



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

2026



Wednesdays In February

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

Friday, February 6th

11:30 am: By Dan Hansen

Friday, February 13th

11:30 am: Music by Betty Wiltse

*Valentines Day Gathering
Served by Heritage of Norfolk*

Thursday, February 19th

11:30 am: Connie Webber

Tuesday, February 24th

11:30: Music by "Spotlight on Promise"

FROG Exercises

Every M—W—Fr @ 9:00 am

AM WALKING—Daily

Health Clinic:

Tuesday, February 10th

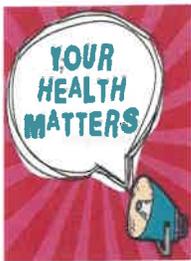
10:45 to 11:45 am: With our Friends
From Kinship

Blood Pressure—02 Level

Blood Sugar—Temperature

NEW YEAR PUNCH CARD CHALLENGE CONTINUES

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!



Wednesday—February 4th

Monthly Birthday Treat

Noon—In House Meal

Luncheon Certificates

In—House Drawings

Friday—February 6th

Certificates by Countryview

Monday, February 16th

Certificates by Kinship

Thursday—February 26th

Certificates by Kinship

Monday—February 9th

Toe Nail Clinic w/ Rachael

CALL FOR A TIME

Thursday—February 5th

11:15 - 11:45 am: Eye Glass Care

w/ Wayne Eye Care



Wednesday—February 18th

Monthly Board meeting: 12:30

Wednesday—February 25th

10:00 am: Caregivers Meeting
"Butterfly's" w/ Pastor Willie



SHROVE TUESDAY

Shrove Tuesday (February 17th this year), also known as Fat Tuesday (Mardi Gras in French) or Pancake Day, is the final big feast before the solemn 40 days of Lent begin, a time for Christians to use up rich foods like butter, eggs, and sugar by making pancakes or indulging in feasts before fasting and penance. "Shrove" comes from the word "Shriven", meaning to confess sins, making it a day for spiritual cleansing before Lent starts on Ash Wednesday, leading to traditions like pancake races and huge parties in places like New Orleans.

Fun facts and information on Shrove Tuesday

- **The "Fat" in Fat Tuesday** (French for Mardi Gras) It's a huge carnival in many cultures, famous for parades, costumes, and parties as a final blowout.
- **Feast Before Famine:** It's the last chance to eat rich, "Fatty" Foods (Meat, dairy sugar) before Lent's restrictions begin.
- **Pancake Races:** People race while flipping pancakes, often wearing aprons and bonnets, like In Olney, England.
- **Burning Palms:** Ashes from the previous year's Palm Sunday palms are burned to create the ashes for Ash Wednesday
- **Community Feasts:** Churches or Organizations host pancake breakfasts or suppers to bring people together before the Lenten Journey.

Join us here at the Wayne Senior Center To Celebrate "Shrove Tuesday" and enjoy a Pancake

Brunch—Tuesday, February 17th

Serving from 11:00 to 11:45 am

Serving: All you can eat Pancakes (Only) for Congregate/In house meals

(Coffee Cake for MOW/To-go meals)

Scrambled Eggs & Sausage Links

Fruit—Milk—Juice

Groundhog Day

February 2nd each year brings the most-watched weather forecast of the year—and the only one led by a rodent. Legend has it that on this morning, if a groundhog can see its shadow, there will be six more weeks of winter. If it cannot see its shadow, spring is on the way.

Since a groundhog hibernates for the winter, its coming out of the ground is a natural sign of spring. In England, centuries ago, people watched for other hibernating animals, including badgers, bears, and hedgehogs, as signs of winter's end. Germans who immigrated to Pennsylvania in the mid-1800s began keeping an eye on the groundhog. The widespread population of the rodent made it a handy agent for this particular superstition.

In the 1880s some friends in Punxsutawney, Pennsylvania, went into the woods on February 2nd to look for groundhogs. This outing became a tradition, and a local newspaper editor nicknamed the seekers "the Punxsutawney Groundhog Club". Starting in 1887 the search became an official event centered on a groundhog called Punxsutawney Phil.

Today Punxsutawney Phil lives in a climate-controlled habitat adjoining the Punxsutawney Library. The weather-watching rodent's predictions are recorded in the Congressional Records of our National Archive. So far, Phil has seen his shadow about 85% of the time. Canada's Groundhog Day relies on the predictions of an albino groundhog named Wiarton Willie. Although Punxsutawney Phil gets the most attention, various American cities have their own special groundhogs; New York City's official groundhog is called Pothole Pete.

Groundhog Quiz

- 1) Approximately how long has Groundhog Day been celebrated?
- 2) What is a baby groundhog called?
- 3) What is another common name for a groundhog?
- 4) How big does a groundhog get?
- 5) Does the groundhog hibernate?
- 6) What does a groundhog eat?
- 7) Can groundhogs swim?
- 8) Can groundhogs climb trees?



Answers to Groundhog Quiz

- 1) 139 years
- 2) Kit or Cub
- 3) Woodchuck
- 4) 20 inches long, 10 to 15 pounds
- 5) Yes
- 6) Fruits and vegetables and drinks very little water
- 7) Yes
- 8) Yes



Weather Proverbs

For centuries, farmers and sailors—people whose livelihoods depended on the weather—relied on lore to forecast the weather. They quickly connected changes in nature with rhythms or patterns of the weather.

A Few Proverbs for February

- There is always one fine week in February
- If bees are out in February, the next day will be windy and rainy
- Fog in February means frost in May
- Winter's back breaks about the middle of February



WINTER WEATHER TIME

In case of inclement weather—your safety and our Staff's safety is important. If weather conditions become severe—the decision to close will be made by Manager Diane Bertrand and City Administrator, Wes Blecke.

Listen to KTCH Radio—104.9 Wayne

Station: for the announcement to close the Center.

Additionally—if the temperature and wind chill is dangerously low and streets are icy—we will not be sending out our Volunteers for MOW delivery on that day. If the decision is made to close the center—the menu set for that day will be served the next day.

City transit will not be available. Please—if you have any doubts if the center is open or closed—call ahead to make sure!

Sweets Word Game

Find answers below!

- 1) _____ in the sky
- 2) _____ moon
- 3) _____ y keen
- 4) Go _____
- 5) _____ of his eye
- 6) A smart _____
- 7) It's a piece of _____
- 8) Slow as _____
- 9) _____-coat the truth
- 10) Nutty as a _____
- 11) Through the _____ vine
- 12) Proof is in the _____
- 13) Like taking _____ from a baby

Sweets Word Game Answers

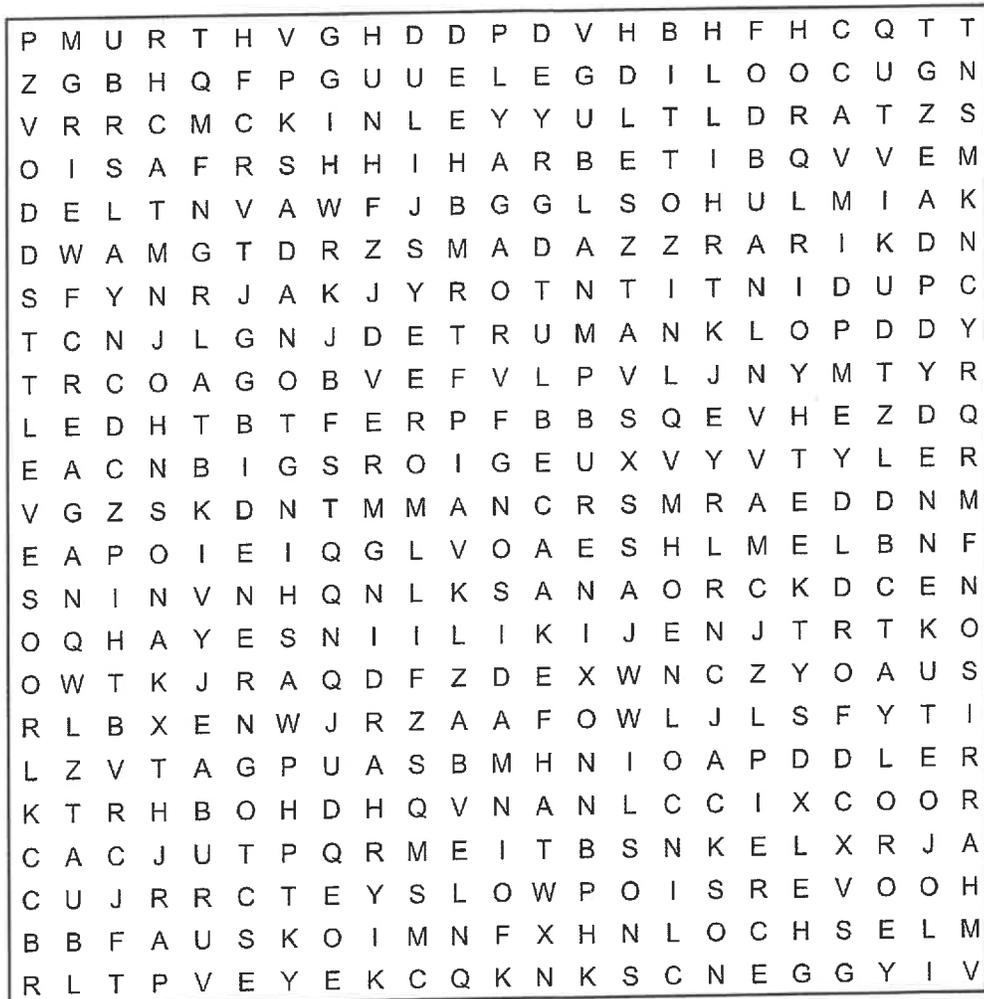
- 1) Pie
- 2) Honey
- 3) Peach
- 4) Bananas
- 5) Apple
- 6) Cookie
- 7) Cake
- 8) Molasses
- 9) Sugar
- 10) Fruitcake
- 11) Grape
- 12) Pudding
- 13) Candy

US Presidents

Word Search

DIRECTIONS:
Find and circle the names in the grid. Look for them in all directions including backwards and diagonally.

- ADAMS
- ARTHUR
- BIDEN
- BUCHANAN
- BUREN
- BUSH
- CARTER
- CLEVELAND
- CLINTON
- COOLIDGE
- EISENHOWER
- FILLMORE
- FORD
- GARFIELD

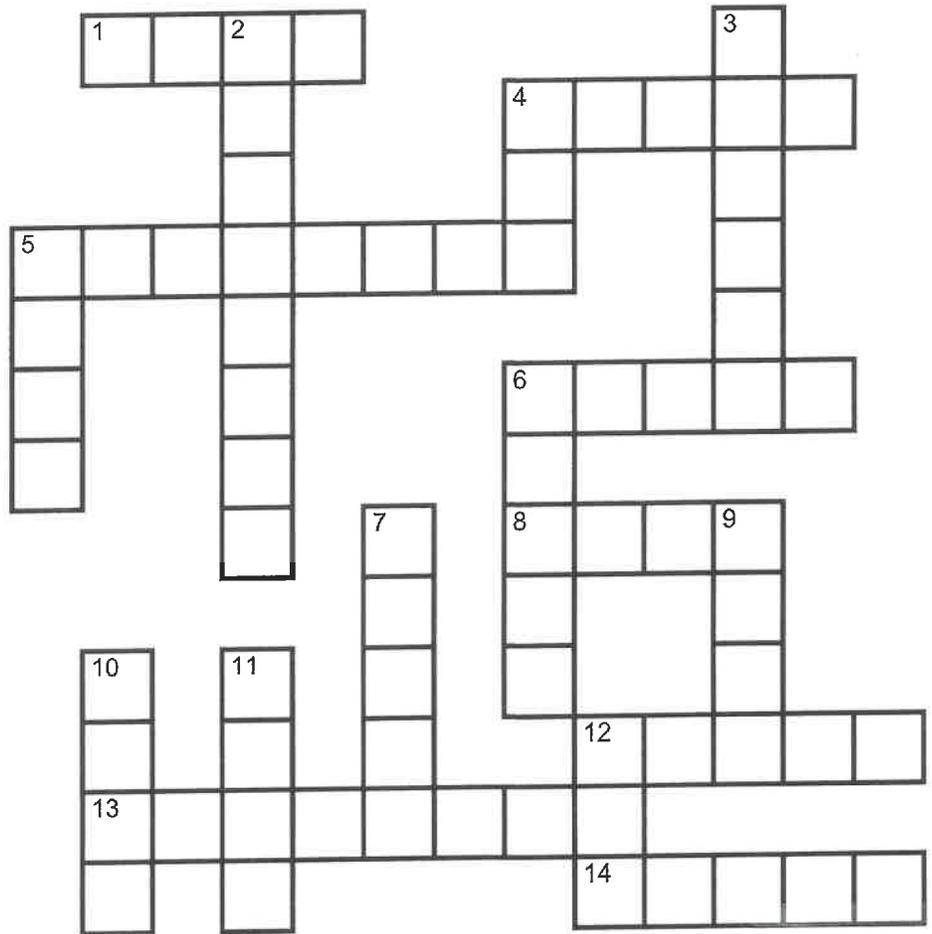


- | | | |
|-----------|----------|------------|
| GRANT | LINCOLN | ROOSEVELT |
| HARDING | MADISON | TAFT |
| HARRISON | MCKINLEY | TAYLOR |
| HAYES | MONROE | TRUMAN |
| HOOVER | NIXON | TRUMP |
| JACKSON | OBAMA | TYLER |
| JEFFERSON | PIERCE | VAN |
| JOHNSON | POLK | WASHINGTON |
| KENNEDY | REAGAN | WILSON |

Be My Valentine

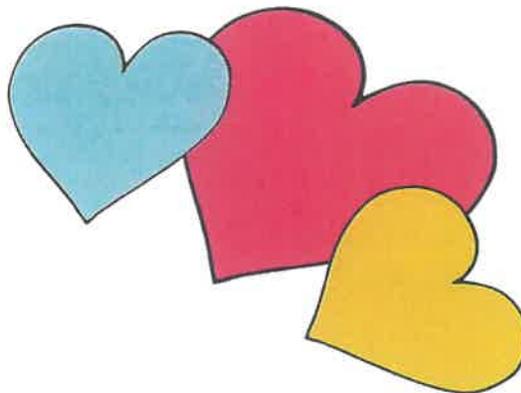
Across

1. A special item given to show love and appreciation.
4. A symbol commonly associated with love and emotion.
5. The act of pursuing someone romantically.
6. Sweet treats that come in various flavors and shapes.
8. A color often associated with love and romance.
12. Beautiful and fragrant plants often associated with love.
13. A container for sending a special message or gift.
14. Symbolic birds representing love and peace.



Down

2. The month that celebrates love and Valentine's Day.
3. A close companion with whom one shares affection and trust.
4. A gesture of affection where two people embrace tightly.
5. A small piece of paper with a heartfelt message.
6. The Roman god of love, often depicted with bow and arrow.
7. A heavenly being often depicted with wings and a halo.
9. A gentle touch of lips as a sign of affection.
10. A heartfelt piece of writing expressing emotions.
11. A feeling of deep affection and care.
12. A vibrant color symbolizing love and passion.



**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
January 21, 2026**

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

The minutes of the December 17, 2025, meeting were approved as presented in the January edition of the Senior Star in a motion by Jeanette Swanson and seconded by Carol Dunning.. Motion carried.

Treasurer Jeanette Swanson presented the treasurer's report using financial information for the period of 12/18/25 -- 1/21/26. Total expenses for the period: \$363.52 [\$50.00 Veterans Day Ad in Wayne Herald, \$135.00 for toe nail clinic, \$153.40 for volunteers Christmas, \$25.12 for decorations] A motion was made by Carol Dunning to approve and pay this amount of expenses. Seconded by Joan Lage. Motion carried.

Coordinator Bertrand presented an overview of January: The month is closing out quickly. The Health Challenge continues with FROGS and walking. This challenge will continue on into February. The Center was open for Martin Luther King Day on January 19.

For February: A Valentines Event will be on Friday, February 13. Shrove Tuesday will be observed on Tuesday, February 17, with a Pancake Brunch for lunch being served from 11:00 a.m. - 11:45 a.m. The Center will be closed for extensive cleaning on Friday, February 20. There will be no meals/activities. The Transit will be running.

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.

Coordinator Bertrand presented an overview of HHS Inspection on January 7, 2026. Results of the Food Establishment Evaluation were these areas noted: (1) Absolutely no use of towels for drying dishes. Dishes must be left to air dry. and (2) The Sanitizer buckets should not use expired test strips. These strips need to be brought up-to-date. Both areas have been brought into compliance. Additional items have been purchased for the kitchen and an appropriate response has been forwarded to NENAAA.

A new software system is needed for Transit. This software will be installed and there will need to be much additional training.

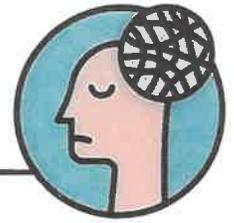
Coordinator Bertrand presented staffing up date.

No further items were presented for consideration. Meeting was adjourned at 12:50 p.m. . Next meeting will be February 18, 2026 at 12:30 p.m.

Verna Mae Baier, Secretary

Do You Have Caregiver **Burnout**?

Take this quiz to see if you're suffering from caregiver burnout and learn what you can do about it.



	YES	NO
MENTAL	During the past few weeks I have ...	
	<input type="radio"/>	<input type="radio"/>
PHYSICAL	During the past few weeks I have ...	
	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	During the past few weeks I have ...	
	<input type="radio"/>	<input type="radio"/>
RELATIONAL	During the past few weeks I have ...	
	<input type="radio"/>	<input type="radio"/>
PERSONAL	During the past few weeks I have ...	
	<input type="radio"/>	<input type="radio"/>

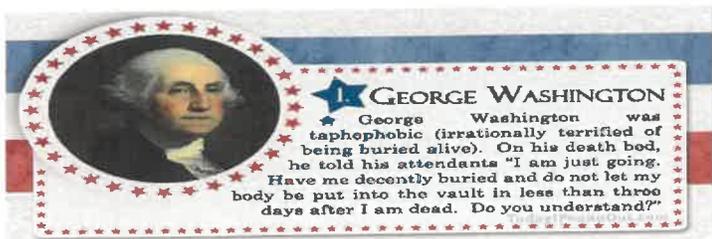
Want to learn more about your score? Join us for our Monthly Caregiver support group and learn about your score and the things you can do to help. The Wayne Senior Center Caregiver support group meets the last Wednesday of each month at 10:00 am. This month's Caregiver group meets Wednesday, February 25th. Please call ahead so we can have a count for those in attendance.

President's Day Quiz

1. **Which President Played five musical Instruments?**
 Woodrow Wilson Calvin Coolidge
 Richard Nixon Bill Clinton
2. **Which president was nicknamed "Old Rough and Ready"?**
 Zachary Taylor Ulysses S. Grant
 Theodore Roosevelt Dwight D. Eisenhower
3. **How many presidents have died in the White House?**
 Two Four Six Eight
4. **How many state capitals are named after U.S. Presidents?**
 Two Four Seven Twelve
5. **Who was the first president born in a hospital?**
 John Tyler James Buchanan
 William Howard Taft Jimmy Carter
6. **Who was the First President to live to ninety??**
 John Adams Martin Van Buren
 Benjamin Harrison Calvin Coolidge
7. **Which President chose the location of the White House?**
 George Washington Thomas Jefferson
 James Monroe John Quincy Adams
8. **Which President's last name was originally Blythe?**
 James K. Polk James Garfield
 Ronald Reagan Bill Clinton

ANSWERS FOR PRESIDENT'S DAY QUIZ

1. **Richard M. Nixon:** Nixon could play the piano, violin, clarinet, saxophone, and accordion.
2. **Zachary Taylor:** As a U.S. Army officer, Taylor was given the nickname for his willingness to bear the hardships of the field alongside his soldiers.
3. **Two:** William Henry Harrison died on April 4, 1841 and Zachary Taylor died on July 9, 1850. Both Died of Illness.
4. **Four:** Jackson, Mississippi: Jefferson City, Missouri; Lincoln, Nebraska: and Madison, Wisconsin. Two world capitals are named after U.S. presidents: Washington, DC and Monrovia, Liberia.
5. **Jimmy Carter:** Carter was born on October 1, 1924. at the Lillian G. Carter Nursing Center in Plains, Georgia.
6. **John Adams:** Herbert Hoover, the 31st president, was the next president to live to ninety.
7. **George Washington:** In accordance with the provisions of the Residence Act of 1790, Washington chose the location of the north walls and entrance of the new executive mansion along Pennsylvania Avenue. Construction of the White House was completed in 1800.
8. **Bill Clinton:** After Clinton's mother remarried, he took his stepfather's last name so he would share a last name with his half-brother, Roger Clinton Jr.



Valentines Day

There are varying opinions as to the origin of Valentine's Day. Some historians believe that it originated from St. Valentine, a Roman who was martyred for refusing to give up Christianity. He died on February 14, 269 A.D. Legend also says that St. Valentine left a farewell note for the jailer's daughter, who had become his friend, and signed it "From Your Valentine." Another detail of the story is that St. Valentine served as a priest at the temple during the reign of Emperor Claudius. Claudius then had Valentine jailed for defying him. In 496 A.D., Pope Gelasius set aside February 14 to honor St. Valentine.

Another theory of the origin is that in ancient Rome, a holiday to honor Juno, the queen of the Roman gods and goddess of women and marriage, was celebrated on February 14. On the next day, the Romans held the Feast of Lupercalia. On the eve of Lupercalia, the names of Roman girls were written on slips of paper and placed into jars. Each young man drew a girl's name from the jar, and they were partners for the duration of the festival. Often, they fell in love and later married.

Over time, February 14 became the date for exchanging love messages, and St. Valentine became the patron saint of lovers. People sent poems and gave simple gifts such as flowers. There were often social gatherings or balls.

Valentine's Day Trivia Game

Find the answers below (Don't Peak!)

- 1) Who is the patron saint of Valentine's Day?
- 2) How did sailors of old send messages to their loved ones while at sea?
- 3) What fruit is also known as the love apple?
- 4) What type of bird symbolizes Valentine's Day?
- 5) True/False: Doves mate for life.
- 6) What is the name of the winged child who is depicted as shooting arrows?
- 7) What part of the body must his arrows hit to be effective?
- 8) Does the date of Valentine's Day ever change?
- 9) Name the love-struck couple created by Shakespeare.
- 10) What flower is most commonly symbolic of Valentine's Day?
- 11) What color of this flower is symbolic of love?
- 12) Where do you "wear your heart"?

Answers to Valentine's Day Trivia

- | | |
|------------------|---------------------|
| 1) St. Valentine | 7) Heart |
| 2) Bottles | 8) No |
| 3) Tomato | 9) Romeo and Juliet |
| 4) Dove | 10) Rose |
| 5) True | 11) Red |
| 6) Cupid | 12) Sleeve |



DONATIONS

Arlene Bennett- Cynthia Jorgensen-Janet Bull
Virginia Leonard-Barb & Byron Heier-
Fran Poehlman-Charles & Ruth Maier-
NEN AA Group-Marlene & Barry Dahlkoetter
Bill Kaup-Mindy & Verdell Lutt-Les Schulz



Donation requested:
We are in need of DECAF coffee.

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!



Valentines Day Fun Fact
Consumers purchase more than 58 million pounds of chocolate and candy for Valentines Day

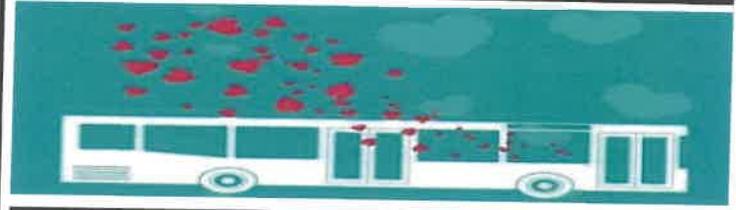
WHO'S WHO AT THE WAYNE SENIOR CENTER

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.



The Senior Center will Be **CLOSED** for EXTENSIVE CLEANING **Friday, February 20th** No Meals or Activities That day!
Staff WILL be Available To Take your calls Transit WILL be running



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.

~ This is ~
~ the place ~
where FRIENDS
~ become ~
FAMILY

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