



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

BOARD OF DIRECTORS

Ralph Gladbach
President

Lauren Kesteloot
Vice President

Shirley Tingley
Secretary

Joe Gamerl
Treasurer

Paula Deitering
Voting Member

Lisa Summer
Voting Member

Mary Jo Hopfensperger
Voting Member

Dorene Narofsky
Voting Member

CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
ENOA, Assistant
Manager

NEW YEAR AND NEW YOU!

Each new year, millions of people make new year resolutions. This year will be the same. However, 2019 was a huge flood in the Midwest, followed by the pandemic of 2020, many may make different resolutions.

Instead of “Make more money” it may be “Make an effort to help someone struggling financially.”

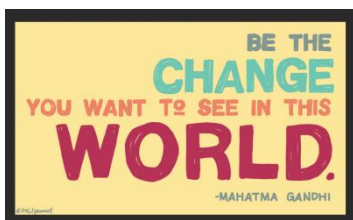
Instead of “Lose weight” it may be “Lose unhealthy choices”

Instead of just “Get Organized” make it “Organize and Donate what I really don’t need”

Instead of “Make more ME time” try “Make time to help someone who’s probably afraid to ask for help”

Some people, especially first responders have had to work long, hectic hours. Others are struggling to keep food on the table or keep their home because their job shut down. Often a small gesture goes a long way.

Don’t let last years cloud hang over your head. Be the positive change that everyone thinks will magically happen when we flip our calendars on midnight, December 31, 2020. It will take more than that, but together we can accomplish great things.



Take Care !
Kathy and Dawn

IN THIS ISSUE:

Page 2:
Side notes

Page 3:
Grab and Go

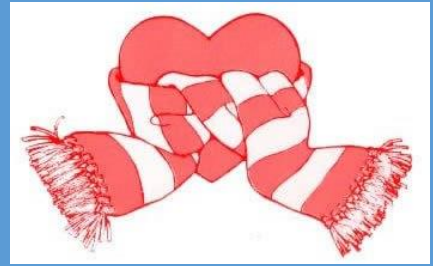
Page 4:
January
Birthdays

Pages 5:
Activity
calander

Page 6:
New Year Jokes

Page 7:
Grab and Go
Lunch Menu

Thank you to everyone who contributed to our winter hat, scarf, mitten drive! Whether you knitted, crocheted or bought brand new, you warmed the hearts of many in need !



Baby it's cold outside! We have something to warm you up! Call and reserve a right out of the oven warm cinnamon roll! You know we serve only the best because you deserve it.

Call in to let us know you will be stopping by and we will have your warm roll and juice ready for you. All this deliciousness will be served on **Wednesday, January 6th 9:00 am – 9:30 am.** Please call in your reservation by noon on January 5th. There is no charge for this little breakfast treat. It's just our way to say "We appreciate you!"



Our Grab and Go Lunch Program



Did you know we are still serving a delicious and nutritious lunch Monday – Friday? Even though our doors are still closed, we want to be able to provide our seniors with a daily hot meal.

The Covid -19 Quarantine has lasted longer than many of us has thought it would. Are you getting tired of cooking for yourself everyday? Are you not preparing yourself a well balanced meal? Bored of being in the house all day? We encourage you to check out our daily menu and call ahead to pick up your meal. We are still using the same caterer; your food is just packaged a little differently.

It's very simple :

1. Check out our menu in the newsletter or online and call ahead to order your favorites . 402-293-3041
2. Drive up in the side door alley between 11:45am and 12:15 pm to pick up your lunch.
3. Don't get out of your car, just call us or honk and we will deliver you meal to your front passenger seat.
4. We will ask that you sign that you received your meal.
5. You will be provided with an envelope if you would like to contribute for your meal and you can return that next time.
6. You drive away with a smile on your face!









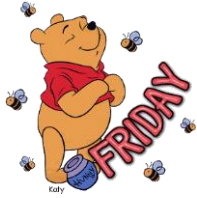
JANUARY BIRTHDAYS






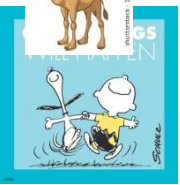



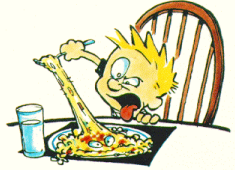













1. John Leonouitz and Kay Hoelting
3. Pok Knopes
4. Hatsue Marcum
5. Su Knope
7. Chris Nichols
9. Mary Scurry
11. Alice Timmerman
14. Daisy Covey
15. Michael Knope & Richard Sumner
15. Kathy Van Den Top
19. Ilene Guide
20. Jean Hill
23. Bonnie Brown & Carol Lehotyak
25. Nancy St. Clair
26. Judy Baker, Al McGinness & Jim Hopfensperger
28. Loren Terpenning
30. Tim Turman



Daily Activities for January

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Make your Monday Marvelous!</p> 	<p>Taco Tuesday</p> 	<p>Hump Day !</p> 	<p>It's almost Friday!</p> 	<p>Finally Friday !</p> 

Fresh starts.....

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join our Grab and Go Lunch Program! Call us before noon to order for the next day! 402-293-3041</p>				<p>1 Get more Sleep!</p> 
<p>4 Drink less caffeine</p> 	<p>5 Smile More</p> 	<p>6 Be positive</p> 	<p>7 Pay it Forward</p> 	<p>8 Let yourself laugh out Loud</p> 
<p>11 Wave Hello</p> 	<p>12 Enjoy your meals</p> 	<p>13 Treat yourself to a Pedicure</p> 	<p>14 Try a new hair style</p> 	<p>15 Eat Healthier</p> 
<p>18 CLOSED</p> 	<p>19 Try to get more steps in</p> 	<p>20 Read more, less TV</p> 	<p>21 Start a new hobby</p> 	<p>22 Organize a closet</p> 
<p>25 Do something good</p> 	<p>26 Phone a friend</p> 	<p>27 Tell grandkids your story</p>  <p><small>"That's a great story, grandpa. Have you sold the movie rights?"</small></p>	<p>28 Watch birds out of your window</p> 	<p>29 Have help rearranging furniture</p> 

New Year Resolution Fun !

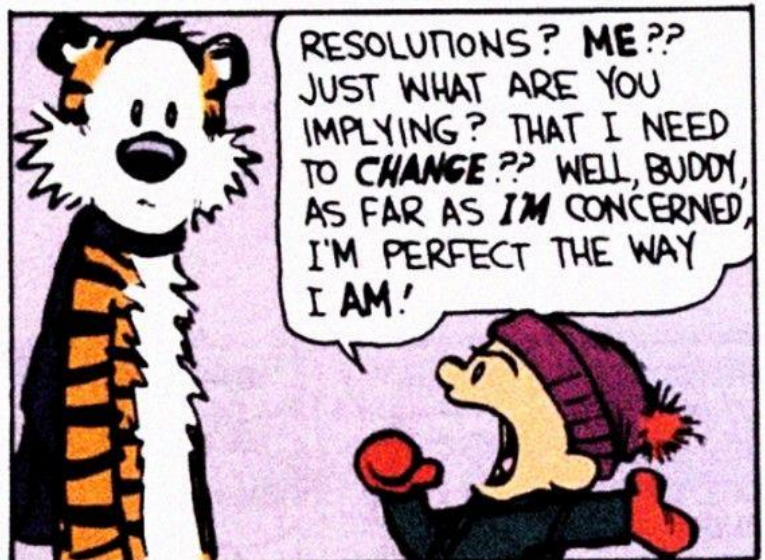
I need to start eating more healthy, but first I need to eat all the junk food in the house so it's not there to tempt me anymore.



your e cards
someecards.com

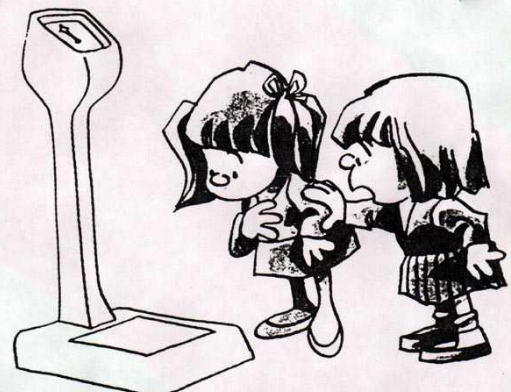
BEFORE I ENTER
2021
I NEED TO SEE
SOME TERMS AND
CONDITIONS

I think I made too many New Year's resolutions this year. It took me almost a full day to break them all.



RESOLUTIONS? ME??
JUST WHAT ARE YOU
IMPLYING? THAT I NEED
TO **CHANGE**?? WELL, BUDDY,
AS FAR AS **I**M CONCERNED,
I'M PERFECT THE WAY
I AM!

**You think 2020 is
bad, wait until it
turns '21 and starts
drinking.**



"Don't step on it... it makes you cry."

GRAB AND GO LUNCHES!

Call by noon the day before you would like lunch.
Pick-up in the alley between 11:45 am and 12:15 pm

<p>MY HEALTHY CHECKLIST</p>  <p>Based on 1,200 calories per day</p>				<p>Friday 1/1/2021</p>  <p>CENTER IS CLOSED No Grab and Go Meals</p>
<p>Monday 1/4/2021</p> <p>Hawaiian BBQ Chicken Brown Rice Pilaf Broccoli Rye Bread/Marg Banana Pudding 1% Milk</p>	<p>Tuesday 1/5/2021</p> <p>Beefy Mac Casserole with Cavatappi Noodles Corn Capri Blend Veggies 100% Wheat Bread/Marg Mandarin Oranges 1% Milk</p>	<p>Wednesday 1/6/2021</p> <p>Roasted Pork Chop with Apple Chutney Mashed Potatoes Green Peas WG Dinner Roll/Marg Sugar Cookie 1% Milk</p>	<p>Thursday 1/7/2021</p> <p>10 Grain Fish Filet Green Beans Oven Roasted Baby Reds Italian Roll/Marg Fruit Cocktail Tartar Sauce PC 1% Milk</p>	<p>Friday 1/8/2021</p> <p>Pizza Joe Sandwich Seasoned Potato Wedges alian Blend Veggies WG Hamburger Bun Diced Pears 1% Milk</p>
<p>Monday 1/11/2021</p> <p>Beef Stew w/ Potatoes, Carrots & Peas Chuckwagon Corn Glazed Pineapple Mini Buttermilk Biscuit 1% Milk</p>	<p>Tuesday 1/12/2021</p> <p>Breaded Chicken Patty Twice Baked Whip Potato Mixed Vegetables WG Hamburger Bun Cherry Vanilla Yogurt PC 1% Milk</p>	<p>Wednesday 1/13/2021</p> <p>Italian Meatballs 1/2 Baked Potato Brussels Sprouts WG Breadstick/Marg Plain Cake Square Sour Cream PC 1% Milk</p>	<p>Thursday 1/14/2021</p> <p>Pork Fritter & Gravy Mashed Potatoes Creamed Cabbage Marble Bread/Marg Ambrosia Salad 1% Milk</p>	<p>Friday 1/15/2021</p> <p>Baked Cod Loin in Citrus Cream Sauce Diced Sweet Potatoes Zucchini & Tomatoes Pumpnickel Bread/Marg Apricot Halves 1% Milk</p>
<p>Monday 1/18/2021</p>	<p>Tuesday 1/19/2021</p> <p>California Cheesy Chicken & Brown Rice Casserole Green Beans Pear Slices WG Dinner Roll/Marg 1% Milk</p>	<p>Wednesday 1/20/2021</p> <p>Taco Meat Fiesta Corn Cinnamon Applesauce Lettuce/Tomato/Cheese 8" Flour Tortilla Taco Sauce PC 1% Milk</p>	<p>Thursday 1/21/2021</p> <p>Turkey Breast & Gravy Potato Medley Broccoli WG Dinner Roll/Marg Oatmeal Raisin Cookie 1% Milk</p>	<p>Friday 1/22/2021</p> <p>Salisbury Steak with Onion Gravy Mashed Potatoes Country Blend Veggies Wheatberry Roll/Marg Diet Strawberry Jello Cake 1% Milk</p>
 <p>Senior Center Closed No Grab & Go Meals</p>				
<p>Monday 1/25/2021</p> <p>Teriyaki Meatballs Oriental Blend Veggies Cauliflower Cinn. Raisin Bread/Marg Fresh Orange 1% Milk</p>	<p>Tuesday 1/26/2021</p> <p>Sliced Roast Beef/Gravy Garlic Mashed Potatoes Glazed Diced Beets Vienna Bread/Marg Lemon Pudding 1% Milk</p>	<p>Wednesday 1/27/2021</p> <p>Creamed Chicken Gravy Peas & Carrots Glazed Pineapple Romaine Blend Salad Dressing PC Raspberry Muffin Square 1% Milk</p>	<p>Thursday 1/28/2021</p> <p>Ham & Northern Beans Spinach Casserole Cherry Cobbler WG Dinner Roll/Marg 1% Milk</p>	<p>Friday 1/29/2021</p> <p>Hamburger Patty Baked Beans Mixed Vegetables Leaf Lettuce & Tomato Wheat Hamburger Bun Tropical Fruit 1% Milk</p>

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, 2021.