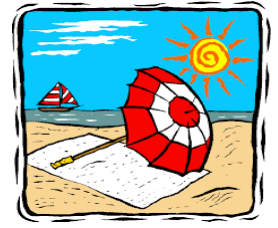




BELLEVUE SENIOR Community Center



*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!

Happy Summer! It has been a hot one so come hang out with the “cool” crowd. We love seeing our lunch attendance increase and seeing new faces join the center.

It’s time to start thinking about our annual fundraiser! This year we are looking at having an Ice Cream Social at the center instead of the lasagna dinner. More details to follow.

By doing this, we will be able to show off our center by having you invite your friends and family to see where you love to come and spend your day! We will still have our beautiful baskets you donate and the 50/50 drawing.

We appreciate your support of the center.

Kathy and Dawn

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CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
ENOA, Assistant
Manager



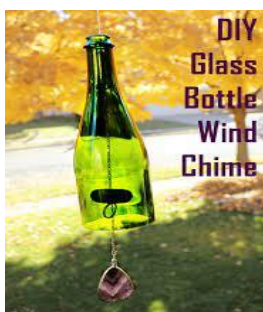
Check Out What's New !

Lunch Program – We have a great lunch program at the center. You have the option of a hot meal or a deli which consists of either a large salad or a sandwich. Both menu selections also include your drink (coffee, water, tea or milk) and dessert! **Effective July 1, 2022 the meals will have a suggested contribution of \$4.25.** You can't beat a deal like that! This is all part of a federally funded program so the more seniors we serve for lunch, it helps increase the funding! If you haven't tried a lunch here we encourage you to do so.



Farmer's Market We know it's been a long wait but the Farmer's Market Vouchers have arrived! *As in the past we will pass them out on a first come, first serve basis.* You can not reserve a spot in line ahead of time. You must be 60 years of age or older, and annual single income or \$25,142 or double income of \$33,874. Only one set of vouchers per household. Each voucher is worth \$48.00. Our distribution date is **Wednesday, July 13th at 9:00 am.**

Get Your Game On ! We have received quite a few calls and interest from seniors wanting to know if we offer various card games like Pitch and Pinochle or board games. If you would like to play either of these games or maybe you have an idea for another game please let us know! We have lots of room and times available for you to play. We will set up the tables, serve a snack and clean up! It's a win-win for you.



Wine Bottle Wind Chime Class Join us at **9:30 am on Monday, July 11th** in the art room and take home a wind chime for your deck or patio! The art room will provide the supplies needed. Please sign up by July 7th.

Here's What's Happening

♦ **Mind** ♦
your own
BISCUITS
and life will be
GRAVY

It's Back! One of our most popular breakfasts. Delicious, flakey biscuits, savory sausage gravy, fresh fruit, coffee and juice! All that for only \$3.00. You can't get a better deal anywhere else in town. Reserve your meal by Tuesday, July 12. **Breakfast will be served at 9:00 am on Thursday, July 21st.** Your tummy will thank you !

Celebrate America! What's more American than apple pie and baseball? **BINGO !!** Join us for good old fashion fun. We will have prizes and everyone is always a winner. Bring your friend or neighbor along and make plans to stay for lunch. **We will play at 11:00 am on Wednesday, July 6th.**



Feeling lucky? Then hop on our bus and try your hand at Ameristar Casino. You can enjoy lunch and gambling. Our bus fee is \$5.00 and you are on your own for lunch and spending. Sign ups start July 1. Please come in to prepay to be the first 14 seats on the bus. We will leave the center at **10:00 am on Thursday, July 28th.**

Splash into Summer

BUOY oh BUOY! We will be having **WAVES** of fun at our **FINTastic** July party! If you haven't been here lately, then it's **A-BOAT** time to **SEA** you at a party! With *THE LINKS* as our entertainment, some snacks and lunch you **SHORE-ly** will have a **WHALE** of a time! Let's **SHELL-a -brate** the summer **SEASON**. So pick up your **SHELLphone** and RSVP by July 8th. The party starts at **10:30 am on Tuesday, July 12th.**



JULY BIRTHDAYS

- 1- Phyllis Timm
- 3- Judy James & Theresa Martinez
- 5- Kathy Parker & Phyllis Valentine
- 6- Lois Tobias & Al Philippon
- 8- Dottie Francis
- 9 – Marian Cheney
- 10- Delores Mahr
- 12- Mert LeBreton, Bev Eckel & Shirley Benash
- 13- Lora Heath
- 15- Betty Shaw & Anne Nabors
- 16- Margaret Novak
- 17- Minnie Sasser
- 18- Joan Senter & Dawn Wetherell
- 20- Mary Marchisello & JoEllen Joefke
- 22 – Brenda Elson
- 23- Al Leinen & Ardean Claycamp
- 23- Andrea Kuhn & Marlys Dively
- 24- Marlene Head & Julie Sturgeon
- 25 – Minnie Chiavacci
- 26- Karen Anderson
- 27- Dorothy Shonka
- 31- Sheila Bell





Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – Billiards 8:30 Chair Volleyball 9:00 Needle Crafters 9:30- 3:00 –Ceramics 11:00 – Tai Chi 12:45 – Hand & Foot 12:30- Poker 1:00–Bingo & Mahjong	8:00 – Billiards 9:30- Painting 10:00 Exercise 12:15 -Bridge Groups 12:45- Dominoes 1:00- Arts and Crafts	8:00 – Billiards 8:30 – Chair Volleyball 9:00 – 3:00 Painting Group 10:15 – Tai Chi 12:30 – Poker 12:45 – Hand & Foot 1:00 – Bingo	8:00 - Billiards 8:00 - Woodcarvers 10:00 -Bridge Groups 12:30 – Quilters 12:45 - Dominoes	8:00 – Billiards 8:30- Chair Volleyball 9:30 – Painting & Drawing 12:30 – Skip Bo 1:00 – Bingo 1:00 Arts and Crafts

Activities for the Month of July

Monday	Tuesday	Wednesday	Thursday	Friday
NEW TIME!!! TAI CHI WILL BE AT 11:00AM ON MONDAYS		TAI CHI WILL REMAIN AT 10:15 ON WEDNESDAY		1
4 CLOSED 	5 10:00 Exercise Class	6 11:00 Bingo 	7	8 10:00 Book Club 
11 9:30 Wine Bottle Wind Chime Class 11:00 – Tai Chi	12 10:00 Exercise Class 10:30 – Party 	13 9:00 Farmer's Market 	14 10:30 -Bingo Bucks 	15
18 11:00 Tai Chi 7:00 Alzheimer's Support Group 	19 10:00 Exercise Class & National Daiquiri Day 	20	21 9:00 Biscuits & Gravy 	22
25 11:00 Tai Chi	26 10:00 Exercise Class	27	28 Casino Trip 	29

JULY HOT MENU

				Friday 7/1/2022
Please call your lunch order in by noon the day before. Skim or 1% milk is offered				BBQ Pork Ribbette Potato Salad Broccoli* Fresh Mixed Melon
Monday 7/4/2022	Tuesday 7/5/2022	Wednesday 7/6/2022	Thursday 7/7/2022	Friday 7/8/2022
 Closed	Salisbury Steak & Mushroom Gravy Mashed Potatoes Capri Blend Vegetables* WG Bread/Marg Butterscotch Pudding	Cheesy Broccoli Chicken Breast Brown Rice Pilaf Honey Roasted Baby Carrots WG Dinner Roll/Marg Mandarin Oranges	Pork Fritter* with Gravy Baked Potato/Sour Cream PC Mediterranean Blend Veg* WG Bread Stick/Marg Sugar Cookie	Swedish Meatballs Mashed Potatoes Mixed Vegetables* 100% Wheat Bread/Marg Peaches
Monday 7/11/2022	Tuesday 7/12/2022	Wednesday 7/13/2022	Thursday 7/14/2022	Friday 7/15/2022
Grilled Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce, Pickles & Sliced Tomatoes BBQ Baked Beans Potato Wedges* Tropical Fruit	Ranch Chicken Salad on Kaiser Bun w/ Lettuce & Tomato Three Bean Salad Applesauce	Pork Chop with Pineapple Salsa Baked Sweet Potato Broccoli Salad WG Petite Roll/Marg Decorated Birthday Cake	Potato Crusted Fish* w/ Tartar Sauce Potato Medley Green Beans* Vienna Bread/Marg Rice Krispie Bar	Meatloaf in Tomato Gravy Cheesy Hashbrowns Peas* WG Bread Slice/Marg Strawberries & Pineapple
Monday 7/18/2022	Tuesday 7/19/2022	Wednesday 7/20/2022	Thursday 7/21/2022	Friday 7/22/2022
Sliced Turkey & Gravy Mashed Potatoes Brussels Sprouts* Rye Bread/Marg Fudge Round or Diet Cookies	Classic Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes & Onion Coleslaw Apricot Halves	Italian Casserole w/ Ground Sausage, Peppers Alfredo & Cavatapi Pasta Mixed Greens Salad/Dress Cauliflower* Italian Dinner Roll/Marg Ambrosia Salad	All Beef Chicago Dog Jumbo Frank, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Potato Wedges* Applesauce	Chicken Marsala Diced Sweet Potatoes Zucchini & Tomatoes* Honey Wheat Bread/Marg Chocolate Chip Cookie or Diet Cookies
Monday 7/25/2022	Tuesday 7/26/2022	Wednesday 7/27/2022	Thursday 7/28/2022	Friday 7/29/2022
BBQ Pork Sandwich on WG Wheat Bun Scalloped Potatoes Broccoli Salad Diced Pears 1% or Skim Milk	Soft Shell Beef Taco Taco Meat*, Shred Lettuce Diced Tomato, Shred Cheese Fiesta Corn* 8" Flour Tortilla Shell Sour Cream & Taco Sauce PC Pineapple	Open Faced Roast Beef Sandwich on WG Bread Mashed Potatoes & Gravy Diced Beets Vanilla Pudding or	Chicken Fried Rice Oriental Blend Vegetables* Carrot Coins Fortune Cookie Cinnamon Raisin Bread/Marg Strawberry Shortcake	Cheesy Tuna & WG Macaroni Casserole Green Peas California Blend* WG Breadstick/Marg Cinnamon Apple Slices

JULY DELI MENU

				Friday 7/1/2022
Please call your order in by NOON the day before. Skim or 1% milk is provided				Roast Beef Chef Salad Roast Beef, Diced Egg over Mixed Greens Salad Crackers(2pk) Fresh Mixed Melon
Monday 7/4/2022	Tuesday 7/5/2022	Wednesday 7/6/2022	Thursday 7/7/2022	Friday 7/8/2022
 Closed	Turkey & Cheddar on WG Bread w/ Lettuce & Tomato Pea Salad Butterscotch Pudding or Diet Pudding	Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Sweet Potato Salad Mandarin Oranges	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Mixed Greens Salad Crackers & 100% Apple Juice Sugar Cookie	Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Potato Salad Peaches
Monday 7/11/2022	Tuesday 7/12/2022	Wednesday 7/13/2022	Thursday 7/14/2022	Friday 7/15/2022
Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch WG Breadstick/Marg Tropical Fruit	Ranch Chicken Salad on Kaiser Bun w/ Lettuce & Tomato Three Bean Salad Applesauce	Roast Beef & Swiss on WG Hamburger Bun w/ Lettuce & Tomato Broccoli Salad Decorated Birthday Cake	Creamy Cheese Tortellini over Mixed Greens Salad Grape Tomatoes & Black Olives Housemade Croutons Rice Krispie Bar	Ham Salad on Rye Bread w/ Lettuce & Tomato Cowboy Caviar Strawberries & Pineapple
Monday 7/18/2022	Tuesday 7/19/2022	Wednesday 7/20/2022	Thursday 7/21/2022	Friday 7/22/2022
Sliced Ham & American Cheese on Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Fudge Round	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Apple Juice WG Breadstick Apricot Halves	Tuna Salad on WG Bread w/ Lettuce & Tomato Pea Salad Ambrosia Salad	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Mixed Greens Salad Crackers(2pks) Vegetable Juice Applesauce	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Chocolate Chip Cookie
Monday 7/25/2022	Tuesday 7/26/2022	Wednesday 7/27/2022	Thursday 7/28/2022	Friday 7/29/2022
Philly Cheesesteak Salad Roast Beef, Peppers, Onions, Shred Cheese over Mixed Greens Salad Crackers(2pk) 100% Apple Juice Diced Pears	Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Mixed Greens Salad 100% Grape Juice Pineapple	Egg Salad on Vienna Bread w/ Lettuce & Tomato Marinated Vegetable Salad Vanilla Pudding or Diet Pudding	Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Grape Juice/Cracles Strawberry Shortcake or Plain Cake Square	Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Salad Crackers(2pk) 100% Fruit Punch Cinnamon Apple Slices or Plain Applesauce

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, 2023.