



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!

Summer is finally here! Longer days make it easier to spend more time outside. You can soak up some vitamin D by sitting outside each day, taking a walk, or playing at the park with grandkids.

You can enjoy the little things in life :
An ice cream cone on a hot day, enjoying the flowers in full bloom, checking out the local farmer's market, take the grandkids to the zoo, or a picnic in the park.

Stop by center for coffee, lunch, games and just to visit with friends. We love seeing you here! Happy Summer!

Cheers!
Kathy and Dawn

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CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
ENOA, Assistant
Manager



MARK YOUR CALENDAR!



YEE HAW! IT'S HOE DOWN TIME ! Join us for a fun filled Hootenanny party! Mary Link will get the things started with some country music while you enjoy your delicious "ranch" style snacks! Boots and spurs are optional, but you can dress accordingly if you like. This boot scootin' party starts at **10:30 on Wednesday, July 16th**.

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

July is National Ice Cream Month ! We will be having our favorite soft serve ice cream machine back so you can make your own sundaes! We will be serving **FREE** ice cream from **10:00 am – 3:00 pm on Friday, July 11th**. *Please note, this is for our seniors who belong to our center.*



RISE, SHINE AND DINE This month's breakfast will be a traditional breakfast – eggs, bacon, English muffin, fruit, coffee and juice! Sounds delicious, doesn't it? Sign up by Wednesday, July 23rd morning so you won't miss out. Breakfast will be served at **9:00 am on Friday, July 25th**.

BBQ BINGO! Want to have a SAUSE-some afternoon? Then STEAK your claim and reserve your spot! We will MEAT at **1:00 pm on Monday, July 28th**. You'll be GRILLED to death with all the fun. This is a RARE kind of bingo. We like to change it up so you won't get BURNED out! Let's turn up the HEAT for a SMOKIN' good time. Don't forget to order lunch too!



Our May winner was Marlene Head! She won \$184 and gave \$20 back to the center! You can't win if you don't play!

PS –We will not be serving morning Panera snacks on party days and when we have our breakfast.

CHECK THIS OUT

OUR FOREST FRIENDS ARE BACK Tisha with Fontenelle Forest is returning with more fun and facts about our forest. You won't want to miss out. Reserve your seat and stay for lunch. She will be here on **Tuesday, July 22nd at 11:00 am.** Lunch is served at noon.



Zip-a-dee-do-da! We are in need of quart size zip lock bags! We know you enjoy taking home delicious Panera breads and bagels on Wednesdays and Fridays. We will always take the gallon size too.

ANNUAL FUNDRAISER – RAFFLE BASKETS . Now is the time to start thinking of items for the baskets and getting sponsorships. Gift cards to restaurants and businesses for food, merchandise and services is always a hit. Ask your hairdresser, mechanic, pet groomer etc for a gift card.



GAMES – CARDS- BINGO Did you know we have all these types of games? Poker, Mahjong, Party Bridge, Duplicate Bridge, Skip BO, Hand, Foot & Knee, Kings in a Corner & Dominoes. Even if you haven't played before, everyone is always ready to teach you. Check your activity calendar for times and days. Do you have an idea for a game? Let's get a new group started!!

BEAT THE HEAT - Our building is old and some rooms have high ceilings, and others do not. It get hard to regulate the temperature and humidity in the summer. By wearing short sleeves and bringing a light jacket is usually the best way to deal with the differences! Be sure to drink lots of water too!





July Birthdays



- 1- Phyllis Timm & Ira Olson
- 1- Mike Schrant
- 2- Trudy Berkey
- 3- Judy James
- 5- Phyllis Valentine & Kathy Parker
- 5- Marykay Seldon
- 6- Lois Tobias
- 12- Mert LeBreton
- 13- Lora Heath
- 15- Betty Shaw & Anne Nabors
- 15 -Margaret Novak
- 20- Mary Marchisello & JoEllen Hoefk
- 20- Mary Kay Grout
- 22- Brenda Elson
- 23- Andrea Kuhn & Marlys Dively
- 24- Marlene Head & Julie Sturgeon
- 24- Larry Stiverson
- 25- Minnie Chiavacci & Jodie Wilson
- 26- Connie Miller & June Badillo



Remember as a kid you were always on your best behavior in December? Let's go back to that time ...at the center. Be sure to always be nice to everyone – especially the volunteers. A smile, a Please and Thank You go along way to someone who is spending their time to make your time at the center better. Our donations from Panera and Dunkin Donuts are for everyone, please do not take more than one bag. If you use the last of something, let us know. Wait patiently while others are checking in. But most of all, be kind. You never know the struggles someone may be having .

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	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	8:00 - Woodcarvers 10:00 -Bridge Groups 12:45 Bridge Groups 12:45 Dominoes	8:30- Chair Volleyball 9:30 – Painting & Drawing 10:30 – Exercise 11:00 – Bridge Class 12:45 .25 BINGO 1:00 Art Class

Activities for the Month of JULY

Monday Dunkin Donuts	Tuesday	Wednesday Panera Bread	Thursday	Friday Panera Bread
SKIP-BO played daily !	1	2	3	4 
7	8 Invite a friend to Lunch today !	9	10 9:30 Lisa's Bingo 	11 10:00 Book Club FREE ICE CREAM DAY 
14 	15	16 10:30 Hoe Down Party 	17 10:30 – Senior Advisory Forum 	18
21 7:00 Meeting 	22 11:00 Fontenelle Forest 	Today Is National Gorgeous Grandma Day! Here's A SMILE For All You CRAZY GRANDMAS. 	24 10:30 Hillcrest Bingo 	25 9:00 am 
28 1:00 Bingo 	29	30 	31 	

JULY HOT MENU

	Tuesday 7/1/2025	Wednesday 7/2/2025	Thursday 7/3/2025	Friday 7/4/2025
	Cheesy Broccoli Chicken Breast	Salisbury Steak & Mushroom Gravy	BBQ Pork Rib Patty	Independence Day
	Wild Rice	Mashed Potatoes	Winter Blend Vegetables	Senior Centers are Closed
	Mixed Vegetables	Green Beans	Potato Salad	
	WG Dinner Roll/Marg	WG Bread Slice/Marg	WG Hamburger Bun	
	Tropical Fruit Mix	Butterscotch Pudding	Apple Cobbler or Diet Pudding	
	1% or Skim Milk	or Diet Pudding 1% or Skim Milk	1% or Skim Milk	
Monday 7/7/2025	Tuesday 7/8/2025	Wednesday 7/9/2025	Thursday 7/10/2025	Friday 7/11/2025
National Macaroni Day	Potato Crusted Fish	Pork Chop with	Western Omelet w/ Ham,	Walking Beef Taco
Cheeseburger Macaroni	w/ Tartar Sauce	Country Gravy	Cheese, Peppers & Onion	Beef Taco Meat
Brussels Sprouts	Diced Sweet Potatoes	Mashed Potatoes	with Cheese Sauce	Shredded Cheese
Zucchini & Tomatoes	California Blend Vegetables	Broccoli Salad	Potato O'Brien	Shredded Lettuce
WG Breadstick/Marg	Vienna Bread/Marg	WG Dinner Roll/Marg	Mandarin Oranges	Pinto Beans
Fresh Apple	Chocolate Chip Cookie	Decorated Birthday Cake	Blueberry Muffin	Sour Cream & Taco Sauce PC
1% or Skim Milk	or Diet Cookies 1% or Skim Milk	or Plain Cake Square 1% or Skim Milk	1% or Skim Milk	WG Doritos PC
				Strawberries & Pineapple 1% or Skim Milk
Monday 7/14/2025	Tuesday 7/15/2025	Wednesday 7/16/2025	Thursday 7/17/2025	Friday 7/18/2025
Swedish Meatballs	National Tapioca Day	National Hot Dog Day	Chicken Marsala	Spaghetti & Beef Sauce
Mashed Potatoes	BBQ Pulled Pork	All Beef Hot Dog with	Diced Sweet Potatoes	Mixed Greens Side Salad
Green Beans	on Kaiser Bun	Chili Sauce & Shred Cheese	Zucchini & Tomatoes	Dressing PC
100% Wheat Bread/Marg	Scalloped Potatoes	Potato Wedges	Heavy Hearth Roll/Marg	California Blend Veggies
Pineapple Tidbits	Broccoli Florets	Cauliflower	Strawberries & Pears	WG Breadstick/Marg
1% or Skim Milk	Tapioca Pudding	WG Hot Dog Bun	1% or Skim Milk	Sliced Peaches
	or Diet Pudding 1% or Skim Milk	Peanut Butter Cookie		1% or Skim Milk
		or Diet Cookies 1% or Skim Milk		
Monday 7/21/2025	Tuesday 7/22/2025	Wednesday 7/23/2025	Thursday 7/24/2025	Friday 7/25/2025
Chicken Breast in Creamy	Sloppy Joe Sandwich	Open Faced Roast Beef	Oven Fried Chicken Breast	Meatloaf in Tomato Gravy
Bacon Ranch Sauce	on WG Hamburger Bun	Sandwich on WG Bread	Diced Sweet Potatoes	Baked Potato
Wild Rice	Augratin Potatoes	Mashed Potatoes & Gravy	Winter Blend Vegetables	Brussels Sprouts
Diced Carrots	Green Peas	Diced Beets	WG Dinner Roll/Marg	WG Breadstick/Marg
WG Dinner Roll/Marg	Strawberries & Pineapple	Lemon Pudding or	Fresh Apple	Sour Cream PC
Mandarin Oranges	1% or Skim Milk	Diet Pudding	1% or Skim Milk	Fruit Cocktail
1% or Skim Milk		1% or Skim Milk		1% or Skim Milk
Monday 7/28/2025	Tuesday 7/29/2025	Wednesday 7/30/2025	Thursday 7/31/2025	
National Hamburger Day	Cheesy Chicken Philly	Sliced Turkey & Gravy	Mild Italian Sausage in	
Classic Cheeseburger	Sandwich	Mashed Potatoes	Marinara	
on WG Hamburger Bun	Diced Baby Red Potatoes	Cornbread Stuffing	Potato Wedges	
w/ Leaf Lettuce, Pickles,	Broccoli Florets	WG Breadstick/Marg	Carrot Coins	
Sliced Tomatoes & Onion	WG Mini Hoagie Bun	Fresh Orange	WG Dinner Roll/Marg	
Coleslaw	Oatmeal Cream Pie	1% or Skim Milk	Strawberry Applesauce	
Apricot Halves	or Diet Cookies		1% or Skim Milk	
1% or Skim Milk	1% or Skim Milk			

JULY DELI MENU

	Tuesday 7/1/2025	Wednesday 7/2/2025	Thursday 7/3/2025	Friday 7/4/2025
	Roast Beef Chef Salad	Cranberry Chicken Salad	Roast Beef & Cheddar with	Independence Day
	Roast Beef, Diced Egg	on Croissant	Leaf Lettuce & Tomato	Senior Centers are Closed
	American & Grape Tomatoes	w/ Lettuce & Tomato	on Vienna Bread	
	over Mixed Greens Salad	Potato Salad	Carrot Raisin Salad	
	100% Fruit Punch	Butterscotch Pudding	Apple Cobbler	
	Crackers(2pk)	or Diet Pudding	or Diet Pudding	
	Tropical Fruit Mix	1% or Skim Milk	1% or Skim Milk	
	1% or Skim Milk			
Monday 7/7/2025	Tuesday 7/8/2025	Wednesday 7/9/2025	Thursday 7/10/2025	Friday 7/11/2025
Italian Sandwich	Egg Salad Sandwich	Roast Beef & Swiss on	Ranch Chicken Salad	Ham Salad on
Turkey, Ham, Pepperoni	on Croissant	on WG Bun	on Kaiser Bun	Rye Bread
Swiss American Cheese	w/ Leaf Lettuce & Tomato	w/ Lettuce & Tomato	w/ Lettuce & Tomato	w/ Lettuce & Tomato
on Vienna Bread	Potato Salad	Broccoli Salad	Three Bean Salad	Potato Salad
Coleslaw	Chocolate Chip Cookie	Decorated Birthday Cake	Mandarin Oranges	Strawberries & Pineapple
Fresh Apple	or Diet Cookies	or Plain Cake Square	1% or Skim Milk	1% or Skim Milk
1% or Skim Milk	1% or Skim Milk	1% or Skim Milk		
Monday 7/14/2025	Tuesday 7/15/2025	Wednesday 7/16/2025	Thursday 7/17/2025	Friday 7/18/2025
Sliced Ham & American	National Tapioca Day	National Hot Dog Day	Roast Beef & Cheddar	Chicken Fajita Salad
Cheese on Hamburger Bun	Tuna Salad	All Beef Hot Dog with	on Vienna Bread	Sliced Fajita Chicken with
w/ Lettuce & Tomato	on WG Bread	Chili Sauce & Shred Cheese	w/ Lettuce & Tomato	Peppers & Onions & Corn
Carrot Raisin Salad	w/ Lettuce & Tomato	Potato Wedges	Three Bean Salad	over Mixed Greens Salad
Pineapple Tidbits	Pea Salad	Cauliflower	Strawberries & Pears	w/ Southwest Ranch Dressing
1% or Skim Milk	Tapioca Pudding	WG Hot Dog Bun	1% or Skim Milk	Tortilla Strips
	or Diet Pudding	Peanut Butter Cookie		Sliced Peaches
	1% or Skim Milk	or Diet Cookies		1% or Skim Milk
		1% or Skim Milk		
Monday 7/21/2025	Tuesday 7/22/2025	Wednesday 7/23/2025	Thursday 7/24/2025	Friday 7/25/2025
Turkey & Swiss on	Chicken Caesar Salad	Egg Salad on	Roast Beef Chef Salad	Classic Chef Salad
WG Bread	w/ Caesar Dressing &	Vienna Bread	Roast Beef, Diced Egg	Ham, Turkey, Diced Egg
w/ Lettuce & Tomato	Housemade Croutons	w/ Lettuce & Tomato	American & Grape Tomatoes	American & Grape Tomatoes
Potato Salad	over Mixed Greens Salad	Marinated Vegetable Salad	over Mixed Greens Salad	100% Apple Juice
Mandarin Oranges	100% Grape Juice	Lemon Pudding or	100% Grape Juice	WG Breadstick
1% or Skim Milk	Strawberries & Pineapple	Diet Pudding	Crackers(2pk)	Fruit Cocktail
	1% or Skim Milk	1% or Skim Milk	Fresh Apple	1% or Skim Milk
			1% or Skim Milk	
Monday 7/28/2025	Tuesday 7/29/2025	Wednesday 7/30/2025	Thursday 7/31/2025	
National Hamburger Day	Ham Chef Salad	Classic Chef Salad	Roast Beef & Cheddar	
Classic Cheeseburger	Diced Ham, Diced Egg	Ham, Turkey, Diced Egg	on Vienna Bread	
on WG Hamburger Bun	Amer. Cheese & Grape Tomatoes	American & Grape Tomatoes	w/ Lettuce & Tomato	
w/ Leaf Lettuce, Pickles,	Mixed Greens Salad	Mixed Greens Salad	Potato Salad	
Sliced Tomatoes & Onion	Crackers(2pk)	100% Fruit Punch Juice	Strawberry Applesauce	
Coleslaw	100% Fruit Punch	WG Breadstick	1% or Skim Milk	
Apricot Halves	Oatmeal Cream Pie	Fresh Orange		
1% or Skim Milk	or Diet Cookies	1% or Skim Milk		
	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, 2026