March 2020

Peterson Activity Center
For Persons 50 years & Older

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

HOURS
Monday - Thursday
8:00 a.m. to 5:00 p.m.
Friday
8:00 a.m. to 3:00 p.m.
(308) 233-3278
www.cityofkearney.org
**For Your Info**

**Thank You**

To the following for their contributions
Bunco Groups, Bridge Groups, and everyone who donates to the beverage & ice cream bar. If we missed acknowledging you, please accept our apologies!

**Thank you to all of our newsletter supporters**
If you see any of our advertisers in our newsletter, please thank them for their support of our newsletter and PSAC, we couldn’t do it without them!

**Memorial Corner**

Thank you to the following families for donating to the Peterson Senior in Memory Of

In Memory of

Darene Kittle

“When someone you love becomes a memory, memory becomes a treasure.” - Unknown Author

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**PSAC STAFF**

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

Rylan Li, Program Aide
(308) 233-3279
rli@kearneygov.org

Judy Adams/Tom Karre
Senior Services Attendant

Jolene Jarecki/Gayle Lawson/
Tonya Cretacci/Margaret Derr
Seasonal

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**MID Staff**

Jana Schraeder, Harriet Thompson,
Dan Johnson, Lance Shafer,
Erma Hansen (on call)

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**Senior Services Advisory Board**

Patty Candy, Dick Johnson,
Betty Jo Armagost,
Deanna Jesse, Betty Jo Shaw

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**Next Board Meeting**

April 6, 2020 4:30 p.m.

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**Contact Information**

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

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**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.

In case of inclement weather, PSAC will be closed in accordance with the Kearney Public School System. This includes late starts. If KPS opens late, we will too.

Listen to local radio stations, local TV stations, and check the webpage for closings.

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In Memory of

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Senior Prom

Friday, April 3
7:00—9:00 p.m.
Live Music By Lead Me Home

Dance held in PSAC Dining Room  Sponsored by UNK Circle K Club

Tax Preparation Assistance will be provided on Tuesdays March 3—April 14.

12:00 to 4:00 p.m.

**Items to bring with you:**
- Social Security Card
- Driver’s License or any other form of ID
- Last year’s tax return
- All current tax forms including:
  - W-2’s, 1099’s, SSA-1099
  - Real estate tax receipt

AARP Tax Assistance will be available at Kearney Public Library on Thursdays through April 9.
Oscars Month  Show times: 9:00 a.m. & 1:00 p.m

All Movies Sponsored by Prairie View Gardens/ Good Sam Society
Thank you!

Joker
Monday, March 2  Crime, Drama, Thriller
Release Date:  Oct. 2019  2 Hours, 2 Min.
Rated R for strong bloody violence, disturbing behavior, language and brief sexual images
In Gotham City, mentally troubled comedian Arthur Fleck is disregarded and mistreated by society. He then embarks on a downward spiral of revolution and bloody crime. This path brings him face-to-face with his alter-ego: the Joker.

Harriet
Friday, March 6  Action, Biography, Drama
Release Date:  Nov. 2019  2 Hours, 5 Min.  Rated PG-13
The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

JoJo Rabbit
Thursday, March 19  Comedy, Drama, War
Release Date:  Nov. 2019  1 Hour, 48 Min.  Rated PG-13
A young boy in Hitler's army finds out his mother is hiding a Jewish girl in their home.

Continued on Next Page
**A Beautiful Day in the Neighborhood**  
**Friday, March 20**  
**Biography, Drama**  
**Release Date: Nov. 2019**  
**1 Hour, 49 Min.  Rated PG**  
Based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.

**Ford v Ferarri**  
**Friday, March 27**  
**Action, Biography, Drama**  
**Release Date: Nov. 2019**  
**2 Hours, 32 Min.  Rated PG-13**  
American car designer Carroll Shelby and driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary race car for Ford and challenge Ferrari at the 24 Hours of Le Mans in 1966.
Q. I saw the SingleCare ads on TV. Can I use a drug discount card like SingleCare with Medicare Part D?

A. No. You can use either a Medicare Part D insurance or a drug discount card for a prescription. However, you cannot use both for one prescription.

Medicare Prescription Drug Benefit Manual Chapter 14 Section 50.4.2 states, “Although beneficiaries can still purchase a covered Part D drug at a network pharmacy without using their Part D benefit or a supplemental card, CMS encourages beneficiaries to use their Part D benefit.”

Medicare wants all prescription data to track out-of-pocket expenses for beneficiaries. Medicare uses this data to evaluate negotiated prices and enrollee costs annually. Medicare’s concern is that without all the data, the negotiated rates will increase future prices. Also, without submission to Part D, correct accounting for the coverage gap cannot be ensured. This is a true concern. A beneficiary may want to weigh the wisdom of using a drug discount card if concerned about the coverage gap.

Medicare believes the lowest drug prices are found in a Part D plan. Generally, that may be true. Specifically, there are exceptions. Many pharmacies now offer $4 prescriptions or something similar. Walmart, Walgreen’s HyVee and CVS are among pharmacies that offer a reduced retail cost for prescriptions. Their lists of $4 drugs are posted on-line for comparison shopping.

Most Part D Tier 1 drugs have a lower out-of-pocket cost than found on a $4 list. The same is true for a discount drug card. However, some Tier 2, Tier 3 and Tier 4 drugs can be purchased cheaper outside of a Part D plan.

Let’s look at an example. A 30-day prescription of amitriptyline (Elavil) is a Tier 3 on my Part D drug plan that has a $37 co-pay after I pay the deductible. The prescription can be purchased at Walmart for $4.

So why are discount drug cards so heavily marketed on TV and through the mail? It’s all about the money. Pharmaceutical companies offer brand-name drugs at a discount rather than have patients purchase a generic medication. The discount drug card company becomes an advocate and marketer for the drug, enrolling as many pharmacies as possible. Each discount drug card company receives a small refund from the pharmacy each time the card is used.

The discount drug company wants as many refunds as possible to increase their revenue. In exchange, the pharmacy honors the drug discount card to increase the number of customers who will purchase other prescriptions or products while in the store.

It is also about insurance. Pharmaceutical companies charge insurance plans the full list price. Insurance plans cannot take advantage of $4 medications or discount drug cards. This dynamic can be a win-win for the beneficiary.

Remember, drugs purchased for $4 or with a discount card cannot be submitted to your Part D provider. Work with a pharmacist you trust to ensure specific offers are legitimate. Savings are possible.
Acoustical Music Jam
Every Tuesday
1:30-4:00 pm
PSAC Dining Room

All are invited to participate or listen.

Pick up your March Madness Bracket available at the front desk!
Prizes awarded to top finishers
Participate in the month long free throw contest.
Weekly winners and overall winners

Pick up your March Madness Bracket available at the front desk!
Prizes awarded to top finishers
Participate in the month long free throw contest.
Weekly winners and overall winners

For ad info. call 1-800-950-9952 • www.4lpi.com
Peterson Senior Activity Center, Kearney, NE
Support Groups

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.

Joint Men’s & Women’s Coffee

Wednesday, March 18 at 3:30 p.m.
PSAC Classroom

Joint Men’s & Women’s Coffee is facilitated by:

Heart To Heart Support Group

Wednesday, March 18 at 3:30 p.m.
PSAC Classroom

Jodi Weides will talk on Heart Failure Medication, Medication Assistance programs, and apps to manage your heart health and medications.

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

Support Groups are facilitated by:

PLATTE VALLEY Medical Group

For ad info. call 1-800-950-9952 • www.4lpi.com Peterson Senior Activity Center, Kearney, NE C 4C 05-1042

YOUR VISION OUR MISSION

For over 50 years, we’ve been committed to providing premium eye care. That’s why our full-service surgery center provides the latest treatment options and the most experienced surgical team in the region.

See why Kearney Eye Institute is central Nebraska’s leading eye surgery center.

Schedule an appointment today
308.865.2760 • 411 W. 39th St.

Thomas J. Clinch, M.D.

For ad info. call 1-800-950-9952 • www.4lpi.com Peterson Senior Activity Center, Kearney, NE C 4C 05-1042
**Presentations**

**Senior Fraud & Scams**
Tuesday, March 10
12:00 p.m.
Presented by Ryan Sothan, Nebraska Attorney Generals Office

Learn how to protect yourself from Fraud, Scams, Identity theft, and a host of others. Learn what to watch for and know when you are being targeted by a potential scammer.

**Balance & Aging**
Tuesday, March 17  
Rescheduled from February
12:00 p.m.
Presented by Staff from Schrock Chiropractic

For older adults, gait and balance problems can cause you to fall. This can lead to injury and a change in lifestyle; in some cases falls can be fatal. Come listen to a short presentation on Balance as we age and how you can be more pro-active to prevent falls from occurring.
We will have hand-outs and go over a few easy exercises that can be done at home.

**NEW CLIENT INTAKE FORM**

The South Central Nebraska Area Agency on Aging (SCNAAA) has implemented a new software system which tracks services provided to individuals receiving services through SCNAAA and area Senior Centers. Tracking the services provided (i.e. number of meals served) is required by the Administration on Community Living, which provides funding for programs like the senior meals program. Tracking services provides an indication of what seniors need and proves a need for funding the programs. This new software is being used statewide through the eight Area Agencies on Aging.

The new software system has made it necessary to update the Senior Center’s Meal Client Intake Sheet. Hence, participants will be asked to complete a new Client Intake Sheet. The information is similar to what participants have completed in the past, but the new form has additional questions about Activities of Daily Living (i.e. walking, bathing) and Instrumental Activities of Daily Living (i.e. shopping, medication management). This information provides statistical data to show what needs seniors may have. In turn, services can be tailored to meet the needs of our senior population.

As always, this information is protected and kept confidential. Your assistance in completing the new Client Intake Sheet is important and we appreciate your help in completing the form. Should you have questions regarding the form, you may contact Susan Hutsell, Nutrition/Health Coordinator at SCNAAA by calling 234-1851.

Your completed form helps with funding to keep your meal cost affordable, please be sure to get your form filled out. Thank You!
Country Jammers
Tuesday, March 3 at 11:00 a.m.
Mel, Velda, Jack & Duane playing your favorite tunes

Kearney Live Music
Wednesday, March 18 at 12:00 p.m.

Tom Strohmeyer
Tuesday, March 24 at 12:00 p.m.
Tom Strohmeyer, playing professionally for the last 20 years by the name “Woody”, first started performing in 1984 after graduating from Kearney State College in Dec 1983. He took his diploma and its Magna Cum Laude notation, and immediately started chasing that ‘rock star’ dream. Whereas most people have gotten it out of their system by that time, he’d only just begun...

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**Tournaments**

**CARD TOURNAMENTS**

**10-Point Pitch**
- Thursday, March 12
- 1:15 p.m.
- $2.00 per person

**Pinochle**
- Wednesday, March 18
- 1:15 p.m.
- $2.00 per person
- Individual Play

**Thursday, March 19**
- 1:15 p.m.
- $2.00 per person
- Bring your own Partner
- Sign up at the Front Desk.

**BURGER NIGHTS**

**Burger & Pitch Nite**
- Tuesday, March 17
- 1:15 p.m.
- $2.00 per person
- $3 for supper, $2 for Cards
- Please Pre Register
- Burgers served from 5:15 to 5:45 p.m.
- Tournament at 6:00 p.m.
- Sign up at the Front Desk. Bring your own partner or sign up by yourself and we will find you a partner.

**Burgers & Bunco**
- Monday, March 2
- 1:15 p.m.
- $2.00 per person
- Please Pre Register by 10 am on 3/2
- Burgers served at 5:30 p.m.
- Bunco at 6:00 p.m.
- Burgers & Chips provided by: Cambridge Court
- Don’t know how to play Bunco—no worries—it’s easy to learn and fun!

**Shuffleboard**
- Thursday, April 2
- 1:15 p.m.
- $1.00 per person
- Random draw for your partner.

**Cornhole**
- Tuesday, March 17
- During Lunch
- Check out the Game sweeping America.

**Tuesday Morning Bridge**
- Do you like to play bridge, drop in to play for a friendly game of bridge every Tuesday. Beginner, Intermediate, any level welcome!
- Every Tuesday
- 9:00 a.m.—11:15 a.m.
We’ve Got Talent

We have so many people from our center with talent that we want to highlight their work. We will be featuring artists, quilters, wood burners, woodcarvers, etc. monthly.

Thank You Peterson Painting Pals for February’s display

March Featured Artists
Central Nebraska Veterans Home Woodshop

Birthday Cake provided monthly by Brookdale Northridge
Thank you!
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<tr>
<td>Country Veggies</td>
<td></td>
<td>Peaches &amp; Cream</td>
<td></td>
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<tr>
<td>31</td>
<td>Glazed Ham</td>
<td></td>
<td></td>
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<tr>
<td>Au Gratin Potatoes</td>
<td></td>
<td>Tropical Fruit</td>
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<tr>
<td>Salad Bar</td>
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<tr>
<td>Apr. 1</td>
<td>Saulsbury Steak</td>
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<tr>
<td>Rice Pilaf</td>
<td></td>
<td>Breaded</td>
<td></td>
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<tr>
<td>Cole Slaw with</td>
<td></td>
<td>Cauliflower</td>
<td></td>
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<tr>
<td>Apples</td>
<td></td>
<td>Fruit Salad</td>
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<tr>
<td>Salad Bar</td>
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<tr>
<td>Apr. 2</td>
<td>Soup &amp; Sandwich Bar</td>
<td></td>
<td></td>
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<tr>
<td>Breaded</td>
<td></td>
<td>Crispy Pollack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
<td>Potato Wedges</td>
<td></td>
<td></td>
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<tr>
<td>Fruit Salad</td>
<td></td>
<td>Three Bean Salad</td>
<td></td>
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<tr>
<td>Salad Bar</td>
<td></td>
<td>Blueberry Pie</td>
<td></td>
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<tr>
<td>Apr. 3</td>
<td>Crispy Pollack</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato Wedges</td>
<td></td>
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<tr>
<td>Tropical Fruit</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
# March Activity Calendar

## ON GOING ACTIVITIES

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15</td>
<td>W.O.W.</td>
<td>7:45</td>
<td>9:15</td>
<td>1:00</td>
</tr>
<tr>
<td>10:30</td>
<td>Bible Study</td>
<td>8:30</td>
<td>W.O.W.</td>
<td>Open Cards/ Games</td>
</tr>
<tr>
<td>1:00</td>
<td>Open Cards/ Games</td>
<td>9:15</td>
<td>8:30</td>
<td>Motivated Men</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00</td>
<td>Motivated Men</td>
<td>9:15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00</td>
<td>Dedicated Dames</td>
<td>Strength Improve.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00</td>
<td>Open Cards/ Games</td>
<td>Open Cards/ Games</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:30</td>
<td>Drop-In Watercolor</td>
<td>Games</td>
</tr>
</tbody>
</table>

## MARCH CLASSES AND SPECIAL EVENTS

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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</thead>
<tbody>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00</td>
<td>Oscars Movie</td>
<td>11:00</td>
<td>Country Jammers</td>
<td>1:00</td>
</tr>
<tr>
<td>5:30</td>
<td>Burgers &amp; Bunco-$</td>
<td>12:00—4:00</td>
<td>AARP Tax Assistance</td>
<td>Gentle Yoga</td>
</tr>
<tr>
<td>1:00</td>
<td>Oscars Movie</td>
<td>12:00</td>
<td>AARP Tax Assistance</td>
<td>Movement &amp; Meditation-$</td>
</tr>
</tbody>
</table>

**First Day to Sign Up For Oklahoma Trip**

| 9    |      |     |      |     |
| 10   |      |     |      |     |
| 5:15 | Walk15-$ | 10:00 | Hearing Aid Clinic | 1:00 |
| 10:00 |      | 12:00 | Scams & Fraud | Quirky Quilters |
| 12:00 |      | 12:00 | Learn to Play 10 Pt. Pitch | Woodburning |
| 12:00 |      | 12:00 | Medicare Assistance | Pinochle |
| 12:00 |      | 12:00 | Learn to Play Pinochle | Walk15-$ |
| 12:00 |      | 12:00 | 1:15 |
| 12:00 |      | 12:00 | 1:15 |
| 12:00 |      | 12:00 | 5:15 |
| 12:00 |      | 12:00 | 5:15 |

**Don’t forget to wear Green!**

| 16   |      |     |      |     |
| 5:15 | Walk15-$ | 12:00 | Balance & Aging Presentation | 12:00 |
| 12:00 |      | 12:00 | AARP Tax Assistance | Kearney Live Music |
| 12:00 |      | 12:00 | 3:00 |
| 12:00 |      | 12:00 | 3:00 |
| 12:00 |      | 12:00 | 5:15 |
| 12:00 |      | 12:00 | 5:15 |

**Don’t forget to wear Green!**

| 23   |      |     |      |     |
| 1:00 | Grief Support Joint Men’s & Women’s Coffee | 12:00 | Tom Strohmeyer Merrymaker Music |
| 5:15 | Walk15-$ | 12:00—4:00 | AARP Tax Assistance | Foot Clinic |
| 12:00 |      | 12:00 | Quirky Quilters | Woodburning |
| 12:00 |      | 12:00 | 1:00 |
| 12:00 |      | 12:00 | 5:30 |
| 12:00 |      | 12:00 | 5:30 |

| 27   |      |     |      |     |
| 9:00 | Oscars Movie | 9:00 | Line Dancing-$ | 1:00 |
| 9:00 | Oscars Movie | 1:00 | Oscars Movie |

**First Day to Sign Up For Oklahoma Trip**

| 20   |      |     |      |     |
| 9:00 | Oscars Movie | 9:00 | Line Dancing-$ | 1:00 |
| 9:00 | Line Dancing-$ | 1:00 | Oscars Movie |

**First Day to Sign Up For Oklahoma Trip**

| 27   |      |     |      |     |
| 9:00 | Oscars Movie | 9:00 | Line Dancing-$ | 1:00 |
| 9:00 | Line Dancing-$ | 1:00 | Oscars Movie |

**First Day to Sign Up For Oklahoma Trip**

| 30   |      |     |      |     |
| 5:15 | Walk15-$ | 12:00—4:00 | AARP Tax Assistance | |
| 12:00 |      | 12:00 | AARP Tax Assistance | |

**First Day to Sign Up For Oklahoma Trip**

| 31   |      |     |      |     |
| 5:15 | Walk15-$ | 12:00—4:00 | AARP Tax Assistance | |
Volunteer Spotlight

Ruth Sajevic
Front Desk Receptionist

Hometown: Kearney, NE

What was your profession?  Teacher

Kids & Family?  3 Sons, 9 Grandkids, 15 Great-Grandkids

Favorite Hobby: Knitting & Reading  Favorite Meal?  Roast Beef

Favorite TV Show?  Any Sports

Favorite band or type of Music? Choral Music

How do you like your Coffee?  Black

Favorite part of the PSAC?  The people and the atmosphere & availability for everyone to enjoy

Phyllis Dey
Greeter

Hometown: Kearney, NE

What was your profession?  Senior Bus Driver among several other jobs

Kids & Family?  3 kids, 23 Grandkids, 2 Great-Grandkids

Favorite Hobby: Dolls  Favorite Meal?  Beef & Noodles

Favorite TV Show?  Hallmark Movies

Favorite band or type of Music?  Anything

How do you like your Coffee?  Black

Favorite part of the PSAC?  Just being here

Carla Fruhling
Front Desk Receptionist

Hometown: Kearney, NE

What was your profession?  Worked at Wal-Mart 9.5 Yrs, College for 11 Yrs

Kids & Family?  2 kids, 4 Grandkids, 1 Great-Grandkids

Favorite Hobby: Cross Stich & Diamonds  Favorite Meal?  Breakfast

Favorite TV Show?  NCIS

Favorite band or type of Music? Country

How do you like your Coffee?  Either black or with creamer

Favorite part of the PSAC?  The whole thing and the people

Jane Sheets
Librarian

Hometown: Gothenberg, NE

What was your profession?  Librarian

Kids & Family?  3 kids, 7 Grandkids, 7 Great-Grandkids

Favorite Hobby: Reading  Favorite Meal?  Anything with sugar

Favorite TV Show?  The Chicago Series

Favorite band or type of Music? Barry Manilow

How do you like your Coffee?  Black

Favorite part of the PSAC?  The Library
Easter Cross
Wednesday, March 18
Karen Baye, Instructor

1:00 p.m. Free Will Donation

We do require that you pre-register for the craft classes 1 week in advance. Maximum 15 people per class.

Wood Burners
2nd & 4th Wednesday of every month
1:00 p.m.
PSAC Classroom – south

Woodburning units are available for those who don’t have their own.

Quirky Quilters
2nd & 4th Wednesday of every month
1:00 p.m. PSAC Classroom – north

All quilters are welcome.

Accuquilt Fabric Cutter is available for your use—90% faster than traditional cutters, maximizes fabric usage, cuts multiple pieces at one time, less back arm and hand strain!

The Peterson Painting Pals meet every Tuesday from 1:00-4:00 p.m. in the Craft room at the Peterson Activity Center.

Whether you are a professional painter or just getting started they would love to welcome you to the group.

Thank you Painting Pals for making the Senior Center walls look so much better with your artistic talents.
March Madness

Word List:

BASKETBALL  CINDERELLA  DEFENSE  FINALFOUR  IVY  PLAYERS  SEED  SWEETSixTEEN  UNDERDOG  VUBACKETBUSTER  COLLEGE  DUNK  FREEthrow  OVERTIme  REFERee  SHOOT  TEAMATES  TIMEOUT  UPSET

Contact Chris Blocher to place an ad today!
cblocher@4LPi.com or (800) 950-9952 x5822
Saturday, April 18

Please plan to participate in UNK’s Student Service Day, “THE BIG EVENT,” on Saturday, April 18, 2019. We would love to provide student workers for labor around your home or non-profit organization.

For questions, call 308-865-8523 or email hoffmannsk@opers.unk.edu.
**Classes**

**Learn to Play 10 Pt. Pitch**
Wednesday, March 4
1:15 p.m.

**Learn to Play Pinochle**
Wednesday, March 11
1:15 p.m.

Haven’t played in years? Or maybe you have never played. Come learn or brush up on your skills.

**Health & Wellness**

**Hearing Aid Clinic**
Tuesday, March 10
10:00 a.m.

Need your hearing aids checked out or have any other questions to ask a hearing professional? Stop in and talk to Tom Tambling from Professional Hearing Aid Services.

**Blood Pressure Checks**
Beginning Again Tuesday, April 28
12:00 –1:00 p.m.
Blood Pressure Checks performed by CHI Health at Home Nurse Jordan Cretacci

**Foot Care Clinic**
Wednesday, March 25
1:00 p.m.-2:30 p.m.
$20 per person
Reserve your spot beginning March 2
Exercise & Fitness—Free

**Gentle Yoga**  No class 3/19
- Thursdays  1:00 p.m.
  - Instructor: Trudy Flaherty
  - Certified and registered through the Yoga Alliance

Class size limited to 20
FIRST COME / FIRST SERVED

**W.O.W.  Workout Of The Week**
- Mondays & Wednesdays  9:15 a.m.
- May be a DVD or instructor led

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

**Strength Improvement**
- Tuesday & Thursday  9:15 a.m.
  - DVD Led Instructor
  - Chair Exercise, using free weights & stretch bands

**Motivated Men**
- Tuesdays & Thursdays  7:45 a.m.
  - 8:30 a.m.
  - Instructor: Jerry Schwarz
  - Free Will donation

**Dedicated Dames**
- Tuesdays & Thursdays  9:15 a.m.
  - Instructor: Jerry Schwarz
  - Free Will donation

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**

**Open Fitness**
- The building is open for open fitness
  - Monday—Thursday  8:00 a.m.—5:00 p.m.
  - Friday  8:00 a.m. - 3:00 p.m.

**The Loyalty Punch Card**
- Purchase your punch card for exercise and fitness activities and save!

**Treadmills**
**Recumbent Bike**
**Stationary Bikes**
**Elliptical Machine**
**Weight Bench & Free Weights**
**Recumbent Elliptical Bikes**

Peterson Activity Center
Loyalty Punch Card  - $55

*Each star is worth $5*

Yoga Class 2 Stars / Walk Fit & Line Dance 1 Star per class
## Exercise & Fitness—Fee Based

### Line Dancing
**Thursday’s**
- 6:30 p.m.—7:30 p.m.  
  Beginners Only
- 7:30 p.m.—8:30 p.m.  
  Intermediate & Advanced Dancers

**Friday’s**
- 9:00 a.m.—10:00 a.m.  
  Beginners Only
- 10:00 a.m.—11:00 a.m.  
  Intermediate & Advanced Dancers

**Instructor:** Jolene Schroer

You never need a partner but you can bring all your friends and have a lot of fun. Plus you get exercise without realizing you are actually exercising. Studies have shown Line Dancing is a great help in areas of memory, balance, cardiovascular, and vertigo. And at the same time you get to have lots of fun!

### Movement & Meditation
**Thursday’s**
- 5:30 p.m.
  No class 3/19

**Instructor:** Trudy Flaherty, Certified and registered through the Yoga Alliance

Movement & Meditation: Ever wanted to explore Meditation and Mindfulness, but afraid to commit? This class is for you! This class will start with 40 minutes of yoga and end with a 20 minute Meditation. We will explore several different styles of Meditation and Mindfulness. As the class advances we will move to 30 min. movement, 30 min. meditation. Students will be able to direct how the class advances.

### Walkfit
**Monday & Wednesdays**
- 5:15 p.m.

**Instructor:** Kay Christensen, Certified Master Level Walk 15 instructor.

Walk 15 is a low impact, multi muscle, calorie torching, walking based workout—with very effective results. Any and all fitness levels can do it!

The music is paced so 15 minutes signifies the time (speed/pace) of most miles. An average pace of 4 mph. Move in many different directions, add a strength component and the results is a high calorie health enhancing, fun workout.
OKLAHOMA CITY & TULSA
September 14-18, 2020

OK City National Memorial Museum, Guided tour of OK City, Narrated Cruise of Brick Town, Botanical Gardens, National Weather Center and more. Travel the Tulsa Tunnels with guided tour, Philbrook Museum of Art and more.

Includes transportation, lodging, all admissions, 10 meals.

Insurance available for additional fee.

Sign up for this trip starting 3/2/20

$750.00 pp—Double Occupancy
$975.00 pp—Single Occupancy

$100 deposit due when signing up for this trip

Royals vs Rockies
June 23 & 24
Coors Field — Denver, CO

Early Bird Registration
$275 pp—Double Occupancy
$335 pp Single Occupancy

Registration after 4/15/20
$300—double occupancy / $360 Single Occupancy

Includes transportation, games tickets for June 23 & June 24, loaded tickets for food on 6/23, breakfast 6/24 and lodging

Full payment due when signing up. Sign Up Now!

CHRISTMAS IN NEW YORK
December 4-8, 2020

Let’s explore the City that Never Sleeps, guided tour of Manhattan, Central Park, Rockefeller Center, Times Square, Wall Street, 9/11 Memorial and Museum, One World Observatory, free time to explore on your own and more.

Includes airfare from Kearney, transportation in New York, lodging, all admissions, 8 meals: 4 breakfasts / 4 dinners. Insurance available for additional fee.

Registration begins 4/1/20.
Walk in registrations ONLY on 4/1/20.

4/2/20, walk in and call in registrations accepted.
This Month’s Featured Trips & Shows

ROSEBUD CASINO

Valentine, NE
May 12—13, 2020
$90 pp—double occupancy
$120 pp—single occupancy

Trip includes:
Transportation, lodging, $30 Free Play
10% off deli order or buffet price (one time discount). Additional $5 free play or $5 match for table games if new Rosebud visitor. Additional $20 free play if it is your birthday month!

Sign up today! Last day to register is 5/1/20

MERRYMAN CENTER

TUESDAY, MARCH 24
2:00 P.M. Matinee
$25.00 pp—floor seats
Tickets available at PSAC
ENJOY AN AFTERNOON OF HITS INCLUDING:
"THE WAY YOU LOOK TONIGHT", "PUT YOUR HEAD ON MY SHOULDER", & "CAN'T TAKE MY EYES OFF OF YOU"

Knowing our clients personally is what we do.

Edward Jones
MAKING SENSE OF INVESTING
www.edwardjones.com
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Financial Advisor
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Ben Homan
Financial Advisor
308-237-0500
Jason Sharp
Financial Advisor
308-237-7727
John Cannon
Financial Advisor
308-236-8661
Shellie Seebe
Financial Advisor
308-234-4732
Eric Trettel
Financial Advisor
308-234-6444
Greg Shea
Financial Advisor
308-455-3236
Drew Wagner
Financial Advisor
308-236-8661

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Savings Include an American Standard Right Height Toilet
FREE! ($500 Value)

Contact Chris Blocher to place an ad today!
cblocher@4LPI.com or (800) 950-9952 x5822

Call today to connect with a SENIOR LIVING ADVISOR
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE
A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.

Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

For ad info. call 1-800-950-9952 • www.4lpi.com
Peterson Senior Activity Center, Kearney, NE

American Standard
Walk-In Tub
WALK-IN BATHTUB SALE! SAVE $1,500
✓ Backed by American Standard’s 140 years of experience
✓ Ultra low entry for easy entering & exiting
✓ Patented Quick Drain® Technology
✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
✓ 44 Hydrotherapy jets for an invigorating massage
Limited Time Offer! Call Today!
844-889-2321
Or visit: www.walkintubinfo.com/safety
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.