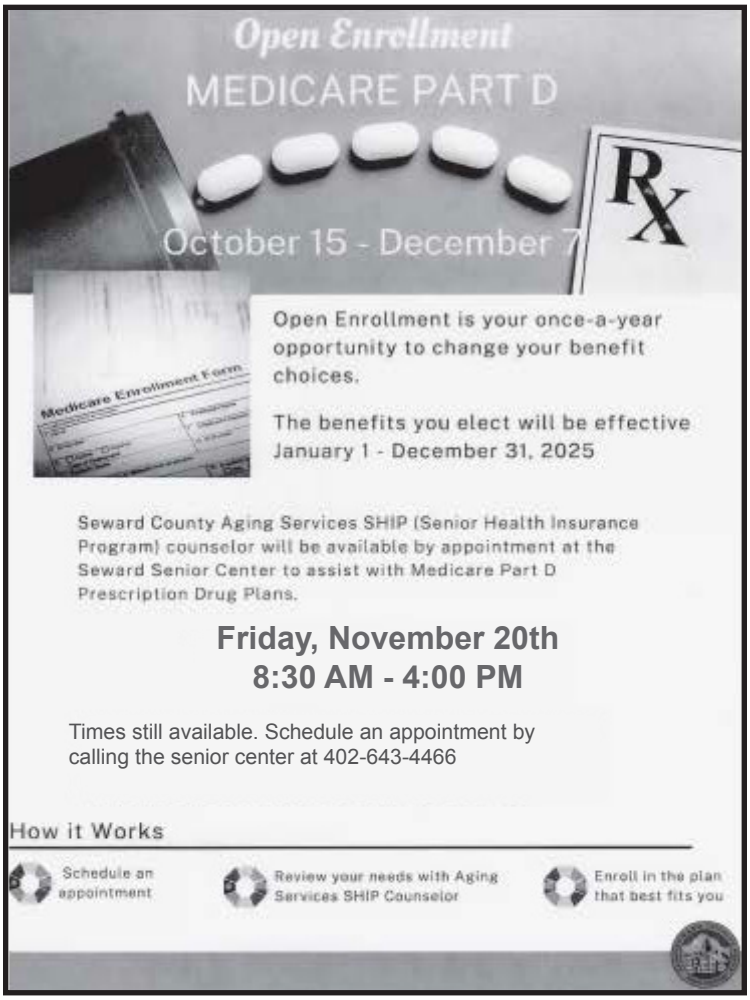
Session 2, Thursday, November 19th • 1 PM



Between 1854 and 1929, nearly 250,000 orphaned or abandoned children were relocated from the East Coast to the Midwest and West. This migration is known as the orphan train. The goal of this relocation effort was to find homes where children could learn practical skills, gain an education, and live in a family setting.

Mickey Creager, descendant of an orphan train rider; and **Kaily Carson**, curator at the National Orphan Train Complex, discuss how this fascinating movement began, how it worked, and what happened to the children involved. (2 sessions)

Stay curious. Keep learning. Connect with others.
LEARN • ENGAGE • ENRICH YOUR LIFE



Open Enrollment is your once-a-year opportunity to change your benefit choices.

The benefits you elect will be effective January 1 - December 31, 2025

Seward County Aging Services SHIP (Senior Health Insurance Program) counselor will be available by appointment at the Seward Senior Center to assist with Medicare Part D Prescription Drug Plans.

Friday, November 20th
8:30 AM - 4:00 PM

Times still available. Schedule an appointment by calling the senior center at 402-643-4466

How it Works

- Schedule an appointment
- Review your needs with Aging Services SHIP Counselor
- Enroll in the plan that best fits you

City of Lincoln AGING PARTNERS

Reducing Food Waste

Our food choices can affect our health and well-being, but it can also have an enormous impact on our environment. If you are conscious about spending, it might surprise you to hear that between 30% to 40% of food purchased in the U.S. is either wasted or thrown out annually. The Department of Agriculture estimates that the financial value of our wasted food is about 133 billion pounds, which equals almost $161 billion in value.

Where does food loss occur?

Food loss occurs at every juncture in the food supply chain, not just in our households. It can range from food production to the actual consumption of the product itself, and everywhere in-between. Some specific examples of how food loss occurs can be as simple as food spoilage during storage and transport. During this time, food might be exposed to insects, bacteria, rodents and even mold. Food loss can also occur when a product is not "perfect," such as when it is misshapen or has blemishes. On top of wasting food, there is also wasted labor, land usage, fertilizer and energy which all are used to produce those food products.

What steps can you take?

There is no guarantee that if you do X, Y and Z you will extend your food use and have less waste. Here are strong recommendations that can help.

1. Take an inventory

Take a quick look at what you have on hand in your pantry, fridge and freezer. You will want to do this before you go to the grocery store to prevent overbuying.

2. Create a meal plan

To ensure you get a few good quality meals each week, it is especially important to plan some of those meals. Planning out what you will eat during the week can also help against overbuying. You should consider coordinating your meals so you are not using completely different ingredients and components for every recipe you make.

3. Save and eat leftovers safely

Leftovers can be a great and convenient way to eat pre-planned meals, but be sure to store them safely! If you are not planning to eat these leftovers within three days, label and store them in the freezer. You will want to keep your freezer organized so food does not become lost and subsequently thrown out when it goes bad.

4. Store food appropriately

One of the most common reasons people say things like "I don't like fresh fruits and vegetables because when I buy them, they go bad, and I throw them all out." To help get the most out of those items, buy only what you can eat in any one week. You can store greens with a paper towel in a plastic container in the crisper drawer, tomatoes and bananas on the counter, potatoes and onions in a cool, dark place, and fresh herbs in a glass of water. It would be wise to have some frozen fruits and vegetables on hand in case you eat all your fresh produce before you go shopping next.

5. Consider buying "ugly" foods

Sometimes you can stretch your dollar by purchasing foods that are oddly shaped, such as with fruits and vegetables. Some companies will even deliver the not so perfect produce to your door for a fee. You can even try going to a Farmers Co-op or attending your local farmers market. Do not buy any food that is either bruised or spoiled!

6. Compost

If you want to make sure nothing is wasted you can try composting. Backyard composting can be an effective way to minimalize food waste and keep unnecessary food items out of the landfill. Composting can even help your garden flourish! You can find small composting containers that can be kept in your home.

7. Be creative with how you use leftovers

Discover ways to use food rather than toss it in the trash. Scraps from vegetables can be made into the stock for your soup. Fruits, like blueberries and apples that are soft, are a perfect addition to oatmeal. Freeze produce before it spoils. If you have stale bread you can use it to make egg strata or croutons. Vegetables that are slightly wilted can go right into stir-fries or soups. Soup is one of the best things to make. You can make it out of anything and everything!

Reduce Food Waste

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

APPROPRIATELY
INVENTORY
STORE
LEFTOVERS
FOOD
COMPOST
MEAL PLAN



Sources: https://www.mayoclinichealthsystem.org/
Material created and prepared by – Devin Mueller and Jill Engel
Material reviewed and approved by – Ann Goshorn, MS, RD, LMNT, CLC

Updated 8/24/2026