



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

BOARD OF DIRECTORS

Lauren Kesteloot
President

Lisa Summers
Vice President

Shirley Tingley
Treasurer

Paula Deitering
Voting Member

Ralph Gladbach
Voting Member

Mary Jo Hopfensperger
Voting Member

Dorene Narofsky
Voting Member

Jamie Moore
Secretary

Hello People!

We are breezing through the first quarter of the year! Wow, it's gone fast. It's hard to believe that 3 years ago this month we had to close our doors for 15 months due to the Covid pandemic.

It was a trying time for everyone, especially our seniors. We have been working hard to build back our lunch program and activities to engage our seniors and to invite new members.

We'd love to hear your ideas to bring in more seniors and to hear what you would like to have here. A lot of people got use to being at home and haven't returned to their old self of getting out and socializing. You can help by offering to pick them up to come to the center for lunch and activities. We would love to have them join the center!

CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Kathy and Dawn

Dawn Jaixen
ENOA, Assistant
Manager

IN THIS ISSUE:

Page 2:

Check this Out!

Page 3:

Guess What's
Happening?!

Page 4:

March
Birthdays

Pages 5:

Activity
Calendar

Page 6:

Hot Lunches

Page 7:

Deli Lunches



Check this out!

We Want You! Yes We Do ! We want your ideas, thoughts, suggestions! Every month we have a Senior Advisory Board to talk about what YOU want for the center. Even if you can't make it, we want to hear from you. Some ideas we have heard include: having a movie afternoon here at the center (after all we have the best popcorn), more game options (but we need players) such as Chess, Checkers, Spades, Hearts or other board games. Feel free to stop in the office or drop ideas off in the suggestion box . We want to know what you like!



BINGO ! Now that we have your attention,
M/W/F afternoon Bingo will now start at 12:45.

Please have your cards, chips and be ready to play at that time. We have also noticed that the Mon./Wed/Fri afternoon attendance has considerably decreased. We are open to ideas to increase players. If not, we may have to cut back on the number of days we play. It's a lot to ask someone to come in to volunteer for 2 people.

Flap Jack, Hot Cakes, Short Stack, Johnny Cakes or Pancakes! Whatever you call them, you can have them served hot, drizzled with butter and syrup and sausage on the side. Add fruit, coffee and juice and you have a delicious breakfast for **only \$4.00**. Breakfast will be served **at 9:00 am on Tuesday, March 28th**. Call your reservation in by noon on Monday the 27th.



Critters up Close! You'll feel like you left Bellevue without going anywhere! Six critters, some are exotic, and will be visiting us at the center! Monkeys, kangaroos, turtles, snakes, who knows? You won't want to miss this new adventure! We are encouraging you to come to lunch and stay to see the animals at **1:00 pm on Tuesday, March 21**. Please sign up in advance for your spot!

Lucy Jaixen was our lucky Cal-Cutta winner! She won \$193.00 and gave \$93.00 back to the center ! So the center "won" \$286.00 !! Thank you Lucy and everyone who played ! All proceeds stay here at the center to provide for YOU !

Guess What's Happening ?!



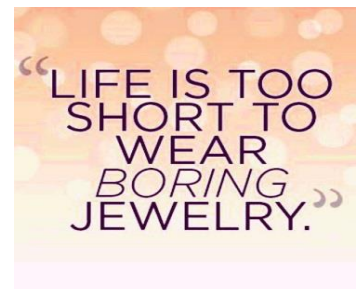
Chugga Chugga Choo Choo! All Aboard! The bus is heading south to Plattsmouth to check out the Bill Wimmer Railroad Collection! He had a 50 year career with the railroad. His collection of artifacts and treasures from across the country are amazing! The bus trip is \$5.00. Get your caboose ready to roll! Date and time to be announced later.

Spring Fling Bingo! Are you a fan of spring and flowers? Then **MARCH** right in and **PLANT** yourself here. Sign up for lunch at noon and then stay for Bingo on **Monday, March 20th at 1:00 pm**. You can watch your winnings **GROW**. Make it more fun and bring a **BUD-dy** along with your **SUNNY** disposition.



Milk Weeds for Monarchs! You can help with this much needed project to help Monarch Butterflies. Nancy Crews will tell us how you can help them by learning how to make seed balls to be scattered across IA. Have fun and participate in a worthwhile project. It all happens right after lunch on **Tuesday, March 14th at 1:00 pm** – National Learn about Butterflies Day! *Reserve your lunch and spot by noon on March 13th*

Monday Art Class Project –You'll be able to make your very own bracelets and necklaces. Have fun with others while making jewelry. Let your personality shine with brightly colored beads! The classes will be held every **Monday in March from 9:30 am – 11:00 am**. Make it a day and have lunch with us!



Top O' the Mornin'! Irish eyes will be smiling at the center! Everyone can be Irish today- so wear your green, enjoy some tasty treats, green beer and **The Dancing Grannies!** The shenanigans will begin on **Friday, March 17th at 10:30 am**. At noon we will be serving a traditional St. Patrick's Day meal so make sure you get your lunch order reserved noon on March 16th.



MARCH BIRTHDAYS














- 1- Barb Branco
- 2- Irene Wolfe
- 3- Jack Simmons
- 6- Cindy Keyes
- 7- Jean Coburn & Kathy Kaiser
- 7- Carol Catherall & Lesa McCubbin
- 8- Sharon Petersen
- 12- Jerry Burrow
- 13- Wyatt Ramsey
- 16- Astrid Ferony
- 18 – Lynne Lee
- 22- Ken & Nancy Madison
- 23- Betty Schlapia & Harlan Wolterman
- 26- Bernard Newhouse
- 30- Sally Cvetas & Joan Heffner
- 31- Linda Miller



March Birthdays

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 12:45 Bingo 1:00–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 12:45 – Bingo	8:00 - Billiards 8:00 - Woodcarvers 10:00 -Bridge Groups 12:45 Bridge Groups 12:45 Euchre	8:00 – Billiards 8:30- Chair Volleyball 9:30 – Painting & Drawing 10:30 - Exercise 12:45 – Bingo 1:00- Pitch 1:00 Arts and Crafts

Activities for the Month of MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
Every Monday – Jewelry Making at 9:30 in the art room		1	2 	3
6 9:30 class 	7	8 March Birthday Cake with Lunch 	9 10:30 Bingo Bucks 	10 10:00 Book Club 
13 9:30 class 	14 1:00 Seed Balls 	15	16 10:30 Senior Advisory Forum 	17 10:30 am 
20 1:00 pm SPRING FLING BINGO 7:00 Alzheimer's Support	21 Critters up Close 	22 	23	24
27 9:30 Class 	28 9:00 am Breakfast 	29	30	31 

MARCH HOT MENU

		3/1/2023	3/2/2023	3/3/2023
All meals served with a smile and 1% or skim milk	Please call by noon on the day before you'd like a meal Suggested contribution \$4.25	Liver w/ Onion Gravy Whipped Potatoes Country Blend Vegetables* Honey Wheat Bread/Marg Apricot Halves	Ham & Scalloped Potatoes Winter Blend Vegetables* WG Dinner Roll/Marg Cinnamon Apple Slices	Breaded Fish* Sandwich on WG Hamburger Bun w/Lettuce,Tomato,Tartar Sauce Potato Medley Carrot Coins* Diet Fruited Gelatin
Monday 3/6/2023	Tuesday 3/7/2023	Wednesday 3/8/2023	Thursday 3/9/2023	Friday 3/10/2023
California Cheesy Chicken & Brown Rice Casserole Zucchini & Tomatoes* WG Dinner Roll/Marg Diced Pears	Cheeseburger* on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Potato Wedges* Chocolate Chip Muffin	Turkey Breast & Gravy Potato Medley Green Beans* WG Dinner Roll/Marg Decorated Birthday Cake	Meatloaf & Gravy Twice Baked Whipped Potatoes Mixed Vegetables* WG Bread Slice/Marg Cherry Vanilla Yogurt PC	Potato Crunch Fish Filet* Baked Sweet Potato Spring Blend Vegetables* Heavy Hearth Roll/Marg Applesauce
Monday 3/13/2023	Tuesday 3/14/2023	Wednesday 3/15/2023	Thursday 3/16/2023	Friday 3/17/2023
Swedish Meatballs Potato Medley Oven Roasted Vegetables* WG Breadstick/Marg Diced Peaches 1% or Skim Milk	Soft Shell Beef Taco Taco Meat Cheese Lettuce, Diced Tomato Fiesta Corn* 8" Flour Tortilla Sour Cream Pineapple Tidbits	Pork Fritter* Mashed Potatoes & Gravy Brussels Sprouts* WG Dinner Roll/Marg Classic Fruit Salad	Chicken Breast/Gravy Rice Pilaf California Mix* Italian Roll/Marg Fruit Cocktail	Corned Beef* Cabbage & Carrots Roasted Whole Baby Reds Rye Bread/Marg Emerald Pudding
Monday 3/20/2023	Tuesday 3/21/2023	Wednesday 3/22/2023	Thursday 3/23/2023	Friday 3/24/2023
Ham & Northern Beans Roasted Baby Carrots Cornbread/Marg Cinnamon Applesauce 1% or Skim Milk	Chicken with Supreme Sauce Garlic Whip Potatoes Green Beans* Marble Rye Bread/Marg Oatmeal Raisin Cookie	BBQ Meatballs Cauliflower* Diced Sweet Potatoes Cinn. Raisin Bread/Marg Diced Pears	Pizza Joe* Sandwich on WG Hamburger Bun Shredded Mozzarella Cheese Seasoned Potato Wedges* Italian Blend Vegetables* Pineapple Tidbits	Cheese Ravioli in Marinara with Shredded Mozzarella Broccoli* Mixed Greens Side Salad Peach slices WG Breadstick/Marg
Monday 3/27/2023	Tuesday 3/28/2023	Wednesday 3/29/2023	Thursday 3/30/2023	Friday 3/31/2023
Hawaiian BBQ Chicken Brown Rice Pilaf Winter Blend* WG Bread /Marg Fruit Mix	Sliced Roast Beef & Gravy Mashed Potatoes Glazed Diced Beets Vienna Bread/Margarine Chocolate Brownie	Roasted Pork Chop with Apple Chutney Baked Potato Green Beans* WG Dinner Roll/Marg Strawberry Shortcake	Beefy Mac Casserole with Cavatappi Noodles Mixed Greens Salad/DressPC Capri Blend Vegetables* 100% Whole Grain Bread/Marg Mandarin Oranges	Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potato Green Peas* Pumpernickel Bread/Marg Fruit Cocktail

MARCH DELI MENU

Suggested Contribution \$4.25		Wednesday 3/1/2023	Thursday 3/2/2023	Friday 3/3/2023
All lunches are served with a smile and 1% or skim milk.	Call by noon the day before you'd like a meal.	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Romaine Blend w/ Greek Feta Dressing 100% Fruit Punch Juice Apricot Halves	Creamy Crab & Baby Shrimp Macaroni Salad on Mixed Greens Salad Tomato Wedges Cinnamon Apple Slices	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad 100% Apple Juice Diet Fruited Gelatin
Monday 3/6/2023	Tuesday 3/7/2023	Wednesday 3/8/2023	Thursday 3/9/2023	Friday 3/10/2023
Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato Marinated Vegetable Salad Diced Pears	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Chocolate Chip Muffin	Sliced Ham & American on Wheat Bread w/ Lettuce & Tomato Coleslaw Decorated Birthday Cake	BLT Salad Chopped Bacon, Dice Tomato & Mixed Greens Salad Croutons 100% Grape Juice Cherry Vanilla Yogurt PC	Chicken Salad on Rye Bread w/ Lettuce & Tomato Tomato Cucumber & Onion Salad Applesauce
Monday 3/13/2023	Tuesday 3/14/2023	Wednesday 3/15/2023	Thursday 3/16/2023	Friday 3/17/2023
Turkey & Cheddar on WG Bread w/ Lettuce & Tomato Potato Salad Diced Peaches	Cranberry Chicken Salad on Raisin Bread w/ Lettuce & Tomato Carrot Raisin Salad Pineapple Tidbits	Chicken Pasta Salad over Mixed Greens Salad Tomato Wedges Croutons Classic Fruit Salad	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Fruit Cocktail	Hot Only!!! Corned Beef* Cabbage & Carrots Roasted Whole Baby Reds Rye Bread/Marg Emerald Pudding
Monday 3/20/2023	Tuesday 3/21/2023	Wednesday 3/22/2023	Thursday 3/23/2023	Friday 3/24/2023
Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Salad Crackers (2pk) 100% Apple Juice Cinnamon Apple Slices	Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese on Wheat Hoagie Bun w/ Leaf Lettuce & Tomato Coleslaw Oatmeal Raisin	Ham Salad on Croissant w/ Lettuce & Tomato Carrot Raisin Salad Diced Pears	Chicken Caesar Salad w/ Caesar Dressing Croutons Mixed Greens Entrée Salad 100% Grape Juice Pineapple Tidbits	Italian Sandwich Turkey, Ham, Pepperoni, Cheese, Peppers & Red Onion on Vienna Bread Potato Salad Peach Slices
Monday 3/27/2023	Tuesday 3/28/2023	Wednesday 3/29/2023	Thursday 3/30/2023	Friday 3/31/2023
Ham & American Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Fruit Mix	Deli Turkey & American Cheese on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad Chocolate Brownie	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk)	Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Marinated Vegetable Salad Mandarin Oranges	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice

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.