



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!

We still have a full month of summer and we have lots of fun planned for you! Be sure to check out the activity calendar. Join us for special days, classes and lunch. We love to see you.

In August we also celebrate our seniors! August 21st is National Senior Citizens Day and we will be celebrating YOU with Elvis! We may even sprinkle in a few random surprises throughout the week for you.

Cheers!
Kathy and Dawn

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CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
*ENOA, Assistant
Manager*



CHECK THIS OUT!

Throwback Thursdays! During the month of August, go to the back of your closet and find some of those old styles you thought you might not wear again! Everything comes back in style! We have lots of different age groups so we should cover a lot of decades!

**THROW
BACK
THURSDAY**



Attention all Readers! The Art Room Class this month is bookmarks. They will be offering a variety of types to make including cross stitch and paper for those who do not cross stitch. Make your summer reading more fun with your creative book mark. Classes are **every Monday from 9:30- 11:30 am.**

Get your Heart Pumping! ArchWell Health will be bringing a fun new program to try. It's called **Cardiac Drumming**. It's a great way to increase your heart rate while safely sitting. You will have a big rubber ball and drumsticks and beat along with uplifting tunes. They will be here on **Friday, August 23rd at 10:30** for the class. Tiffany will visit us on Thursday, August 15th at lunch to tell us about the program. Shhh.... And I think she is bringing cookies!!!!



Have you heard of Mahjong ? It is a fun and popular game that tasks you with solving a tile-matching puzzle before you run out of moves. Our group has been growing and they love to teach new people how to play. They meet **every Monday at 1:00 pm.** Come check it out!

Our June 50/50 winner was.....JoElla Woolery!! She won \$190.00 and so did the center ! Thank you to everyone who played



Mark your Calendar



ELVIS IS BACK! Make sure you save the date – **Wed. August 21st at 10:30!** There will be lots of singing, shaking, dancing, being ALL SHOOK UP and that won't even be by our entertainer! You better reserve your spot because it's NOW OR NEVER. So put on your BLUE SUEDE SHOES and leave your HOUND DOG at home. We know that you CAN'T HELP FALLING IN LOVE with our Elvis. If you miss this, you'll be in HEARTBREAK HOTEL for sure. Everyone will enjoy the hot lunch that day.

Kiwanis Day at the Center The Bellevue Offutt Kiwanis will be serving their lasagna lunch and bingo on **Friday, August 16th at noon.** You need to reserve your lunch by Tuesday the 13th. This is a free event they do for the seniors in our community.



Kiwanis
BELLEVUE-OFFUTT



Feeling Frenchy? How about a flaky croissant filled with eggs, bacon and cheese? A side of fruit, coffee and juice for only \$4.00. Your tummy will be happy you signed up. Breakfast is served at **9:00 am on Tuesday, August 13th.**

Rock and Roll Bingo! We will keep with the Elvis theme and have a fun filled afternoon. All your favorite memories from the early years of rock and roll will be on your cards! Join us for lunch and then play Bingo at **1:00 on Wednesday, August 28th.**



Bingo Bucks – Hillcrest is here the 2nd Thursday of each month with their Bingo Bucks! They always have lots of prizes and it's always a good time. Join them on **Thursday, August 8th at 10:30.**



AUGUST BIRTHDAYS



- 1-Ron Hagen
- 3- Shirley Dorman
- 5- Mary Miller
- 6- Dale Culver
- 7- Debbie Sandstedt
- 9- David Quinn
- 10 –JoElla Woolery
- 11- Ken Flegle
- 12- Carroll Holz
- 13- Marie Aaron
- 14- Cathy Schaefer
- 16- Vbill Dreyfus
- 17- Simon Lobo & Sharon Kirk
- 17- Belinda Haden
- 18 – Margot Wood and Jim Timms
- 22- Kay Culver & Karen Jensen
- 23- Dan Horton
- 23- Jean Hankins & Barb Hankins
- 25- Rich Chess
- 26- Clara Janousek & Pat Cox
- 27- Priscilla Wells & Mary Miller
- 28 – Anna Gleason
- 29 – Dolores Holubar



Birthdays This Month

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| 8:30 Chair Volleyball 9:00 Needle Crafters 9:30 Art Class 10:15 – Tai Chi 12:30 – Hand & Foot 1:00 -Poker 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 1:00 – Poker 12:30 – Hand & Foot | 8:00 - Woodcarvers 10:00 -Bridge Groups 12:45 Bridge Groups 12:30 Shanghai Rummy | 8:30- Chair Volleyball 9:30 – Painting & Drawing 10:30 – Exercise 11:00 – Bridge Class 12:45 Bingo |

Activities for the Month of **AUGUST**

| Monday- Dunkin Donuts | Tuesday | Wednesday Panera Bread | All Month – ThrowBack Thurs | Friday Panera Bread |
|---|---|--|--|---|
| | | | 1  | 2 National Ice Cream Sandwich Day |
| 5 9:30 Art Class | 6 National Root Beer Float Day  | 7 | 8 10:30 Bingo Bucks  | 9. 10:00 Book Club  |
| 12 9:30 Art Class | 13 9:00 Hot Breakfast  | 14 | 15 10::30 Senior Advisory  | 16 12:00 - Kiwanis Lunch and Bingo  |
| 19 9:30 Art Class 7:00 - Alzheimer's Support Group | 20 | 21 10:30 –Party  | 22  | 23 10:30 – Cardiac Drumming  |
| 26 9:30 Art Class | 27 | 28  | 29  | 30 National Beach Day  |

AUGUST HOT MENU



| | | | Thursday 8/1/2024 | Friday 8/2/2024 |
|---|---|--|--|--|
| | | | Oven Fried Chicken Breast Mashed Potatoes & Gravy Carrot Coins WG Dinner Roll/Marg Strawberry Applesauce 1% or Skim Milk | Salisbury Steak & Tomato Gravy Mashed Potatoes Green Beans WG Breadstick/Marg Rice Krispy Treat or Diet Cookies 1% or Skim Milk |
| Monday 8/5/2024 | Tuesday 8/6/2024 | Wednesday 8/7/2024 | Thursday 8/8/2024 | Friday 8/9/2024 |
| Choc. Chip Cookie Day Ground Beef Stew with Vegetables Winter Blend Veggies Buttermilk Biscuit/Marg Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk | Meatloaf in Onion Gravy Cheesy Whip Potatoes Brussels Sprouts WG Dinner Roll/Marg Cherry Vanilla Yogurt or Diet Pudding 1% or Skim Milk | Cheesy Broccoli Chicken Breast Brown Rice Pilaf Mixed Vegetables WG Dinner Roll/Marg Apricot Halves 1% or Skim Milk | National Zucchini Day Potato Crunch Fish Wedge Garlic Roasted Diced Reds Zucchini & Tomatoes Rye Bread Slice/Marg Tartar Sauce PC Sliced Peaches 1% or Skim Milk | Grilled Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce, Pickles & Sliced Tomatoes BBQ Baked Beans Mandarin Oranges 1% or Skim Milk |
| Monday 8/12/2024 | Tuesday 8/13/2024 | Wednesday 8/14/2024 | Thursday 8/15/2024 | Friday 8/16/2024 |
| Pork Fritter with Country Gravy Baked Potato/Sour Cream PC Broccoli Cuts Vienna Bread Slice/Marg Oreo Cookies or Diet Cookies 1% or Skim Milk | Sloppy Joe Sandwich Augratin Potatoes Corn WG Hamburger Bun Applesauce 1% or Skim Milk | Bratwurst Sauerkraut & Cabbage Corn WG Mini Hoagie Bun Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk | National Creamsicle Day Liver with Onion Gravy Mashed Potatoes Carrot Coins Honey Wheat Bread/Marg Orange Creamsicle Puddin' or Diet Pudding 1% or Skim Milk | Kiwanis Lunch |
| Monday 8/19/2024 | Tuesday 8/20/2024 | Wednesday 8/21/2024 | Thursday 8/22/2024 | Friday 8/23/2024 |
| National Potato Day 10 Grain Fish Potato Medley Diced Carrots WG Dinner Roll/Marg Mandarin Oranges Tartar Sauce PC 1% or Skim Milk | Sliced Turkey & Gravy Brown Rice Pilaf Corn WG Breadstick/Marg Apricot Halves 1% or Skim Milk | Pork Chop with Country Gravy Brussels Sprouts Diced Sweet Potatoes WG Petite Roll/Marg Strawberries over a Sweet Biscuit 1% or Skim Milk | All Beef Chicago Dog Jumbo Frank, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Coleslaw Fresh Orange 1% or Skim Milk | Chicken Breast w/ Creamy Spinach & Artichoke Sauce Wild Rice Stewed Tomatoes WG Dinner Roll/Marg Sugar Cookie or Diet Cookies 1% or Skim Milk |
| Monday 8/26/2024 | Tuesday 8/27/2024 | Wednesday 8/28/2024 | Thursday 8/29/2024 | Friday 8/30/2024 |
| Pulled Pork Sandwich on WG Hamburger Bun Scalloped Potatoes Broccoli Sliced Pears 1% or Skim Milk | Banana Lovers' Day Chicken Marsala Brown Rice Pilaf Winter Blend Vegetables Marble Bread Slice/Marg Fresh Banana 1% or Skim Milk | Nat. Cherry Turnover Day Walking Beef Taco Fiesta Cheese Sauce Shredded Lettuce Chuckwagon Corn Sour Cream & Taco Sauce PC WG Doritos PC Cherry Turnover or Diet Cookie 1% or Skim Milk | BBQ Meatballs Macaroni & Cheese Mixed Vegetables 100% Wheat Bread/Marg Fruit Cocktail 1% or Skim Milk | Cheeseburger on WG Hamburger Bun w/ Leaf Lettuce, Pickles & Sliced Tomatoes Potato Medley Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk |

AUGUST DELI MENU



| | | | Thursday 8/1/2024 | Friday 8/2/2024 |
|---|--|--|--|---|
| | | | Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Potato Salad | Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Coleslaw |
| | | | Strawberry Applesauce 1% or Skim Milk | Rice Krispy Treat or Diet Cookies 1% or Skim Milk |
| | | | | |
| | | | | |
| Monday 8/5/2024 | Tuesday 8/6/2024 | Wednesday 8/7/2024 | Thursday 8/8/2024 | Friday 8/9/2024 |
| Choc. Chip Cookie Day | Egg Salad on Vienna Bread w/ Lettuce & Tomato | Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Mixed Greens Salad <small>Crackers & 100% Apple Juice</small> | Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Sliced Peaches 1% or Skim Milk | Nicoise Salad Diced Chicken, Diced Egg, Diced Potatoes, Grape Tomatoes & Green Beans over Mixed Greens with Greek Dressing WG Breadstick Mandarin Oranges 1% or Skim Milk |
| Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk | Marinated Vegetable Salad Cherry Vanilla Yogurt or Diet Pudding 1% or Skim Milk | Apricot Halves 1% or Skim Milk | | |
| Monday 8/12/2024 | Tuesday 8/13/2024 | Wednesday 8/14/2024 | Thursday 8/15/2024 | Friday 8/16/2024 |
| Ranch Chicken Salad on Kaiser Bun w/ Lettuce & Tomato Broccoli Salad Oreo Cookies or Diet Cookies 1% or Skim Milk | Turkey Chef Salad Diced Turkey, Diced Egg <small>Amer. Cheese & Grape Tomatoes</small> Mixed Greens Salad Crackers(2pk) 100% Grape Juice Applesauce 1% or Skim Milk | Roast Beef & Swiss on Kaiser Bun w/ Lettuce & Tomato Three Bean Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk | Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Potato Salad Orange Creamsicle Pudding or Diet Pudding 1% or Skim Milk | Kiwanis Lunch |
| | | | | |
| Monday 8/19/2024 | Tuesday 8/20/2024 | Wednesday 8/21/2024 | Thursday 8/22/2024 | Friday 8/23/2024 |
| Turkey & Swiss on WG Bread w/ Lettuce & Tomato Marinated Vegetable Salad Mandarin Oranges 1% or Skim Milk | Crab Salad on WG Mini Hoagie Bun w/ Lettuce & Tomato Coleslaw Apricot Halves 1% or Skim Milk | 1% or Skim Milk | Ham Chef Salad Diced Ham, Diced Egg <small>American & Grape Tomatoes</small> over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Fresh Orange 1% or Skim Milk | Philly Cheesesteak Salad Roast Beef, Peppers, Onions, Shred Cheese over Mixed Greens Salad 100% Grape Crackers(2pk) Sugar Cookie or Diet Cookies 1% or Skim Milk |
| Monday 8/26/2024 | Tuesday 8/27/2024 | Wednesday 8/28/2024 | Thursday 8/29/2024 | Friday 8/30/2024 |
| Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Potato Salad Sliced Pears 1% or Skim Milk | Banana Lovers' Day Roast Beef Chef Salad Roast Beef, Diced Egg <small>American & Grape Tomatoes</small> over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Fresh Banana 1% or Skim Milk | Turkey Chef Salad Diced Turkey, Diced Egg <small>American & Grape Tomatoes</small> over Mixed Green Salad 100% Fruit Punch/Crackers Cherry Turnover or Diet Cookies 1% or Skim Milk | Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Fruit Cocktail 1% or Skim Milk | Classic Chef Salad Ham, Turkey, Diced Egg <small>American & Grape Tomatoes</small> Mixed Greens Salad 100% Fruit Punch WG Breadstick/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk |

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, 2025.