

# BELLEVUE SENIOR

*Community Center*



*Golden opportunities await a new day!*

109 W. 22<sup>nd</sup> St. Bellevue, NE 68005 (402) 293-3041  
Monday-Friday 8:00 am - 4:00pm



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Hello People!

We are MARCHing right into spring! In a few short weeks we will be back on daylight savings time and the days will be longer! Nothing like a little more sunshine to brighten your day.

It's a great time to use what seems like that extra hour of daytime to be doing something you love, or something for someone else! Make the most of your day.

We have a busy month planned and lots of fun activities. Be sure to invite a friend to join you at an activity or for lunch.

Cheers!  
Kathy and Dawn

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## CENTER STAFF

Kathy Van Den Top,  
*ENOA, Manager*

Dawn Jaixen  
*ENOA, Assistant Manager*

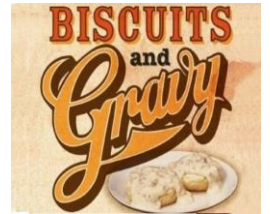


# MARK YOUR CALANDER!



**Bottoms in the chair and hands in the air!** That's right, chair volleyball is a great way to exercise and have fun! This month it's extra special because the seniors from Papillion 55 Landing are coming to play us! They will be here on **Wed. March 5 at 9:30**. they always bring a busload of fun so come support our players or better yet, come play volleyball with them!

**Yummy in your Tummy!** That's right – it's biscuits and gravy time. Hot flaky biscuits smothered in a creamy sausage gravy, a side of fruit, coffee and juice! All of this for only \$4.00! You can't make it for less. Rise and shine, and then come dine on **Wednesday, March 26<sup>th</sup> at 9:00 am.**



**Flower Power!** The calendar is telling us it is spring so let's go with it. Join us after lunch to plant some flowers in a little pot you can take home and brighten your day. We will have everything you need. Please reserve your spot and let us know if you'd like to join us for lunch on **Wed. March 12 at 1:30 pm.**



**Top O' the Mornin'** Everyone is a WEE BIT Irish on St. Patty's Day! You won't want to miss this party or you will be GREEN with envy of those who come. We guarantee there will be green beer, delicious snacks and shenanigans with Johnny Ray Gomez ! Let the good times *SHAM-ROCK* – **10:30 am on Monday, March 17<sup>th</sup>**. Stay for lunch and enjoy a corn beef and cabbage meal.



**Bunny Butt Pot** – Get ready for spring and Easter ! The Monday art class will be making this adorable little bunnies – in little pots. You'll want to make more than one! The class will meet every **MONDAY AT 9:30 AM** .

# CHECK THIS OUT!

**B-I-N-G-O** We are so lucky to be supported by 2 organizations to provide bingo with prizes twice a month! That's right, Lisa Summers with Clare Senior Advisors will be doing bingo the 2<sup>nd</sup> Thursday of the month at 9:30 am. You all know her and love her crazy antics! Next up is Jim from Hillcrest Health Services. He will be calling bingo for us on the 4<sup>th</sup> Thursday of the each month at 10:30 am. Come for Bingo and stay for lunch!



**Remember When.....** We have a new theme for bingo - Decade Bing! It's a mix of the 50's -90's! Shows, music, entertainers, movies, styles – you name it! We will spice it up with some throwback themes! Be sure to sign up for Bingo and lunch! Make it more fun – wear your T-shirts, hats, mood ring or any items from the past! Don't delay – sign up today! Bingo will start at **1:00 on March 31<sup>st</sup>**.

**Milkweed for Monarchs** is a wonderful organization that you can help out while playing in the mudd! It's a fun afternoon- you get a little dirty, help a great cause and share laughs with friends. Everything is provided – just bring a pair of gloves and roll up your sleeves. You will be part of a really cool project. Join us at **1:00 pm Tues.**



**March 25<sup>th</sup>.**



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**Busy Body – Busy Brain** Studies show how important keeping the body and mind active is. We offer 2 exercise classes, 2 Tai Chi classes, 3 days of chair volleyball, daily puzzles, various card games to help keep you sharp. Check it out !

**DIANE LEIKER** was our January 50/50 winner ! Both Diane and the center won \$160.00! Thanks to everyone who played.





# March Birthdays



- 1- Barb Branco & Joyce Strode
- 2- Irene Wolfe & Dr. Seuss
- 3- Jack Simmons, Michael Saxton & Hugh Harrison
- 6- Cindy Keyes & Mary Johnson
- 7- **Jean Coburn** & Carol Catherall
- 9- Sandra Stiverson
- 13- Wyatt Ramsey
- 16- Astrid Feronny & Darlene Skinner
- 18 – **Lynne Lee**
- 22- Nancy and Ken Madison
- 23- Betty Schlapia & Harlan Wolterman
- 26- Bernard Newhouse
- 29- **Diane Adams**
- 30 –Joan Heffner

*\*names in bold are our amazing volunteers*



## Did you know.....

\*We have volunteers ranging from 57 -88 years old.

\*Last year the volunteers put in a combined total of 1840 hours – just so you could have a better experience at the senior center.

\*24% of our participants are 75-79 years old, and 25% are over 85! We even have a lady who is 102 !!

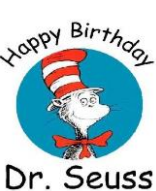
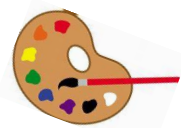




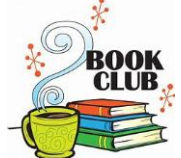







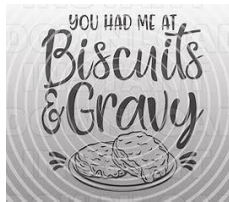




## SPECIAL VARIETY SHOW! TIM JAVORSKY

Returns for an hour long variety show on **Friday, March 21, 10:30 am.** Call and reserve your spot and stay for lunch.



Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Chair Volleyball 9:00 Needle Crafters 9:30 Art Class 10:15 – Tai Chi 10:30 –King’s Corner 12:30 – Hand & Foot 12:30- Poker 1:00–Mahjong	9:30- Painting 10:00 Exercise 12:15 -Bridge Groups 12:45- Dominoes	8:30 – Chair Volleyball 9:00 – 3:00 Painting Group 10:15 – Tai Chi 12:30 – Poker 12:30 – Hand & Foot	8:00 - Woodcarvers 10:00 -Bridge Groups 12:45 Bridge Groups	8:30- Chair Volleyball 9:30 – Painting & Drawing 10:30 – Exercise 11:00 – Bridge Class <b>12:45 .25 BINGO</b>

Activities for the Month of March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dunkin Donuts</b>		<b>Panera Bread</b>		<b>Panera Bread</b>
3 	4 Come Paint with us! 	5 9:30 – Bellevue vs Papillion 55 	6 	7
10	11	12 National Plant a Flower Day 	13 9:30 – Bingo  Popcorn Day!	14 10:00 Book Club 
17 10:30 – Party  7:00 Alzheimer’s Support	18 	19 Try Tai Chi to improve balance 	10:30 Advisory Forum  1 <sup>st</sup> Day of Spring!!	21 10:30 Variety Show 
24 	25 1:00 Milkweed 	26 9:00 Hot Breakfast 	27 10:30 Hillcrest’s Bingo 	28
31 1:00 Decade Bingo 	Play Dominoes every Tues and Thursday 			Buy you 

# MARCH HOT MENU

3/3/2025	3/4/2025	3/5/2025	3/6/2025	3/7/2025
Cheesy Broccoli Chicken Breast Zucchini & Tomatoes Wild Rice WG Dinner Roll/Marg Diced Pears	Cheeseburger on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, Diced Onions & Pickle Slices Potato Salad Blueberry Muffin	<b>1st Day of Lent Baked Tilapia with Lemon Garlic Sauce Diced Sweet Potatoes California Blend Vegetables WG Dinner Roll/Marg Tropical Fruit Mix</b>	Meatloaf & Gravy Twice Baked Whipped Potatoes Country Blend Vegetables WG Bread Slice/Marg Cherry Vanilla Yogurt PC or Diet Pudding	<b>Nat. Choc. Chip Cookie Week</b> <b>Potato Crunch Fish Filet</b> <b>Scalloped Potatoes</b> <b>Broccoli Cuts</b> <b>WG Petite Roll/Marg</b> <b>Choc. Chip or Diet Cookie</b> <b>Tartar Sauce PC</b>
Monday 3/10/2025	Tuesday 3/11/2025	Wednesday 3/12/2025	Thursday 3/13/2025	Friday 3/14/2025
<b>National Ranch Day</b> Chicken Bacon Ranch Pasta Green Beans Cauliflower WG Breadstick/Marg Diced Peaches	<b>Walking Taco!</b> Taco Meat, Shred Cheese Shred Lettuce, Diced Tomato Fiesta Corn WG Nacho Dorito PC Sour Cream & Taco Sauce PCs Mandarin Oranges	Pork Fritter Mashed Potatoes & Country Gravy Brussels Sprouts WG Dinner Roll/Marg Decorated Birthday Cake or Plain Cake Square	Chicken Marsala Garlic Mashed Potatoes Mixed Vegetables Italian Roll/Marg Fruit Cocktail	Breaded Fish Sandwich with Tartar Sauce PC on WG Hamburger Bun Macaroni & Cheese Winter Blend Vegetables Fudge Round or Diet Cookie
Monday 3/17/2025	Tuesday 3/18/2025	Wednesday 3/19/2025	Thursday 3/20/2025	Friday 3/21/2025
<b>Happy St. Patrick's Day!</b> Corned Beef Cabbage & Carrots Roasted Baby Red Wedges Rye Bread/Marg Emerald Pudding or Diet Pudding	<b>Nat. Oatmeal Cookie Day</b> Sloppy Joe Sandwich Scalloped Potatoes Broccoli Cuts WG Hamburger Bun Oatmeal Cream Pie or Diet Cookies	Roasted Pork Chop with Pork Gravy Garlic Mashed Potatoes Stewed Tomatoes WG Dinner Roll/Marg Apricot Halves	Ham & Northern Beans Brussels Sprouts Cornbread/Marg Diced Pears	Cheese Ravioli in Marinara Green Beans Mixed Greens Side Salad Dressing PC WG Breadstick/Marg Strawberries & Peaches
Monday 3/24/2025	Tuesday 3/25/2025	Wednesday 3/26/2025	Thursday 3/27/2025	Friday 3/28/2025
Beefy Mac Casserole with WG Elbow Noodles Corn Green Peas WG Dinner Roll/Marg Fruit Mix	<b>National Waffle Day</b> Oven Fried Chicken Breast Diced Sweet Potatoes California Blend Vegetables Belgian Waffle Syrup PC Sliced Peaches	Sliced Roast Beef & Gravy Mashed Potatoes Honey Glazed Baby Carrots Vienna Bread/Margarine M&M Cookie or Diet Cookies	Grilled Chicken Sandwich w/ Lettuce & Tomato Steakhouse Potato Salad BBQ Baked Beans WG Hamburger Bun Mandarin Oranges	Seafood Chowder Wild Rice Broccoli Cuts WG Breadstick/Marg Fruit Cocktail
Monday 3/31/2025				
Unstuffed Pepper Casserole w/ Brown Rice Chuckwagon Corn Peas & Carrots Italian Roll/Marg Fresh Apple				

# MARCH DELI MENU

Monday 3/3/2025	Tuesday 3/4/2025	Wednesday 3/5/2025	Thursday 3/6/2025	Friday 3/7/2025
Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato Coleslaw Diced Pears 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Blueberry Muffin 1% or Skim Milk	<b>Sliced Ham &amp; American on Wheat Bread w/ Lettuce &amp; Tomato Coleslaw Tropical Fruit Mix 1% or Skim Milk</b>	Turkey BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato over Mixed Greens Croutons 100% Grape Juice Cherry Vanilla Yogurt PC or Diet Pudding 1% or Skim Milk	Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk
Monday 3/10/2025	Tuesday 3/11/2025	Wednesday 3/12/2025	Thursday 3/13/2025	Friday 3/14/2025
Ham & Cheddar on WG Bread w/ Lettuce & Tomato Potato Salad Diced Peaches	Cranberry Chicken Salad on Vienna Bread w/ Lettuce & Tomato Carrot Raisin Salad Mandarin Oranges	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Decorated Birthday Cake or Plain Cake Square	Monte Cristo Sandwich Sliced Turkey & Swiss on French Toast with Jam Boccoli Salad Fruit Cocktail	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Mixed Greens w/ Greek Feta Dressing Crackers (2pk) 100% Fruit Punch Juice Fudge Round or Diet Cookie
Monday 3/17/2025	Tuesday 3/18/2025	Wednesday 3/19/2025	Thursday 3/20/2025	Friday 3/21/2025
<b>Happy St. Patrick's Day!</b> <b>Corned Beef</b> <b>Cabbage &amp; Carrots</b> <b>Roasted Baby Red Wedges</b> <b>Rye Bread/Marg</b> <b>Emerald Pudding</b>	Turkey Chef Salad Diced Turkey & Diced Egg Cheese & Grape Tomatoes Mixed Greens Salad Crackers (2pk)/Apple Juice Oatmeal Cream Pie or Diet Cookies	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) Fruit Punch Juice Cup Apricot Halves	Chicken Caesar Salad w/ Caesar Dressing Croutons Mixed Greens Entrée Salad 100% Grape Juice Diced Pears	Italian Sandwich Turkey, Ham, Pepperoni, Cheese, Peppers & Red Onion on Vienna Bread Potato Salad Strawberries & Peaches
Monday 3/24/2025	Tuesday 3/25/2025	Wednesday 3/26/2025	Thursday 3/27/2025	Friday 3/28/2025
Nicoise Salad with Diced Chicken, Potatoes, Green Beans, Diced Eggs & Greek Feta Dressing over Mixed Greens Salad WG Breadstick Fruit Mix	Ham & American Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Sliced Peaches	Deli Turkey & American Cheese on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad M&M Cookie or Diet Cookies	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Mandarin Oranges	Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Marinated Vegetable Salad Fruit Cocktail
Monday 3/31/2025	  			
Monday 3/31/2025				
Unstuffed Pepper Casserole w/ Brown Rice Chuckwagon Corn Peas & Carrots Italian Roll/Marg Fresh Apple				

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<sup>th</sup>, 2025.*