



BELLEVUE SENIOR Community Center



Golden opportunities await a new day!

109 W. 22nd 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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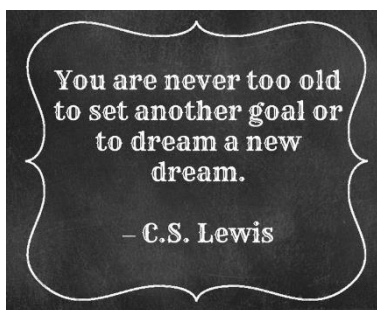
Al McGinness
Program Aide

Hello People!

It's a new year, and a time for a new outlook on life! If you want to make changes now is the time! Want to feel better? Try adding more fruits and veggies to your meal . Joints get stiff after sitting for awhile? Then make it point to get up and move around every hour, or try our Tai Chi or exercise classes. Feeling a bit lonely? Then strike up a conversation with someone at the center or call an old friend. Chances are, they will be happy to talk to you.

If you want to be happier, than look around – there are so many things that can make you smile. Don't complain it's too cold/snowy to go outside, instead use the time to get caught up with something that you have neglected. It might be something like finishing a book or movie, cleaning your closet out or catching up on the phone and emails with family and friends. Be the change you want to be!

Cheers!
Kathy and Dawn



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EGG-cellent Idea! If you haven't joined us for breakfast, then start the new year off right by coming to breakfast! This month we are serving an eggs, fruit and coffee/juice for only \$3.00! What a deal! See you on **Wednesday, January 8th at 9:00 am.**

Celebrate the Chinese New Year

The Chinese students from Bellevue University will be here once again to help us celebrate! Please dress your best – they will be taking professional photos for you! The students will have fun games planned for you and of course we will have tasty treats! This Year of the Rat party will start at **10:00 am Friday, January 17th!**

Winter Wonderland Embrace your inner child when winter meant sledding, snowball fights, making snowmen and snow angels, and of course drinking hot coco! Winter games and warm comfort food is on the game plan! Bundle up and come on in **Wednesday, January 29th at 10:00 am.**

Tax Reminder Starting in January, every Monday and Wednesday AARP will help with your taxes at the Bellevue Fire Fighter Hall, 9:00 am – 2 :00 pm.

Cuddle up with a Good Book Winter is a great time to catch up on your reading. Did you know we have a book club that meets here the second Friday of each month at 10:00 am? The book club just celebrated its 25th anniversary! Drop ins are always welcome!

Skip Bo ! We have a small group that has started to meet at the center after their Tai Chi class to play this fun, easy to learn card game! They are ready to welcome new players! Come check it out on **Wednesdays and Fridays at Noon.** Feel free to come early and drop in on our Tai Chi class that starts at 11:15!

Stay Warm and Toasty Of course you don't want to leave the house when it's cold and you're in you nice warm PJ's, so just wear them to the center! That's right, roll out bed and come to the center for your activities in your comfy clothes! Let's have a **PJ day on Friday, January 3rd.**

Get your Craft on Mert's Tuesday Craft Class is back with more cute card ideas than Hallmark! Drop ins are welcome, but you'll want to come to every class – **Tuesdays at 1:00 pm**, the entire month.

Dunkin Donut Monday!













Dunkin Donut Monday!

We are very fortunate to have donations from Dunkin Donuts every Monday. The only downside is that they do not freeze well and we want to share them with you. If you would like to take home some Dunkin Donuts, please bring a container from home and we will give you some donuts on Mondays! Most of their donated donuts are frosted or glazed and it makes them very messy to put in a zip lock bag. We will continue to bag Panera bread and bagels for you in zip lock bags on Thursday and Friday as long as they keep donating their product to us.

Daily Activities

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Chair Volleyball 9:00 Billiards/ Donut 9:30 Ceramics all day 9:30 Needle Crafters 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 12:00 Skip BO 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 / Drawing 11:15 Tai Chi 12:00 Skip BO 12:30 Pinochle 1:00 Bingo 1:00 Art and Crafts

Special Activities for January

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Every Monday Morning we have Dunkin Donuts Donated! Stop by and pick some up</i>	Try your hand at Skip BO every Wednesday and Friday at Noon! 	1	2	3 Wear your Pajamas Day! 
6 1:00 Bridge Group 	7 1:00 Card Class	8 9:00 Hot Breakfast 	9 10:30 Bingo Bucks	10 10:00 Book Club 
13 	14 1:00 Card Class 11:00 – Trip to Harrah's 	15	16 10:30 Senior Advisory Meeting	17 10:00 – Chinese Party 
20 CENTER CLOSED 7:00pm Alzheimer's Support Group 	21 1:00 Card Class	22 1:00 – Zoo to You!! 	23 10:00 – Pokeno 12:15 Senior Care Clinic	24 National Compliment Day! 
27 	28 1:00 Card Class	29 9:00 Party 	30	31 

1. Larry Scott, Don Hoefker, John Leonouitz & Kay Hoelting
2. Joan Gearheart
3. Pok Ye Knopes
4. Hatsue Marcum
5. Su Knope
7. Chris Nichols
9. Mary Scurry & Bill Van Haatten
10. Mary Kay Gibson
13. Vida Want, Martha Adair & Melvin Gilsdorf
14. Daisy Covey
15. Jane Doering, Kathy Van Den Top, Michael Knope, Richard Sumner
18. Shirley Miller
19. Ilene Guide & Louise Giger
20. Jean Hill
23. Bonnie Brown & Carol Lehotyak
25. Nancy St. Clair
26. Judy Baker, Al McGinness & Jim Hopfensperger
28. Loren Terpenning
29. Archie Raymond
30. Phyllis Fisher & Tim Turman



Winner Winner! **Michael Knope** was our lucky November cal-cutta winner!!! He split the pot with the center! He took home \$370.00, and donated \$100 back to the center! So the center took in \$470.00! The money from the drawing stays at the center for our activities, parties, bus, supplies and entertainment. Thank you to everyone who bought a raffle ticket!

Zoo to You !



Instead of venturing out in the cold, the Zoo will come to us! This year the theme is Animals Around the World. We will learn lots of interesting things. The speakers will arrive after lunch and will be bringing a mystery creature! Reserve a meal for lunch and stay for the presentation! The zoo will be here on **Wednesday, January 22nd at 1:00 pm.**

Feeling Lucky?



Then try your hand at Harrah's Casino! We will cross our fingers and cross the bridge to winnings! We will leave the center at **11:00 am on Tuesday, January 14th** and you may enjoy lunch on your own at the casino. We will leave there around 3:00 pm. The cost upfront for the trip is \$5.00 and whatever you spend for lunch and gambling.

You may sign up for the trip on or after January 1st. As a reminder, your \$5.00 bus trip fee is non-refundable unless we can fill your spot, or if we cancel the trip due to weather or lack of participation.

HOUSE KEEPING NOTES

There are a few things we want to remind you of for the coming year to keep your senior center running at it's best!

Food Policy – Food provided from the center and ENOA is intended to be eaten at the center. It is not for you take home so you don't have to cook later, or have a bowl of popcorn with your favorite show. Per ENOA - The ONLY thing you make take home is bread, fresh fruit or unopened milk. Please do not bring personal food to the center, unless you plan on sharing with everyone. Any treats need to be unopened and in their original container.

Sign ups – We encourage you to sign up for parties and meals in advance. We understand things come up, but we ask that you please call us to let us know you need to cancel as soon as you can.


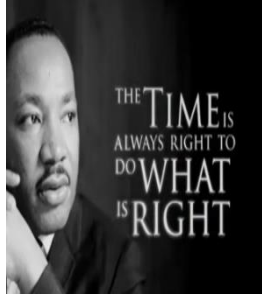
Thursday Dinner – Even if you come here regularly, please check with the front desk that you are down for the next week before you leave if you haven't filled out a monthly dinner form. This is especially important for starting a new month. You are not automatically signed up each week. Our volunteers work very hard preparing and serving meals – please help out by clearing your table.

Donations – We are outgrowing our space! Therefore, if you have a large donation of something (books, magazines, decorations, cards, crafts, yarn etc) please call ahead to see if we have room.

Parties and Entertainment – Please be respectful of our entertainment. It is very rude to carry on conversations during performances or get up and walk out during a song. If you need to leave, please exit quietly and try to walk around the edge of the dining room - not right in front of the performer! Please to not be a "Dine & Ditcher" – someone who comes for free food and doesn't participate in the rest of the party. We encourage everyone to be engaged and participate.

Code of Conduct – Please remember to be respectful of others. We want everyone to feel welcomed and safe at the center. The simple rules we learned in kindergarten still apply all through life – share, listen, smile, help, take turns, play fair, don't take things that are not yours, work and play each day, draw, paint, sing, dance, and learn something new each day! Treat others as you would want to be treated. And most of all we want you to have FUN!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please call before noon to tell us if you would like to have lunch here the next day. Suggested contribution for lunch is \$3.50 for seniors</p>			<p>2 HOT MEAL: Beef & Bean Chili, Baked Potato/Sour Cream, Romaine Salad, Cornbread DELI: Creamy Crab & Baby Shrimp, Macaroni Salad on Romaine Blend Salad, Tomato Wedges, Crackers DESSERT: Cinnamon Apple Slices</p>	<p>3 HOT MEAL: Chicken Tenders w/ BBQ Sauce, Potato Medley, Spinach Casserole, Breadstick DELI: Deli Roast Beef & Cheddar on WG Bread w/ Lettuce & Tomato, Potato Salad DESSERT: Diced Peaches</p>
<p>6 HOT MEAL: Hawaiian BBQ Chicken, Brown rice Pilaf, Broccoli, Rye Bread DELI: Three Meat Hoagie, Turkey, Ham, Roast Beef, American Cheese on a Hoagie Bun w/ Lettuce & Tomato, Coleslaw DESSERT: Banana Pudding</p>	<p>7 HOT MEAL: Beefy Mac Casserole with Cavatappi Noodles, Romaine Blend Salad, Capri Blend Vegetables, Whole Grain Bread DELI: Pecan Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread, Marinated Vegetable Salad DESSERT: Mandarin Oranges</p>	<p>8 HOT MEAL: Roasted Pork Loin with Apple Chutney, Mashed Potatoes, Green Beans, Dinner Roll DELI: Roast Beef Chef Salad, Diced Egg, American Cheese & Grape Tomatoes, Romaine Salad, Crackers, Fruit Punch DESSERT: Birthday Cake</p>	<p>9 HOT MEAL: 10 Grain Fish, Oven Roasted Baby Reds, Green Peas, Italian Roll DELI: Creamy Cheese Tortellini over Romaine Blend Salad with Grape Tomatoes & Black Olives, Crackers DESSERT: Fruit Cocktail</p>	<p>10 HOT MEAL: Pizza Joe Sandwich on a Hamburger Bun, Shredded Mozzarella Cheese, Seasoned Potato Wedges, Italian Blend Vegetables DELI: Teriyaki Chicken Strips, Shredded Carrots & Chow Mein Noodles over Salad Mix with Asian Dressing, Crackers, Apple Juice DESSERT: Diced Pears</p>
<p>13 HOT MEAL: Beef Stew w/ Vegetables, Chuck wagon Corn, Romaine Salad, Biscuit DELI: Egg Salad on a Croissant w/ Lettuce & Tomato, Three Bean Salad DESSERT: Pineapple Tidbits</p>	<p>14 HOT MEAL: Breaded Chicken Sandwich on a Hamburger Bun w/ Lettuce, Tomato, Twice Baked Whipped Potatoes, Mixed Vegetables DELI: BLT Supreme Salad w/ Bacon, Diced Tomato over Romaine Blend Salad, Croutons, Grape Juice DESSERT: Cherry Vanilla Yogurt</p>	<p>15 HOT MEAL: Italian Meatballs, Baked Potato/Sour Cream, Brussel Sprouts, Breadstick DELI: Classic Chef Salad w/ Ham, Turkey, American & Grape Tomatoes, Diced Egg over Romaine Blend Salad, Crackers, Apple Juice DESSERT: Sugar Cookie</p>	<p>16 HOT MEAL: Turkey Breast & Gravy, Potato Medley, Broccoli, Dinner Roll DELI: Sliced Ham & American on Wheat Bread w/ Lettuce & Tomato, Carrot Raisin Salad DESSERT: Strawberry Shortcake</p>	<p>17 HOT MEAL: Baked Cod Loin in a Citrus Cream Sauce, Baked Sweet Potatoes, Zucchini & Tomatoes, Pumpnickel Bread DELI: Greek Chicken Salad w/ Cucumber & Tomato, over Romaine Blend Salad, Greek Feta Dressing, Crackers, Fruit Punch DESSERT: Apricot Halves</p>
<p>20 CENTER CLOSED</p> 	<p>21 HOT MEAL: California Cheesy Chicken & Brown Rice Casserole, Green Beans, Dinner Roll DELI: Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato, Coleslaw DESSERT: Pear Slices</p>	<p>22 HOT MEAL: Soft Shell Beef Taco, Shredded Cheese, Lettuce, Tomato, Fiesta Corn DELI: Turkey Chef Salad w/ Diced Egg, American Cheese, Grape Tomatoes over Romaine Lettuce Blend, Crackers, Fruit Punch DESSERT: Cinnamon Applesauce</p>	<p>23 HOT MEAL: Pork Fritter, Twice Baked Mashed Potatoes, Creamed Cabbage, Marble Bread DELI: Chicken Pasta Salad over Romaine Blend Salad, Tomato Wedges, Croutons DESSERT: Blueberry Muffin Square</p>	<p>24 HOT MEAL: Salisbury Steak w/ Onion Gravy, Whipped Potatoes, Country Blend Vegetables, Wheat berry Roll DELI: Turkey & Cheddar on ½ Ciabatta w/ Lettuce & Tomato, Marinated Vegetable Salad DESSERT: Ambrosia Salad</p>
<p>27 HOT MEAL: Teriyaki Meatballs, Oriental Blend Vegetables, Cauliflower, Fortune Cookie, Cinnamon Raisin Bread DELI: Chicken Caesar Salad w/ Caesar Dressing, House Made Croutons, Romaine Blend Salad, Grape Juice DESSERT: Fresh Orange</p>	<p>28 HOT MEAL: Sliced Roast Beef & Gravy, Garlic Mashed Potatoes, Glazed Diced beets, Vienna Bread DELI: Deli Chicken & American Cheese on Marble Bread w/ Lettuce & Tomato, Carrot Raisin Salad DESSERT: Lemon Pudding</p>	<p>29 HOT MEAL: Cheese Omelet, Cheese Sauce, Baby Red Potatoes, Vegetable Juice, Raspberry Muffin Square DELI: Ham & American Cheese on WG Bread w/ Lettuce & Tomato, Potato Salad DESSERT: Glazed Pineapple</p>	<p>30 HOT MEAL: Ham & Northern Beans, Baby Roasted Carrots, Cornbread DELI: Roast Beef Chef Salad w/ Diced Egg, American Cheese, Grape Tomatoes over Romaine Lettuce Blend, Crackers, Apple Juice DESSERT: Cherry Cobbler</p>	<p>31 HOT MEAL: Cheeseburger on a Hamburger Bun, Lettuce, Tomato, Red Onion, Pickle Slices, Baked Beans DELI: Ham Chef Salad w/ Diced Egg, American Cheese, Grape Tomatoes over Romaine Lettuce Blend, Crackers, Grape Juice DESSERT: Tropical Fruit</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 \$4.00.



January 2 2020

HAPPY NEW YEAR!! NO DINNER TONIGHT



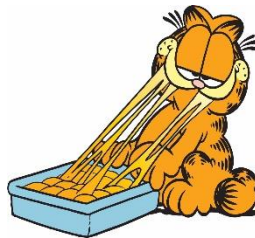
January 9 2020

BBQ Rib Patty on a Coney Bun, Steak Fries, Coleslaw, and Apple Pie



January 16 2020

Beef & Bean Chili, Baked Potato with Sour Cream, Tossed Salad, Cornbread and a Frosted Brownie



January 23 2020

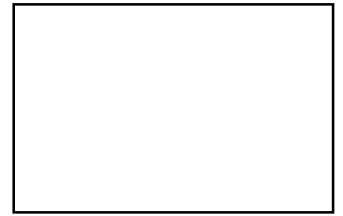
Beef Lasagna, Tossed Salad, Italian Blend Vegetable, Garlic Bread and Lemon Bars



January 30 2020

Fried Chicken, Mashed Potatoes with Gravy, Corn, Biscuit and a Surprise Dessert

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, 2020.