



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!

November – the time of year we look back and remember what we are thankful for. At the center, we are so thankful that we have all of you who support us and your senior center!

This years fundraiser was a big success! Our center was filled with seniors , their friends and families, lots of laughter, creamy ice cream, yummy snacks, a clown or two, made \$181 in cal-cutta and we raffled off over 70 baskets!

Did we reach our goal of \$17,000? Not quite. Did we do our best, work hard and still have a fun time? You bet. We tried something new and next year will be even better.

We are so blessed that our center is supported by the community, ENOA and our board. But mostly blessed by all of you who come here weekly, enjoy lunch, parties, crafts, games and fellowship! You can't put a dollar amount on that. Thank you for sharing your days with us!

CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
ENOA, Assistant
Manager

Cheers!
Kathy and Dawn

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Here's What is Happening at the Center



Canvas Crafts This month's art project is painting on canvas tote bags. The cost is only \$2.00. You'll be styling while sporting your handmade design. What a neat way to show your creative flair. Classes are every **Monday in November from 9:30- 11:30**. Don't miss out – *sign ups start November 1st*.

UNMC Community Health Fair The nursing students will present a health fair covering topics such as: nutrition, budgeting, memory care, physical activity, hypertension, hydration, home safety, chronic pain, depression, sleep and stress management. You won't want to miss out. It will be **Wednesday, Nov. 2 from 9:00 – 11:30**.



Thanking our Veterans. Let's show our gratitude and thanks by sending cards to the Eastern Nebr. Veteran's Home. We will supply the cards, you supply messages of thanks. Please consider 30 minutes of your day to thank those who served. Our goal is to have 120 cards delivered. We will have cards available all week, but are encouraging you to come between **10:30 - 11:30 November 7th – 8th**. Order a meal and stay for lunch.

We Remember — During November we will honor our veterans. Please bring a photo of your veteran and we will display them. On **Thursday, Nov. 10th at 11:30** we will have a small remembrance for all veterans.



Start your day the right way ! A flaky croissant filled with egg, cheese, bacon and served with coffee, juice and fruit –YUMMY! Our breakfast is always delicious and still only \$3.00 . Sign up by noon on the 14th. Breakfast is at **9:00 am on Wed. November 16th**!

Gobble till you Wobble — We have so much to be thankful for in our lives. Let's reflect and celebrate together with food, fun and music on **Wednesday, Nov. 23rd at 10:30 am**. Joe Taylor will be our musical entertainment. Lunch will be ENOA's traditional Thanksgiving Meal so *sign up by Monday, Nov. 24th*.



A Big THANK YOU to our business sponsors:

\$1000.00 Sponsors:

Prairie Wealth Advisor – Paula Deitering, Bellevue Memorial, Hillcrest

\$500.00 Bellevue University

\$250.00 Roth Self Storage

\$150.00 Sponsors: Hoogeveen Chiropractic, Hike Real Estate, Heritage Ridge,
Erwin's Jewelry, Stella's, Ralph Gladbach, Athletico Physical Therapy,
Honda Cars of Bellevue
and Eye Specialists

Thank you for your Gift Card Donation:

Bellevue Berry Farm

Dairy Queen

Walmart

Family Fare

Tregaron Golf

Durham Museum

Bellevue Little Theater

Los Tapaitos

Trader's Joe

Massage Envy

Infinity Body Works

Lauritzen Gardens

Marathon Venture

Blue Moon Fitness

Bellevue Medical Center

Indian Creek Golf

Swine Dining

Panera Bread

Buffalo Wild Wings

American Heroes

Golden Corral

Raising Cane

Great Clips

Take 5 Massage

Bellevue University

Salon 25

Sonic

Culvers

Runza

Roma's

430 Salon

Subway

Outback

Vala's

Sina Way

DJ Dugout

Host Coffee

Let's give a HUGE shout out to our volunteers and board members !!

Priscilla – for all your hard work making the baskets so beautiful and selling tickets with the help of your team, Pat and Sue

Jean – Creative tags and all your help the day of the event- serving and clean up & other duties as assigned

Barb- serving countless bowls of ice cream, set up and clean up

Lori – selling \$362 in Cal-cutta in one day!

Lynne & Georgia – collecting many gift cards

Susie with ENOA and our **Board of Directors** for their support !



We raised \$ 14,391.87

A Few Little Fun Things!



October's Lucky Cal – Cutta winner was..... **Ken Madison!** The center and Ken both took in \$181.00! Thank you to everyone who played! All funds raised stay right here in the center . It's a win –win!

Show Your Stuff - Do you have a unique collection? Something you'd like to share for others to enjoy? Let us know if you'd like to display it in our glass case in the dining room . We'd love to see your collection.



PJ All Day- Monday Nov. 14th Do you hate getting out of your cozy warm bed and pajamas on these brisk cold mornings? Well, on National PJ day you can come to the center in your pajamas! Stay comfy all day. And as a bonus- it's National Pickle Day !

Volunteer Needed! Do you love Panera Bread? Do you enjoy pastries at the center and bagels and bread to take home? We need to keep it going by picking up Panera on Tuesday evenings. We need someone to pick bread up and then drop it off at the center Wed. morning. Please consider helping out! *We would really appreciate it*



November Birthdays!


















1- Ed Conrath
6- Debbie Burchard
8- Carole Lainof
9- Clella Williams, Diana Micek
10- Vivian Adams
11- James Miller
13- Bob Mefford, Johnnie Carter
14- Don Muhs
15- Mary Jo Hopfensperger
18- Gwen Petersen
20- Deb Power

21-Shirley Carter, Mary Stalker
21- Renate Leaird
22- James Willis
29 – Gary Stover, Pam Jensen
30- Fred Claycamp



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 10:00 - Exercise 12:15 -Bridge Groups 12:45- Dominoes 1:00- Arts and Crafts	8:00 – Billiards 8:30 – Chair Volleyball 9:00 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 Bridge Groups	8:00 – Billiards 8:30- Chair Volleyball 9:30 – Painting & Drawing 10:30 - Exercise 1:00 – Bingo 1:00- Pitch (new) 1:00 Arts and Crafts

Activities for the Month of NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2. 9:00 UNMC Health Fair 	3 National Men Make Dinner day !! Ladies- you have the night off	4 Wear your team colors 
7 10:30 Write cards 	8 10:30 Write Cards 	9 Birthday cake with lunch 	10 10:30 Bingo Bucks  11:30 – Veterans Remembrance	11 Center Closed 
14 National PJ and Pickle Day! 	15 National Clean out your fridge day! How fun is that??	16 9:00 Hot Breakfast  10:00 ENOA Program	17	18 Wear your team colors 
21 Have you signed up for the Thanksgiving party and lunch??	22 Join us for Dominoes 	23 10:30 Party 	24 Center Closed 	25 Center closed 
28 National French Toast Day 	29 National Day of Giving 	30 Cal – Cutta Drawing 		

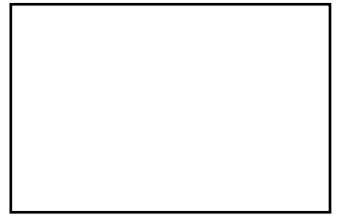
NOVEMBER HOT MENU

Monday	Tuesday 11/1/2022	Wednesday 11/2/2022	Thursday 11/3/2022	Friday 11/4/2022
	Potato Crunch Fish Filet* Baked Sweet Potato Zucchini & Tomatoes* WG Petite Roll/Marg Tropical Fruit Mix	Beef Ravioli in Marinara Sauce Mixed Greens Salad/Dress Brussel Sprouts* WG Breadstick/Marg Bluebery Muffin	Meatloaf & Gravy Roasted Whole Baby Reds Peas* Cornbread Muffin/Marg Honey PC Pear Slices	Sweet & Sour Chicken Breast Oriental Blend Vegetables* Rice Pilaf Fortune Cookie Cinnamon Raisin Bread/Marg Pineapple Tidbits
Monday 11/7/2022	Tuesday 11/8/2022	Wednesday 11/9/2022	Thursday 11/10/2022	Friday 11/11/2022
All Beef Chili Dog w/ Cheese on WG Hot Dog Bun Seasoned Potato Wedges* Corn* Pineapple & Strawberries	Baked Ham* Broccoli Rice Casserole Honey Glazed Carrots WG Dinner Roll/Marg Fruit Cocktail	Oven Fried Chicken Breast* Whipped Potatoes with Chicken Gravy Green Beans* Italian Dinner Roll/Marg Decorated Birthday Cake	BBQ Ribbette Patty on WG Hamburger Bun BBQ Baked Beans Cauliflower* Diced Peaches	 <i>Senior Centers Closed</i>
Monday 11/14/2022	Tuesday 11/15/2022	Wednesday 11/16/2022	Thursday 11/17/2022	Friday 11/18/2022
Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Brussels Sprouts* Wheatberry Roll/Marg Mandarin Oranges	Sliced Roast Beef & Gravy Whipped Potatoes Green Peas * Rye Bread/Marg Butterscotch Pudding	Seafood Chowder Garlic & Butter Diced Reds California Blend Vegetables* WG Dinner Roll/Marg Ambrosia Salad	Chicken Breast & Chicken Gravy Potato Medley Green Beans* Heavy Hearth Roll/Marg Diced Pears	Beef & Three Bean Chili Carrot Coins* Cornbread/Marg Honey PC Fruit Mix
Monday 11/21/2022	Tuesday 11/22/2022	Wednesday 11/23/2022	Thursday 11/24/2022	Friday 11/25/2022
Taco Joe* Sandwich with Shredded Lettuce & Shredded Cheese on WG Hamburger Bun Augratin Potatoes Winter Blend* Pear Slices	Swedish Meatballs Baked Potato/Sour Cream Stewed Tomatoes Sour Dough Roll/Marg Strawberry Yogurt Cup	Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Bean Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whip Topping	 <i>Senior Centers Closed</i>	 <i>Senior Centers Closed</i>
Monday 11/28/2022	Tuesday 11/29/2022	Wednesday 11/30/2022		
10 Grain Fish Filet* Diced Sweet Potatoes Cauliflower* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC	BBQ Chicken Breast on a Bun Seasoned Potato Wedges* Green Peas* Orange	Ham & Beans Broccoli* Mixed Greens/Dressing Cornbread/Margarine Honey PC Pineapple	All meals served with fat free or 1% milk and a smile!	Call in your lunch order by noon the day before

NOVEMBER DELI MENU

	Tuesday 11/1/2022	Wednesday 11/2/2022	Thursday 11/3/2022	Friday 11/4/2022
	Reuben Salad Sliced Corned Beef Sauerkraut & 1000 Island over Mixed Greens Salad Croutons Tropical Fruit Mix	Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar C Blueberry Muffin	Creamy Crab & Baby Shrimp Macaroni Salad on Mixed Greens Salad Tomato Wedges Crackers(2pk) Pear Slices	Egg Salad on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Pineapple Tidbits
Monday 11/7/2022	Tuesday 11/8/2022	Wednesday 11/9/2022	Thursday 11/10/2022	Friday 11/11/2022
Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Mixed Greens Salad Crackers(2pk) 100% Grape Juice Pineapple & Strawberries	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Mixed Greens Salad Crackers & 100% Apple Juice Fruit Cocktail	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Decorated Birthday Cake	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Fruit Punch WG Breadstick/Marg Diced Peaches	 THANK YOU VETERANS <i>Senior Center closed</i>
Monday 11/14/2022	Tuesday 11/15/2022	Wednesday 11/16/2022	Thursday 11/17/2022	Friday 11/18/2022
Grilled Chicken Strip Salad w/ American Cheese, Grape Tomatoes & Black Olive over Mixed Greens Salad Crackers(2pk) 100% Apple Juice Mandarin Oranges	Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Peperoncinis on Vienna Bread Sweet Potato Salad Butterscotch	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Mixed Greens Salad Crackers(2pks) 100% Grape Juice Ambrosia	Roast Beef & Swiss on Honey Wheat Bread w/ Lettuce & Tomato Potato Salad Diced Pears	Ham Salad on Marble Bread w/ Lettuce & Tomato Pea Salad Fruit Mix
Monday 11/21/2022	Tuesday 11/22/2022	Wednesday 11/23/2022	Thursday 11/24/2022	Friday 11/25/2022
Chicken Caesar Salad w/ Caesar Dressing & Croutons over Mixed Greens Salad 100% Grape Juice Pear Slices	Turkey & American on WG Bread w/ Lettuce & Tomato Broccoli Salad Strawberry Yogurt Cup	Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Bean Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whip Topping	 <i>Senior Center closed</i>	 <i>Senior Center closed</i>
Monday 11/28/2022	Tuesday 11/29/2022	Wednesday 11/30/2022		
Ham & Swiss on Vienna Bread w/ Lettuce & Tomato Coleslaw Sliced Peaches	Creamy Crab & Baby Shrimp Macaroni Salad over Mixed Greens Salad Tomato Wedges Crackers(2pk) Orange	Roast Beef Chef Salad Roast Beef, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Pineapple	All lunches are served with 1% of fat free milk and a smile	Please reserve your lunch by noon on the day before

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.