



# Peterson Activity Center

October 2020



#### HOURS

Monday - Thursday  
8:00 a.m. to 4:00 p.m.  
Friday  
8:00 a.m. to 3:00 p.m.

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

*Hours may vary to include evenings and weekends as programming and special events dictate.*

# October News

With the State moving into Phase 4 on September 14th, many of you are asking what that means for us. It really does not change things for us at this time, with the continued increase in COVID cases in Buffalo county, it has been decided it is best that we maintain our current status.

- ◆ Curbside pickup for lunch only (see below for details)
- ◆ No planned activities or special events.  
(Except for our Drive Thru Morning Hour)—see next page
- ◆ Building is open for individual or small group use.

*6 foot distancing is encouraged at all times*

*Masks are strongly encouraged, especially if not able to maintain the 6 foot distancing.*

*To ensure proper airflow—masks are not required/encouraged when exercising.*

We have added back in the movie this month, space is limited, please call to reserve a seat for either the morning or afternoon showing.



## Curbside Lunches only through October

Curbside Served  
11:15 a.m.—12:15 p.m.

**24 hour advanced reservation required.  
Call 233-3278 to make your reservation!**

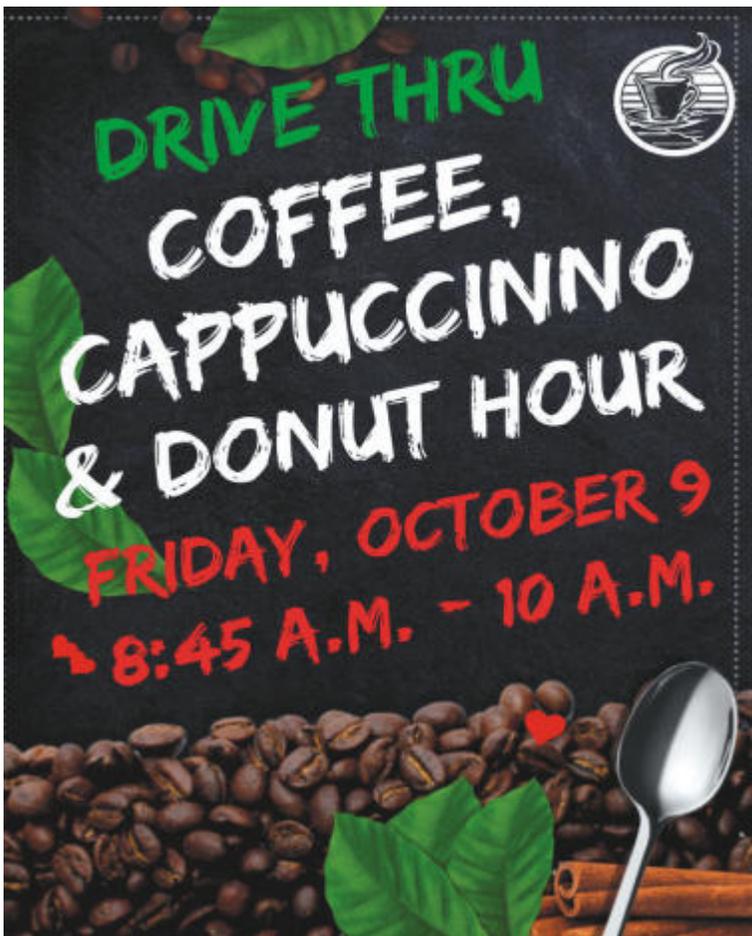


### WIN A FREE CURBSIDE MEAL

To be eligible you must pick up a curbside lunch at least once during the week  
2 lucky people will be randomly selected each week from the weekly Curbside Meal Participant

August 31—September 4:  
September 7—September 11:  
September 14—September 18:

Jack Rood & Anne Young  
Genny Brandorff & Jim Swanson  
Bernice Cernousek & Joe Meuret



## DRIVE THRU

*Pick up a coffee or cappuccino  
& a donut*

**Friday, October 9**

**8:45-10:00 a.m.**

*Participation is free to seniors  
50 & older. We ask that you call  
and pre-register by  
Thursday, October 8  
for planning purposes.*

*Thanks!!*

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Dr. May

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Dr. Nielsen



Dr. Keown



Dr. DeBlis

# New West

sports medicine &  
orthopaedic surgery

**NO REFERRAL NECESSARY**

*Some restrictions may apply*

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Peterson Senior Activity Center, Kearney, NE

A 4C 05-1042

# Movie

Show Times 9:00 a.m. & 1:00 p.m.

Movie will be by **RESERVATION ONLY**. Limited seating available for each show. Please call and reserve your time for show.

## 1917

Friday, October 23

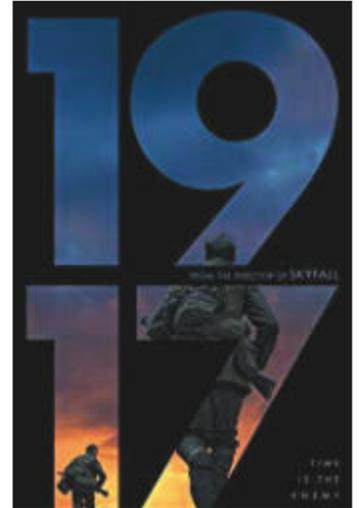
Drama, War

Release Date: Jan. 2020

1 Hour, 59 Min.

Rated R for violence, some disturbing images, and language

April 6th, 1917. As a regiment assembles to wage war deep in enemy territory, two soldiers are assigned to race against time and deliver a message that will stop 1,600 men from walking straight into a deadly trap.



### Halloween Word Search

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

- SKELETON
- PUMPKINS
- GHOST
- GOBLIN
- CANDY
- TRICK
- TREAT
- WITCH
- MUMMY
- SPOOKY
- COSTUMES
- APPLES
- CANDYCORN
- JACKOLANTERN
- SCARY
- BATS
- SPIDERS
- MONSTERS
- HAUNTED
- OCTOBER



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For ad info. call 1-800-950-9952 • [www.lpiseniors.com](http://www.lpiseniors.com)

Peterson Senior Activity Center, Kearney, NE

C 4C 05-1042

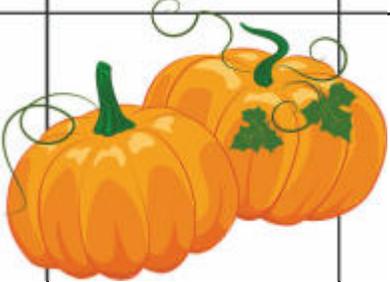
# October Menu

Call 233-3278

24 hours in advance to  
make your reservation.

Curbside Pickup Available through October

11:15 a.m. to 12:15 p.m.

MON	TUE	WED	THU	FRI
			1 Italian Chicken Breast Herb Stuffing Broccoli & Cauliflower Cherry Turnover	2 Beef Tacos Red Beans & Rice Garden Salad Mandarin Parfait
5 Turkey Pot Pie Monaco Veggies Apple Cranberry Compote	6 Saulsbury Steak Mashed Potatoes Iowa Pea Salad Strawberry Jell-O Salad	7 Baked Pit Ham Broccoli Rice Casserole Corn Nuggets Pineapple	8 Beef Ravioli Normandy Veggies Fresh Fruit Salad	9 Paprika Baked Chicken Egg Noodles Crispy Green Beans Peach Pie
12 Crispy Chicken Caesar Salad Pasta-Veggie Salad Fruit Salad	13 Roast Beef Oven Roasted Potatoes Glazed Carrots Waldorf Salad	14 Honey Mustard Pork Roast Cornbread Stuffing Country Veggies Mandarins	15 Cheeseburgers French Fries Creamy Cucumbers Cherry Trifle	16 Lemon Baked Salmon Pasta Alfredo Peas & Carrots Ambrosia Salad
19 Egg Salad Croissant German Potato Salad French Broccoli Fruit Cocktail	20 Spaghetti & Meatballs Cauliflower & Cheese Berry Banana Mousse	21 Fried Chicken Mashed Potatoes Buttered Corn Apricots	22 Beef Stew Southern Biscuit Green Beans Peach Crisp	23 Bacon Artichoke Chicken Breast Rice Pilaf Tropical Fruit Normandy Veggies
26 Chicken Cordon Bleu Scalloped Potatoes Garden Salad Fruit Salad	27 Hot Pork Sandwich Mashed Potatoes Carrots Banana Pudding	28 Chicken Fried Steak Roast Potatoes Harvard Beets Fruit Jell-O	29 Chicken & Noodles Black Eyed Peas Pineapple Sweet Potato Pie	30 Beer Batter Shrimp Au Gratin Potatoes Power Slaw Pear Compote
60 and Over—Suggested Donation \$4.50		Under 60 - Set Rate \$6.00		

# October Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 8:30 Motivated Men 9:15 Strength Improvement 9:30 Dedicated Dames 1:00 Gentle Yoga (Chair) 5:30 Yoga  Fist Day to sign up for Foot Clinic	<b>2</b>
<b>5</b> 9:15 W.O.W.	<b>6</b> 8:30 Motivated Men 9:15 Strength Improvement 9:30 Dedicated Dames	<b>7</b>	<b>8</b> 8:30 Motivated Men 9:15 Strength Improvement 9:30 Dedicated Dames 5:30 Yoga	<b>9</b> 8:45—10:00 a.m. Coffee, Cappuccino, & Donut Hour Drive Thru
<b>12</b> 9:15 W.O.W. 1:00 Widower Support Group	<b>13</b> 8:30 Motivated Men 9:15 Strength Improvement 9:30 Dedicated Dames	<b>14</b> 9:30-11:30 Grab & Go Craft Class	<b>15</b> 8:30 Motivated Men 9:15 Strength Improvement 9:30 Dedicated Dames 1:00 Gentle Yoga (Chair) 5:30 Yoga	<b>16</b>
<b>19</b> 9:15 W.O.W.	<b>20</b> 8:30 Motivated Men 9:15 Strength Improvement 9:30 Dedicated Dames	<b>21</b>	<b>22</b> 8:30 Motivated Men 9:15 Strength Improvement 9:30 Dedicated Dames 1:00 Gentle Yoga (Chair) 5:30 Yoga	<b>23</b> 9:00 Movie 1:00 Movie
<b>26</b> 9:15 W.O.W. 1:00 Widow Support Group	<b>27</b> 8:30 Motivated Men 9:15 Strength Improvement 9:30 Dedicated Dames	<b>28</b> 12:30 Foot Clinic	<b>29</b> 8:30 Motivated Men 9:15 Strength Improvement 9:30 Dedicated Dames 1:00 Gentle Yoga (Chair) 5:30 Yoga	<b>30</b>

# Crafts

## Grab & Go Craft Owl Door Hanger

Wednesday, October 14  
9:30-11:30 a.m.

Stop by, grab your supplies, and take your craft home to work on.

Limited to 15 people  
First Come First Served



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Peterson Senior Activity Center, Kearney, NE

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# Medicare Part D and Advantage Plan Open Enrollment: *October 15 - December 7*

## DO YOU COMPARE?

Last year **Nebraska SHIP** helped Nebraskans save over **\$14 MILLION** by comparing Medicare plan options.

For the safety and convenience of our clients during the Covid 19 pandemic,



**Nebraska SHIP** will **ONLY** be doing Medicare Part D plan reviews by phone/computer only in 2020.

***Appointments are required!***

Call **1-800-234-7119** or **1-308-234-1851** to schedule your comparison.

Comparisons are **ONLY** available by phone or computer.

Receive the same great service from the comfort of your home!

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The Nebraska SHIP provides free, unbiased counseling and information to people with Medicare.

SHIP does not promote or endorse any insurance company, product or agent.

# Medicare Part D Enrollment Assistance with Wanda Cantrell



**Covid –19 has resulted in many familiar services being offered in many different ways. Annual enrollment in Part D is one of those services. I would like to offer another way to do Part D enrollment at the Peterson Center.**

The Peterson Center and I are partnering to provide enrollment in a group setting. We will use the computers available in the PSAC conference/class room.

*Many seniors have the computer skills adequate to enroll in Part D without a one to one session. If you use a smart phone or communicate through email, you are computer savvy enough to enroll in Part D with limited assistance!*

## **Group Enrollment Session**

October 15—November 15

## **Unfamiliar with computers?**

ONE TO ONE SESSION

BY APPOINTMENT AFTER NOVEMBER 15



***This will be an adventure . Please Join me!***

## Sign up to participate in a Group Enrollment Session

Sessions offered October 15—November 15

8:30 a.m. 4 spaces available

10:30 a.m. - 4 spaces available

**Call 233-3278 to reserve your spot.**

### GROUP SESSIONS WILL INCLUDE:

- \* Wanda will walk the group thru the Part D enrollment process
- \* Discuss details on the forms
- \* Discuss any considerations that may affect your decisions

### GROUP SESSION REQUIREMENT TO PARTICIPATE

- \* You will need to have MyMedicare.gov account, your user name and password .  
*This account allows all the prescriptions filled by you in 2020 to auto fill the enrollment forms. This will reduce data entry to a minimum.*

**DON'T HAVE A MYMEDICARE.GOV ACCOUNT?** See steps below for creating an account.

Go to MyMedicare.gov. Click on 'create account". Creating an account for MyMedicare.gov requires you to have the following information:

- Your Medicare number (found on your Medicare card)
- Mailing Address
- Date of Birth
- Effective date for Medicare Part A

Upon completion of the 'create an account' page, a new page will pop up asking you to set a username and password. Upon completion of a username and password, a screen will open with search options and all sorts of good stuff. This is where you can see all your claims information, your Medicare Summary Notices, coverage, etc. Good reading for this winter!

**If you are unable to successfully complete the MyMedicare 'create an account' page?**

- You may use the 'live chat' link on the page.
- Call the senior center 308-233-3278 and we can email you instructions.
- Wanda will set aside time the first two weeks of October to assist with setting up My Medicare accounts. Call 308-233-3278 if you would like to speak to Wanda directly.

**2021 ANNUAL ENROLLMENT PERIOD DATES**  
Dates and deadlines you need to know

OCT. 15, 2020	DEC. 7, 2020	JAN. 1, 2021
COVERAGE CHANGE PERIOD FOR 2021	COVERAGE CHANGE PERIOD FOR 2021	FIRST DATE COVERAGE CAN START
This is the last day you can enroll for 2021 health coverage.	This is the last day you can enroll for 2021 health coverage.	Even if you enroll in December, 2020 your new health coverage will not start until Jan. 1, 2021.

# Medicare Assistance & Technology Help

Wanda Cantrell



Reservations Available 1-on-1 for Medicare Assistance or Technology Help

Call to Sign Up!



Q. Do I have to buy a Medicare Supplement (Medigap) policy?

A. No. There is no Medicare requirement to purchase a Supplement. In fact, you don't have to buy Part B. Medicare's only enforcement action is to add penalties for failure to purchase Part B or Part D when first offered. The penalties are enforced when we decide to purchase Medicare coverage. There is no penalty for NOT purchasing a Supplement insurance.

Why are Supplemental plans sold? Medicare covers all costs except for the Part A and Part B deductibles and 20% of the Part B co-pays. A Medicare Supplement plan pays for a portion of (or all) of these out-of-pocket costs.

The purpose of insurance is to reduce risk. We have to decide if reducing our out-of-pocket expenses are worth the premium.

There are three risks we assume when we don't purchase a Supplement plan. The first risk is underwriting. The second risk is the Part B 20% copay which may be very expensive. The third risk is Medicare's failure to cap out-of-pocket expenses.

Insurance underwriting is a big unknown. It scares us to think about a surprise diagnosis making us ineligible for insurance. This apprehension may lead us to purchase expensive supplemental insurance to cover the "surprises" when first eligible for Medicare.

The insurance industry (and others) say we won't be able to purchase a supplemental policy if we develop significant cardiac, cancer or other expensive medical diseases. These scenarios scare beneficiaries into purchasing Supplemental plans when first eligible to avoid underwriting.

However, many of us will undergo underwriting at some point in our Medicare life. We will be subject to underwriting when we change plans or insurance companies any time after initial enrollment. I believe underwriting is inevitable for many. We do have other good options out there.

The second risk is also an unknown. Funding the Medicare

Part A and Part B deductibles and the 20% Part B copays may be a few dollars or a lot of money. We opt to use our money to pay the deductibles and 20% copay rather than a premium.

However, we must be willing to deal with the underwriting and possibly very expensive premiums if we decide we want a supplement at a later date.

We do have options. High-deductible Supplement Plans F, K and L focus less on underwriting. These plans require the first \$2,000 or more to be paid out-of-pocket. Also, most Advantage plans require very little underwriting.

The third risk is the Medicare no-limit factor. Medicare does not protect me with an annual out-of-pocket limit. This means I could be responsible annually for thousands of dollars due to Part B copays, as an example. All Supplement and Advantage plans do have out-of-pocket limits.

It is all about our tolerance for risk. I should buy a Supplement if I can't handle surprises. Maybe I should buy an Advantage plan as a good choice between no Supplement and an expensive Supplement. Food for thought!



## NEED SOME TECHNOLOGY HELP????

Wanda is now available to help you with your questions. Call 233-3278 to set up an appointment to meet with her.

# GRIEF SUPPORT

*This is a chance to get together with others who have lost their spouses or a loved one. This is a laid back support group. To build your social support after a recent loss*



**Men's Coffee**  
2nd Monday of the month

Monday, October 12  
1:00 p.m.

**Women's Coffee**  
4th Monday of the month

Monday, October 26  
1:00 p.m.

Support Groups are facilitated by:



# FOOT CARE CLINIC

Wednesday, October 28  
1:00 p.m.-2:30 p.m.

\$20 per person

Reserve your spot beginning October 1

Foot Clinic Provided By:



## Heart To Heart Support Group Currently on Hold

This support group is designed for people with, or family members of people with heart failure.





*making moments matter*  
**We're Here When You Need Us.**

We believe that the end of a person's life can be comfortable and peaceful. You and your family are not alone on this journey.

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## OVER 62? WOULD YOU LIKE TO...

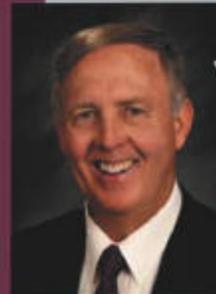
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- Pay off high-rate credit card or other debt?
- Eliminate your mortgage payments?
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### What is it?

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### Benefits

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  - Unlimited check writing
  - Free Golden Club checks
  - And so much more
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Peterson Senior Activity Center, Kearney, NE

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# The Gardens at Yanney Park

Construction has begun on The Gardens at Yanney Park. The gardens will be located in the northwest quadrant of the park. The initial phase of the gardens will span approximately 4.5 acres. When fully finished, the gardens will colorfully enliven 10-12 acres. The first phase is scheduled to be completed by the fall of 2021.

The first phase will include a Lilac & Hydrangea Garden, Nebraska Native Garden, and a Pollinator Garden. The first phase will also include a connector trail along the west side of the park. The second phase will include a Rose Garden, Xeriscape Garden, Edibles Garden, Japanese Garden, and an open green space. All of the gardens will be easily accessed by a series of pathways.



## Husker Football Prediction Contest

Husker Football returns on October 24th.



Make your weekly score prediction by stopping in, calling in, or e-mailing your guess.

Weekly prizes awarded.



# Exercise & Fitness—Free



## Gentle Yoga

Thursdays 1:00 p.m.

Instructor: Trudy Flaherty

Certified and registered through the Yoga Alliance

**Fall Session—October, November, December**

**Class size limited to 12 people**

## Strength Improvement

Tuesday & Thursday 9:15 a.m.  
DVD Led Instructor

Chair Exercise, using free weights & stretch bands

All exercise classes  
require pre-registration

Call 233-3278 to reserve  
your spot

## W.O.W. Workout Of The Week

Monday 9:15 a.m.  
DVD Led Instructor

This is a fitness class for anyone! Come and join us for an energizing morning workout.  
Everyone welcome!

## Motivated Men

Tuesdays & Thursdays 8:30 a.m. Free Will donation  
Instructor: Jerry Schwarz



## Dedicated Dames

Tuesdays & Thursdays 9:30 a.m. Free Will donation  
Instructor: Jerry Schwarz

Come and join us for an energizing morning workout that focuses on improving and enhancing strength and flexibility. This class is designed to create strong, lean, agile, flexible bodies in a fun and exciting atmosphere! All ages (50 and older) and fitness levels are encouraged to attend. Men only for Motivated Men's class and Women only for the Dedicated Dames class.

## Exercise Equipment

Treadmills

## Open Fitness

The building is open for open fitness

Recumbent  
Bike

## Monday—Thursday

8:00 a.m. - 3:30 p.m.

Stationary  
Bikes

## Friday

8:00 a.m. - 2:30 p.m.

Elliptical Machine

Weight Bench &  
Free Weights

Recumbent  
Elliptical Bikes

*Masks are not required while exercising to ensure  
proper air flow*



# Quirky Quilters

## Memorial Corner

Thank you to the following family for designating memorial funds to the Peterson Senior Activity Center

In Memory of  
**Delila Hinrichsen**

when someone  
YOU LOVE  
BECOMES A  
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THE MEMORY  
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*treasure*



ENJOY THE MERRYMAKERS  
FROM HOME

You Tube / Merrymakers Association

Or



<https://www.youtube.com/channel/UCQI7RSdORK5PuF6eszJwGJA>

## Knowing our clients personally is what we do.



<b>Steve Homan</b> Financial Advisor 308-237-0500	<b>Ben Homan</b> Financial Advisor 308-237-0500	<b>Jason Sharp</b> Financial Advisor 308-237-7727	<b>John Cannon</b> Financial Advisor 308-236-8661	<b>Shellie Seeba</b> Financial Advisor 308-234-4732	<b>Eric Trettel</b> Financial Advisor 308-234-6444	<b>Greg Shea</b> Financial Advisor 308-455-3236	<b>Drew Wagner</b> Financial Advisor 308-236-8661
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*If you are interested in virtual learning, contact us at 308-233-3278 and we will tell you how to connect with the programs.*  
**FREE**

## Tuskegee Airmen National Historic Site

**Thursday, October 1**

**1:00 p.m.**



Before the first African American military pilots became known as the "Red Tails", their flying adventure started at Moton Field, in Tuskegee, Alabama, where the Army Air Corps conducted a military test to see if African Americans could be trained to fly. Join us as we tour historic Moton Field, exploring their training, combat roles, and fight for equal rights at home.

## "Animal Adaptations in the Yellowstone Ecosystem"

**Draper Natural History Museum in the Center of the West**

**Tuesday, October 6**

**1:00 p.m.**

"Animals truly are amazing! They can survive in their environments through their amazing adaptations. During this lesson, students will discover the basic habitat needs of animals, and explore how living things adapt to seasons and environments. Students will journey through four habitats in the Greater Yellowstone Ecosystem – the alpine, forest, mountain meadow, and plains/basin environments. We will visit immersive museum exhibits that highlight animals in each of these unique habitats."



## Virtual Tour from the National Museum of the Pacific War

**Thursday, October 8**

**1:00 p.m.**



Come and take a virtual tour of this fabulous museum! Discover the human story of World War II in the Pacific in more than 55,000 square feet of exhibit space spread over three galleries located on six acres in the heart of Fredericksburg, Texas. The National Museum of the Pacific War is the only museum in the continental U.S. solely dedicated to telling the story of WWII in the Pacific.

## SPAM MUSEUM?! Yes, the SPAM Museum!

**Tuesday, October 13**

**1:00 p.m.**

This fun virtual experience is designed to provide a chance for your group to interact with **SPAMBassadors** as we go through a tour of the SPAM Museum. The museum itself tells about the history and start of the Hormel company. As well as its involvement in WW2 and other wars. We talk about the cultural impact that SPAM has had all around the globe and highlight some unique markets. We teach you the 6 simple ingredients that go into making classic SPAM. Bring your favorite memories of a SPAM!





## American Impressionism- Amon Carter Museum of American Art

Thursday, October 15

1:00 p.m.

By viewing and discussing art works by Mary Cassatt, William Merritt Chase, Childe Hassam, John Singer Sargent, and others participants discover how the advent of American Impressionism was more than just an imitation of the Impressionist

## PENN MUSEUM

Stories from the Tamil Diaspora by Praveen Vijaykumar

Tuesday, October 20

1:00 p.m.

What does it look like when worlds collide and create new communities? "Stories from the Tamil Diaspora" traces a Singaporean Tamil family's history back to Tamil Nadu, India, in the early 20th century. The presenter shares experiences of British colonialism, Tamil performing arts practices, and Singapore's transition from colony to an independent, multicultural, and global nation. Participants will gain intimate insight into Singaporean culture, much of which is reflected in its cuisines. Through storytelling, participants are invited to personally engage with global cultures, re-imagine past histories, and discuss positive futures.



## More About Eleanor

Back by popular demand! We have had some special requests for MORE about ELEANOR- and Jeff with the FDR Presidential Library and Museum has agreed to come back . We will send out more program details closer to the date. Please make note of these TWO Bonus Programs!



Part 1:

Wednesday, October 21, 1PM CENTRAL

*Eleanor Roosevelt: Partner in the Whitehouse*

Part 2:

Thursday, October 29, 1PM CENTRAL

*Eleanor Roosevelt: Casting Her Own Shadow In the Post Whitehouse Years*

## "GOLD"! A Virtual Tour from Columbia State Historic Park

Thursday, October 22

1:00 p.m.

"Columbia State Historic Park is the largest collection of gold rush era buildings in all of California. The brick buildings that date back to the late 1850s-1870s help to tell the story of the diverse merchants and miners who helped create this once booming town. Although Columbia's population has dwindled over time, it was never a ghost town. This virtual tour takes you inside buildings and exhibits for a look at this bygone era."





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

We're on the Web!  
[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.

