

For Persons Age 50 and Older

# Peterson Activity Center★

December 2016



Happy  
Holidays



**HOURS**  
Monday - Thursday  
8:00 a.m. to 7:00 p.m.  
Friday  
8:00 a.m. to 3:00 p.m.

(308) 233-3278  
[www.cityofkearney.org](http://www.cityofkearney.org)



CITY OF KEARNEY  
PUBLIC UTILITIES REGULATOR

# Information

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## Reminders:

### \*Entrance/Exit Drive

West Side Entrance, East Side Exit  
Although extra wide, the east exit is one lane only. This means that only one car should be exiting onto 11th at a time. This is for your safety.

### \*Weather Closings

In case of inclement weather, PSAC will be closed in accordance with the Kearney Public School System. Listen to local radio stations, local TV stations, and check the webpage for closings.

### \*Senior Center Phone Messages

Phone # (308-224-2505)



Occasionally you may see a phone call coming in from the number above. This is a recorded phone message from us at PSAC letting you know about last minute programs, classes, trips, etc. Please be sure to answer your phone when you see this number. If you have not been receiving these calls and would like to, please let the front desk know.

### \*Community Action Partnership of Mid-Nebraska Congregate Meal Program

11:30 a.m. to 1:00 p.m. - Monday thru Friday

Sponsored by: South Central Nebraska Area on Aging and City of Kearney.

60 & over-suggested donation - \$4.00  
under 60-set rate - \$5.00

### \*Lunch Reservations

Please call 233-3278 by 9:30 a.m. to make your reservation.



## PSAC STAFF

**Deb Eirich, Coordinator**  
(308) 233-3290  
deirich@kearneygov.org

**Rylan Little, Program Aide**  
(308) 233-3279  
rlittle@kearneygov.org

**Judy Adams/Tom Karre**  
Senior Services Attendant

**Jolene Jarecki/Anna Schroeder**  
Seasonal

## MID Staff

Wendy Wilke, Harriett Thompson  
Dan Johnson, MaryAnn Freeling

## Senior Services Advisory Board

Ruby Martin, Patty Candy,  
Dick Johnson, Betty Jo Armagost,  
Brad Stephan

## Next Board Meeting

December 5

## Contact Information

2020 W. 11th Street  
P.O. Box 1180, Kearney, NE 68845  
PSAC@kearneygov.org



# Schedule-at-a-Glance



## Mondays

9:30 a.m. to 10:15 a.m.	Frogs (Fitness Reaching Older Generations)
10:30 to 11:30 a.m.	Bible Study
1:00 p.m.	Open Cards/Pinochle/Games
1:00 p.m.	Mexican Train Dominoes

## Tuesdays

9:00 a.m.	Strength Improvement
9:00 a.m.	Canasta
1:00 p.m.	Open Cards/Pinochle/Games
1:00 p.m.	Drop-in Watercolor Painting
5:30 p.m.	Prime Fitness \$\$

## Wednesdays

1:00 p.m.	Open Cards/Pinochle/Games
1:00 p.m.	SHIIP Assistance

## Thursdays

9:00 a.m.	Strength Improvement
10:00 a.m.	Food Rescue
1:00 p.m.	Open Cards/Pinochle/Games
1:00 p.m.	Gentle Yoga
5:30 p.m.	Yoga \$\$



## Fridays

1:00 p.m.	Open Cards/10 Point Pitch/Games
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## Ongoing Monthly Events

Board Meeting	1st Monday at 4:30 p.m.
Pitch Tournament	1st Friday at 1:15 p.m. (12/2)
Pinochle Tournament	Tuesday 12/20 & Wednesday 12/21 at 1:15 p.m.
Color Me Calm	1st Wednesday of the month (12/7)
Greeting Card Workshop	1st Friday of the month (12/2)
Hearing Aid Clinic	2nd Tuesday at 9:00 a.m. (12/13)
Woodburning	2nd & 4th Wednesday at 1:00 p.m. (12/14 & 12/28)
Quilt Group	2nd Wednesday at 1:00 p.m. (12/14)
Widow Women's Group	3rd Monday at 1:00 p.m. (12/19)
Sweet Spot Program	3rd Tuesday at 12:00 p.m. (12/20)
Foot Clinic	No December Foot Clinic
Country Jammers	Special December Date (12/20)

## Special Events

December 6	Nebraska Attorney General Mobile Office
December 7	Jeff Barnes- Custer in Nebraska, Buffalo Hunt of 1872
December 13	Donn Loy Musical Entertainment
December 16	Holiday Meal
December 19	Kenwood Elementary School Choir
December 21	Halfway to Summer Ice Cream Contest
December 22	Bake Sale, Brunch, & White Elephant Gift Exchange



# December Special Events

## 8 Days of Christmas



**Tuesday, December 13**

*Donn Loy singing the best Holiday Tunes*

11:00 a.m.

**Wednesday, December 14**

*Holiday Food Drive Kick-off*

*Please Bring canned goods to help with the food pantry from now until x-mas*

**Thursday, December 15**

*Christmas Light Tour*

6:00 p.m.

*Sign up to take the free shuttle around town to see the lights! Space is limited.*

**Friday, December 16**

*Holiday Meal*

11:30 a.m.—1:00 p.m.

*Doors Open at 10:00 a.m.*

*Glazed Ham, Sweet Potatoes, Cranberry Sauce, Green Beans, Dessert*

*Register by Wednesday, December 14 to reserve your spot!*

**\$5 Suggested donation for Holiday Meals for people 60 and over.**

**\$6 set rate for people under 60.**

**Monday, December 19**

*Kenwood Elementary School Choir*

*1:00 p.m. in the PSAC Dining Room*



**Tuesday, December 20**

*Country Jammers Music*

11:00 a.m.

**Wednesday, December 21**

*Halfway to Summer Ice Cream Cone Making Contest*

12:30 p.m.

*Prizes given for highest, prettiest, and most creative cone!*



**Thursday, December 22**

*Holiday Bake Sale*

9:30 a.m.—12:30 p.m.

*All proceeds will go to the beverage bar.*

**Brunch**

10:00 a.m.—12:00 p.m.

*Breakfast Bar—Sausage Patty or Bacon, English Muffin, Scrambled Eggs, Fresh Fruit*

**White Elephant Gift Exchange**

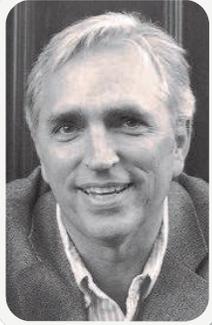
12:00 p.m.—1:00 p.m.

*Bring a gift, and take part in the fun!*

*Breakfast Bar*



# December Special Events



## Custer in Nebraska The Royal Buffalo Hunt of 1872 Presented by: Jeff Barnes Wednesday, December 7 at 1:00 p.m.

Already established as an Indian fighter on the Great Plains, George Armstrong Custer's 1872 visit to Nebraska wasn't for war, but for entertainment. It was here he met the Grand Duke Alexis of Russia and Buffalo Bill Cody to engage in what is possibly the best-known big game hunt in the history of the world. Also the rapid transition of the five-year-old state of Nebraska, is covered.



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**Lower Extremity (Foot, Ankle, Knee, and Hip)**

**Spine and Spinal Injections**

**Work Related Injuries**



Located at 2810 W 35th Street - Kearney, NE 68845

Phone: (308) 865-2570



## Custer in Nebraska: The Royal Buffalo Hunt of 1872 Presented By Jeff Barnes

Wednesday, December 7 at 1:00 p.m.



Presentation will take place in the PSAC Classroom.

## Kenwood Elementary School Choir

Monday, December 19 at 1:00 p.m.

*Singing Christmas songs!*



## Country Jammers

Tuesday, December 20 at 11:00 a.m.

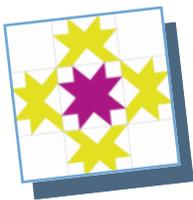
*Mel, velda, Jack & Duane playing  
your favorite tunes!*



## Donn Loy

Tuesday, December 13 at 11:00 a.m.

*Playing a variety of classic Holiday songs!*



### Attention Quilters!

Nancy Loy will be available on the 1st Friday of the month to help you cut your quilt blocks or show you how you can learn to use the Accu-Quilt Go Cutter yourself!  
1:00-2:30 p.m.

Accu-Quilt GO Cutter Dye library now available for sharing.

### Greeting Card Recycling Workshop 1st Friday of Every Month



December 2  
10:00 a.m. to 3:00 p.m.

Workshop in the PSAC Classroom  
Come for an hour, 2 hours, or all day.  
Your creativity is needed and welcomed.

Greeting cards (new and used) are donated to the PSAC on a regular basis for us to recycle and sell on the card display rack in the basement.

# Tournaments



## 10-Point Pitch

Friday, December 2

1:15 p.m.

\$2.00 per person

## Pinochle

Tuesday, December 20 & Wednesday, December 21

1:15 p.m.

\$2.00 per person

First day of tournament (Tuesday) will be random draw for your partner.

## Shuffleboard

Thursday, December 8



1:00 p.m.

\$1.00 per person

Random draw for your partner.

## Burger & Pitch

No Burger and Pitch during December.  
Look for it's return in early 2017!



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# Exercise & Fitness



## Gentle Yoga

Thursdays

1:00 p.m.

Instructor: Trudy Flaherty

This class is great for participants who have limited range of motion, flexibility, loss of coordination, and/or strength. This class will be a chair supported slow paced class that will help improve and keep range of motion. This class will also focus on improving better breathing techniques along with being very relaxing. The class will move as fast or slow as the participant wants.

Classes taught by Trudy Flaherty, certified and registered through the Yoga Alliance.

Because Trudy believes this class is so important for Seniors, she is offering this class free ~ don't miss out on this great opportunity!

## Strength Improvement



Tuesdays and Thursdays

9:00 a.m.

DVD Led Instructor



Chair Exercise, using free weights & stretch bands

## F.R.O.G.S. (Fitness Reaching Older Generations)

Mondays

9:30 a.m.

Instructor: Rylan Little



This class uses light weights, stretch bands, and stretching to work on balance, strength, and flexibility.

## Exercise Equipment



The Peterson Activity Center now has a brand new exercise machine called Nu Step

The Nu Step provides a smooth and natural motion that delivers a low impact, inclusive, total-body cardiovascular and strengthening workout for virtually all users.

Get a low impact workout with high impact results  
Come give it a try!

Treadmills

Recumbent Bike

Stationary Bikes

Elliptical Machine

Weight Bench & Free Weights

These machines are available for your use during normal operating hours.



# Exercise & Fitness



## Yoga

Thursdays

5:30 p.m.

Instructor: Trudy Flaherty

Imagine an activity that increases your flexibility, strengthens your muscles, centers your thoughts, and relaxes and calms you. Yoga does all that and more! Must be able to go from floor to standing back to floor without too much difficulty. Classes taught by Trudy Flaherty, certified and registered through the Yoga Alliance.

Oct. 27 thru Dec. 15

Cost: \$56—7 week session  
Drop in Fee \$10

## Prime Fitness

Tuesdays

5:45 p.m.

Instructor: Jenn Nolda

Prime Fitness has a new routine every class that focuses on flexibility, balance and strength. You'll learn simple and effective exercises to improve your overall health. Increase your energy, boost your mood and have fun getting fit with your peers!

Nov. 15 thru Dec. 20

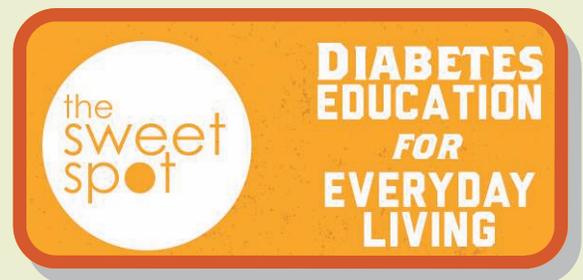
Cost: \$30 - 6-week session  
Drop in Fee-\$6

# Health & Wellness

## The Sweet Spot

Tuesday, December 20 at 12:15 p.m.

Monthly presentation covering the essentials of living with diabetes, including neuropathy, healthy living, preventing diabetes complications and more.



## Foot Clinic & Blood Pressure Screening

No Foot Clinic in December

Next Foot Clinic will be Wednesday, January 18 at 12:30 p.m.

Sign-up for a time on the 1st of every month for that month's foot clinic.  
\$15 Charge for supplies for foot clinic. Blood Pressure Screening free.  
Must pre-register at front desk for a time slot.



## To the following for their contributions to the PSAC:

Bob Zuerlein, Mike Moles, Al Zikumnd,  
Don Day, Irene Shiers, Mary Jo Lowe,  
Bunco Groups, Kearney Newcomers  
Bridge,  
Everyone who donates to the beverage  
& ice cream bar.

# December Menu

Lunch Served 11:30 a.m. to 1:00 p.m.  
Call 233-3278 by 9:30 a.m. to make your reservation.

MON	TUE	WED	THU	FRI
<p><b>Persons under 60 years of age— the set rate is \$5.00</b></p>			<p>1 Tater Tot Casserole Cottage Cheese Tropical Fruit <b>Salad Bar</b></p>	<p>2 Swiss Steak &amp; Gravy Mashed Potatoes 5 Way Veggies Apricots</p>
<p><b>Persons 60 years &amp; over— the suggested contribution is \$4.00</b></p>				
<p>5 Biscuits &amp; Gravy Eggs Hash Browns Fruit Fluff</p>	<p>6 Fried Chicken Mashed Potatoes Lima Beans Tropical Fruit <b>Salad Bar</b></p>	<p>7 <b>Birthday/ Anniversary</b> Zesty Pork Chops Roasted Potatoes Broccoli Mandarin Oranges</p>	<p>8 Meatloaf &amp; Gravy Scalloped Potatoes Corn Tropical Fruit <b>Salad Bar</b></p>	<p>9 Hot Turkey Sandwich Mashed Potatoes Carrots Peaches</p>
<p>12 Chicken Fried Steak Mashed Potatoes &amp; Gravy Veggie Blend Mandarin Oranges</p>	<p>13 Chicken Breast Mashed Potatoes &amp; Gravy Carrots Fruit turnover <b>Salad Bar</b></p>	<p>14 Liver &amp; Onions Alternate: Hamburger Steak Fried Potatoes Normandy Veg. Dessert <b>Salad Bar</b></p>	<p>15 Beef Stroganoff with Noodles Steamed Carrots Cottage Cheese Pears <b>Salad Bar</b></p>	<p>16 <b>Christmas Meal</b> Glazed Ham Sweet Potatoes Cranberry Sauce Green Beans Dessert</p>
<p>19 Potato Bar BBQ Pork Pears Cottage Cheese Potato Toppings</p>	<p>20 Beef Stew over Biscuit Fruited Jell-O Dessert <b>Salad Bar</b></p>	<p>21 Pork Roast Mashed Potatoes &amp; Gravy Country Veggies Pineapple Cookie <b>Salad Bar</b></p>	<p>22 <b>Brunch Served 10:00 am-12:00 pm</b> Pancakes Hash Browns Sausage Gravy on Biscuit Fresh Fruit <b>Breakfast Bar</b></p>	<p>23 <b>Christmas PSAC CLOSED</b></p>
<p>26 <b>Christmas PSAC CLOSED</b></p>	<p>27 Spaghetti with Meat Sauce Garlic Bread Cottage Cheese Peaches Mixed Veggies <b>Salad Bar</b></p>	<p>28 Salisbury Steak &amp; Gravy Baked Potato Broccoli Pears <b>Salad Bar</b></p>	<p>29 Shepherd Pie Cottage Cheese Fruited Jell-O <b>Salad Bar</b></p>	<p>30 Breakfast Casserole Mandarin Oranges</p>

# December Activity Calendar



MON	TUE	WED	THU	FRI
			<b>1</b> <b>9:00</b> Strength Improve. <b>10:00</b> Food Rescue <b>12:00</b> CCC Students <b>12:30</b> Bookmobile <b>1:00</b> Cards/Games Gentle Yoga-Free <b>5:30</b> Yoga-\$\$	<b>2</b> <b>10:00 a.m. to 3:00 pm.</b> Greeting Card Workshop <b>1:15</b> 10 Pt. Pitch Tournament-\$ <b>1:00</b> Accu-Quilt Assistance
<b>5</b> <b>9:30</b> FROG <b>1:00</b> Cards/Games Mexican Train Dominoes <b>4:30</b> Board Meeting	<b>6</b> <b>9:00</b> Canasta Strength Improve. <b>1:00</b> Cards/Games Drop-In Watercolor <b>5:45</b> Prime Fitness-\$\$ <b>10:00 a.m.-4:00 p.m.</b> Nebraska Attorney General Mobile Office	<b>7</b> <b>12:30</b> Duplicate Bridge <b>1:00</b> Buffalo Hunt of 1872 Cards/Games SHIIP assistance Color Me Calm Adult Coloring	<b>8</b> <b>9:00</b> Strength Improve. <b>10:00</b> Food Rescue <b>1:00</b> Shuffleboard Tournament-\$ Cards/Games Gentle Yoga-Free <b>5:30</b> Yoga-\$\$	<b>9</b> <b>1:00</b> Cards/Games 10 pt. pitch
<b>12</b> <b>9:30</b> FROG <b>1:00</b> Cards/Games Mexican Train Dominoes	<b>13</b> <b>9:00</b> Canasta  Strength Improve. Hearing Aid Clinic <b>11:00</b> Donn Loy Holiday Music <b>1:00</b> Cards/Games Drop-In Watercolor <b>5:45</b> Prime Fitness-\$\$	<b>14</b> <b>1:00</b> Cards/Games SHIIP assistance Woodburning Quilting Group Last Day to sign up for Holiday Meal	<b>15</b> <b>9:00</b> Strength Improve. <b>10:00</b> Food Rescue <b>12:30</b> Bookmobile <b>1:00</b> Cards/Games Gentle Yoga-Free <b>5:30</b> Yoga-\$\$	<b>16</b> Holiday Meal <b>11:30 a.m.—1:00 p.m.</b> Doors open at 10 am
<b>19</b> <b>9:30</b> FROG  <b>1:00</b> Kenwood Choir Cards/Games Mexican Train Dominoes Widow Women's Coffee	<b>20</b> <b>9:00</b> Canasta  Strength Improve. <b>11:00</b> Country Jammers <b>12:15</b> Sweet Spot Program <b>1:00</b> Drop-In Watercolor <b>1:15</b> Pinochle Tournament-\$ <b>5:45</b> Prime Fitness-\$\$	<b>21</b> <b>12:30</b> Halfway to Summer Duplicate Bridge <b>1:00</b> SHIIP assistance <b>1:15</b> Pinochle Tournament-\$	<b>22</b> <b>9:00</b> Strength Improve. <b>9:30</b> Bake Sale <b>10:00</b> Food Rescue <b>12:00</b> White Elephant Gift Exchange <b>1:00</b> Cards/Games Gentle Yoga-Free	<b>23</b> Christmas PSAC CLOSED 
<b>26</b> Christmas PSAC CLOSED 	<b>27</b> <b>9:00</b> Canasta Strength Improve. <b>1:00</b> Drop-In Watercolor Cards/Games	<b>28</b> <b>1:00</b> Cards/Games SHIIP assistance Woodburning	<b>29</b> <b>9:00</b> Strength Improve. <b>10:00</b> Food Rescue <b>1:00</b> Cards/Games Gentle Yoga-Free	<b>30</b> <b>1:00</b> Cards/Games 10 pt. pitch

# Upcoming Events



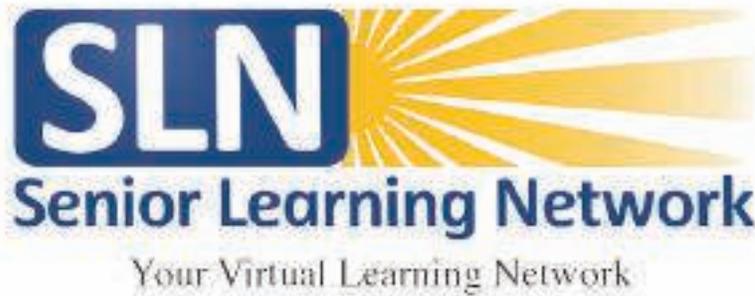
## The Attack at Pearl Harbor: December 7, 1941, a Date Which Will Live in Infamy

Monday, December 5  
12:00 p.m.

**NEW**

This is a virtual presentation presented by the  
Franklin D. Roosevelt President Library & Museum

This presentation explores the Japanese surprise attack on Pearl Harbor. The session examines the decades old debate as to whether or not the United States should have, and/or could have been more prepared for this devastating event that changed American and world history.  
30-45 minutes



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## Nebraska Attorney General's Mobile Office



**Kearney, Nebraska**

**Tuesday, December 6, 2016**

**10:00 am to 4:00 pm**

**Peterson Senior Activity Center - Community Room**

**2020 West 11<sup>th</sup> Street, Yanney Heritage Park**

Attorney General Doug Peterson will open *Mobile Office* hours at the Peterson Senior Activity Center at 10:00 am on Tuesday, December 6, 2016. Office hours will run until 4:00 pm.

AGO representatives from the Consumer Protection Division and the Director of Constituent Services will be on hand to personally meet citizens interested in learning about the services our office is able to provide.

Staff will be available throughout the day to educate, answer questions, and inform citizens about the latest scams being reported across Nebraska. Several valuable educational resources will be available for anyone interested to stop in and acquire for future reference.

### **Services available during Mobile Office:**

- Help request free credit reports from any of the three credit reporting bureaus
- Help compose Security Freeze requests with any or all three of the credit reporting bureaus
- Educate parents on the benefits of freezing their child's or children's SSN
- Help register consumers for the national Do Not Call registry
- Help complete form for the national Do Not Mail service with the DMA
- Guide consumers with free call blocking apps for smartphones
- Assistance filing a complaint and reporting a scam using AGO's Consumer website
- Report scam call phone numbers and scam call complaints, including IRS scam calls

For more information, contact Suzanne Gage, Director of Communications at 402-471-2656 or [Suzanne.Gage@nebraska.gov](mailto:Suzanne.Gage@nebraska.gov)



## This Month's Featured Trips

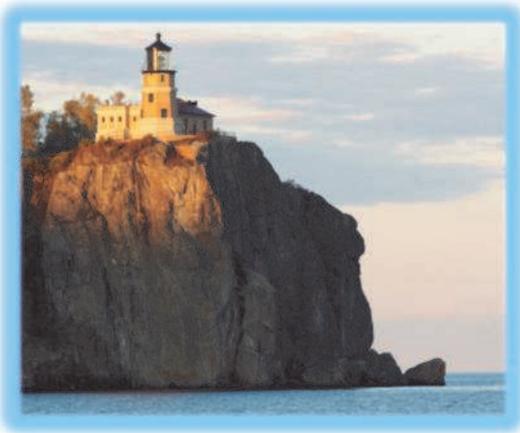


**April 10-12**

\$155 per person / double occupancy  
\$265 per person / single occupancy

Includes: transportation, coffee, and rolls before bus departure from PSAC, 2 nights lodging at WinnaVegas Casino, \$50 Free play, \$20 food vouchers  
Must have a minimum of 20 persons for this trip.

## Northern Minnesota



**June 11-17**

Single Occupancy— \$1249 / Double Occupancy—\$979

Price Includes; Motor coach transportation, lodging, 10

*Circle tour of northern Minnesota, highlighting the states unique heritage through a wide variety of one of a kind attractions, magnificent sightseeing. Duluth, Lake Superior, - the largest freshwater lake in the world, Grand Rapids' beautiful pristine forests and Mississippi River and the rich history of the Iron Range, and world's largest iron ore mines. Also included will be a stop at the Mall of America and Twins Baseball game .*



### Casino Day Trips

Horseshoe, Council Bluffs  
Payment Due when signing up

Date of Trip	Cost	Registration Begins
January 10, 2017	\$36	<b>Sign Up Now!</b>
May 9, 2017	\$36	1-1-17
October 3, 2017	\$36	6-1-17



## Orpheum Theater

*Payment Due when signing up*

*Evening Performances include motor coach transportation, dinner prior to the show and late nights!*

February 14, 2017	Elvis Lives	(evening performance)	\$135
March 7, 2017	Jersey Boys	(evening performance)	\$130
April 6, 2017	Beautiful, The Carole King Story	(evening performance)	\$130

## Day Trips

*Payment Due when signing up*

Date of Trip	Destination	Cost	Registration Begins
April 2017, TBD	Husker Baseball	\$65	1-1-17
May 16, 2017	Mystery Trip	\$125	1-1-17
July 2017, TBD	Grandparent Trip	TBD	1-1-17
August 30, 2017	State Fair	\$35	3-1-17



## Overnight & Extended Trips

Dates of Trip	Destination	Cost	Registration Begins	Deposit Due	Final Payment Due
April 10 -12, 2017	Winnavegas 25th Anniversary Sloan, IA	\$155 pp/double \$265 pp/single	Sign Up Now		Payment due when signing up
June 11-17, 2017	Northern Minnesota (includes Twin BB game)	\$979 pp/double \$1249 pp/single Estimated Price	12-1-16	\$75	4-15-17
Summer 2017— TBD	Kansas City Baseball Weekend				
Sept. 23-Oct. 2, 2017	Grand Canyon	\$999 pp/double* \$1399 pp/single* Estimated Price	1-1-2017	\$75	7-15-17
Fall 2017	Branson				

# Senior Spotlight



## JOHN COCHRAN



Born February 7, 1920 in St. Joseph, MO. I had one brother 2.5 years older than me, who was a navigator on a B-17 in WWII. He lost his life on his 2nd flight over Europe. I have one sister in Lawrence, KS. In the depression days of the 1930's I helped the family in a small way by delivering papers and thus had no time for sports.

With a 3 mile round trip hike to high school and a 7 mile hike to deliver papers I developed an eager commitment to hiking as my favorite recreation. Through the years I enjoyed climbing various mountains, including Mt. Washington and Mt. Monadnock in New Hampshire, Wheeler Peak and Truchas in New Mexico, Utah, & Nevada.

In the summer of 1937 my brother, a friend, and I went to Los Angeles to find work. My brother got on full-time with a sign hanging company, while I got only 3 weeks with a tile setter and various 1 & 2 day jobs.

I went back to St. Joseph by hitch hiking part way and riding freight trains from Barstow to Denver. For 2 years I worked in an Auto electric shop cleaning armatures, generators and small motors to get them ready for rebuilding. One year I made sandwiches and did cleanup work in a sandwich shop. One summer I worked a few weeks at a big green house and truck garden

In September 1941 I married the lovely Averil Conger whom I met when she sat behind me in Geography class in Junior College. Our first year of marriage I worked in the Big Swift & Co. meat packing plant while Averil taught in Country school. In the summer of 1942 we moved to Connecticut where I was a bumbling electrician's helper in the submarine yards and Averil was a nurse's aide in a hospital. In the summer of 1943 I was a counselor and Averil was an assistant to the camp nurse at a large summer camp for children in North Central Mass. In September 1943 I went into the Air Corps with basic training at Amarillo, 6 months college at Drake University, 6 months radio school in Sioux Falls, 6 months operating a direction finding tower on Yuma, 6 months as a squadron clerk in Dallas, In the summer of 1946 we operated a fire lookout in Idaho. I worked one year traveling Missouri & Kansas for my salesman father calling on auto parts dealers. Then I went to Utah State University in Logan, UT. Where Averil finished a B.S. in Elementary Education and I got an M.S. in clinical Psychology which included a 6 month internship at a mental hospital where Averil worked as an aid. I visited different mental hospitals where the Head Psychiatrist demonstrated a Trans orbital Leucotomy on two young women. In the 2 minutes time of total pain free following electric shock he drove a surgical blade up under the eyelid, through the bony socket, and into the brain where he worked it blindly back and forth. He did this on both eyes in just two minutes and showed no compassion at all. I was shocked and outraged. I went outside and stood in the February cold briefly to recover from seeing that absolutely blind, callous, "brain surgery." In the summer of 1950 I was the cook for 20 men for two weeks who were patrolling a 400 acre area after a forest fire in SE Idaho.

In the summer of 1950 I was in Los Angeles for 2 years studying for a PhD in clinical Psychology at U.S.C. The 2nd year of which overlapped with 2 years as a die maker at an aluminum extrusion plant. In the summer of 1953 I went back to Utah where for 2 weeks I was an official observer for the AAA at Bonneville Salt Flats and I carefully watched new cars being tested. At the University of Utah I switched majors and got my PhD in Speech and Hearing Disorders in 1959. While finishing my PhD, I was a half-time research assistant for 2 years and half time teaching assistant for 3 years. During the weekends I enjoyed hiking in the mountains many times. I taught at SW Texas State College for 2 years. Before leaving Utah we had the pleasure of adopting our son, John, and just 6 months later our daughter, Tammy. I then was the Director of the Speech Clinic at Eastern New Mexico for 9 years. I was also the director for one year at the University of Alaska, Fairbanks, which happened to be the worst winter on record. For 6 weeks it never got above -35 degrees day or night and every morning it was -50 to -55.

I went on to become the Director of the Clinic at Lehman College in the Bronx 1971-1973 and the Director for UNK. I retired in 1987, and spent the first three summers at our cabin at 8000 feet in the mountains of New Mexico. Around 1990 I had sleep apnea for 1.5 years until 4 fellow believers laid hands on me and prayed and I was instantly and totally healed. And that is a Halleluiah. For 17 years I was a lay speaker for First Methodist and about the same time I was a volunteer twice a week at Mt. Carmel reading stories and poetry, singing songs, and telling jokes.

In June of 2014 my dear wife passed over to the other side. At present I am truly blessed with many friends from church, the YMCA, and here at this warm friendly senior center.

**Next Month's Senior Spotlight: Mark Martin, nominated by John Cochran**

# Special Event



## Peterson Activity Center

We want to update the technology in our computer lab! Currently we have 19 inch monitors with towers of the floor. We want to upgrade to a 23 inch all in one PC. Providing larger screens, eliminating the tower that currently sets on the floor, will give our computer users more leg room and eliminating any possible tripping hazards. We also hope to be able to upgrade software to newer versions. New computers will also conserve energy, as they are designed to be more energy efficient.

*Give Where You Live is a one-day fundraising event on December 1, 2016, that will unite donors in the Kearney area to support nonprofits and improve our quality of life. Give Where You Live is a community effort led by the Kearney Area Community Foundation that will encourage area nonprofits to build their capacity, find new donors and identify new funding streams. Our goal is to raise thousands of dollars in one day by encouraging local residents to support their favorite charities.*

### SAVE A TRIP...

Cash & Check donations will be accepted at the Peterson Activity Center on December 1. We will take your donation to the Foundation Office.

Donate online @  
[givewhereyoulive.razoo.com](http://givewhereyoulive.razoo.com)



Want More Information?  
[www.seniorcollegene.org](http://www.seniorcollegene.org)  
or [seniorcollege2011@gmail.com](mailto:seniorcollege2011@gmail.com)

## Rediscover The Joy Of Learning

Senior College is a member-driven educational community serving adults who want to learn simply for the fun of it. Members can explore a rich array of general interest and academic course in an intellectually stimulating atmosphere without tests or grades. Look for classes and activities during Fall, Winter, Spring and Summer sessions.

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# Upcoming Special Events

## January Events

- 1/2 — PSAC Closed for New Year's Day Holiday
- 1/10—Day Trip to Horseshoe Casino
- 1/16—PSAC Closed for Martin Luther King Jr. Holiday
- 1/17—Medicine Cabinet Makeover
- 1/20—Kearney Storytelling Festival
- 1/24—Savvy Social Security
- 1/29—Leave on Florida Trip

## February Events

- 2/4—Arrive back from Florida Trip
- 2/6 — AARP Tax Assistance Begins
- 2/14—Day Trip to Elvis Lives
- 2/16—Mike Anderson Music
- 2/20—PSAC Closed for Presidents' Day Holiday



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Search the Kearney locations!



All faiths or beliefs are welcome.



St. Luke's, St. John's &  
Prairie View Gardens

# Sign Up Sheet



Use this sheet to sign up for events, program and trips and return to us!

NAME \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Cell Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

## ACTIVITIES:

X if Coming	Date	Activity	Time of Event	Fee
	12/2/16	Pitch Tournament	1:15 p.m.	\$2.00
	12/8/16	Shuffleboard Tournament	1:00 p.m.	\$1.00
	12/16/16	Holiday Meal	11:30 a.m.	Suggested donation \$5
	12/21/16	Pinochle Tournament (random draw)	1:15 p.m.	\$2.00
	12/22/16	Pinochle Tournament	1:15 p.m.	\$2.00

## TRIPS:

X if you would like to travel with us	Date	Trip	Location	Cost of Trip	Deposit
	1/10/17	Horseshoe Casino	Council Bluffs, IA	\$36	n/a
	1/24/17	Sound of Music	Orpheum, Omaha	\$135	n/a
	2/14/17	Elvis Lives	Holland Center, Omaha	\$135	n/a
	3/7/17	Jersey Boys	Orpheum, Omaha	\$130	n/a
	4/6/17	Beautiful	Orpheum, Omaha	\$130	n/a
	4/10—4/12	Winnavegas	Sloan, IA	\$155 pp/double \$265 pp/single	n/a
	6/11—6/17	Northern Minnesota & Twins Baseball	Minnesota	\$979 pp/double \$1249/single	\$75

Office Use Only When Paid

Total amount paid \$ \_\_\_\_\_

Total Fees: \$ \_\_\_\_\_

How Paid \_\_\_\_\_ Cash \_\_\_\_\_ Check \_\_\_\_\_ Charge \_\_\_\_\_

Processed by \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_



Peterson Senior Activity Center  
2020 W. 11th Street  
P.O. Box 1180  
Kearney, NE 68845

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[www.cityofkearney.org](http://www.cityofkearney.org)



## Our Mission

To support the independence and well being of adults 50 and older, enhance their dignity and self respect, and promote their participation in all aspects of community life through creative programming and providing opportunities and resources in the areas of physical and mental well being, nutrition, recreation, and education.

