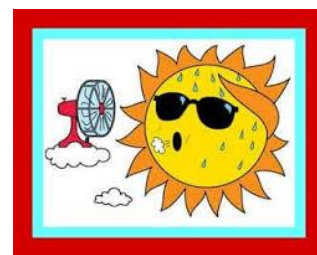




BELLEVUE SENIOR Community Center



*Golden opportunities await a
new day!*

109 W. 22nd St. Bellevue, NE 68005 (402) 293-3041
Monday-Friday 8:00 am - 4:00pm

BOARD OF DIRECTORS

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Hello People!

It's been a long hot summer and we have another month ahead. Don't let the weather keep you at home, come out and enjoy this month's activities.

It's also time to start getting ready for our annual fundraiser. This year we are having an ice cream social and basket raffle. Our goal is to raise \$17,000 ! Start talking to your mechanic, hair stylist, favorite restaurant – anyone who would like to donate a gift card or product for a basket.

This year our fundraiser will be held at the senior center. It's a great way for those who sponsor us or donate to us to see their money in action. We are putting together a video of the center through the years. If you have some photos please let us make a copy.

Let's make this year the best yet !

Kathy and Dawn

IN THIS ISSUE:

Page 2:

Here's What is
Happening

Page 3:

More Center
News

Page 4:

August
Birthdays

Pages 5:

Activity
calendar

Page 6:

Hot Menu

Page 7:

Deli Menu

CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
ENOA, Assistant
Manager



Here's What is Happening at the Center

ELVIS ! He was last seen at the **Heartbreak Hotel**, just past the **Jail House Rock**. Let your **Hound Dog** out, dust off your **Blue Suede Shoes**, grab your **Teddy Bear** and be ready to be **All Shook Up!** Since we **Can't Help Falling in Love** with him and his music, **It's Now or Never** to sign up for the party. Reserve your spot by Aug. 8th. You won't be **Lonesome Tonight** with all your friends singing along. The fun starts at 10:30 am on Thurs. Aug. 11th. Be sure to sign up for lunch!



Breakfast – the most important meal of the day! Start your morning off the right way and join us on **Wed. August 24th at 9:00 am**. We will be serving **Eggs Benedict** – an egg, Canadian bacon on an English muffin and topped with Hollandaise sauce. Plus we top it off with fresh fruit, coffee and juice. Cheaper than a gallon of gas – still only \$3.00. Sign up by Friday 19th.



Beach Bingo ! It will seem like a day at the beach if you come play Beach Bingo with us. We will have prizes and everyone is a winner. Make a day of it and stay for lunch. The fun starts at **11:00 am on Tuesday, Aug. 30th**.



Kiwanis Day ! Celebrate Arrows to Aerospace with us on **Friday August 19th**. The Kiwanis will provide a Lasagna Meal at noon followed by Bingo.

You must call in your reservation by Friday August 12th.

It's Fundraiser Time! Mark your calendar for **Saturday, October 8th**! We are having an Ice Cream Social for this year's event. Start collecting your items for the basket raffle. More info next month.



Our Board's Annual Meeting. This is rescheduled from last month. It will be held at **3:30 pm on Monday, August 8th**. It's a great opportunity to meet the members and express your concerns, goals or ideas for the center's future. Please mark your calendars. We'd love to have you attend.

ENOA is having their annual Step out for Seniors Walk – a Thon on **Friday, August 12th**. It is their fundraiser to help update programming and services for the 23 senior centers in the Eastern Nebraska area. It would be awesome to get a bus load of our seniors involved. They will have a basket raffle as well a Lifestyle Expo and Health Information available. You can get a massage or try a tai chi class. They will also have a farmer there with fresh produce. The Walk is a \$10.00 entry fee. Let's fill our bus and show our support for ENOA! **Sign up by Aug. 5th**



Speaking of Steps for Seniors..... Our volunteer **Lois Heckmann** has walked over **5 million steps in exactly one year!!!** Her goal was to walk 15,000 steps a day and she just kept going from there! What an amazing accomplishment! Be sure to tell her congratulation next time you see her.

AUGUST BIRTHDAYS

- 1- Ron Hagen
- 3- Shirley Dorman
- 4- Dick Webber
- 5- Mary Miller
- 6- Stan Peterson & Dale Culver
- 7- Anton Walter
- 10- JoElla Woolery & Catherine Straub
- 11- Ken Flegle
- 12- Carroll Holz & Steve Chaney
- 13- Marie Aaron
- 14- Linda Larkin
- 16- Carol Bucholz & Bill Dreyfus
- 16- Yvonne Knoblauch
- 17- Simon Lobo, Belinda Haden & Sharon Kirk
- 18- Margot Wood & Jim Timms
- 19- Daryl Baker
- 20- Kathy Smith
- 22- Mary Jo Schiefelbein & Kay Culver
- 22- Jacqueline Stott & Karen Jensen
- 23- Joe Gamerl & Dan Horton
- 24- Pat Gentry
- 26- Clara Janousek & Pat Cox
- 27 – Mary Miller (yes we have 2 Mary Millers)
- 28- Anna Gleason
- 29 – Dolores Holubar



A Special Birthday shout out to **CLARA JANOUSEK** who will be celebrating her **100th birthday** on August 26th !



Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – Billiards 8:30 Chair Volleyball 9:00 Needle Crafters 9:30- 3:00 –Ceramics 11:00 – Tai Chi 12:45 – Hand & Foot 12:30- Poker 1:00–Bingo & Mahjong	8:00 – Billiards 9:30- Painting 10:00 Exercise 12:15 -Bridge Groups 12:45- Dominoes 1:00- Arts and Crafts	8:00 – Billiards 8:30 – Chair Volleyball 9:00 – 3:00 Painting Group 10:15 – Tai Chi 12:30 – Poker 12:45 – Hand & Foot 1:00 – Bingo	8:00 - Billiards 8:00 - Woodcarvers 10:00 -Bridge Groups 12:45 - Dominoes	8:00 – Billiards 8:30- Chair Volleyball 9:30 – Painting & Drawing 12:30 – Skip Bo 1:00 – Bingo 1:00 Arts and Crafts

Activities for the Month of **AUGUST**

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 	3	4	5 
8 3:30 pm 	9	10 August Birthday cake served with lunch 	11 10:30 – ELVIS <i>Elvis Presley</i> 	12 8:00 – Walk for Seniors ENOA 10:00 Book Club
15 7:00 Alzheimer's Support Group	16	17	18 10:30 Senior Advisory Meeting 	19 Kiwanis Lunch 
22 Bring a friend to lunch 	23	24 9:00 Hot Breakfast 	25 10:30 Bingo Bucks 	26
29	Beach Bingo 	31 Cal-Cutta Drawing 		

AUGUST HOT MENU

Monday 8/1/2022	Tuesday 8/2/2022	Wednesday 8/3/2022	Thursday 8/4/2022	Friday 8/5/2022
Classic Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes & Onion Coleslaw Sugar Cookie	Chicken Piccata Baked Sweet Potato Winter Blend Vegetables* Marble Bread Slice/Marg Diced Peaches	WG Spaghetti & Meat Sauce Mixed Greens Side Salad Dressing PC Italian Blend Vegetables* WG Breadstick/Marg Applesauce	Oven Fried Chicken Breast* Mashed Potatoes & Gravy Broccoli* WG Dinner Roll/Marg Butterscotch Pudding	Salisbury Steak & Mushroom Gravy Potato Medley Green Beans* WG Bread/Marg Strawberries & Pineapple
Monday 8/8/2022	Tuesday 8/9/2022	Wednesday 8/10/2022	Thursday 8/11/2022	Friday 8/12/2022
Chicken Fried Rice Oriental Blend Vegetables Carrot Coins* Fortune Cookie Cinnamon Raisin Bread/Marg Fresh Orange	Meatloaf in Tomato Gravy Cheesy Whip Potatoes Peas* WG Dinner Roll/Marg Cherry Vanilla Yogurt	Open Faced Roast Beef Sandwich on WG Bread Mashed Potatoes & Gravy Diced Beets Decorated Birthday Cake or Plain Cake Square	Potato Crunch Fish Wedge* Garlic Roasted Baby Reds Brussels Sprouts* Rye Bread Slice/Marg Tartar Sauce PC Fudge Round	Grilled Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce, Pickles & Sliced Tomatoes BBQ Baked Beans Potato Wedges* Mandarin Oranges
Monday 8/15/2022	Tuesday 8/16/2022	Wednesday 8/17/2022	Thursday 8/18/2022	Friday 8/19/2022
Pork Fritter* with Gravy Baked Potato/Sour Cream PC Mediterranean Blend* WG Bread Stick/Marg Oreo Cookies or Diet Cookies	All Beef Chicago Dog Jumbo Frank, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Potato Medley Tropical Fruit	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Applesauce	Liver w/ Onion Gravy Mashed Potatoes Zucchini & Tomatoes* Honey Wheat Bread/Marg Chocolate Chip Cookie or Diet Cookies	Italian Casserole w/ Ground Sausage, Peppers Alfredo & Cavatapi Pasta Mixed Greens/Dressing PC Cauliflower* Italian Dinner Roll/Marg Ambrosia Salad
Monday 8/22/2022	Tuesday 8/23/2022	Wednesday 8/24/2022	Thursday 8/25/2022	Friday 8/26/2022
10 Grain Fish* Twice Baked Mash Potatoes Green Beans* WG Dinner Roll/Marg Vanilla or Diet Pudding	Soft Shell Beef Taco Taco Meat*, Shred Lettuce Diced Tomato, Shred Cheese Fiesta Corn* 8" Flour Tortilla Shell Peaches & Straw.	BBQ Pork Sandwich on WG Wheat Bun Scalloped Potatoes Broccoli Salad Pineapple Tidbits	Sliced Turkey & Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Cinnamon Apple Slices	Pork Chop with Pineapple Salsa Baked Sweet Potato California Blend Vegetables* WG Petite Roll/Marg
Monday 8/29/2022	Tuesday 8/30/2022	Wednesday 8/31/2022		
Swiss Steak & Brown Gravy Diced Baby Reds Brussels Sprouts* WG Dinner Roll/Marg Sliced Pears	Asian Beef & Rice Cass. Oriental Blend Vegetables* Carrot Coins Fortune Cookie Cinnamon Raisin Bread/Marg Sugar Cookie	Chicken Marsala Brown Rice Pilaf Winter Blend Vegetables* Marble Bread Slice/Marg Butterscotch Pudding		Please call your order in 24 hours in advance. Meals are served with 1% or skim milk

AUGUST DELI MENU

Monday 8/1/2022	Tuesday 8/2/2022	Wednesday 8/3/2022	Thursday 8/4/2022	Friday 8/5/2022
BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Mixed Greens Salad Crackers(2pks) Vegetable Juice	Ham & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Diced Peaches	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes Mixed Greens Salad 100% Fruit Punch Juice WG Breadstick	Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Apple Juice Crackers(2pk)	Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Coleslaw Strawberries & Pineapple
Monday 8/8/2022	Tuesday 8/9/2022	Wednesday 8/10/2022	Thursday 8/11/2022	Friday 8/12/2022
Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Mixed Greens Salad Crackers & 100% Apple Juice Cherry Vanilla Yogurt	Egg Salad on Vienna Bread w/ Lettuce & Tomato Marinated Vegetable Salad Decorated Birthday Cake	Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Fudge Round	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes Mixed Greens Salad 100% Fruit Punch WG Breadstick/Marg Mandarin Oranges
Monday 8/15/2022	Tuesday 8/16/2022	Wednesday 8/17/2022	Thursday 8/18/2022	Friday 8/19/2022
Ranch Chicken Salad on Kaiser Bun w/ Lettuce & Tomato Broccoli Salad Oreo Cookies	Roast Beef & Swiss on Kaiser Bun w/ Lettuce & Tomato Three Bean Salad Tropical Fruit	Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Sweet Potato Salad Applesauce	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Salad Crackers(2pk) 100% Grape Juice Chocolate Chip Cookie	Ham Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Ambrosia Salad
Monday 8/22/2022	Tuesday 8/23/2022	Wednesday 8/24/2022	Thursday 8/25/2022	Friday 8/26/2022
Philly Cheesesteak Salad Roast Beef, Peppers, Onions, Shred Cheese over Mixed Greens Salad 100% Grape Crackers(2pk) Vanilla Pudding	Crab Salad on Croissant w/ Lettuce & Tomato Sweet Potato Salad Peaches & Strawberries	Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Mixed Greens Salad 100% Grape Juice Pineapple Tidbits	Ham Chef Salad Diced Ham, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Cinnamon Apple Slices	TukeySandwich & Swiss on WG Bread w/ Lettuce & Tomato Marinated Vegetable Salad Strawberry Shortcake
Monday 8/29/2022	Tuesday 8/30/2022	Wednesday 8/31/2022		
Cranberry Chicken Salad w/ Lettuce & Tomato Potato Salad Sliced Pears	Turkey Chef Salad American & Grape Tomatoes over Mixed Green Salad 100% Fruit Punch/Crackers	Roast Beef Chef Salad American & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Butterscotch Pudding 1% or Skim Milk		Please call your order in 24 hours in advance. All meals are served with 1% or skim mil.

Bellevue Senior Community Center
109 W. 22nd Avenue
Bellevue, NE 68005



Over the past few years, the Bellevue Senior Community Center has experienced tremendous growth. As we continue to grow, we are always looking for new ways to improve the center. We strive to add activities and events, provide services to our area seniors, and give the seniors who attend our center a chance to get involved and give back; all the while keeping the senior center's costs and overhead low. Continuing to grow while faced with today's economy is not always an easy task.

*Because of our growth, the Bellevue Senior Community Center has created another opportunity for seniors and others to support us, **The Bellevue Senior Community Center Booster Club**. The Booster Club is a **100% voluntary club** that supports the efforts of the center. The cost to belong to the Booster Club is **\$24 per year**. We pro-rate the cost if you sign up now to **ONLY \$2.00 a month!***

Please complete an enrollment form and take it to the Front Desk at the Bellevue Senior Community Center. Your membership will be valid through June 30th, 2023.