



MARCH 2019 NEWSLETTER

York Area Senior Center

725 Nebraska Avenue

York, NE 68467

402-362-2496 office@yorkareaseniorcenter.com

www.yorkareaseniorcenter.com

ONGOING ACTIVITIES

COFFEE is on all day Monday-Friday

SNACKS & DESSERTS are available to enjoy.

POOLROOM is open Monday-Friday.

COMPUTER ROOM is open Monday –Friday

CARD PLAYING:

Bridge & Dominoes Mondays @ 1:00

Pitch Tuesdays & Fridays @ 1:00

Pinochle Wednesdays & Thursdays @ 1:00

Canasta Thursdays @ 1:00

POTLUCK DINNERS @ Noon 2nd & 4th Tuesdays

KNITTING, CROCHETING, CRAFTS @ 9:30-11:00
every Tuesday

FUNDRAISER MEAL @ 11:00-1:00 on 3rd Thursday

BOARD MEETING @ 1:15 p.m. on 2nd Monday

SENIOR AGING MEALS-Info available @ facility

EXERCISE CLASSES @ 10:30 a.m. Mondays &
Wednesdays

*Please check the monthly calendar for
more activities and special events!*

It is ONLY \$1.00 to get a Lifetime Membership
at the York Area Senior Center!

Those who are 55 years and older may join.
Just stop in anytime during our facility hours to
inquire and sign up!

Beef Stew

Dinner

Fundraiser

Thursday, March 21

Serving 11 A.M.-1 P.M.

All are welcome!

Take Out is available.



Spring Fashion Show

Fun, New Fashions

For You!

Kirtsey's
CLOTHING & GIFT
BOUTIQUE

Sunday, March 31


TRIPLE CROWN
BOUTIQUE

2:00 p.m.

*Local gals will be modeling the latest fashions
that ladies 55 years and older will enjoy and have fun wearing!*

Kirtsey's & Triple Crown Boutique

Will be providing the outfits and accessories

Various items will be available for purchase after the Show.

There is something for anyone 55 years and older at the York Area Senior Center.

**Daily meals. Computer lab. Exercise class. Coffee-tea-snacks. Pool tables. Card games. Guest speakers. Crafts.
Special events. Movies. Volunteer opportunities. And more!**

**It's not a place for "old people." It's a place for people who want to remain active and continue to have a social life
that is easy to attain through the various goings on at the facility.**

**York is so fortunate to have a facility such as the Senior Center that is a safe place to help people thrive as they
move along in life and remain independent.**

Yard Work... the Safe Way

Presented by Alysia Clark, DPT,
Physical Therapist
at York General Hospital

Alysia will be presenting & demonstrating
safe ways to work in your garden, flower
beds, yard, planting pots, etc
for this spring and summer.

Wednesday, March 27
11:00 a.m.

All are welcome to attend!

Hydration....

It's Not Just For Summer

Wednesday, March 13
11:00 a.m.

*Staff from Caring Friends in Home Care will
discuss the importance of hydration
relating to many different factors.*

**This is a re-scheduled event from February
due to the weather.*

Open to the Public to attend!



We have great spaces for
card groups to use!

Please check with Rose for
availability of rooms and times.

**Elected Officers & Board Members for 2019
are the following:**

Pat Guiton-President

Dave Neal-Vice President

Pam Gulbrandson-Treasurer

Loretta Heiden-Secretary

Doris Bowman

Claudia Braden

Kitty Kear

Ann Philson

LeVauna Weismann



A Cut Above

215 E. 8th St.

York, NE

FOR APPOINTMENTS CALL:

402-362-3622

Ernie Stern, Owner & Barber



A BIG Thank You to all of our newsletter sponsors in the past year!

Please patronize them and let them know you appreciate their support.

March	A Cut Above-Ernie Sterns
February	Ameritas Financial Advisors-York Office
January	Patina Studios
December	Cross Roads Bible Fellowship Church
November	16th Street Car Wash
October	Gene's Barber Shop
September	York Physical Therapy & Fitness Worx
August	York Vacuum Center
July	John Kohl Auto Center
June	Monica Milleson, HSB Investment Services
May	York Animal Clinic
April	Ameriprise Financial, Robert S. Woodruff, W. Clarke Woodruff

Movie Monday Matinee

The Shakiest Gun in the West

March 18 @ 3:00 PM

Enjoy laughs together while watching one of the most admired and popular funnymen of all time, Don Knotts.

Pizza will be ordered for those who want to stay afterwards.



Sing. Sing a Song....

Please come and enjoy the voices of the K-8th graders from Trinity Lutheran School from Waco.

Tuesday, March 26 @ 10:30-11:00 a.m.

York Senior Center

Financial Report

Operating Fund: 01/01/2019-01/31/2019

Income— — —\$2,298.81

Expenses— — —\$3,480.50 Please ask a Board Member if you have any questions regarding the budget.

Free Blood Pressure Checks

Wednesday, March 13

11:15 a.m.-12:00 p.m.

This service is provided courtesy of

York General Hospital Cardiac Rehab and Wellness Center.