

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!

2024 is a little more special. This year is a Leap Year so we can enjoy an extra day! What will you do with an additional 24 hours? The gift of time is very precious – use it wisely!

After our long cold month of January, we all can use some pick me ups in February. There is lots of special “national holidays” this month so have some fun with it. Check out our calendar - dress up, and go all out. We can put an end to the winter blahs!

Another way to beat the blahs is to try your hand at a different card game or activity. You can also work up a sweat playing chair volleyball, tai chi or an exercise class. You’ll feel better about your self while having a fun time. Don’t let the winter months get you down!

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CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
ENOA, Assistant
Manager

Cheers!
Kathy and Dawn



CHECK THIS OUT!



Don't be DRAGON your feet - come to this party!

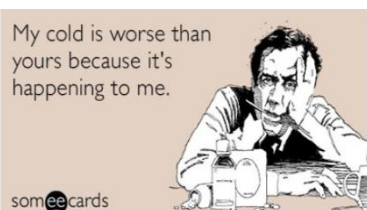
We are planning on Bellevue University students coming back to the center. They are always so fun and engaging with us. As a double bonus, our lunch that day is based on National Chopsticks Day- Chinese food! Be sure to join the festivities on **Tuesday, Feb. 6th at 10:30** and then stay for a delicious lunch! Call us and let us know you are joining in the fun!

Cards, Games and More! We have been getting some inquiries on new things to do at the center. Please let us know if you have a hobby or game you'd like to bring to the center. We have had an interest in playing Chess, Pinochle, Phase 10, Spades, and Hearts. If you are interested, please let us know and we can set up at date and time to get a group started!



Calling all Quilters! Do you have some quilts at home that you would like to share with us at the center? Our walls look pretty plain and we would love to be able to display your beautiful work. Please contact us if you are willing to let us enjoy them for awhile.

Winter Closings – When the Bellevue Public schools close due to weather, so do we. You can tune into the news or listen to KFAB. However, if it is too cold or too icy for you, please stay home and stay safe. If you ordered a lunch, please let us know so someone else can enjoy it.



Feeling Yucky? Then take it easy. Please don't come to the center if you are under the weather. Always remember – "cover each cough and sneeze or you are sure to spread disease!"

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



Mark your Calendar



Feb. 1st - National Spunky Old Broads Day - That's right – and they haven't even met our fun lovin' seniors . Show us what you got – wear a sassy T-shirt or dress up a bit and be proud of who you are!

Feb. 13th - Mardi Gras which is French for Fat Tuesday. It's also called Shrove Tuesday, Carnival Tuesday or Pancake Tuesday. Either way, eating is a fun part of the day. Reserve your lunch and be sure to wear your purple, golds and greens !



Feb. 14th – Valentine's Day – Cupid's Bingo. Sign up for lunch and stay for Bingo. We will have Cupid cards and prizes. You will LOVE how much fun you have. Lunch is at noon, and Cupid's Bingo is at 1:00 pm. Be sure to wear your reds and pinks.

Feb. 22nd – National Margarita Day! A little lime, a little tart and a lost shaker of salt. Join us for lunch and a little happy hour that starts at 11:30 am. Don't forget to call in for a hot or deli lunch.



Feb. 29th - Leap Year is Here! This special day happens just once every 4 years. How will you spend this extra day? Hopefully at the Senior Center.

A slice is so nice! Call in to reserve your breakfast pizza! Eggs, sausage, mushrooms, onions and lots of cheese make this a favorite breakfast! Add a side of fruit, juice and coffee all for only \$4.00 – you have an awesome meal. **Join us at 9:00 am on Friday, Feb. 16th at 9:00.** Reserve your spot by Wednesday the 14th.



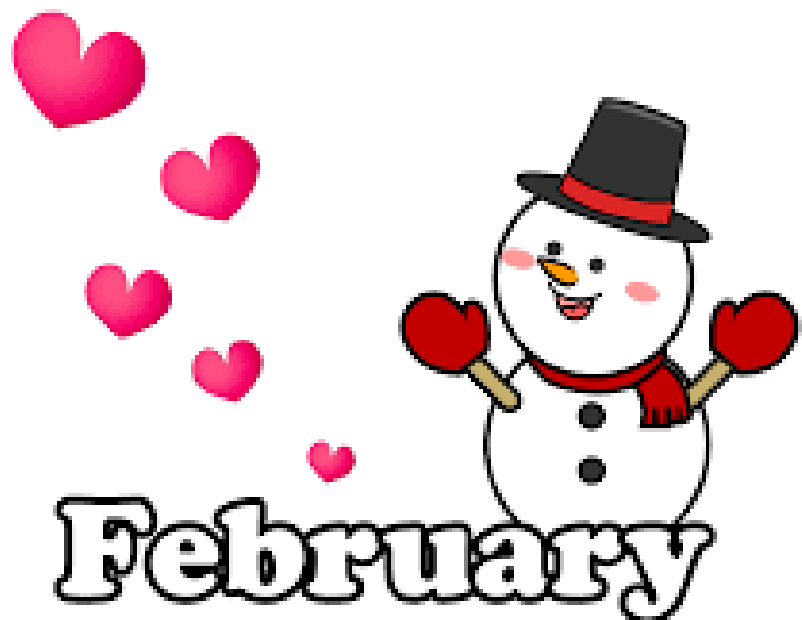
BINGO-CIZE is Back! Join us on Mondays and Fridays at 1:00, and stay for regular bingo at 1:45 pm. On Wednesdays we will just play regular Bingo at 12:45pm



FEBRUARY BIRTHDAYS



















- 3- Lori Perl & Ruth Pokorny
- 4- Emily Harris
- 8- Jan Newhouse & Robin Bayless
- 11- Mark Scobey
- 15- Libby Lamson
- 17- Mike Kerns
- 19- Kay Corbin & Kaye Giller
- 21- Beverly Noble
- 22- Georgianne Meyer & Wilma Vinski
- 22- Deborah Woracek
- 24- Mike Renner
- 26- Jerry Forget
- 28 – Bob Muse & Nydra Karlen
- 28- Jaye Welch



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 12:30- Poker 1:00–Mahjong 1:00 BINGO-Cize 1:45 Bingo	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 12:30 – Hand & Foot 12:45 – Bingo Panera Bread Day	8:00 - Woodcarvers 10:00 -Bridge Groups 12:45 Bridge Groups 12:30 Shanghai Rummy 12:45 Euchre	8:30- Chair Volleyball 9:30 – Painting & Drawing 10:30 – Exercise 11:00 – Bridge Class 1:00– BingoCize 1:45 Bingo Panera Bread Day

Activities for the Month of FEBRUARY

Monday- Dunkin Donuts	Tuesday	Wednesday	Thursday	Friday
				2 
5 Hand and Foot  Card Game	6 10:30 Chinese New Year Party 	7 Try Tai Chi ! 	8 10:30 Bingo Bucks 	9 10:30 Book Club 
12	13 	14 Wear Red or Pink 	15 10::30 Senior Advisory 	16 Breakfast Pizza 
19 Center is Closed Meeting is at 7:00pm 	20 Exercise with us! 	21	22 	23
26	27 Come join us for Dominoes! 	28	29 	

FEBRUARY HOT MENU

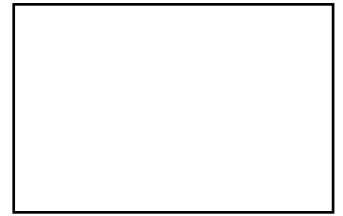
All lunches served with 1% or skim milk.				Thursday	Friday
Lunch is a suggested contribution of \$4.25				2/1/2024	2/2/2024
				Roasted Pork Chop with Pineapple Mango Salsa	Beef Stew with Potatoes, Carrots & Peas
				Mashed Potatoes	Mixed Greens Salad/Dress PC
				Green Beans	Mini Buttermilk Biscuit/Marg
				Wheatberry Roll/Marg	Strawberries & Pears
				Oatmeal Cream Pie	
Monday 2/5/2024	Tuesday 2/6/2024	Wednesday 2/7/2024	Thursday 2/8/2024	Friday 2/9/2024	
Oven Fried Chicken	National Chopsticks Day	Sliced Roast Beef & Gravy	Meatloaf & Gravy	National Pizza Day	
Breast & Country Gravy	Chicken Lo Mein with	Baked Potato/Sour Cream	Twice Baked Mashed Potatoes	Three Meat Pizza Pasta	
Mashed Potatoes	WG Spaghetti Noodles	Brussels Sprouts	Carrot Coins	Mixed Greens Salad/Dress	
Green Peas	Vegetable Egg Roll	Vienna Bread/Marg	WG Dinner Roll/Marg	Cauliflower	
Honey Wheat Bread/Marg	Broccoli Cuts	Sliced Pears	Fruit Mix	WG Breadstick/Marg	
Diced Peaches	Fortune Cookie			Peach Crisp	
	Sugar Cookies				
Monday 2/12/2024	Tuesday 2/13/2024	Wednesday 2/14/2024	Thursday 2/15/2024	Friday 2/16/2024	
Cheeseburger on a	Fat Tuesday	Valentine/Bday/Ash Wed.	Sweet & Sour Meatballs	Cheese Ravioli in Marinara	
WG Hamburger Bun	Cajun Chicken Breast	Baked Cod Loin in	Brown Rice Pilaf	with Shredded Mozzarella	
w/ Leaf Lettuce, Tomato,	in Alfredo Sauce	Lemon Garlic Sauce	Broccoli Cuts	Cauliflower	
Red Onions & Pickle Slices	Potatoes O'Brien	Diced Sweet Potatoes	Cinn. Raisin Bread/Marg	Mixed Greens Side Salad	
Baked Beans	Peas & Carrots	Stewed Tomatoes	Mandarin Oranges	Dressing PC	
Fresh Orange	Vienna Bread Slice/Marg	WG Petite Roll/Marg		WG Breadstick/Marg	
	Beignet Cookie	Decorated Cake		Cinnamon Diced Pears	
Monday 2/19/2024	Tuesday 2/20/2024	Wednesday 2/21/2024	Thursday 2/22/2024	Friday 2/23/2024	
	National Muffin Day	National Chili Day	Walking Taco!!	10 Grain Fish Filet	
Presidents' Day	Turkey Breast & Gravy	White Bean & Chicken Chili	Taco Meat, Shred Cheese	Oven Roasted Baby Reds	
	Mashed Potatoes	Potato Medley	Shred Lettuce, Diced Tomato	Oven Roasted Vegetables	
Senior Center Closed	Zucchini & Tomatoes	Green & Gold Beans	Fiesta Corn	Italian Roll/Marg	
	WG Dinner Roll/Marg	Pumpnickel Bread/Marg	WG Nacho Doritos PC	Chocolate Chip Cookie	
	WG Blueberry Muffin	Fruit Cocktail	Sour Cream & Taco Sauce	Tatar Sauce	
			Applesauce		
Monday 2/26/2024	Tuesday 2/27/2024	Wednesday 2/28/2024	Thursday 2/29/2024		
Country Fried Steak	Western Omelet	Liver w/ Onion Gravy	Ham & Scalloped Potatoes		
Mashed Potatoes & Gravy	in Cheese Sauce	Whipped Potatoes	Winter Blend Vegetables		
Brussels Sprouts	Breakfast Potatoes	Green Beans	WG Dinner Roll/Marg		
Marble Bread/Marg	Peppers & Onions	Honey Wheat Bread/Marg	Cinnamon Apple Slices		
Tropical Fruit Mix	WG Bread Slice/Marg	Apricot Halves			
	Strawberry Yogurt Parfait				

FEBRUARY DELI MENU

All lunches are served with 1% or skim milk. Suggested contribution is \$4.25. Meals are served at noon.

			Thursday	Friday
			2/1/2024	2/2/2024
			Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes	Egg Salad on Croissant w/ Lettuce & Tomato
			Mixed Greens Entrée Salad	Three Bean Salad
			Crackers (2pk) 100% Fruit Punch Juice Oatmeal Cream Pie Cookie	Strawberries & Pears
Monday 2/5/2024	Tuesday 2/6/2024	Wednesday 2/7/2024	Thursday 2/8/2024	Friday 2/9/2024
Deli Roast Beef & Cheddar Cheese on WG Bread	National Chopsticks Day Chicken Lo Mein with	Deli Ham & American Cheese on Marble Bread w/ Lettuce & Tomato	Turkey & Swiss on Marble Bread w/ Lettuce & Tomato Marinated Vegetable Salad	Chicken Pasta Salad over Mixed Greens Salad Tomato Wedges
w/ Lettuce & Tomato	WG Spaghetti Noodles	Carrot Raisin Salad	Fruit Mix	Croutons
Potato Salad Diced Peaches	Vegetable Egg Roll Broccoli Cuts Fortune Cookie Sugar Cookies	Sliced Pears		Peach Crisp
Monday 2/12/2024	Tuesday 2/13/2024	Wednesday 2/14/2024	Thursday 2/15/2024	Friday 2/16/2024
Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes	Egg Salad on Croissant	Roast Beef Chef Salad Roast Beef & Diced Egg Cheese & Grape Tomatoes	Chicken Caesar Salad w/ Caesar Dressing	Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread
Crackers (2pk)	Pea Salad	Mixed Greens Entrée Salad	Mixed Greens Entrée Salad	Cowboy Caviar
100% Fruit Punch Juice Fresh Orange	Beignet	Crackers (2pk) 100% Apple Juice Decorated Cake	100% Grape Juice Mandarin Oranges	Diced Cinnamon Pears
Monday 2/19/2024	Tuesday 2/20/2024	Wednesday 2/21/2024	Thursday 2/22/2024	Friday 2/23/2024
	Sliced Ham & American	Roast Beef & Cheddar	Greek Chicken Salad Diced Chicken, Cucumber	Ham Chef Salad
Presidents' Day	on Wheat Bread	with Leaf Lettuce & Tomato	& Tomato over Mixed Greens	Diced Ham, Diced Egg
	w/ Lettuce & Tomato	on 1/2 Ciabatta	w/ Greek Feta Dressing	Amer. Cheese & Grape Tomatoes
Senior Center Closed	Carrot Raisin Salad WG Blueberry Muffin	Coleslaw Fruit Cocktail	Crackers (2pk) 100% Fruit Punch Juice Applesauce	Crackers (2pk) 100% Grape Juice Chocolate Chip Cookie
Monday 2/26/2024	Tuesday 2/27/2024	Wednesday 2/28/2024	Thursday 2/29/2024	
Chicken Pasta Salad over Romaine Blend Salad	Turkey & Cheddar with Leaf Lettuce & Tomato	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Mixed Greens	Crab Salad on Croissant	
Tomato Wedges	on 1/2 Ciabatta	w/ Greek Feta Dressing	w/ Leaf Lettuce & Tomato	
Croutons	Coleslaw	Crackers (2pk)	Three Bean Salad	
Tropical Fruit Mix	Strawberry Yogurt Parfait	100% Fruit Punch Juice Apricot Halves	Cinnamon Apple Slices	

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.