

BELLEVUE SENIOR **Community Center**

new day!

109 W. 22nd St. Bellevue, NE 68005 (402) 293-3041 Mon. Tues. Wed. Thurs. Fri. 8:00 am - 4:00pm

BOARD OF DIRECTORS

Ralph Gladbach President

Lauren Kesteloot Vice President

Shirley Tingley Secretary

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Paula Deitering **Voting Member**

Lisa Summer **Voting Member**

Mary Jo Hopfensperger **Voting Member**

Dorene Narofsky Voting Member

Hello People!

We are finally turning a corner! Our center will be open our regular hours and we will be serving pre-plated lunches in our dining room. The lunch program is a very important part of our ENOA funded center and your participation with lunch is much needed and greatly appreciated.

The mask mandate is lifted as long as you have been fully vaccinated. We can't wait to see everyone's beautiful smile once again!

Our goal is to be able to gather as we once did, so until them, let's work together to enjoy and respect each other while having some long overdue fun!

> Cheers! Kathy and Dawn

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CENTER STAFF

Kathy Van Den Top, ENOA, Manager

Dawn Jaixen ENOA, Assistant Manager

If anyone is interested in working in our front flower bed please let us know! It needs a green thumb and a little love!







Booster Club Information



First and foremost, thank you to everyone who supported the center this last year!

By participating in our Grab and Go lunches and being a Booster Club member, we were able to still provide lunches to our seniors and keep ourselves operational. Like so many non-profit organizations, we lost money by not being able to have our annual Lasagna Dinner fundraiser in October or have our monthly 50/50 drawings. Your \$24.00 a year is a great way to help us fund the coming year. As we are able to enjoy lunches in the center, decorate, have food and entertainment for parties your booster membership will be a huge help. Thank you in advance for renewing your membership and supporting the center. Tell a friend to join too!



Have you heard the word? We can do more in June!



We are excited to announce more changes at the center!! It has been a long year and everyone is ready to get closer to being back to normal. Starting in June we will go back to our normal hours of Monday — Friday, 8:00 am -4:00 pm. We will no longer be serving our lunches in the alley as the Grab and Go program. You and your friends will be able to sit down and enjoy the pre-plated lunch in our dining room. We ask for a contribution of \$4.00. Please call by noon the day before you would like to join us.



Alzheimer's Caregiver's Support Group

The group will resume meeting on Monday, June 21st from 7:00 pm -8:00 pm. Group size is limited so call Kathie Bickerstaff to reserve a spot or get more information. 402-292-0515



Breakfast is the most *important* meal of the day. And because you are so *important* to us, we'd love for you to join us for breakfast. For only \$3.00, you will enjoy a delicious meal and juice served with a smile © Breakfast will be served at 9:00 am on Wed. June 23rd . Please reserve your meal by Monday, June 21st.

TAI CHI CLASSES.

Our classes are growing! We always welcome new people to join our groups. Brenda leads the classes on Mondays and Wednesdays from 10:15 -11:00 am. We ask for .50 per class or \$1.00 a week. Come early and e enjoy a cup of coffee, a pastry and conversation. That way you will be ready when class starts. We appreciate your punctuality so class is not disturbed.



Farmer's Market – Vegetables Vouchers



It's that time of the year again! We will be distributing the vouchers for vegetables on *Tuesday, June 8th, 9:00 am* As in the past, this will be on a first come, first serve basis. We are not allowed to "hold" coupons before that time and you must be present to sign for the vouchers or have your proxy do this for you. Our center will have 30 vouchers, each containing \$48 worth of "coupons" to shop with at local farmer market vendors.

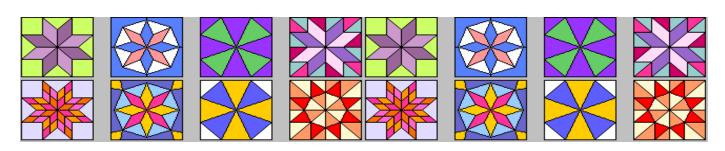
To be eligible you must be 60 years of age or older, AND at or below a single income home of \$23,828 or double income household of \$32,277.

- 2. Marie Stella
- 3. Diane Leiker
- 4. Betty Chamberlin
- 5. June Sponaugle
- 6. Rosa Sada
- 7. Al Phillippon
- 8. Artie Doyle
- 9. Kathy Neitfeld & Don Trentman
- 9. Carol Fennessy & Jane Moppin
- 10. Cindy Ruffner & JoAnne Baron
- 10. Donald Roubinek & Jeannine Barton
- 11. Jan Johns & Barry Branson
- 14. Elaine Hoemann
- 16. Kathyrn Titzpatrick
- 17. Margaret Zelazny
- 18. Jim Treece
- 19. Ron Hudson, Betty Allen & Liz Stawycznj
- 20. Charles Gurganus
- 21. Ada Newman, Peg Grote & Jim DeVoll
- 22. Farol Lofgren
- 23. Carole Thrasher & Wilma Henry
- 24. Shirley Armstrong & Sheila Hill
- 25. Leslie Fox, Shirley Dominski & Connie Rachwalik
- 26. Gerri Duda, Bill Janousek, & Stuart Johnson
- 26. Judy Woods & Rita painter
- 27. Jeff Iron
- 29. Jan Ortner
- 30. Bernice Stenger, Darrell Malmberg & Shirley Heyen





Attention all quilters!! Bring your quilting projects in and work on them with fellow quilters. They meet on Thursday afternoons from 12:30 pm -3:30 pm.



Daily Activities for June

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

The month at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 9:00 – Panera Bread	4 9:00 – Panera Bread
7	8	9	10	11
9:00 - Dunkin Donuts	9:00 - Farmer's Market		9:00 – Panera Bread	9:00 – Panera Bread
14	15	16	17	18
9:00 - Dunkin Donuts			9:00 – Panera Bread	9:00 – Panera Bread
21	22	23	24	25
9:00 - Dunkin Donuts		9:00 Hot Breakfast	9:00 – Panera Bread	9:00 – Panera Bread
7:00 pm – Alzheimer's				
Caregiver Support Group				
28 9:00 - Dunkin Donuts	29	30		

June Pre-Plated Lunches – call by noon the day before to reserve yours! You can now enjoy your lunch in the building!

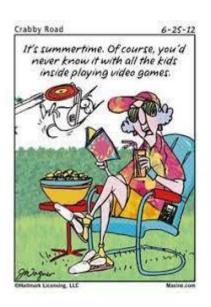
Tuesday 6/1/2021 Filday Filday Filday Forest Start Rice Glazed Diced Beets Glazed Diced Beets 1% Milk Monday Filday Applesauce 1% Milk Monday Filday Filday Applesauce 1% Milk Monday Filday Applesauce Diced Start Monday Mashed Potatoes Marked Start Monday Mashed Potatoes Marked Fotatoes					- 10 0111 0111 1 9 1
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Mexican Bean Trio WG Bread SizeMarg Applesauce 1% Milk Fruit Cockail 1% Milk Peaches & Strawberries 1% Milk Peaches & Peaches 1% Milk Peaches & Strawberries 1% Milk Peaches & Peaches 1% Milk Peaches & Peaches 1% Milk Peaches & Peaches 1% Milk Peaches & Peaches & Peaches 1% Milk Peaches & Peaches & Peaches 1% Milk Peaches &		Tuna & Noodle Cass.	Cheesy Chicken Breast	BBQ Pork Rib Patty	Meatloaf in Gravy
Monday Tuesday 67472021 Baked Cod Loin in Peato Cream Sauce Diced Seef Potatoes Manhed Potatoes Green Peas Green	TO CO A	Peas	Mexican Rice	BBQ Baked Beans	Mashed Potatoes
Applesauce 1% Milk Tuesday 67/2021 Baked Col Join in Pesto Cream Sauce Diced Sweet Potatoes Green Peas Marble BreadMarg Chocolate Pudding 1% Milk Monday Fried Steak Monday Fried Ste		Glazed Diced Beets	Mexican Bean Trio	Diced Carrots	Zucchini & Tomatoes
Monday Friday Fr		WG Bread Slice/Marg	WG Breadstick/Marg	WG Coney Bun	WG Dinner Roll/Marg
Monday 6/7/2021 6/8/2021 6/9/2021 6/9/2021 6/10/2021 6/1		Applesauce	Fruit Cocktail	Peaches & Strawberries	Oatmeal Cream Pie
Baked Cod Loin in Pesto Cream Sauce Diced Sweet Potatoes Green Peas Marble Bread/Marg Chocolate Pudding 1% Milk Monday 6/14/2021 Sweet Sour Chicken Brown Rice Pilaf Cauliflower Cinnamon Rabis Bread Mandarin Oranges Manday 6/12/2021 Sweet Sour Chicken Brown Rice Pilaf Cauliflower Cinnamon Rabis Bread Mandarin Oranges Manday 6/12/2021 Sweet Sour Chicken Brown Rice Pilaf Cauliflower Cinnamon Rabis Bread Mandarin Oranges Manday 6/12/2021 Sweet Sour Chicken Brown Rice Pilaf Cauliflower Cinnamon Rabis Bread Mandarin Oranges Mandarin Oranges Tuesday 6/12/2021 Sweet Sour Chicken Brown Rice Pilaf Cauliflower Cinnamon Rabis Bread Mandarin Oranges Mandarin Oranges Tuesday 6/12/2021 Sweet Sour Chicken Brown Rice Pilaf Cauliflower Cinnamon Rabis Bread Mandarin Oranges Mandarin Oranges Tuesday 6/12/2021 Sweet Sour Chicken Brown Rice Pilaf Cauliflower Cinnamon Rabis Bread Mandarin Oranges Mandarin Oranges Tuesday 6/12/2021 Sweet Sour Chicken Manday Tuesday 6/12/2021 Sweet Sour Chicken Site Brown Rice Pilaf Cauliflower Cinnamon Rabis Bread Mandarin Oranges Mandarin Oranges Tarac Sauce PC 1% Milk Monday Stewed Tomatoes Breast Wednesday 6/12/2021 Sweet Sour Orange Tarar Sauce PC Tink Milk Monday Tuesday 6/12/2021 Ground Beef Stew With Citrus Rice Wid Breadstick/Marg Ambrosia Fruit Salad Dressing PC 11% Milk Monday Tuesday 6/22/2021 Ground Beef Stew With Citrus Rice Wid Breadstick/Marg Ambrosia Fruit Salad Dressing PC 11% Milk Monday Wednesday Green Beans Seasoned Potato Wedges Wid Breadstick/Marg Charlose Chicken Wid Breadstick/Marg Chocolate Chip Muffin 1% Milk Monday Wednesday Green Beans Seasoned Potato Wedges Wid Breadstick/Marg Chocolate Chip Muffin 1% Milk Monday Wednesday Green Beans Seasoned Potato Wedges Wid Breadstick/Marg Chocolate Chip Muffin 1% Milk Monday Wednesday Green Beans Seasoned Potato Wedges Wid Breadstick/Marg Chocolate Chip Muffin 1% Milk Monday Wednesday Green Peas Wid Breadstick/Marg Chocolate Chip Muffin 1% Milk Monday Wednesday Wednesday Green Peas Wid Breadstick/Marg Chocolate		1% Milk	1% Milk	1% Milk	1% Milk
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Monaco Blend Veggies Mixed Vegetables WG Hot Dog Bun Tropical Fruit 1% Milk	Pesto Cream Sauce	w/ Country Gravy	Brown Gravy	Diced Baby Red Potatoes	Broccoli
Marble Bread/Marg Chocolate Pudding 1% Milk Diced Peaches 1% Milk Plain Cake Square 1% Milk Monday 6/14/2021 Method Sour Chicken Brown Rice Pilaf Cauliflower Cinnamon Ralisin Bread Mandarin Oranges Mandarin Oranges Manday 6/21/2021 Milk Monday Friday 6/16/2021 Milk Petitik Roll/Marg Ranch Dressing PC 1% Milk Monday 6/21/2021 Morante Stewed Tomatoes Stewed Tomatoes Cheesy Hashbrowns Marble Rye/Marg Fresh Orange Fresh Orange Tarar Sauce PC 1% Milk Monday Friday Milk Monday Friday Milk Monday Friday Milk Monday Friday Milk Monday Morander Monday Friday Milk Monday Morander Monday Monday Monday Morander Monday Monday Morander Monday	Diced Sweet Potatoes	Mashed Potatoes	Garlic Mashed Potatoes	Cauliflower	Cinnamon Pear Slices
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Cauliflower Cinnamon Raisin Bread Mandarin Oranges 1 % Milk Milk Petite Roll/Marg Ranch Dressing PC 1 % Milk Monday 6/21/2021 Gozale Cheesy Hashbrowns Marble Reyl-Marg Fresh Orange Tartar Sauce PC 1 % Milk Monday Tuesday Fresh Orange Tartar Sauce PC 1 % Milk Monday Tuesday Gozale Cheesy Hashbrowns Marble Reyl-Marg Tartar Sauce PC 1 % Milk Monday Tuesday Gozale Cheesy Hashbrowns Marble Reyl-Marg Tartar Sauce PC 1 % Milk Monday Tuesday Gozale Cheesy Hashbrowns Marble Reyl-Marg Tartar Sauce PC 1 % Milk Monday Tuesday Gozale Cheesy Hashbrowns Marble Reyl-Marg Tartar Sauce PC 1 % Milk Monday Tuesday Gozale Cheesy Hashbrowns Monday Tuesday Gozale Cheesy Hashbrowns Monday Gozale Cheesy Hashbrowns Mon	Sweet & Sour Chicken	Meatball Stroganoff	Taco Meat	Pork Chop in Gravy	Hamburger Patty
Cinnamon Raisin Bread Mandarin Oranges 1 % Milk Monday 6/21/2021 Grain Fish Filet Stewed Tomatoes Marble Rye/Marg Fresh Orange Tartar Sauce PC 1 % Milk Monday Fresh Orange Tartar Sauce PC 1 % Milk Monday Fresh Orange Tartar Sauce PC 1 % Milk Monday Fresh Orange Tartar Sauce PC 1 % Milk Monday Friday	Brown Rice Pilaf	w/ Egg Noodles	Refried Beans	Twice Baked Whip Potato	Potato Medley
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1% Milk Petite Roll/Marg Ranch Dressing PC 1% Milk Monday 6/21/2021 10 Grain Fish Filet Stewed Tomatoes Cheesy Hashbrowns Marble Rye/Marg Fresh Orange Tartar Sauce PC 1/8 Milk Monday Friday 6/22/2021 10 Grain Fish Filet Stewed Tomatoes Chicken Marble Rye/Marg Fresh Orange Tartar Sauce PC 1/8 Milk Monday Friday 6/23/2021 Stewed Tomatoes California Blend Veggies WG Breadstick/Marg Ambrosia Fruit Salad 1/8 Milk Monday Friday Fr	Cinnamon Raisin Bread	Cinnamon Applesauce	Lettuce,Tomato,Cheese	WG Dinner Roll/Marg	WG Hamburger Bun
Ranch Dressing PC 1% Milk Monday 6/21/2021 6/22/2021 6/2/202	Mandarin Oranges	Romaine Blend Salad	8" Flour Tortilla	Banana Pudding	Frosted Brownie
1% Milk Monday 6/21/2021 10 Grain Fish Filet Stewed Tomatoes Cheesy Hashbrowns Marble Rye/Marg Fresh Orange Tartar Sauce PC 1% Milk Monday 6/28/2021 Ground Beef Stew With Vegetables With Vegetables With Vegetables With Vegetables With Creamy White Sauce Chuckwagon Corn WG Mini Biscuit Diet Jell-O Cake 1% Milk Monday Dressing PC Chuckwagon Corn WG Mini Biscuit Diet Jell-O Cake 1% Milk Monday Dressing PC Chuckwagon Corn WG Mini Biscuit Diressing PC Diet Jell-O Cake 1% Milk Monday Dressing PC Chuckwagon Corn WG Breadstick/Marg Romaine Blend Salad Dressing PC Diet Jell-O Cake Diet Jell-O Cake Dressing PC Dressing PC Diet Jell-O Cake Diet Jell-O Cake Dressing PC Dressing PC Diet Jell-O Cake Diet Jell-O Cake Dressing PC Dressing PC Dressing PC Dressing PC Diet Jell-O Cake Dressing PC Dressing PC Dressing PC Diet Jell-O Cake Dressing PC Dressing	1% Milk	Petite Roll/Marg	Taco Sauce PC	1% Milk	Lettuce & Tomato Slice
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Here's a few laughs for you!







Fun in the sun jokes

What did the pig say on a hot summer day? – I'm bacon!

Why do bananas use sunscreen? – Because they peel.

What do you call a snowman in June? – A puddle.

What do sheep do on sunny days? – Have a baa-baa-cue.

What race is never run? – A swimming race.

What is the best day to go to the beach? – SUNday.

What does the sun drink out of? – Sun glasses.











"Don't worry about burning the calories — that's already been done!"

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 30^{th} , 2021.