



SUNSHINE CENTER, INC.

PROMOTING THE HEALTH, INDEPENDENCE & QUALITY OF LIFE FOR OLDER ADULTS

April 2024

140 W. BRIDGE, WEST POINT

Sunshine Center, Inc. is funded by the NENAAA, the City of West Point, donations, and fundraising events. Services are provided without regard to race, color, national origin, handicap, or sex. There are no membership fees or attendance requirements. Hours are 8 a.m. - 4:30 p.m., Monday - Friday. Nutritious, well-balanced meals are served from 11 :30 a.m. - noon with reservations required by 1:00 p.m. the prior business day. Transportation services are available from 8:30 a.m. - 3:00 p.m. within the city limits of West Point for appointments, errands, shopping, and trips to the Center. Please call-in advance to schedule a ride. Call 402-372-3800 for more information. New faces and guests of all ages are always welcome!

Fun Facts:

1. More English words begin with the letter 'S' than any other letter of the alphabet.
2. It takes over seven years for the average American residence to use the same amount of water that flows over Niagara Falls in one second
3. Cows actually do not bite grass; instead they curl their tongues around it.
4. You burn more calories sleeping than you do watching TV.
5. An Ostrich can grow up to 9 feet tall.
6. In just one day, 200 million work hours are consumed by women collecting water for their families.
7. 'E' is the most commonly used letter in the English language. In Fact, as many as one in eight of all letters written in English is 'e'.
8. The longest word in English has 45 letters:
'pneumonoultramicroscopicsilicovolcanoconiosis'!

April Observances

April 1st- April Fools
April 15th Tax Deadline
April 26th Arbor Day

April 23rd

Sunshine Center will have game night

6:00-8:00 p.m.



VOLUNTEERS ARE SPECIAL!!
THANK YOU TO ALL WHO
HELP AT THE CENTER!



Welcome New Board
Members

Jan Steenken

Janice Frazey

Claire Smidt

Fred Gelster



to the following friends for their donations to the Center this past month.

Men's Cards	\$30.00
Roger/Jan Steenken	\$20.00
Bob/Joyce Vogltance	\$25.00
Anonymous	\$10.00
Darlene Brummund	\$20.00
Charles Spies	Coffee Pot
Marvin Kappius	Paper Products
Ladell Kreikemeier	\$20.00
Kathy Ernesti	Coffee

In Memory of Norma Pagels

Nancy Reppert	\$100.00
Carol Schuetze	\$10.00
Louise Schulzkump	\$20.00

Runza Casserole

- 2 pkg. refrigerated crescent rolls (8oz. Each)
- 2 lbs hamburger
- 2 finely chopped onions
- 4 cups of chopped cabbage
- 1 lb shredded mozzarella cheese

Preheat oven to 350. Spread one tube of crescent rolls into the bottom of a 9x13 pan and bake 7 minutes.

Brown the hamburger and onion in a skillet. Drain grease and add cabbage. Add salt & pepper and let steam for a few minutes. Spread the hamburger/cabbage mixture into the pan. Sprinkle the cheese on top of the meat mixture. Spread the second tube of crescent rolls over top of the cheese.

Bake for 35-40 minutes, covering with foil the last 10 minutes to soften the crust.

Minutes of the Board of Directors Meeting 3-12-24

8:30 a.m. at the Sunshine Center, West Point, Ne.

The meeting was called to order by Vice President Theresa.

Roll Call: Present Board members were: Ray, Sandy, Rita, Director Deb, and Assistant Staci.

Absent were Butch, Carol, and Merna.

Sandy read the Minutes of the 2-13-24 Board Meeting. Ray made a motion to accept the minutes and Rita made the second and motion passed.

Sandy read the Minutes of the 2-16-24 General Meeting.

Sandy gave the Treasurers Report. A motion was made by Ray with a second by Theresa to approve the expenditures of \$5,890.37 and to accept the Treasurers Report as given. Motion passed.

The Transportation Report was given. There were 100 one way trips in the month of February.

Old Business:

1. Nominees for new Board members are: Jan Steenken, Janice Frazey and Fred Gelster. One more nominee is needed by the General Meeting on March 15, 2024.

New Business

1. A discussion was held on a new activity at the center which will be offering a game night the Fourth Tuesday of each month from 6-8 p.m. during the months of April-September, with possible light snack. One staff member would be present and could take comp time off that week at their discretion. This new event will be discussed at the next general meeting. The public, all ages are invited and welcome.
2. Discussion was held on what the plan would be if both staff members were not able to be at the center on the same day.

Meeting was Adjourned at 9:10 with a motion by Rita and seconded by Sandy. Motion passed.

Respectfully Submitted by Sandy Boots

April Birthdays

Anne Jung 4th

Donna Brunnert 12th

Janice Ernesti 24th

LaVonne Woodka 5th

Peggy Watson 19th

Rhonda McDevitt 30th

Henry Drueke 11th

Janice Frazey 22nd

Earth Day

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

EARTH
HABITAT
PEOPLE
VOLUNTEER
ENVIRONMENT
RECYCLE

POLLUTION
CLEAN
WASTE
CONSERVATION
GREEN
WATER

RAINFOREST
OXYGEN
RESOURCE
TREES
OCEANS
PRESERVE

REDUCE
ANIMALS
CARE
REUSE
PLANET
PLANTS