



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

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Hello People!

The dog days of summer are upon us ! Don't let the heat keep you indoors. We have plenty of activities this month and you won't want to miss out! Invite a friend, neighbor or family member to come to the center and see all the fun things going on. There is still plenty of summer and sunshine to get out and enjoy.

We are also getting into fundraiser mode. October 22nd is the date and it will be here before you know it. It's never too early to ask for a cash donation or gift card from your favorite merchants – beauty salon, stores, restaurants, oil changes ect. All the funds we raise stay right here at the center so we can keep doing fun things for YOU!

Cheers!

Kathy and Dawn

CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
ENOA, Assistant
Manager

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Don't Miss out on This!



Elvis is in the house! That's right – Don't get ALL SHOOK UP. We know YOU CAN'T HELP FALLING IN LOVE with Elvis. There is no need to be LONESOME TONIGHT - dust off your BLUE SUADE SHOES and sing and dance on **Thursday, August 24th at 10:30am.** You won't find Elvis at the HEARTBREAK HOTEL, IN THE GHETTO or at the JAILHOUSE ROCK– He will be right here at the center. Craig Florian always puts on a fantastic show as Elvis. Deep down, he's just a TEDDY BEAR. IT'S NOW OR NEVER – sign up today! Reservations are due Tuesday, Aug. 22. Make plans to stay for lunch

Hands in the air and bottoms in the chair! Our volleyball team is getting a reputation! We were asked once again to host the Papillion 55 Landing volleyball players. We are excited to play them again. Last month they won 2 of the 3 games. Come watch us take back the win on **Wed. August 2nd at 9:00 am.** Make it even better by joining us for lunch. If you need to get going, pre-order a Grab and Go lunch and take it with you !



Wakey Wakey for Eggs and Bakey! Do you want a delicious breakfast without having to cook ? Does the thought of a flaky croissant filled with eggs, bacon and cheese make your tummy rumble? Add some fruit, coffee and juice and your are ready to start your day. All this deliciousness is only \$4.00 ! Breakfast will be served on **Tuesday, August 15th at 9:00 am.** Please reserve your spot by Friday, August 11th at noon.

National Senior Citizen's Day – Shhh .. We can't tell you everything we have planned but here's this: Every day you have lunch with us in August you will receive a raffle ticket. Then join us on Monday August 21st for raffle prizes and more fun throughout the day! It will be a good time! **Celebrate National Senior Citizens Day with us on Monday, August 21st**



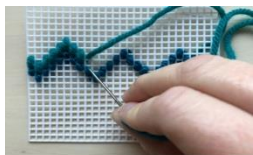
Check this out !

Grab and Go Meals. Can't stay for lunch? Have afternoon plans? Looking for a nutritious lunch you can enjoy at home? We have you covered!! Since it is funded as it's own program, there will be specific guidelines. You need to reserve your hot Grab and Go by noon the day before and pick it up at 11:00 am the next day. You will still sign for your meal. There will be a separate envelope for your suggested contribution of \$4.25. Meals will be packaged and taken home to enjoy. For more information, please call the center.



Norwex —We received a generous donation of Norwax products. They are amazing! They help reduce the chemicals used in your home on a daily basis. There are cleaning cloths, soaps, utensils, hand cleansers and more! It's never too early to start your Christmas shopping or to spoil yourself! We will have the items displayed this month at the center to make it easy and convenient for you to shop.

A Tisket, A Tasket Start thinking of a Basketfor our October Fundraiser! It will be here before we know it. **Sunday, October 22nd from 1:00 -4:00 pm** is the date for our Ice Cream Social Fundraiser! Gather your groups and start putting together your themed basket for the raffle. It could be a spa theme, coffee, wine, book lovers, artist, car wash, fitness – anything you want!



EMBROIDERY
Stitching on Plastic Canvas
SEWING BASICS

Monday Art Class The next project is canvas weaving! You will be working with a plastic sheet to create your artwork. Stop in to see the finished product. Class will be **every Monday from 9:30- 11:30.**

BINGO-CIZE ! ENOA is sponsoring a new program! Bingo with a new spin. You will be asked to do small exercise moves throughout the game. A certified instructor will call the game - AND THERE WILL BE PRIZES! It will be a 10 week session, on Mondays and Fridays from 1:00- 1:45 pm. We do not have an exact start date yet but should kick off sometime in August! Call or stop by the center for more info.

**LOOKING FOR A FUN,
NEW WAY TO BE
MORE ACTIVE?**



Our June **50/50 winner was..... BC STENGER!** She won AGAIN! Once again, she donated her winnings back to the center – AGAIN! **The center took in \$340.0!!!** Thank you BC! And everyone who played.



AUGUST BIRTHDAYS




- 1- Ron Hagen
- 3- Shirley Dorman
- 4- Dick Webber
- 5- Mary Miller & Doreen Brett
- 6- Stanley Peterson & Dale Culver
- 7- Debbie Sandstedt
- 10 – JoElla Woolery
- 11- Ken Flegle
- 12- Carroll Holz
- 15- Sam McCubbin
- 16- Bill Dreyfus
- 17- Lobo Simon & Belinda Haden
- 17- Sharon Kirk
- 18 – Margot Wood & Jim Timms
- 19- Daryl Baker
- 22- Mary Jo Schiefelbein & Kay Culver
- 22- Karen Jensen
- 23- Dan Horton
- 24 – Pat Gentry
- 26- Clara Janousek & Pat Cox
- 27- Priscilla Wells & Mary Miller
- 27- Beth Olson
- 28 – Anna Gleason
- 29- Dolores Holubar
- 30- Vivian Lloyd



Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Chair Volleyball 9:00 Needle Crafters 9:30 – 11:30 Art Class 10:15 – Tai Chi 12:45 – Hand & Foot 12:30- Poker 12:45 Bingo 1:00–Mahjong	9:30- Painting 10:00 – Exercise 12:15 -Bridge Groups 12:45- Dominoes	8:30 – Chair Volleyball 9:00 – 3:00 Painting Group 10:15 – Tai Chi 12:30 – Poker 12:45 – Hand & Foot 12:45 – Bingo Panera Bread Day	8:00 - Woodcarvers 10:00 -Bridge Groups 12:45 Bridge Groups	8:30- Chair Volleyball 9:30 – Painting & Drawing 10:30 – Exercise 12:45 – Bingo Panera Bread Day

Activities for the Month of **AUGUST**

Monday- Dunkin Donuts!	Tuesday	Wednesday	Thursday	Friday
Mondays and Fridays at 1:00 pm will be BINGO-CIZE! Check with us for start dates!	1 When was the last time you played dominoes? 	2 Hosting Chair Volleyball 	August 3rd is National Grab Some Nuts Day 	4 9:00 Nail Painting 
7 9:30 – Art class 	8	9 Birthday cake with Lunch 	10 10:30 Bingo Bucks 	11 10:00 Book Club 
14 9:30 Art Class 	15 9:00 Hot Breakfast 	16	17 10:30 Advisory Meeting 	18 9:00 Nail Painting 
21 9:30 –Art Class 	22	23	24 10:30 ELVIS PARTY 	25 Pop into our exercise class! 
28 9:30 art class 	29	30 Tai Chi – build your balance 	31 	

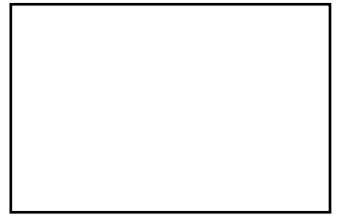
AUGUST HOT MENU

	Tuesday 8/1/2023	Wednesday 8/2/2023	Thursday 8/3/2023	Friday 8/4/2023
Lunch is served at noon. Contribution of \$4.25 Served with skim or 1% milk	Chicken Piccata Diced Sweet Potatoes Winter Blend Vegetables Marble Bread Slice/Marg Oatmeal Cream Pie	BBQ Pork Rib Patty BBQ Baked Beans Diced Carrots WG Hamburger Bun Applesauce	National Watermelon Day Oven Fried Chicken Breast Mashed Potatoes & Gravy Peas WG Dinner Roll/Marg Watermelon Chunks	National Chocolate Chip Cookie Day Salisbury Steak & Mushroom Gravy Potato Medley Green Beans WG Breadslice/Marg Chocolate Chip Cookie
Monday 8/7/2023	Tuesday 8/8/2023	Wednesday 8/9/2023	Thursday 8/10/2023	Friday 8/11/2023
Ground Beef Stew with Vegetables Chuckwagon Corn Buttermilk Biscuit/Marg Cinnamon Apples	National Zucchini Day Meatloaf in Tomato Gravy Cheesy Whip Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Cherry Vanilla Yogurt	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Oven Roasted Vegetables WG Dinner Roll/Marg Decorated Birthday Cake	Potato Crunch Fish Wedge Garlic Roasted Diced 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 Mandarin Oranges
Monday 8/14/2023	Tuesday 8/15/2023	Wednesday 8/16/2023	Thursday 8/17/2023	Friday 8/18/2023
Pork Fritter with Gravy Baked Potato/Sour Cream PC Broccoli Cuts Vienna Bread Slice/Marg Oreo Cookies	Sliced Turkey & Gravy Mashed Potatoes Corn WG Breadstick/Marg Applesauce	National Bratwurst Day Bratwurst Sauerkraut & Cabbage Diced Beets WG Mini Hoagie Bun Tropical Fruit Mix	Liver with Onion Gravy Mashed Potatoes Carrot Coins Honey Wheat Bread/Marg Cookie -	WG Spaghetti & Meat Sauce Mixed Greens Side Salad Dressing PC Green Beans WG Breadstick/Marg Cinnamon Pears
Monday 8/21/2023	Tuesday 8/22/2023	Wednesday 8/23/2023	Thursday 8/24/2023	Friday 8/25/2023
10 Grain Fish Potato Medley Diced Carrots WG Dinner Roll/Marg Mandarin Oranges Tartar Sauce PC	Eat a Peach Day Sloppy Joe Sandwich Augratin Potatoes Green Beans WG Hamburger Bun Fresh Peach	Pork Chop with Pineapple Salsa Diced Sweet Potatoes Peas WG Petite Roll/Marg Strawberry Shortcake	All Beef Chicago Dog Jumbo Frank, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Potato Wedges Fresh Orange	Chicken Breast in Supreme Sauce over Brown Rice with Peppers Stewed Tomatoes WG Dinner Roll/Marg cookie
Monday 8/28/2023	Tuesday 8/29/2023	Wednesday 8/30/2023	Thursday 8/31/2023	
Pulled Pork Sandwich on Kaiser Bun Scalloped Potatoes Broccoli Sliced Pears	Walking Beef Taco Beef Taco Meat Fiesta Cheese Sauce Shredded Lettuce Pinto Beans Sour Cream & Taco Sauce PC WG Doritos PC Strawberries & Pineapple	Chicken Marsala Brown Rice Pilaf Winter Blend Vegetables Marble Bread Slice/Marg Butterscotch Pudding	BBQ Meatballs Macaroni & Cheese Mixed Vegetables 100% Wheat Bread/Marg Fruit Cocktail	

AUGUST DELI MENU

	Tuesday 8/1/2023	Wednesday 8/2/2023	Thursday 8/3/2023	Friday 8/4/2023
Lunch served at noon. Contribution of \$4.25. Served with skim or 1% milk	Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Salad Crackers(2pk) 100% Fruit Punch Oatmeal Cream Pie	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes Mixed Greens Salad 100% Fruit Punch Juice WG Breadstick Applesauce	Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Apple Juice Crackers(2pk) Watermelon Chunks	Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Coleslaw Chocolate Chip Cookie
Monday 8/7/2023	Tuesday 8/8/2023	Wednesday 8/9/2023	Thursday 8/10/2023	Friday 8/11/2023
Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Cinnamon Apples	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 8/14/2023	Tuesday 8/15/2023	Wednesday 8/16/2023	Thursday 8/17/2023	Friday 8/18/2023
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 Applesauce	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Salad Crackers(2pk) 100% Grape Juice Tropical Fruit Mix	Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Potato Salad Cookie	Ham Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Cinnamon Pears
Monday 8/21/2023	Tuesday 8/22/2023	Wednesday 8/23/2023	Thursday 8/24/2023	Friday 8/25/2023
Turkey & Swiss on WG Bread w/ Lettuce & Tomato Marinated Vegetable Salad Mandarin Oranges	Crab Salad on Croissant w/ Lettuce & Tomato Coleslaw Fresh Peach	Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Mixed Greens Salad 100% Grape Juice Strawberry Short Cake	All Beef Chicago Dog Jumbo Frank, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Potato Wedges Fresh Orange	Philly Cheesesteak Salad Roast Beef, Peppers, Onions, Shred Cheese over Mixed Greens Salad 100% Grape Crackers(2pk) Cookie
Monday 8/28/2023	Tuesday 8/29/2023	Wednesday 8/30/2023	Thursday 8/31/2023	
Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Potato Salad Sliced Pears	Turkey Chef Salad Diced Turkey, Diced Egg American & Grape Tomatoes over Mixed Green Salad 100% Fruit Punch/Crackers Strawberries & Pineapple	Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Butterscotch	Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Fruit Cocktail	

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, 2024.