



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 !

It's another fun filled month at the center! We have new classes, new activities, and our bus will be back in action! That's a lot to be happy about. If you have a favorite hot spot that you think the seniors would like to visit let us know. We are always open to new ideas.

We are also celebrating some goofy "national" holidays each month. Check your calendar and play along with it! The days go by so fast that we have to take time and enjoy them.

Our monthly cal-cutta drawing is starting to grow a bit more. The money raised with this fundraiser stays at the center and supports the many activities we do. We have our monthly drawing on the last day of the month during lunch.

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CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
ENOA, Assistant
Manager

We hope to see more of you at the center since the weather is warming up! Join us for lunch or activities. We'd love to see you here!

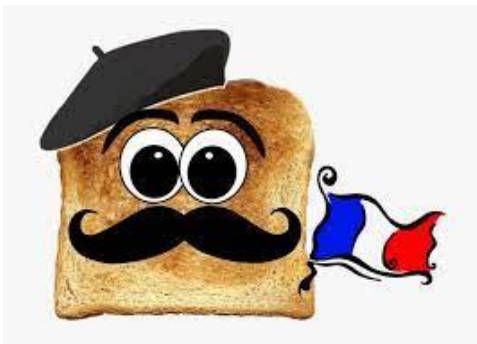
Cheers!
Kathy and Dawn



What's Happening at the Center?

Holy Guacamole! It's Fiesta Time!

Let's **TACO-bout** Cinco da Mayo! It's **NACHO** typical day. We know **EVERY JUAN** will have a **GRANDE** time. Don't plan on napping, there's no time for a **SIESTA** around here. *Johnny Ray Gomez* will be performing some Latino music for us to set the mood. There will be light snack and drinks. The Fiesta Fun will kick off with Johnny Ray at **10:30am on Thursday, May 5th**. **MUCHO MACHO** be sure to sign up for a **TACO**. Let us know if you are staying for lunch! (only the hot option, no deli lunches)



We have to Boast....You'll love our French Toast!

That's right, fill your belly with our delicious French toast . Topped with butter & warm syrup and served with fruit and coffee/juice. Get your reservation in by May 24th ! Set your alarm so you won't be late! Breakfast will be at **9:00 am on Friday, May 27th**.

Crafty Card Class What's a better way to make someone smile than to send your family and friends a handmade card. You will make 2 different types of cards so class is being offered on **Tuesday May 10th from 1:00- 3:00** and **Monday May 16th from 9:30 -11:30**. Bring \$2.00 for supplies and you own pair of scissors. You'll leave with a beautiful handmade card. Only 8 per class so sign up ASAP.



Our Bus is Back in Action! It's been a long time since we've had a road trip and everyone could use a drink! We will be heading out to Soaring Wings on National Wine Day – **Wed. May 25 at 12:30**. The cost is \$5.00 for the bus. You're on you own for what you drink! 😊



Senior Olympics! Wednesday, May 18th



Papillion Landing is hosting a Senior Olympics and we have been invited.

Registration is \$10.00 and this includes a t-shirt, lunch and games. We will be able to take our bus. Here's the schedule for events:

8:30 am- Leave our center

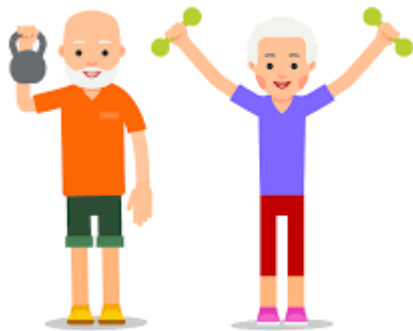
9:00 am – Coffee and donuts

9:30 am –Games (may include: sharp shooter, ping pong bowling, trivia. Ladder golf, cup stacking & bocce ball) You do not have to participate in every game.

12:00 pm – Lunch

We will be returning after the activities are lunch and prizes are completed. Let's represent the Bellevue Senior Center!! The first 14 registered players will be able to attend and ride in our bus. Registration deadline is May 6th.

Calling all Seniors! Do you like sharing your opinions? Would you like to add your input to help shape the future of services and care for the state's aging population? If so, please attend a town hall meeting to voice your opinions and needs for seniors. Our location was selected for this meeting! Christopher Kelly Ph. D., chair of gerontology at UNO will facilitate the meeting on **Thursday, May 19th at 10:00 am.**



Ready to Get Moving? We are working with Hillcrest and Innovate Physical Therapy to bring an exercise class back to the center. We have not worked out the details, but we are hoping to have a 30-40 min class on Tuesday mornings. Please call the center to see if we have a scheduled date and time for May.

Mother's Day Tea Priscilla and Su will be hosting a little tea party in honor of Mother's Day on **Monday, May 9th at 11:00 am.** Let us know if you can attend.




MAY BIRTHDAYS

1. Trudy Puszewski & Roger Schlapia
2. Bob Knutson
3. Mary Lou Baglio
4. Larry Sellers
5. Lana Lorence & Beverly McDowell
10. Mary Douglas & Darlene Perra
10. Connie Crow & LaVonne Tripp
12. Susan Duff
13. Pauline Hightower & Shirley McCarthy
13. Dean Culbertson & Barb Simmons
15. Jeanne Mahr & Dot Winther
15. Sharene Waltermire
16. Shirley Clauson
17. Dawn Jaixen
18. Sharon Zych & Lucy Jaixen
19. Bernice Stubbs
19. Sandie Moses
22. Mike Sedden & Jan Gaines
25. Evan Durand
26. Betty Soash
27. Merle Kenny
30. Kay Kaiser
31. Carol Gavin



Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – Billiards 8:30 Chair Volleyball 9:00 Needle Crafters 9:30- 3:00 –Ceramics 10:15 – Tai Chi 12:45 – Hand & Foot 12:30- Poker 1:00–Bingo & Mahjong	8:00 – Billiards 9:30- Painting 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 12:45 - 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 May

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 Cinco De Mayo 	6
9 11:00 - Tea <i>Mother's Day Tea</i> 	10 Card Class 1:00 - 3:00 	11 May Birthdays- Cake served with Lunch 	12 Nutty Fudge Day 	13 10:00 Book Club  Apple Pie Day
16. ** Mimosa Monday & live in Peace Day 	17 National Cherry Cobbler Day 	18 8:30 Senior Olympics at Papillion Landing 	19 10:00 Group Discussion 	20 Bee Day and Pizza Party Day 
23	24	25 National Wine Day – Trip to Soaring Wings 	26	27 9:00 Hot Breakfast 
30 	31	** The Alzheimer's Care Giver Support Group will be returning on Monday the 16 th at 7:00 pm		

MAY HOT MENU

Monday 5/2/2022	Tuesday 5/3/2022	Wednesday 5/4/2022	Thursday 5/5/2022	Friday 5/6/2022
Cheesy Chicken Breast Fiesta Rice Fiesta Bean Trio WG Breadstick/Marg Chocolate Pudding or Diet Pudding 1% or Skim Milk	BBQ Pork Rib Patty BBQ Baked Beans Diced Carrots* WG Coney Bun Peaches & Strawberries 1% or Skim Milk	Baked Cod Loin in Pesto Cream Sauce Baked Sweet Potato Green Peas* Sour Dough Roll/Marg Fresh Banana 1% or Skim Milk	<i>Cinco De Mayo</i> Soft Shell Beef Taco Lettuces & Tomato Refried Beans Special dessert 1% or Skim Milk	<i>Mother's Day Brunch</i> Western Omelet w/ Ham* Cheese, Peppers & Onion Cheesy Hashbrown Potatoes Cinnamon Applesauce Orange Juice Cinnamon Roll 1% or Skim Milk
Monday 5/9/2022	Tuesday 5/10/2022	Wednesday 5/11/2022	Thursday 5/12/2022	Friday 5/13/2022
Baked Ham* with Citrus Glaze Baked Potato/Sour Cream PC Green Peas* Honey Wheat Bread/Marg Fruit Mix 1% or Skim Milk	Oven Fried Chicken Breast* w/ Country Gravy Mashed Potatoes Corn* Vienna Bread Slice/Marg Tropical Fruit Mix 1% or Skim Milk	Cheeseburger* on WG Hamburger Bun w/ Leaf Lettuce, Sliced Tomato Red Onion & Pickle Slices Coleslaw Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Lemon Pepper Chicken Breast over Brown Rice Zucchini & Tomatoes* WG Breadstick/Marg Ambrosia Fruit Salad 1% or Skim Milk	Beef Ravioli with Marinara Sauce Romaine Blend Salad/Dress PC Brussels Sprouts* Garlic Bread Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk
Monday 5/16/2022	Tuesday 5/17/2022	Wednesday 5/18/2022	Thursday 5/19/2022	Friday 5/20/2022
10 Grain Fish Filet* Tartar Sauce PC Augratin Potatoes Broccoli* WG Dinner Roll/Marg Raspberry Yogurt PC or Diet Pudding 1% or Skim Milk	Turkey Tetrazini with WG Pasta Green Peas* Chuckwagon Corn WG Dinner Roll/Marg Diced Peaches 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Roasted Baby Carrots Heavy Hearth Roll/Marg Jello-Cake or Diet Jello-Cake 1% or Skim Milk	Sloppy Joe* Sandwich on WG Hamburger Bun Tater Tots* Mixed Vegetables* Sliced Pears 1% or Skim Milk	Sweet & Sour Chicken Breast Brown Rice Pilaf Oriental Blend Vegetables* Cinnamon Raisin Bread/Marg Pineapple Tidbits 1% or Skim Milk
Monday 5/23/2022	Tuesday 5/24/2022	Wednesday 5/25/2022	Thursday 5/26/2022	Friday 5/27/2022
Creamed Chicken Gravy over WG Bread Slice Mashed Potatoes Brussels Sprouts* Tropical Fruit Mix 1% or Skim Milk	Ball Park Bratwurst* Shredded Sauerkraut Seasoned Potato Wedges* WG Mini Hoagie Bun Fresh Orange 1% or Skim Milk	Taco Salad Taco Meat*, Shred Cheese, Diced Tomato, Diced Onion over Iceberg Lettuce Black Beans & Tortilla Chips Sour Cream & Taco Sauce PC Cinnamon Apples 1% or Skim Milk	Ground Beef Stew with Vegetables Chuckwagon Corn* Buttermilk Biscuit/Marg Fruit Cobbler or Fruit Mix 1% or Skim Milk	Pork Chop in Gravy Twice Baked Whipped Potato Green Beans* WG Dinner Roll/Marg Lemon Pudding or Diet Pudding 1% or Skim Milk
Monday 5/30/2022	Tuesday 5/31/2022			
 MEMORIAL DAY	Creamy Tuna & WG Macaroni Casserole Peas* Glazed Diced Beets WG Dinner Roll/Marg Applesauce 1% or Skim Milk			

MAY DELI MENU

Monday 5/2/2022	Tuesday 5/3/2022	Wednesday 5/4/2022	Thursday 5/5/2022	Friday 5/6/2022
Ham & Cheddar on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Chocolate Pudding or Diet Pudding 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Apple Juice Peaches & Strawberries 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing over Mixed Greens Housemade Croutons 100% Grape Juice Fresh Banana 1% or Skim Milk	<i>Cinco De Mayo</i> Soft Shell Beef Taco Lettuces & Tomato Refried Beans Special dessert 1% or Skim Milk	Roast Beef & Swiss on WG Bread w/ Lettuce & Tomato Coleslaw Cinnamon Applesauce 1% or Skim Milk
Monday 5/9/2022	Tuesday 5/10/2022	Wednesday 5/11/2022	Thursday 5/12/2022	Friday 5/13/2022
Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Mixed Greens w/ Greek Feta Dressing Crackers(2pks) 100% Fruit Punch Juice Fruit Mix 1% or Skim Milk	Tuna Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Tropical Fruit Mix 1% or Skim Milk	Turkey & Swiss on 1/2 Ciabatta Bun w/ Lettuce & Tomato Broccoli Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Crab Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Ambrosia Fruit Salad 1% Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk)/100% Fruit Punch Chocolate Chip Muffin or Diet Cookies 1% or Skim Milk
Monday 5/16/2022	Tuesday 5/17/2022	Wednesday 5/18/2022	Thursday 5/19/2022	Friday 5/20/2022
Egg Salad on Croissant w/ Lettuce & Tomato Coleslaw Raspberry Yogurt PC or Diet Pudding 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion over Mixed Greens Tomato Wedges Crackers & 100% Grape Juice Diced Peaches 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers (2pk) 100% Grape Juice Jello-Cake or Diet Jello-Cake 1% or Skim Milk	Creamy Cheese Tortellini over Mixed Greens w/ Grape Tomato & Black Olive Crackers(2pk) Sliced Pears 1% or Skim Milk	Three Meat Hoagie Turkey, Ham, Roast Beef American Cheese w/ Lettuce & Tomato Pea Salad Pineapple Tidbits 1% or Skim Milk
Monday 5/23/2022	Tuesday 5/24/2022	Wednesday 5/25/2022	Thursday 5/26/2022	Friday 5/27/2022
Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Tropical Fruit Salad 1% or Skim Milk	Lemon Pepper Tuna Salad on Honey Wheat Bread w/ Lettuce & Tomato Potato Salad Fresh Orange 1% or Skim Milk	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Mixed Greens with Asian Dressing Crackers(2pks) 100% Orange Juice Cinnamon Apples	Chicken Pasta Salad over Mixed Greens Sweet Potato Salad Housemade Croutons Fruit Cobbler or Fruit Mix 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing over Mixed Greens Housemade Croutons 100% Grape Juice Lemon Pudding or Diet Pudding
Monday 5/30/2022	Tuesday 5/31/2022			
	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Crackers(2pk) 100% Grape Juice 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, 2022.