



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

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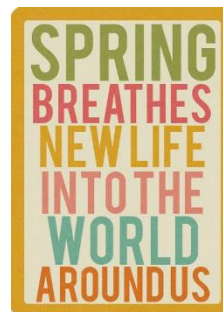
Hello People!

We are MARCHING into spring! Each new season brings new life. In March, we start daylight savings as we enjoy the longer days of sunlight. We welcome Spring – as the trees bud, flowers pop up and the crunchy brown ground under our feet turns into soft green grass. The first sightings of robins and birds wake us up with their morning song filling the air.

Embrace the changes and take the opportunity that the warmer weather offers. If you live close enough, walk to the center once a week. Or visit a nearby park and watch the kids play and feel the warmth of the sun. If you don't have a yard, you can plant flower seeds in a colorful pot and watch it grow.

Welcome the breath of fresh air that spring brings!

Cheers!
Kathy and Dawn



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Hot Cakes, Flapjacks, Pancakes...

Whatever you call them, we will have them! Stacked high with butter, syrup and sausage on the side! As always, coffee and juice is included in this \$3.00 breakfast. We will be serving your morning meal on **Wednesday, March 25th at 9:00 am.**

Irish Shenanigans Irish eyes will be smiling when they see a sea of green. Everyone is Irish on St. Patrick's Day and you should be too! We will have delicious snacks, green beer and the music of Billy Troy to entertain us. The fun begins on **Tuesday, March 17th at 10:00 am.** Be sure to sign up in advance! You won't want to miss out on all the fun!

Chinese New Year Yes, you read that right! Due to a snow day in January, we rescheduled the party for **10:00 am on Friday, March 27th.** We will start off with snacks, and the students will be here from 10:30 am – Noon. They will have games of skill for you to try and their teacher will bring her photography equipment to take your picture. She will be taking either an individual picture of you or can gather your friends for a group photo. Dress your best and have some fun!

Methodist Student Nurse Presentation

After visiting at the center in February, the nursing students are returning to do a health presentation for you. They will be here at **10:00 am on Wednesday, March 4th** and present to small groups here at the center. This is a very important part of their grade so please take the time to participate.

Lost your marbles? We have them! Well not exactly but the Tuesday Art class will be marbling greeting cards! It's a unique process, making a very beautiful card. **Classes will be every Tuesday - March 3rd – April 7th at 1:00 pm.**

Family Fare We are still collecting Family Fare Receipts! There is no restriction on how many times we can submit a form to receive a check. Ask your friends, family and neighbors to save them too! For every 150,000 points we turn in, the center receives a check for \$1000.00 ! Since you need groceries anyway this is an easy way to support your center.

China Painting Class Mert is keeping our crafters busy again. This time she is offering a china painting class. We received a donation of china and the paints are available to you. The first 10 people to sign up are in ! Class is **Monday, March 16th at 9:30 am.** The class will run for 6 weeks – March 16th – April 20th.





We are very fortunate that **Bellevue Physical Therapy** comes to the center twice a month for exercise class. They donate their time to our center. Class meets every Monday morning at 11:00 am. On the days that they do not come, we have seniors who step up and lead the class. We also offer Tai Chi every Wednesday and Friday at 11:00 am. We do ask for a contribution of .50 cents for Tai Chi. This money goes to ENOA towards the monthly fee. It does not go directly to the teacher or senior who subs for her.



Daily Activities

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Chair Volleyball 9:00 Billiards 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 Activities for March

Monday	Tuesday	Wednesday	Thursday	Friday
2 1:00 Monday Bridge	3 1:00 Marbling Class	4 10:00 Nurse Presentation 	5	6
9 Did you spring forward? 	10 11:00 Pizza and Putt Putt Trip 1:00 Marbling Class	11 Birthday Cake w/ Lunch for March Birthdays 	12 10:30- Bingo Bucks 	13 10:00 Book Club 
16 9:30 China Painting Class 	17 10:00 Party  18 1:00 Marbling Class	18	19 10:30 – Senior Advisory Forum 1:00 – Flower Planting 	20
23 9:30 China Painting Class 	24 1:00 Marbling Class	25 9:00 Pancakes 	26 10:00 - Pokeno 12:30- Senior Care Clinic 12:45 Laurantzen Garden Trip	27 10:00 Chinese New Year Party 
30 9:30 China Painting Class 	31 1:00 Marbling Class 			

1-Barb Branco
 2- Lou Hurley & Irene Wolfe
 3- Jack Simmons
 4-Joyce Martin
 6-Cindy Keyes
 7-Carol Catherall & Lesa McCubbin
 7- Jean Coburn & Kathy Kaiser
 8-Sharon Peterson
 9-Marsha Harbrich
 10-Pamela Scheet
 12-Jerry Burrow
 13-Wyatt Ramsey
 16- Astrid Ferony
 18- Maria Conte, Lee Baglio
 18- Wanda Halliday & Bud Miller
 20- Cynthia Bayless
 22- Sandra Wentworth, Nancy & Ken Madison
 23-Bob Parks, Betty Schlapia & Geneva James
 24-Ann Nicholson
 25-Shirley Ruge
 26- Ruth Rolle, Harlan Lewis, & Bernard Newhouse
 27 Pat Tedder
 28- Lois Barnes
 30- Sally Cvetas, Joe Michaud & Joan Heffner



Winner Winner! Our lucky winner for our January drawing was Ken Madison! He split the pot with the center taking home \$373.50 and the center took in \$373.50 too. The center's half stays right here for YOU! The money is used for party food / entertainment, bus upkeep, decorations, office supplies, all the little extras for meals such as cherries, seasonings, whip topping, butter, olive oil, spices etc. And the list goes on. Thank you for your support!

Prehistoric Putt Putt and Pizza It's a fun afternoon when we head out for some golf and good food. We will have lunch at Valentino's – they have an amazing buffet, guaranteed to make your tummy happy. We will allow one hour for lunch and then work off the calories on the putt putt course. You'll be putting around huge dinosaurs, almost life like at times for a fun round of 18 holes. Valentino's Buffet is \$10.49, but you may order anything you like. **You will pay us the \$5 for the bus, and \$8.00 for golf (\$13.00 total) You will pay Valentino's on your own.** We will leave the center at **11:00 am on Tuesday March 10th.**

Legos and Lauritzen Gardens With over 750,000 Legos you'll want to watch your step! This popular exhibit is back with over 13 larger than life displays. There is also a "play station" to use your imagine creating your own Lego works of art! Sign up for lunch, and then hop on the bus! We will leave here at **12:45 pm on Thursday, March 26.** The total cost for the bus and admission is \$15.00. If you have a Lauritzen Garden membership, your cost is only \$5.00 for the bus.

SIGN UPS START ON MARCH 2 !



Spring is in the air!



Spring officially arrives on Thursday March 19th. Let's jumpstart Mother Nature and plant some flower seeds. We will supply little pots, soil and seeds. You need to bring your sunny disposition and a willingness to get a little dirty. This will be a fun activity and you can take a pot home with you. Please sign up at the front desk so we can shop accordingly. If you have gardening gloves, you may want to bring them. We may also have some pots to decorate. We will work on this project at **1:00 pm on Thursday, March 19th**. We hope you can make it!

Calling all Green Thumbs!

Do you miss gardening because you don't have a yard? Do you miss seeing the beautiful flowers come to life? Well we can use your help at the senior center. We have a flower garden in the front of the building and it could use a little love! We have received help from members of the Bellevue Garden Club in the past, and Gene has provided beautiful geraniums for the outside pots. Would you like to help get our flower bed in shape? Pulling weeds, dead heading the flowers and thinning out the flowers would be a huge help and make the center more eye-appealing. Let us know if you are interested.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>HOT MEAL: Pork Fritter, Mashed Potatoes & Gravy, Brussels Sprouts, Marble Bread</p> <p>DELI: Chicken Pasta Salad over Romaine Blend Salad, Tomato Wedges, Croutons</p> <p>DESSERT: Classic Fruit Salad</p>	<p>3</p> <p>HOT MEAL: Beef & Bean Chili, Baked Potato w/ Sour Cream, Romaine Salad, Cornbread</p> <p>DELI: Turkey & Cheddar on ½ Ciabatta w/ Lettuce & Tomato, Coleslaw</p> <p>DESSERT: Tropical Fruit</p>	<p>4</p> <p>HOT MEAL: Cheese Omelet, Cheese Sauce, Baby Red Potatoes, Vegetable Juice, Raspberry Muffin Square</p> <p>DELI: Greek Chicken Salad w/ Cucumber & Tomato, over Romaine Blend Salad, Greek Feta Dressing, Crackers, Fruit Punch</p> <p>DESSERT: Glazed Pineapple</p>	<p>5</p> <p>HOT MEAL: Ham & Scalloped Potatoes, Winter Blend Vegetable, Dinner Roll</p> <p>DELI: Creamy Crab & Baby Shrimp, Macaroni Salad on Romaine Blend Salad, Tomato Wedges, Crackers</p> <p>DESSERT: Cinnamon Apple Slices</p>	<p>6</p> <p>HOT MEAL: Breaded Fish Sandwich on a Hamburger Bun w/ Lettuce, Tomato, Tartar Sauce, Creamed Corn, Carrot Coins</p> <p>DELI: Roast Beef Chef Salad w/ Diced Egg, American Cheese, Grape Tomatoes over Romaine Lettuce Blend, Crackers, Apple Juice</p> <p>DESSERT: Fruited Gelatin</p>
<p>9</p> <p>HOT MEAL: California Cheesy Chicken & Brown Rice Casserole, Zucchini & Tomatoes, Dinner Roll</p> <p>DELI: Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato, Marinated Vegetable Salad</p> <p>DESSERT: Diced Pears</p>	<p>10</p> <p>HOT MEAL: Soft Shell Beef Taco, Shredded Cheese, Lettuce, Tomato, Fiesta Corn</p> <p>DELI: Turkey Chef Salad w/ Diced Egg, American Cheese, Grape Tomatoes over Romaine Lettuce Blend, Crackers, Fruit Punch</p> <p>DESSERT: Cinnamon Applesauce</p>	<p>11</p> <p>HOT MEAL: Turkey Breast & Gravy, Potato Medley, Green Beans, Dinner Roll</p> <p>DELI: Ham & American Cheese on WG Bread w/ Lettuce & Tomato, Coleslaw</p> <p>DESSERT: Birthday Cake</p>	<p>12</p> <p>HOT MEAL: Breaded Chicken Sandwich on a Hamburger Bun w/ Lettuce & Tomato, Twice Baked Whipped Potatoes, Mixed Vegetables</p> <p>DELI: BLT Salad w/ Chopped Bacon, Diced Tomato, over Romaine Lettuce Blend, Croutons, Grape Juice</p> <p>DESSERT: Cherry Vanilla Yogurt</p>	<p>13</p> <p>HOT MEAL: Potato Crunch Fish Filet, Baked Sweet Potato, Oregon Blend Vegetables, Petite Roll</p> <p>DELI: Chicken Salad on Rye Bread w/ Lettuce & Tomato, Tomato Cucumber & Onion Salad</p> <p>DESSERT: Pineapple Tidbits</p>
<p>16</p> <p>HOT MEAL: Chicken Tenders w/ BBQ Sauce, Potato Medley, Spinach Casserole, Breadstick</p> <p>DELI: Deli Roast Beef & Cheddar on WG Bread w/ Lettuce & Tomato, Potato Salad</p> <p>DESSERT: Diced Peaches</p>	<p>17</p> <p>HOT MEAL: Corn Beef, Cabbage & Carrots, Roasted Whole Baby Reds, Rye Bread</p> <p>DELI: Deli Chicken & American Cheese on Marble Bread w/ Lettuce & Tomato, Carrot Raisin Salad</p> <p>DESSERT: Emerald Pudding</p>	<p>18</p> <p>HOT MEAL: Cheeseburger on a Hamburger Bun, Lettuce, Tomato, Red Onion, Pickle Slices, Baked Beans</p> <p>DELI: Ham Chef Salad w/ Diced Egg, American Cheese, Grape Tomatoes over Romaine Lettuce Blend, Crackers, Grape Juice</p> <p>DESSERT: Chocolate Chip Muffin</p>	<p>19</p> <p>HOT MEAL: Beefy Mac Casserole with Cavatappi Noodles, Romaine Blend Salad, Capri Blend Vegetables, Whole Grain Bread</p> <p>DELI: Pecan Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread, Marinated Vegetable Salad</p> <p>DESSERT: Mandarin Oranges</p>	<p>20</p> <p>HOT MEAL: 10 Grain Fish, Cheesy Mashed Potatoes, Oven Roasted Vegetables, Italian Roll</p> <p>DELI: Creamy Cheese Tortellini over Romaine Blend Salad with Grape Tomatoes & Black Olives, Crackers</p> <p>DESSERT: Fruit Cocktail</p>
<p>23</p> <p>HOT MEAL: Ham & Northern Beans, Baby Roasted Carrots, Cornbread</p> <p>DELI: Roast Beef Chef Salad w/ Diced Egg, American Cheese, Grape Tomatoes over Romaine Lettuce Blend, Crackers, Apple Juice</p> <p>DESSERT: Cherry Cobbler</p>	<p>24</p> <p>HOT MEAL: Chicken with Supreme Sauce, Garlic Whip Potatoes, Broccoli, Marble Rye</p> <p>DELI: Three Meat Hoagie, Turkey, Ham, Roast Beef, American Cheese on a Hoagie Bun w/ Lettuce & Tomato, Coleslaw</p> <p>DESSERT: Oatmeal Raisin Cookie</p>	<p>25</p> <p>HOT MEAL: Teriyaki Meatballs, Oriental Blend Vegetables, Carrot Coins, Fortune Cookie, Cinnamon Raisin Bread</p> <p>DELI: Chicken Caesar Salad w/ Caesar Dressing, House Made Croutons, Romaine Blend Salad, Grape Juice</p> <p>DESSERT: Diced Pears</p>	<p>26</p> <p>HOT MEAL: Pizza Joe Sandwich on a Hamburger Bun, Shredded Mozzarella Cheese, Seasoned Potato Wedges, Italian Blend Vegetables</p> <p>DELI: Teriyaki Chicken Strips, Shredded Carrots & Chow Mein Noodles over Salad Mix with Asian Dressing, Crackers, Apple Juice</p> <p>DESSERT: Pineapple Tidbits</p>	<p>27</p> <p>HOT MEAL: Cheese Ravioli in Marinara with Shredded Mozzarella, Green Beans, Romaine Blend Salad, Breadstick</p> <p>DELI: Italian Sandwich, Turkey, Ham, Pepperoni, Cheese, Peppers & Red Onion on Vienna Bread, Potato Salad</p> <p>DESSERT: Plum Halves</p>
<p>30</p> <p>HOT MEAL: Hawaiian BBQ Chicken, Brown Rice Pilaf, Winter Blend, Vienna Bread</p> <p>DELI: Ham & American Cheese on WG Bread w/ Lettuce & Tomato, Potato Salad</p> <p>DESSERT: Fruit Mix</p>	<p>31</p> <p>HOT MEAL: Sliced Roast Beef & Gravy, Mashed Potatoes, Glazed Diced Beets, Hearth Roll</p> <p>DELI: Deli Chicken & American Cheese on Marble Bread w/ Lettuce & Tomato, Carrot Raisin Salad</p> <p>DESSERT: Frosted Brownie</p>			<p>Please call before noon to tell us if you would like to have lunch here the next day. Suggested contribution for lunch is \$3.50 for seniors</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.



March 5 2020

No Dinner Tonight



March 12 2020

Corned Beef, Cabbage & Carrots, Roasted Baby Reds, Rye Bread and Emerald Pudding



March 19 2020

Soft Shell Taco with Lettuce, Tomato, Sour Cream, Hot Sauce, Refried Beans and Ambrosia



March 26 2020

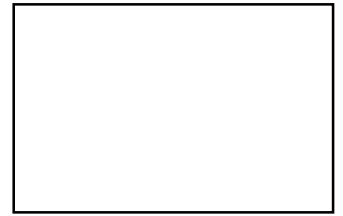
Fried Chicken, Mashed Potatoes with Gravy, Corn, Biscuit and a Surprise Dessert



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. Your membership will be valid through June 30th, 2020