



# BELLEVUE SENIOR Community Center



*Golden opportunities await a  
new day!*

109 W. 22<sup>nd</sup> 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
- Larry Gold  
Voting Member
- Lisa Summers  
Voting Member
- Mary Jo Hopfensperger  
Voting Member

Hello People!

This month we will be having a special evening dinner to honor those who volunteered for us last year. Without the help of our **fabulous ROCK STARS** we could not serve lunch, go on trips, have dinners, parties, serve a hot breakfast, run the Nifty Nook or library! We will be honoring them on **Thursday June 6<sup>th</sup> at 4:30 pm** as any rock star should be honored – a fun filled night with appetizers, a delicious dinner, drinks and awards.

Our volunteers “Top the Chart”. They will always be # 1 in our books. Please take a minute out of your day to thank a volunteer when you see them.

Cheers!  
Kathy and Dawn



## CENTER STAFF

- Kathy Van Den Top,  
*ENOA, Manager*
- Dawn Jaixen  
*ENOA, Assistant  
Manager*
- Al McGinness  
*Program Aide*



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## Happiness is Pizza for Breakfast!

You read that right! Our breakfast pizza could be the very reason you wake up early! Fresh toppings and eggs covered in cheese is a meal you won't want to miss! Reserve your spot for **Friday, June 14<sup>th</sup> at 9:00 am.**

**Nutrition Presentation.** We will be having a dietitian intern visiting our center on Wednesday, June 19<sup>th</sup>. She will be doing a nutrition presentation for us on **Friday, June 21<sup>st</sup> at 11:15 am.** Come and listen, and stay for lunch.

**Farmer's Market** Old McDonald has nothing on this Farmer's Market! We will be passing out the vouchers for vegetables on **Tuesday, June 4<sup>th</sup> at 9:00 am.** It's on a first come, first serve basis for those who meet the federal regulations. Our doors open at 8:00 am. You will sign in as you come to the center, and we will do a presentation at 9:00 am.

**Father's Day Treat**— Honoring the special men in our life, we will be have a Father's Day Treat **on Monday, June 16<sup>th</sup> at 11:15 am.**

**The 6 Dimensions of Wellness** Emotion is one, and is the result of how you think, which impacts how you feel. Our speaker will define mindfulness and present new ideas on how you can feel better and think differently as you age. She will cover minimalism (living a meaningful life with less stuff), and the importance of your circle of friends. Michelle Megner will speak to us on **Monday, June 10<sup>th</sup> at 11:15 am.**

## Buy me some Peanuts & Cracker Jacks

It's baseball season, and we are kicking off the College World Series with a Party! There will be games and lots of your favorite baseball snacks. The party kicks off on **Tuesday, June 18<sup>th</sup> at 10:00 am.** Be sure to sign up in advance.

**Red, White and Blue** The 4<sup>th</sup> of July starts off with a bang this year! Our annual party will be held **Tuesday, July 2<sup>nd</sup> at 1:00 pm** with an Ice Cream Social and the Red Raven Polka Band! Our very wood carver, Rich Kral, plays in the band! Bring your dancing shoes! Sign up for lunch and then stay for the party. Wear your Red, White and Blue colors and show your support for our great country – USA !

## Annual Board Meeting!

Mark your calendar! **Thursday, June 20<sup>th</sup> at 11:15 am.**

It's time once again for our annual board meeting.

This is your opportunity to discuss the past year finances and facts with our board, and to express any ideas or concerns for the coming year.

This is YOUR senior center, and your participation benefits YOU!








Make a morning of it – come in for some Panera Bread, sit in on the meeting and then stay for lunch.



## Daily Activities

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| 9:00 Chair Volleyball<br>9:00 Billiards<br>9:30 Ceramics all day<br>9:30 Needle Crafters<br>11:00 Exercise Class<br>12:45 Hand and Foot<br>1:00 Bingo/Poker<br>1:00 Mahjong | 9:00 Billiards<br>9:30 Painting Class<br>10:30 Tai Chi<br>12:30 Duplicate Bridge<br>12:15 Bridge Game-2<br>1:00 Dominoes<br>1:00 Arts & Crafts-<br>Card Class | 9:00 Chair Volleyball<br>9:00 Billiards<br>9:00 Painting Group<br>9:00 Hand and Foot<br>11:15 Tai Chi<br>1:00 Bingo<br>1:00 Poker | 8:00 Woodcarvers<br>8:30 Panera<br>9:00 Billiards<br>10:00 Bridge Game 2<br>12:30 Bridge Game 1<br>1:00 Bunco/Euchre<br>1:00 Quilters | 9:00 Chair Volleyball<br>9:00 Billiards/Panera<br>9:30 Painting /Drawing<br>11:15 Tai Chi<br>12:30 Pinochle<br>1:00 Bingo<br>1:00 Art<br>1:00 Parkinson's Class |

## Special Activities for June

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| 3   | 4<br>9:00 -Farmer's<br>Market Vouchers<br>     | 5   | 6<br>4:30 – Volunteer<br>Appreciation Dinner<br> | 7<br>12:30 – Soaring Wings<br>Winery<br>           |
| 10<br>11:15 – Speaker on<br>Aging   | 11   | 12<br>9:30 Cloisters on the<br>Platte Trip<br> | 13<br>10:30 – Bingo Bucks  | 14<br>9:00 – Hot Breakfast<br>10:00 Book Club<br> |
| 17<br>11:15- Father's Day<br>Treat<br>7:00pm-<br>Alzheimer's Support<br>Group | 18<br>10:00 College World<br>Series Party<br> | 19  | 20<br>10:30 – Senior<br>Advisory Forum<br>11:15 – Annual Board<br>Meeting  | 21<br>11:15 – Nutrition<br>Presentation  |
| 24  | 25   | 26  | 27<br>10:00 - Pokeno<br>12:30 – Nail Clinic  | 28<br>12:00- Cal Cutta<br>                        |



## June Birthdays

2- Marie Stella  
 3-Diane Leiker  
 4-Betty Chamberlin  
 5-June Sponaugle  
 6-Rosa Sada  
 7-Al Philippon  
 9-Carol Fennessy, Kathy Nietfeld, Donald Trentman & Merl Hale  
 10-Cindy Ruffner, Jeannine Barton & JoAnne Baron  
 11-Barry Branson & Jan Johns  
 14-Elaine Hoemann  
 15-Marilyn Carroll  
 16-Kathryn Fitzpatrick  
 17-Margaret Zelany & Rich Wagner  
 18- Jim Treece  
 19-Liz Stawycznji & Ron Hudson  
 20- Ann Protaskey & Charles Gurganus  
 21-Margaret Grote, Jim DeVoll & Ada Newman  
 22-Steve Norton & Farol Lofgren  
 23-Carole Thrasher  
 24- Sheila Hill  
 25- Shirley Dominski  
 26-Gerri Duda, Ron Goodwater, Judy Woods, Stuart Johnson, William Janousek  
 27-Mary Schmidt  
 29-Jan Ortner  
 30-Darrell Malmberg, Hal Semin & Shirley Heyen



We hope you enjoy  
your special day!

**Calcutta Winner** – Our April winner for our 50-50 drawing was Mary Jo Schiefelbein! She won \$351.00 and gave half back to the center! This means that \$526.00 went back to the center for popcorn, decorations, bus insurance, parties and all the other activities that benefit from cal-cutta!

**Cloisters on the Platte!** Located at The Cloisters on the Platte, the Stations of the Cross is a 2,500 foot long walking tour comprised of 14 sculpture stations that represent Christ's trial through his burial. They ask for a \$10.00 donation and in return you will given an audio headset. Afterwards we will drive through the veteran's cemetery. This trip fills up fast! The bus ride is \$5.00. You can make your own donation at the Cloisters on the Platte. We leave on **Wednesday, June 12<sup>th</sup> at 9:30 am.**

**Uncork and Unwind** Join us at Soaring Wings Winery for an afternoon of relaxing with fine wine, good snacks and wonderful friends! We will leave the senior center after lunch and spend the afternoon relaxing and enjoying the beautiful view in Springfield. Of course there will be many wines to choose from and you can bring your own snacks. Our afternoon of fun starts **on Friday, June 7<sup>th</sup> at 12:30 pm.** The bus is \$5.00. They have various pricing for their wine and tastings.

**Trip policy** – *Bus fees and admissions are non-refundable! If you cancel or if the center cancels the trip, and we can fill your spot, **then** we will refund your money. You may sign up for trips on Monday, June 3, when we open.*



# Booster Club Drive

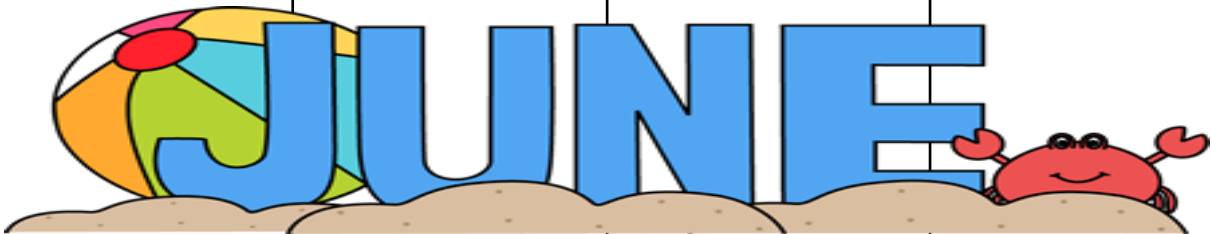


1. Do you enjoy reading the monthly newsletter and being the first to see all the fun and activities planned for the upcoming month?
2. Do you love all the delicious snacks at parties and daily treats at the center?
3. Do you enjoy the entertainment each month –singers, musicians, bands, magicians and dancers?
4. Does a hot cup of coffee/tea and a pastry start your day?
5. Does your card group come here to play and have snacks so you don't have to clean your house and bake for your group?
6. Do you feel better after a Tai Chi or exercise class?
7. Do you enjoy seeing the center decorated for holidays and parties?
8. Does the smell of the freshly made popcorn get your tummy rumbling?
9. Do you like going on bus trips with groups from the center?
10. Do you love having a place to come to socialize and have fun?

For only \$24.00 a year, you can support all we do at the center! That's only .50 cents a week!! Parties, decorations, our bus, entertainers, and all the extras in the kitchen come from our booster memberships. That's right - 100% of your booster contribution stays at our center. Please encourage your friends to become a member. The center supports many groups and activities – and we need YOU to support the Booster Club! **Please renew your membership this month so you don't miss out on July's activities and monthly newsletter! Just complete and return the enclosed form by June 19<sup>th</sup> so you will get your July Newsletter .**

Tell your friends and neighbors about the center. There are so many activities – something for everyone! If you come with a friend and they are not a booster member, encourage them to join and support the center.



| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| <p>Please call before noon to tell us if you would like to have lunch here the next day.</p> <p>Suggested contribution for lunch is \$4.00 for seniors</p>   |   |  |   |  |
| <p>3</p> <p><b>HOT MEAL:</b> Creamed Chicken Gravy over Biscuit, Cheesy Hash Browns, Brussel Sprouts</p> <p><b>DELI:</b> Ham &amp; American Cheese on WG Bread w/ Lettuce &amp; Tomato, Carrot Raisin salad</p> <p><b>DESSERT:</b> Raspberry Muffin Square</p>                                 | <p>4</p> <p><b>HOT MEAL:</b> Cheese Omelet, Cheese Sauce, Breakfast Potatoes, Orange Juice, Cinnamon Roll</p> <p><b>DELI:</b> Roast Beef Chef Salad, Diced Egg, American Cheese, Grape Tomatoes, Romaine Blend Salad, Crackers, Apple Juice</p> <p><b>DESSERT:</b> Banana</p>   | <p>5</p> <p><b>HOT MEAL:</b> Cheesy Chicken Breast, Mexican Rice, Mexican Bean Trio, Tortilla Chips</p> <p><b>DELI:</b> Turkey &amp; Swiss on ½ Ciabatta Bun w/ Lettuce &amp; Tomato, Bleu Cheese Coleslaw</p> <p><b>DESSERT:</b> Fruit Cocktail</p>                                 | <p>6</p> <p><b>HOT MEAL:</b> BBQ Pork Rib Patty, BBQ Baked Beans, Creamed Corn, Coney Bun</p> <p><b>DELI:</b> Roast Beef &amp; Swiss w/ Lettuce &amp; Tomato, on WG Bread, Pea Salad</p> <p><b>DESSERT:</b> Pineapple &amp; Strawberries</p>  | <p>7</p> <p><b>HOT MEAL:</b> Meatloaf in Gravy, Mashed Potatoes, Zucchini &amp; Tomatoes, Dinner Roll</p> <p><b>DELI:</b> BLT Salad, Chopped Bacon, Diced Tomatoes, Romaine Lettuce Blend, House made Croutons, Fruit Punch</p> <p><b>DESSERT:</b> Oatmeal Cream Pie</p>   |
| <p>10</p> <p><b>HOT MEAL:</b> Country Fried Steak w/ Country Gravy, Mashed Potatoes, Oregon Blend Vegetables, Vienna Bread Slice</p> <p><b>DELI:</b> Deli Chicken &amp; American Cheese on Vienna Bread w/ Lettuce &amp; Tomato, Buffalo Potato Salad</p> <p><b>DESSERT:</b> Diced Peaches</p> | <p>11</p> <p><b>HOT MEAL:</b> Baked Cod Loin In Pesto Cream Sauce, Baked Sweet Potato, Green Peas, Marble Bread</p> <p><b>DELI:</b> Three Meat Hoagie, Turkey, Ham, Roast Beef, American Cheese w/ Lettuce &amp; Tomato, Potato Salad</p> <p><b>DESSERT:</b> Chocolate Pudding</p>  | <p>12</p> <p><b>HOT MEAL:</b> Fire Braised Chicken Breast, Garlic Mashed Potatoes, Mixed Vegetables, Dinner Roll</p> <p><b>DELI:</b> Egg Salad on a Croissant w/ Lettuce &amp; Tomato, Coleslaw</p> <p><b>DESSERT:</b> Birthday Cake</p>   | <p>13</p> <p><b>HOT MEAL:</b> All Beef Chili Dog w/ Shredded Cheese, Diced Baby Red Potatoes, Cauliflower &amp; Carrots, Hot Dog Bun</p> <p><b>DELI:</b> Greek Chicken Salad, Diced Chicken, Cucumber &amp; Tomato over Romaine Blend w/ Greek Feta Dressing, Crackers, Fruit Punch Juice</p> <p><b>DESSERT:</b> Tropical Fruit</p> | <p>14</p> <p><b>HOT MEAL:</b> Ham &amp; Au gratin Potatoes, Broccoli, Dinner Roll</p> <p><b>DELI:</b> Roast Beef &amp; Cheddar Cheese w/ Lettuce &amp; Tomato, on a Kaiser Bun, Marinated Vegetable Salad</p> <p><b>DESSERT:</b> Cinnamon Pear Slices</p>  |
| <p>17</p> <p><b>HOT MEAL:</b> Sweet &amp; Sour Chicken Breast, Brown Rice Pilaf, Cauliflower, Egg Roll, Cinnamon Raisin Bread</p> <p><b>DELI:</b> Classic Chef Salad, Turkey, Ham, Diced Egg, American Cheese, Tomatoes, Apple Juice, Crackers</p> <p><b>DESSERT:</b> Mandarin Oranges</p>     | <p>18</p> <p><b>HOT MEAL:</b> Meatball Stroganoff w/ Egg Noodles, Diced Beets, Romaine Salad, Roll</p> <p><b>DELI:</b> Chicken Salad On Croissant w/ Lettuce &amp; Tomato, Broccoli Salad</p> <p><b>DESSERT:</b> Cinnamon Applesauce</p>  | <p>19</p> <p><b>HOT MEAL:</b> Cheeseburger Meatloaf Sandwich on a Bun w/ Lettuce, Tomato, Red Onion, Pickle Slices, Potato Medley</p> <p><b>DELI:</b> Ham &amp; Cheddar Cheese on Wheat Bread w/ Lettuce &amp; Tomato, Cowboy Caviar</p> <p><b>DESSERT:</b> Peanut Butter Cookie</p> | <p>20</p> <p><b>HOT MEAL:</b> : Roast Pork Loin &amp; Gravy, Twice Baked Whipped Potatoes, Carrots, Dinner Roll</p> <p><b>DELI:</b> Chicken Caesar Salad w/ Caesar Dressing, House made Croutons, Romaine Lettuce Blend, Grape Juice</p> <p><b>DESSERT:</b> Bread Pudding</p>   | <p>21</p> <p><b>HOT MEAL:</b> Taco Salad, Taco Meat, Shredded Cheese, Diced Tomato, Diced Onion over Lettuce, Refried Beans, Cornbread</p> <p><b>DELI:</b> Teriyaki Chicken Strips, Shredded Carrots &amp; Chow Mein Noodles over Salad Mix w/ Asian Dressing, Crackers, Orange Juice</p> <p><b>DESSERT:</b> Pineapple Tidbits</p> |
| <p>24</p> <p><b>HOT MEAL:</b> Ball Park Bratwurst, Shredded Sauerkraut, Cheesy Hash Browns, on a Hoagie Bun</p> <p><b>DELI:</b> Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce &amp; Tomato, Potato Salad</p> <p><b>DESSERT:</b> Fresh Orange</p>                                     | <p>25</p> <p><b>HOT MEAL:</b> Lemon Pepper Chicken Breast over White Citrus Rice, California Blend Vegetables, Breadstick</p> <p><b>DELI:</b> Black &amp; Bleu Salad, Roast Beef, Blue Cheese, Caramelized Red Onion, Tomato Wedges, Romaine Lettuce Blend, Crackers, Grape Juice</p> <p><b>DESSERT:</b> Ambrosia Fruit Salad</p> | <p>26</p> <p><b>HOT MEAL:</b> Beef Ravioli w/ Marinara Sauce, Capri Blend Vegetables, Romaine Blend Salad, Garlic Bread</p> <p><b>DELI:</b> Turkey Chef Salad, Diced Egg, American Cheese, Tomatoes, Fruit Punch, Crackers</p> <p><b>DESSERT:</b> Fruit Mix</p>                      | <p>27</p> <p><b>HOT MEAL:</b> Turkey Tetrizzini w/ Pasta, Green Peas, Corn, Breadstick</p> <p><b>DELI:</b> Crab Salad on Marble Bread w/ Lettuce &amp; Tomato, Cowboy Caviar</p> <p><b>DESSERT:</b> Chocolate Chip Muffin</p>   | <p>28</p> <p><b>HOT MEAL:</b> Sloppy Joe Sandwich on a Hamburger Bun, Tater Tots, Mixed Vegetable</p> <p><b>DELI:</b> Creamy Cheese Tortellini over Romaine Blend Salad w/ Grape Tomatoes, Black Olives, Crackers</p> <p><b>DESSERT:</b> Tropical Fruit Mix</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 \$5.00.



**June 6, 2019**

No Dinner Tonight



**June 13, 2019**

Country Fried Steak, Mashed Potatoes with Gravy, Green Beans, Dinner Roll and Pineapple Upside Down Cake



**June 20, 2019**

Cheeseburger on a Hamburger Bun with Lettuce, Tomato, Red Onion, Pickle, Broccoli Salad, Baked Beans and Ambrosia



**June 27, 2019**

No Dinner Tonight



**Thursday Night Dinner**

Please be sure to make your reservations a week in advance as our dinners have been growing in size. We need to place our orders the Friday before. Thank you for all your support and loyalty

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. If mailing starts in July it will be a \$24.00 payment of cash or check. It will be valid July 2019 to June 30, 2020.*