



# BELLEVUE SENIOR Community Center

*Golden opportunities await a  
new day!*

109 W. 22<sup>nd</sup> St. Bellevue, NE 68005 (402) 293-3041  
Mon. Tues. Wed. Fri. 8:00 am - 4:00pm Thurs. 8:00 am – 7:30 pm



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## CENTER STAFF

Kathy Van Den Top,  
*ENOA, Manager*

Dawn Jaixen  
*ENOA, Assistant  
Manager*

Al McGinness  
*Program Aide*

Hello People!

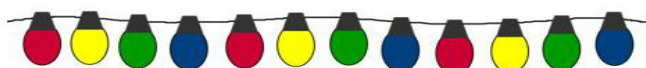
Our final fundraiser numbers are in and our profit was \$15,443.50 ! It is amazing how much we can accomplish together. Thank you for your hard work, support and dedication to our center!

The Christmas season is upon us. For many it is a busy time shopping, baking, traveling and spending time with family and friends. Days are filled with conversation, laughter and fun. There is a lot of holiday happenings at the center so check the calendar and join in the fun!

However, this is the first holiday for those who lost a cherished love one this year. Please take time to visit, call or send a card to someone who may be struggling this holiday season. Invite them to join They'll feel better and so will you !

Cheers!

Kathy and Dawn



# Happy Holidays!



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## Biscuits and Gravy – YUMMY ...

Your tummy will thank you for joining us for breakfast on **Wednesday, December 19<sup>th</sup> at 9:00 am**. Fresh baked biscuits smothered in sausage gravy, fresh fruit on the side served with coffee/juice – all for just \$3.00 !

## Did you make the Naughty or Nice List?

You will have to come to our Christmas Party on **Friday, December 14<sup>th</sup> at 10:00 am** to find out! Santa's elves have been working hard so we will have festive food and a holly jolly good time! Johnny Ray Gomez will be our special singer. *It is very important that you sign up by Tuesday, December 11<sup>th</sup>!!!*

**Let's Ring in the New Year!** We are having a rockin' NOON year party! Celebrate with music and dancing and fancy finger food. We will have our "champagne toast" at noon. Put on your party hat and join us **Monday, December 31<sup>st</sup> at 10:00 am**.

**Do the "Write" thing!** Join us in writing out Christmas cards for our local vets at the Bellevue Veteran Home. We will supply the cards and pens, you will supply kind words holiday wishes! We will be signing cards on **Thursday, December 6<sup>th</sup> at 10:00 am and again at 1:00 pm**. Please spend 30 minutes to make someone's day!

**Colds : Myth vs. Truth** Do you know the difference between allergies, a cold, or a virus? Do you feed a fever, starve a cold, or put an onion in your sock? Nurse Theresa will have the answers for you. She will be here on **Wednesday, December 5<sup>th</sup> at 11:15 am**.

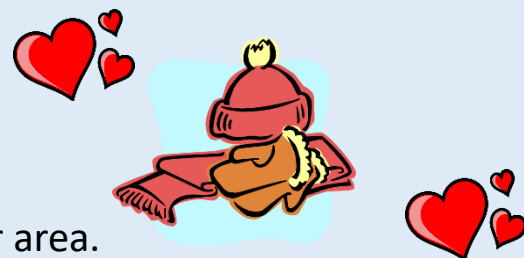
**Radio Talk Book** This organization provides an opportunity for those with visual impairments to have access to local news, magazines, ads as well as other forms of entertainment. You can apply for a free radio. For anyone who is struggling with reading, this program can change their world. Jane Nielson will be here on **Wednesday, December 12<sup>th</sup> at 11:00 am**. Please come for yourself or someone you know who would benefit from this program.

**Fa-La-La-La-Fa ....** Nothing puts you in the Christmas spirit faster than Christmas music! Our singers would love you to join them with an old fashioned sing along! We will have the lyrics for you. The music begins on **Monday, December 17<sup>th</sup> at 11:00 am**. Make plans for staying on for lunch.

**A gift from the Heart** Join us every Tuesday afternoon in December at 1:00 to make homemade Christmas cards. Your family and friends will appreciate the time you took to make their special card. We have lots of rubber stamps to make it easier. Mert and Pauline will be here to help you.

## Warm Hearts, Heads and Hands!

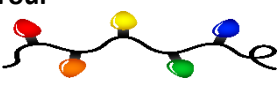






Once again we will be accepting new hats, gloves, mittens and scarves for those in need in the Sarpy County Area. Please bring them in during the month of December. Sarpy County Assistance will be delivering them to families in our area.



## Daily Activities

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Chair Volleyball 9:00 Billiards 9:30 Ceramics all day 9:30 Needle Crafters & Singers 11:00 Exercise Class 12:45 Hand & Foot 1:00 Mahjong 1:00 Bingo/Poker	9:00 Billiards 9:30 Painting 12:30 Duplicate Bridge 12:15 Bridge Game-2 1:00 Dominoes 1:00 Arts & Crafts Class	9:00 Chair Volleyball 9:00 Billiards 9:00 Painting Group 9:00 Hand and Foot 11:15 Tai Chi 1:00 Bingo 1:00 Poker	8:00 Woodcarvers 8:30 Panera 9:00 Billiards 10:00 Bridge Game 2 12:30 Bridge Game 1 1:00 Bunco/Euchre 1:00 Quilters	9:00 Chair Volleyball 9:00 Billiards/Panera 9:30 Painting and Drawing 11:15 Tai Chi 12:30 Pinochle 1:00 Bingo 1:00 Art and Crafts 1:00 Parkinson's Class

## Special Activities for December

Monday	Tuesday	Wednesday	Thursday	Friday
3 12:00 Bridge Group	4 1:00- Christmas Cards 4:00- Holiday Light Tour 	5 11:15 –RN Presentation  Wear your Wacky Wild Christmas Sweater Day	6 10:00 and 1:00 – Cards for Vets  	7
10	11 1:00- Christmas Cards	12 11:00 – Presentation of Radio Talk Book	13 10:30 Bingo Bucks  Wacky Wild Christmas Sweater Day	14 10:00 am  
17 11:00 –Christmas Sing- A- Long 7:00 pm Alzheimer's Support Group	18 1:00- Christmas Cards  Wacky Wild Christmas Sweater Day	19 9:00 – Biscuits and Gravy    No Tai Chi	20 10:30 Senior Advisory Forum  12:30 Senior Care Clinic	21 Wacky Wild Christmas Sweater Day  No Tai Chi
24 Center Closed   Twas the Night before Christmas ...	25 Center Closed   SEE YOU SOON! WE'LL BE OPEN ON DECEMBER 26	26  No Tai Chi	27 10:00 – Pokeno	28  No Tai Chi
31 10:00 am  				

- 1-Nancy Curitti & Dave Bower
- 2-Mary Jo Husten
- 3-Joyce Ritchey, Gene Hague & Judy English
- 6-Betty Anderson
- 10- Brenda Robeson, Mary Holoun & Kim Nelson
- 11-Kathy White
- 12-Carol Broderick & Sandy Shire
- 13- Kate Scopac & Judy Thompson
- 15-Pam Betts & Bob Fisher
- 16- Sue VanDoren & Dennis Hurd
- 18- Gene Clark, Buddy Isgrigg & Trudy Treece
- 21 -Millie McGinness
- 22- Bev Engelkamp & Lou Feron
- 23- Jackie Wilson, J. Berry & John Lytle
- 24- Sue Howell
- 25- MaryAnn Moseke & Jenny Pedersen
- 26-Rachel Kiley, Linda Bowersox & Avis Pruitt
- 27- Joyce Hellbusch, Tom Laufer & Judy Glover
- 28- Carol Allman
- 30-Don Spetzman & Margot Cook
- 31-Linda Moore, Carol Gailloux & Elizabeth Lacy



**Winner Winner!– Jim Nabors** was our lucky cal-cutta winner in October! He won the largest pot to date - \$451.00 !! He graciously donated \$200.00 back so the center took in \$641.00 and he took home \$251.00 The money from the cal-cutta winnings stay at the center for our activities, parties, bus, supplies and entertainment. Thanks everyone who bought a ticket!

**Holiday Light Tour** We are off again to see the beautiful holiday lights throughout Omaha. This trip is full, but we do have a wait list. Those going will meet at the center at 4:00 pm for a light snack. We will load up at 4:45 for our trip which will be from 5:00 pm -7:00 pm on **Tuesday, December 4<sup>th</sup>**. What a great way to get in the holiday spirit!

## Christmas Sweater Days!

Show your Holiday spirit by wearing your wild, wacky ugly sweaters or your beautiful, sparkly, glittery shirts this holiday season. Of course you can wear them every day, but specific dates are marked on the calendrer. Let's see if we can get 100% participation on those days!







# End of the Year Housekeeping Notes!



**FOOD:** Please respect ENOA's policy of not taking food out of the building, and not bringing in your own meal. Our program is based on federal funding and we must adhere to the rules they have set for us. This includes lunch, dinner, monthly breakfast and party snacks. The only items you may take home are bread, fresh fruit and unopened milk.

**SIGN UPS:** Please sign up in advance for meals and parties. It helps to keep our food costs accurate. Cancellations cost time and money. Please let us know if you can't make your reservation.


**THURSDAY DINNER:** Even if you come weekly, please check at the front desk before you leave to make sure you are down for the next week. It is especially important at the end of the month to make sure you are on for the new month. You are not automatically signed up!

**PARTIES AND ENTERTAINMENT:** Please be respectful of our entertainment. Refrain from talking during performances. If you need to leave, please exit quietly and without walking in front of the performer. We pay them to perform so please do not "dine and ditch". We spend many hours planning, shopping, prepping and serving delicious snacks. There is always food for everyone. However it is a "snack" and not meant to be a full meal. Party food is meant to be eaten only at the center – not a take home snack.

**MANNERS:** We have an open door policy, however, if someone is in the office, kindly wait your turn. Do not barge in and start talking. Everyone always has the opportunity to speak with us. When in the front lobby, be mindful of the receptionist. They may be on the phone or having work to complete without added distractions.

**DONATED ITEMS:** We are very fortunate for all the food donated by Panera, Bakers, Uptown Bakery and Hy-Vee! Yet some complain that it is a day old, or not what they want. The cookies we serve for snacks are \$2.49 - \$4.00 each! The yummy pastries..... \$3.00 to \$4.00 each! Taking home a bag of bagels? \$6.29 a bag. Others try to take more than their share and don't even wait till we have everything out. What we receive is a gift and should be treated as such.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 <b>HOT MEAL:</b> Meatloaf &amp; Gravy, Roasted Whole Baby Reds, Broccoli, Cornbread Muffin <b>DELI:</b> Sliced Turkey &amp; American Cheese on Ciabatta Bun w/ Lettuce &amp; Tomato, Potato Salad <b>DESSERT:</b> Pear Slices</p>	<p>4 <b>HOT MEAL:</b> Fried Chicken Breast, Whipped Potatoes w/ Chicken Gravy, Green Beans, Italian Roll <b>DELI:</b> Creamy Crab &amp; Baby Shrimp Macaroni Salad on Romaine Blend Salad, Tomato Wedges, Crackers <b>DESSERT:</b> Banana Muffin Square</p>	<p>5 <b>HOT MEAL:</b> All Beef Chili Dog w/ Cheese on a Wheat Bun, Steak Fries, Corn <b>DELI:</b> Turkey Chef Salad, Diced Egg, American Cheese, Tomatoes, Fruit Punch, Cinnamon Raisin Bread <b>DESSERT:</b> Pineapple &amp; Strawberries</p>	<p>6 <b>HOT MEAL:</b> Sweet &amp; Sour Chicken Breast, Oriental Blend Vegetables, Vegetable Egg Roll, Fortune Cookie, Cinnamon Raisin Bread <b>DELI:</b> Roast Beef &amp; Swiss w/ Lettuce &amp; Tomato, on Marble Bread, Broccoli Salad <b>DESSERT:</b> Butterscotch Pudding</p>	<p>7 <b>HOT MEAL:</b> Taco Joe Sandwich on a Wheat Hamburger Bun, Potato Ole's, Peas &amp; Carrots <b>DELI:</b> Classic Chef Salad w/ Ham, Turkey, American Cheese, Diced Egg, Tomatoes over Tossed Salad, Wheat Breadstick, Grape Juice <b>DESSERT:</b> Sliced Apricots</p>
<p>10 <b>HOT MEAL:</b> Chicken Cordon Bleu w/ Swiss Mornay Sauce, Rosemary Country Diced Potato, California Blend Vegetables, Wheat Berry Roll <b>DELI:</b> Creamy Cheese Tortellini over Tossed Salad Mix w/ Grape Tomatoes, Black Olives &amp; Cracker <b>DESSERT:</b> Peanut Butter Cookie</p>	<p>11 <b>HOT MEAL:</b> Italian Goulash with WG Elbow Noodles, Italian Blend Vegetables, Romaine Blend Salad, Vienna Bread <b>DELI:</b> Chicken Salad on a Croissant w/ Lettuce &amp; Tomato, Coleslaw <b>DESSERT:</b> Diced Peaches</p>	<p>12 <b>HOT MEAL:</b> Oven Roasted Pork Loin w/ Gravy, Baked Potato, Brussel Sprouts, Dinner Roll <b>DELI:</b> Roast Beef Chef Salad, Diced Egg, Swiss Cheese, Grape Tomatoes, Romaine Blend Salad, Crackers <b>DESSERT:</b> Birthday Cake</p>	<p>13 <b>HOT MEAL:</b> Baked Cod Loin in a Sweet Basil Sauce, Mashed Sweet Potatoes, Zucchini &amp; Tomatoes, Wheat Dinner Roll <b>DELI:</b> Grilled Chicken Ranch Salad, Grilled Chicken, American Cheese, Grape Tomatoes &amp; Black Olives over Tossed Salad, Apple Juice <b>DESSERT:</b> Tropical Fruit Mix</p>	<p>14 <b>HOT MEAL:</b> Orange Chicken Stir Fry with Lo Mein Noodles, Japanese Blend Vegetables, Vegetable Egg Roll, Fortune Cookie <b>DELI:</b> Roast Beef &amp; Swiss w/ Lettuce &amp; Tomato, on Vienna Bread, Marinated Vegetable Salad <b>DESSERT:</b> Strawberry Applesauce</p>
<p>17 <b>HOT MEAL:</b> Italian Meatballs, Potato Medley, Mixed Vegetables, Wheat Dinner Roll <b>DELI:</b> Tuna Salad On a Croissant w/ Lettuce &amp; Tomato, Cowboy Caviar <b>DESSERT:</b> Orange</p>	<p>18 <b>HOT MEAL:</b> Country Fried Steak &amp; Gravy, Garlic Whipped Potatoes, Country Blend Vegetables, Vienna Bread <b>DELI:</b> BLT Supreme Salad, Diced Turkey, Chopped Bacon, Diced Tomato Shredded Cheese over Tossed Salad, Crackers, Fruit Punch <b>DESSERT:</b> Chocolate Pudding</p>	<p>19 <b>HOT MEAL:</b> Baked Ham, Twice Baked Whipped Potato, Cheesy Broccoli, Wheat Roll <b>DELI:</b> Reuben Salad, Sliced Corn Beef, Sauerkraut &amp; 1000 Island over Romaine Blend Salad and House Made Rye Croutons <b>DESSERT:</b> Cheesecake with Cherry Topping</p>	<p>20 <b>HOT MEAL:</b> BBQ Chicken Breast on a Wheat Bun, BBQ Baked Beans, Potato Salad <b>DELI:</b> Classic Chef Salad w/ Ham, Turkey, American Cheese, Diced Egg, Tomatoes over Tossed Salad, Crackers, Fruit Punch Juice <b>DESSERT:</b> Pear Slices</p>	<p>21 <b>HOT MEAL:</b> Salisbury Steak w/ Brown Gravy, Cheesy Hash Brown Potatoes, Parslied Carrots, Wheat Roll <b>DELI:</b> Sliced Ham &amp; American Cheese on Wheat w/ Lettuce &amp; Tomato, Potato Salad <b>DESSERT:</b> Fruit Cocktail</p>
<p><b>Center Closed</b></p>	<p><b>Center Closed</b></p>	<p>26 <b>HOT MEAL:</b> Seafood Chowder, Garlic &amp; Butter Diced Reds, California Blend Vegetable, Marble Rye Bread <b>DELI:</b> Italian Sandwich, Turkey, Ham, Pepperoni, Cheese, Peppers &amp; Red Onion on Vienna Bread, Herb Roasted Potato Salad <b>DESSERT:</b> Fruit Crisp</p>	<p>27 <b>HOT MEAL:</b> Swedish Meatballs, Baked Potato, Stewed Tomatoes, Wheat Berry Roll <b>DELI:</b> Turkey &amp; Cheddar w/ Lettuce &amp; Tomato on Wheat Hamburger Bun, Coleslaw <b>DESSERT:</b> Strawberry Yogurt Cup</p>	<p>28 <b>HOT MEAL:</b> Chicken Breast w/ Chicken Gravy, Whipped Potatoes, Green Beans, Hearth Roll <b>DELI:</b> Denver Omelet Salad, Diced Ham, Bacon, Green Pepper, Onion, Diced Egg, Cheddar Cheese, Tossed Salad, Orange Juice <b>DESSERT:</b> Frosted Brownie</p>
<p>31 <b>HOT MEAL:</b> Italian Casserole w/ Penne, Roasted Baby Carrots, Corn, Italian Roll <b>DELI:</b> Cobb Salad, Bacon, Diced Egg, Diced Chicken, Diced Ham &amp; Blue Cheese over Tossed Salad, Apple Juice <b>DESSERT:</b> Applesauce</p>	 <p style="text-align: center; font-size: 2em; font-weight: bold;">Happy New Year</p>			<p>Please call before noon to tell us if you would like to have lunch here the next day. Suggested contribution for lunch is \$4.00 for seniors</p>

## Dinner Meal Every Thursday at 5:30 pm

Come join us for good food and great conversation every Thursday night at 5:30 pm. Skim or 1% milk, tea, water, and coffee are available for every meal. For those over 60 there is a suggested contribution of \$5.00.



### **December 6, 2018**

Cheeseburger on a Hamburger Bun, Lettuce, Tomato, Red Onion, Pickle, Broccoli Salad, Baked Beans and Cherry Cobbler



### **December 13, 2018**

Country Fried Steak, Mashed Potatoes and Gravy, Green Beans, Dinner Roll and Pineapple Upside Down Cake



### **December 20, 2018**

Meatloaf with Mushroom Onion Gravy, Scalloped Potatoes, Cauliflower, Corn Bread and Ambrosia



### **December 27, 2018**

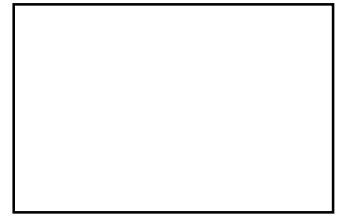
Sweet & Sour Chicken Breast, Rice, Oriental Blend Vegetables, Egg Roll, Fortune Cookie and a Frosted Brownie



### **Thursday Night Dinner**

Please be sure to make your reservations a week in advance as our dinners have been growing in size. We need to place our orders the Friday before. Thank you for all your support and loyalty

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 30<sup>th</sup>, 2018.*