

Senior Progress Center

The Young at Heart Singers will be performing Friday at the Senior Progress Center. Come and enjoy lots of good music.

Activities for the week: **Monday:** 10:30 a.m. shuffle board. **Tuesday:** 10 a.m. exercise; board meeting following lunch. **Wednesday:** cookies and hot drinks. **Thursday:** 10 a.m. exercise; 10:30 pinochle game. **Friday:** 10 a.m. exercise; 11:30 a.m. Young at Heart.

Menus for the week: **Monday:** Salisbury steak, Italian blend vegetables, garden rice, pears. **Tuesday:** open-face turkey sandwich, mashed potatoes and gravy, peas, blueberry cobbler. **Wednesday:**

hamburger stew, tossed salad, biscuit, apricots. **Thursday:** liver and onions in gravy, parsleyed potatoes, green beans, cooks' choice fruit. **Friday:** hot dog with kraut, mashed potatoes, fruit cup, pudding.

The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch Monday through Friday at the senior center. Home delivery is available, as is pick-up service. A contribution of \$2.75 per meal is suggested for seniors, \$5 for others. For anyone under 60, home delivery is \$5.75. Make reservations at (784) 460-2901 by noon the day before.

Museum holds classes

The Dane Hansen Museum in Logan will be offering classes on how to paint the Bob Ross way from 9 a.m. to noon and 1 p.m. to 3 p.m. Saturday and Sunday, Feb. 20 and 21.

The first day the class will be painting "Grandpa's Barn" and the second day's class will be painting "The Magic Bridge."

T.R. Mathews and Sandy Seamone, of Arriba, Colo. will be instructor.

Previous experience is not necessary. Participants are asked to bring a roll of paper towels.

Cost is \$60 per day, with all

supplies provided. The classes are sponsored by the Hansen Museum continuing education program.

For information call (785) 689-4846 or go to www.hansenmuseum.org

The Prairie Museum of Art and History is hosting the Smithsonian Traveling Exhibit, Journey Stories, from Jan. 8 through Sunday, Feb. 21. Also featured is a companion exhibit on Northwest Kansas and a photography exhibit. Admission

School Activities and Menus

Activities: Monday: 4:30 p.m. junior high scholars bowl, Goodland. **Tuesday:** 6:30/8 p.m. high school basketball vs. St. Francis, Brewster. **Thursday:** 4 p.m. high school regional scholars bowl; junior high basketball, Triplains. **Friday:** no school; 6:30/8 p.m. high school basketball, Wheatland.

Menus: Monday: Breakfast: grilled cheese. Lunch: nacho beef and cheese, chips, salsa, corn, veggie sticks, pears, apple. **Tuesday:** breakfast: pancakes, sausage. Lunch: corn dogs, fries, baked beans, veggie sticks, orange slices, mixed fruit. **Wednesday:** breakfast: scrambled eggs, bacon. Lunch: spaghetti with meat sauce, green beans, bananas, peaches, garlic bread. **Thursday:** breakfast: blueberry muffin. Lunch: sausage pizza, seven-layer salad, baby carrots, orange slices, apple.

Colby Public Schools

Activities: Monday: lunch money due; 4 p.m. grade school site council, grade school cafeteria; 4:30 p.m. girls seventh grade

basketball, Oberlin-Decatur; 4:30 p.m. seventh/eighth grade scholars bowl, Grant; 6 p.m. girls eighth grade basketball, Oberlin-Decatur; 6/7:30 p.m. girls/boys junior varsity basketball, Colby Tournament. **Tuesday:** 4-7:45 p.m. parent-teacher conferences. **Wednesday:** noon – grade school parent-teacher organization meeting, Grade School; 7 p.m. high school all sports booster club meeting. **Thursday:** 1:30 p.m. students dismissed; 2-7:45 p.m. parent-teacher conferences; scholars bowl regionals; 4:30 p.m. girls seventh grade basketball vs. Hoxie; 5:30 p.m. middle school wrestling vs. St. Francis and Oberlin, St. Francis; 6 p.m. girls eighth grade basketball vs. Hoxie; 6/7:30 p.m. girls/boys junior varsity basketball, Colby Tournament; 7:30 p.m. baseball and softball rules meeting, Hays. **Friday:** no school; school improvement; 4:30 p.m. C-team basketball, Decatur; 6:30 p.m. boys junior varsity/girls varsity basketball, Decatur; 6:30 p.m. wrestling, Goodland; 8 p.m. girls junior varsity/boys varsity basketball, Decatur. **Saturday:** Regional Piano Festival, Fort Hays State University; 8 a.m. American College Testing Program test, Colby Community College; 8 a.m. forensics, Dighton; 9:30 a.m. middle school wrestling, Norton.

Menus: Monday: breakfast: scrambled eggs, toast, grape juice.

Lunch: chicken strips, whipped potatoes/gravy, carrots, fruit mix. **Tuesday:** breakfast: pancake/syrup, apples. Lunch: ham pocket, bierock, whipped potatoes/gravy, green beans, oranges. **Wednesday:** breakfast: blueberry muffin, orange juice. Lunch: cheese quesadilla or taco, lettuce/tomato, corn, rice/cinnamon, cornbread with honey, peaches. **Thursday:** breakfast: sausage gravy on biscuit, apple juice. Lunch: chili frittos, cheese pizza, carrots, wheat roll, kiwi or apple.

Colby Community College

Activities: Sunday: 9 a.m. wrestling team at Kansas Cup, Wichita. **Monday:** Noon Baker Club Luncheon, Student Union 106; 4 p.m. PTA massage clinic, Health Science 804; 6 p.m. women's basketball vs. Pratt, Colby Community Building; 8 p.m. men's basketball vs. Pratt, Colby Community Building. **Wednesday:** 6 p.m. therapeutic massage clinic, Thomas Hall 402; 6 p.m. women's basketball at Cloud County, Concordia; 8 p.m. men's basketball at Cloud County, Concordia. **Friday:** 7 p.m. wrestling vs. Western Wyoming, Colby High gym; Noon – indoor track at Husker Invitational, Lincoln, Neb. **Friday:** 7 p.m. wrestling vs. Western Wyoming, Colby High gym. **Saturday:** 10:30 p.m. baseball try-athlon, Colby Bowl; 9:30 a.m. indoor track at Husker Invitational, Lincoln, Neb.; 6 p.m. women's

basketball at Seward County, Liberal; 8 p.m. men's basketball at Seward County, Liberal.

Golden Plains

Activities: Wednesday: 8:15 a.m. forensics, Dighton; 12:30 p.m. early dismissal/teacher inservice. **Thursday:** middle school basketball vs. Cheylin, Rexford; high school regional scholars bowl. **Friday:** 9 a.m. all school play elementary performance; high school basketball vs. Wallace County, Sharon Springs. **Saturday:** 7 p.m. all school play.

Heartland

Activities: Monday: 1 p.m. spelling bee, Commons. **Tuesday:** 4 p.m. high school basketball, Plainview; 2-3 p.m. fourth-eighth grade spelling bee, Commons. **Friday:** eligibility due; 6:30 p.m. high school basketball, Triplains.

Sacred Heart

Activities: Monday: Catholic Schools Week; 7:15 a.m. school council. **Tuesday:** Candlemas. **Thursday:** 3:40-7:45 p.m. parent-teacher conferences. **Friday:** no school; 9 a.m.-1 p.m. parent-teacher conferences.

Menus: Monday: turkey/cheese sandwich, french fries, peas and carrots. **Tuesday:** tacos, lettuce/tomato, cheese, corn, salsa, biscuits, tropical fruit. **Wednesday:** chicken fried steak, potatoes/gravy, peaches, carrots, roll. **Thursday:** pizza, green beans, tossed salad, pears, bread sticks.

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prairiem@st-tel.net
www.prairiemuseum.org

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