



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

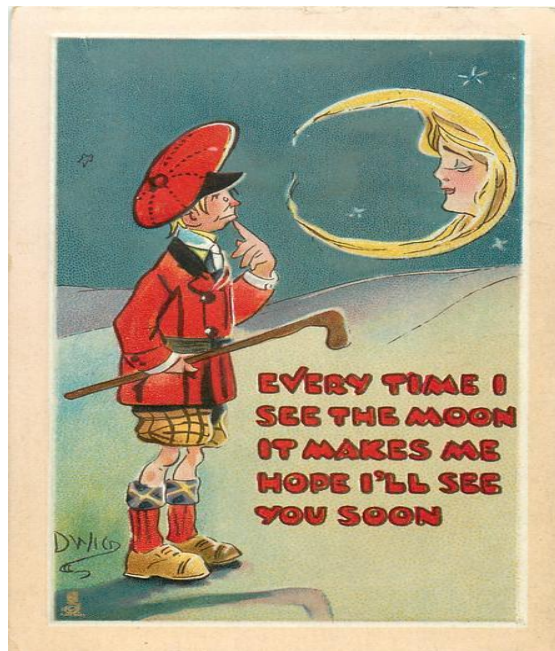
Dawn Jaixen
ENOA, Assistant
Manager

Al McGinness
Program Aide

Hello People!

It's hard to believe that another month is here and our senior center is still closed. We know that this is a very trying time for everyone. We appreciate your patience. Please keep in mind that ENOA and our main concern is for your safety and well being. We miss you and hope that we will be able to open our doors and welcome you back soon.

This year we tried something new. We registered with the **OMAHA GIVES** program. For our first year we took in \$691.99 in donations! It is an easy way to get some awareness for the center and raise some money. Thank you to all who contributed to our center!



Take Care !
Kathy and Dawn

IN THIS ISSUE:

Page 2:
Crossword and
Scramble Fun

Page 3:
July Activity
Calendar

Page 4:
July
Birthdays

Pages 5:
Summer facts

Page 6:
Summer Sun
Safety

Page 7:
Just for Fun

4th of July

Word Search



X	P	F	C	G	D	S	B	S	I	R	D	J	S	I
D	A	M	E	R	I	C	A	S	U	E	S	D	T	N
G	R	G	L	M	D	F	R	E	E	D	O	M	A	D
U	A	Y	E	N	F	Q	B	F	S	W	S	K	R	E
V	D	R	B	S	H	S	E	I	O	H	G	K	S	P
D	E	E	R	R	Y	I	Q	R	H	I	R	K	A	E
E	E	G	A	N	E	H	U	E	G	T	T	J	N	N
L	Y	F	T	H	E	F	E	W	D	E	U	G	D	D
I	R	S	I	R	F	D	I	O	R	A	I	F	S	E
B	W	A	O	S	O	S	P	R	H	N	H	H	T	N
E	D	A	N	F	F	E	Q	K	P	D	Y	B	R	C
R	V	A	F	D	L	O	V	S	O	B	T	C	I	E
T	P	G	U	S	A	O	I	G	I	L	E	S	P	W
Y	I	O	E	R	G	Q	W	G	K	U	W	X	E	Q
M	U	N	C	L	E	S	A	M	Z	E	E	E	S	S



Images © NRC Design Studio

America
 Barbeque
 Celebration
 Fireworks
 Flag
 Freedom
 Independence

Liberty
 Parade
 Red White and Blue
 Stars and Stripes
 Uncle Sam
 USA

HOME
OF THE
FREE
BECAUSE
OF THE
BRAVE

















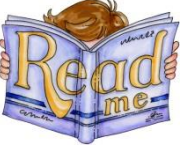







4th of July
 Word Scramble

AIECMRA _____
 RRISKOWFE _____
 CDENNEPNDIEE _____
 RDE _____
 DPRAEA _____
 UHRFOT _____
 ODEERFM _____
 IHEWT _____
 BUEL _____
 RTSSA _____
 SIESTRP _____

Daily Activities - maybe

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 11:00 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 11:00 Tai Chi 12:00 Skip Bo 12:30 Pinochle 1:00 Bingo 1:00 Art and Crafts

Special Things to do in July

Monday	Tuesday	Wednesday	Thursday	Friday
We will do a robo call on Mon. if we have Dunkin Donuts or Thurs. & Fri. For Panera Bread	Place your lunch orders with us ! 402-293-3041 	1 Call a Friend 	2 Write a note for the mailman 	3 NO LUNCH TODAY Wear your red, white and Blue 
6 Call your kids and just say " I love you" 	7 Bake cookies for the police or fire department 	8 Smile at everyone you see today 	9 Knit hats for our winter drive in December 	10 Organize a drawer 
13 Go for a walk 	14 Exercise 	15 Try a new recipe 	16 Sit outside and wave at all the passing cars 	17 Call you grandkids 
20 Play your favorite music 	21 Let the person in line ahead of you go first 	22 Read a book 	23 Go Fishing 	24 Shop a Farmer's market 
27 Donate to the Pantry 	28 Watch your Favorite Movie 	29 Ladies- paint your nails 	30 Dance in your living room 	31 Make a list of what makes you happy 

1. Phyllis Timm & Allan Schur
2. Denise Adams
3. Judy James
5. Elaine Dutton
6. Lois Tobias
9. Marian Cheney & Mary Parks
12. Mert LeBreton, Bev Eckel & Shirley Benash
13. Lora Heath
15. Betty Shaw, Grace Felthousen & Anne Nabors
16. Margaret Novak
17. Minnie Sasser
18. Joan Senter & Dawn Wetherall
19. Gary White
20. Marti Berry, Mary Marchisello & JoEllen Hoefker
22. Jim Bell & Wiley Jung
23. Ardean Claycamp, Marlys Dively & Andrea Kuhn
24. Marlene Head
25. Minnie Chiavzcci & Denny Hilifiker
26. Karen Anderson, Dorothy Hill & Pete Ogaard
27. Dorothy Shonka
31. Sheila Bell



Fun Facts about Summer:

The first day of summer is between June 20th and June 22nd every year. The first day of summer is called the summer solstice, and the day varies due to the Earth's rotation not exactly reflecting our calendar year.

Watermelon is one of summer's best summer treats. Did you know that watermelons are not a fruit, but a vegetable instead? They belong to the cucumber family of vegetables.

[The Eiffel tower](#) actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer.

If you love ice cream, the summer season should be your favorite. July is national ice cream month.

A June fun fact is that the month of June is named after the Roman goddess Juno.

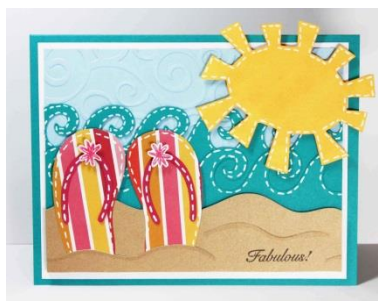
The first women's bathing suit was created in the 1800's. It came with a pair of bloomers.

The "dog days of summer" refer to the dates from July 3rd to August 11th. They are named so after the Sirius the Dog Star. This star is located in the constellation of Canis Major.

[Frisbees](#), invented in the 1870's as a pie plate, but in the 1940's, college students began throwing them around. They have since stopped being used for pie plates and are now a summertime staple.

Mosquitos have been on earth for more than 30 million years.

Ice pops were invented in 1905 by an 11 year old boy.

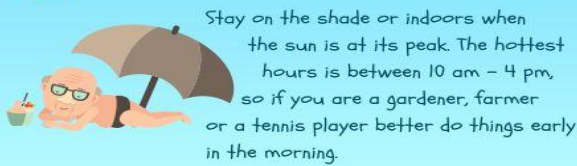


Senior Summer Season Sun Safety

How to stay protected under intense heat of the sun?

Seniors are prone to dehydration that is why it is crucial to stay hydrated all the time especially during summer. Here are tips for you to stay protected during summer:

1 Stay on the shade or indoors when the sun is at its peak.



Stay on the shade or indoors when the sun is at its peak. The hottest hours is between 10 am - 4 pm, so if you are a gardener, farmer or a tennis player better do things early in the morning.

2 Wear appropriate clothes.



Recommended summertime apparels are soft, lightweight and breathable. Avoid wearing clothes in black colors as it absorbs heat and will leave you feeling even hotter. When under the heat of the sun, it is advisable to wear long-sleeved shirts with wide-brimmed hats and sunglasses or sunnies to protect your eyes from the glare.

Keep yourself hydrated at all times.



3

Drink plenty of fluids especially water. Older people as time goes by lose their sense of feeling thirsty, so remind them if possible. Recommended intake is usually from 6-8 glasses of water, but it may vary each individual. Increase your fluid consumption when doing any physical activities or when the weather is scorching hot.

4 Apply broad spectrum sunscreen with an SPF 15 or higher.

Put on some sunscreen 30 minutes before you go outdoors and reapply after every two hours. When you just finished swimming or has been sweating profusely, apply sunscreen immediately.



Choose the right eyewear.

5

Eyes of the elderly become sensitive and can easily develop cumulative damage such as age-related macular degeneration or cataracts. Wearing the right sunglasses can lessen these devastating effects.



6 Avoid tanning and UV tanning beds.



7 Avoid getting a sunburn.



Always check the weather before you leave your house. Be Safe! We hope to see you soon!

Just for fun !

GETTING OLDER IS JUST ONE BODY PART AFTER ANOTHER SAYING, 'HA HA, YOU THINK THAT'S BAD? WATCH THIS.'

I ASKED MY GRANDPA, "AFTER 65 YEARS, YOU STILL CALL GRANDMA DARLING, BEAUTIFUL, AND HONEY. WHAT'S THE SECRET?" HE SAID, "I FORGOT HER NAME 5 YEARS AGO AND I'M SCARED TO ASK HER."



DO YOU EVER GET UP IN THE MORNING,



LOOK AT YOURSELF IN THE MIRROR AND THINK... "THAT CAN'T BE ACCURATE."

As I watch this generation try to rewrite history, one thing I'm sure of.... it will be misspelled and have no punctuation.

I don't always go the extra mile, but when I do it's because I missed my exit.

"Vaping" back in my day.



I'm on two diets now...

I wasn't getting nearly enough food on just one

My wife asked me to take her to one of those restaurants where they make the food right in front of you. So I took her to Subway and that's how the fight started.

IF MY KIDS KNEW THERE WAS A LIGHT IN THE OVEN, THEY'D LEAVE THAT ONE ON TOO.

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.