



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!

It's the final countdown! We are days away from our fundraiser. Have you purchased your dinner and raffle tickets? Have you invited your family, friends and neighbors? If you can't make the dinner date, you can still buy raffle tickets for baskets which are on display at the center.

A lot of work goes into planning, shopping, setting up and cleaning up for a big event such as this! Thank you to everyone who has donated their time or money to make this another successful event!

We still have a lot to do in the next couple of weeks. Let's work together to make this our biggest fundraiser! Then on October 12th, we can enjoy a delicious meal, raffle off some baskets and toast each other for a job well done!

Cheers!
Kathy and Dawn

*“Alone we
can do so
little; together
we can do
so much.”*

Helen Keller

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Full Moon & French Toast! What do they have in common? A Full Moon may make people crazy and our French Toast is crazy good! Your tummy will thank you for joining us on **Wednesday, October 24th at 9:00 am.** Still only \$3.00!

Don't be a "Sour-Kraut"! Be ready to eat, drink and be merry and have a Beer-y good time! Join us for our annual Oktoberfest Party on **Friday, October 19th at 10:00 am.** We will have lots of delicious German snacks and Wayne Miller and his accordion will be making an appearance at 11:00 am. This is always a good time!

Broom Parking Only – others will be Toad! Come early because our lot fills up quick for our Spooktacular Halloween Costume Party on **Wednesday, October 31st at 10:00 am.** Dress up and have fun! There will be lots of yummy treats to sink your fangs in. Come sit for a spell and have a Fab-BOO-lous time!

Meet Thesa! She is doing her practicum for college with ENOA. She will be spending 60 hours with us over the next few weeks, helping out as needed. Please say Hello !

Don't be Fooled by the Flu What's the difference between the flu and a cold? Nurse Theresa Whiteacre will tell you and let you know if getting a flu shot is the right decision for you. Join her on **Wednesday, October 3rd at 11:15 am.** Sign up and stay for lunch.

Vampires are the only ones interested in your blood! The Methodist nursing students will be returning on **Thursday, October 11th from 10:00 am – 12:00 pm.** During this time they will check blood pressures. **They will also have a presentation at 11:00 am.**

Ouch! Walmart pharmacy will be back once again for Flu Shots. There is no charge since they will take care of all the paperwork for Medicare. They will be here **Wednesday, October 3rd and Thursday, October 4th from 10:00 am – 1:00 pm on both days.** You do not need to sign up in advance.

Tuesday Art Class Do you have stacks of photos but are not sure how to display them? Do you enjoy crafts? Mert has a lot of fun and crafty ideas to make a scrapbook of your memories! The class will also work on making cards. Feel free to join her in the art room **every Tuesday afternoon at 1:00 pm.**

Bridge – There is a group of bridge players who meet the first Monday of each month at noon. Let them know if you would like to join their group.

FREE WALK-IN LEGAL CLINIC

Lawyers in the City, Friday, October 26, 2018

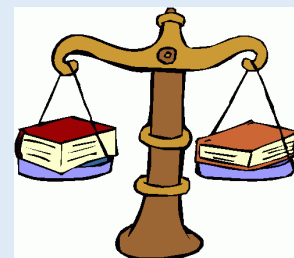
9:00 a.m. – Noon; 1:00 p.m. – 4:00 p.m.

Metropolitan Community College

ITC Conference Center

2909 Edward Babe Gomez Avenue



Lawyers in the City is a community event that brings Omaha lawyers and law students into communities where low-income residents work and reside.



Daily Activities

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Chair Volleyball 9:00 Billiards 9:30 Ceramics all day 9:30- Singers 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 11:15 Tai Chi 1:00 Bingo 1:00 Poker 1:00 Mahjong	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 11:15 Tai Chi 12:30 Pinochle 1:00 Bingo 1:00 Art and Crafts 1:00 Parkinson's Class

Special Activities for October

Monday	Tuesday	Wednesday	Thursday	Friday
1 12:00 Bridge Group No Exercise Class Today	2 9:30 – Trip to Cloisters on the Platte – Round 2 	3 10:00 - 1:00 Flu Shots 11:15 – Health Presentation	4 10:00 - 1:00 Flu Shots	5 Football Friday
8 Center Closed 	9	10	11 10:00 – 12:00 Methodist Students 10:30 Bingo Bucks	12 Football Friday 10:00 Book Club FUNDRAISER DINNER 
15 7:00 Alzheimers' Support Group	16	17 8:30 – Trip to Winna Vegas- Sloan IA 	18 10:30- Senior Advisory Forum 12:30 –Senior Care Clinic	19 Football Friday 10:00 Oktoberfest 
22	23	24 9:00 – French Toast Breakfast 	25 10:00 - Pokeno	26 Football Friday
29	30	31 10:00 Halloween Costume Party 	Drawing will be held on the 31 st at lunch time 	

2-Steve Janousek & Linda Fife
 3-Georgia Cook & Barb Bair
 4- Joyce Busch, Mary Ann Hagen & Rose Wolfsbauer
 4-Thane Baker, Robert Felthousen & Jonathon Jones
 5-Maggi Hall & Delores Anderson
 6-Dean Paulsen, Alice Ferris & Katherine Swanson
 7-Suzanne Saint
 8- Georgia Treiber
 9-Jim Nabors & Barbara Smith
 10- Jane Dreyfus
 11-Jim Reardon, Teresa Jones & Carolyn Sikula
 13- Kevin Crowe
 14- Rita Gifford
 16-Harold Holoun & John Dominski
 17- Donald Evers
 18-Maureen Elahanty, Bonnie Kral, Pat Dolezal & Sue Kangery
 19-Linda Marco
 20-Jerry Woods, Dorothy Rasmussen & Carolyn Conrath
 20-Bill Clark, Ron Cunningham & Barb Eastman
 21-Sylvia Johnson
 23-Hugo Curitti & Jan Bazar
 24-Sheila Orr
 25-Richard Lloyd & Paula Sila
 26- Eleanor Sutej
 27-Howard Mattix, Wes Mann & Janet Crowe
 28- Rich Kral, Merlene Miller & Kathy Siebenborn
 30- Marguenite McQuade
 31-Bonnie Younk, Kathie Bickerstaff & Ed McQuade



Winner Winner! Clarence Boles was our lucky cal-cutta winner! He won a whopping \$373.00 and graciously gave \$100 back to the center! So the center took in a total of \$473.00 !! The money from the cal-cutta winnings stay at the center for our activities, parties, bus, supplies and entertainment. Thank you to everyone who bought a raffle ticket!

Cloisters on the River – Round 2 We will be touring the beautiful bronze sculptures of the Stations of the Cross located near the Platte River at Gretna once again. **This is a walking tour – you will be walking a total of one mile!** Please wear comfortable shoes. The cost is \$5.00 for the bus, and you will give your \$10.00 donation at the door to receive headsets for a special audio tour of the stations. Those on the waiting list from September will have first seats. We will leave the center at **9:30 am on Tuesday, October 2nd.**

Feeling Lucky? Then you will want to try your “hand” at Winna Vegas in Sloan IA. We’re sure you will have “slots” of fun! This trip is a full day – so bring your gambling money and leave a little extra for lunch at the casino. The bus trip is \$5.00. We will leave here on **Wednesday, October 17th at 8:30 am** and return around 4:00 pm.





It's Here!

Our Lasagna Dinner Fundraiser



It's time to make it happen! We need everyone's help to make this the biggest fundraiser ever!

Thanks to our very generous seniors, all the food items and paper goods for the meal has been donated!

Now we really need to focus on pre-selling dinner tickets and raffle tickets.

Table sponsors are always needed! Ask any business acquaintances you have to sponsor the center. It is a tax deduction for them and they will receive recognition at the dinner, in our newsletter and on our website.

*****Put together a themed basket*****

*****Come early and have a drink*****

(\$1.00 from each cocktail goes back to the center)

*****Encourage your friends and family to buy raffle tickets*****

*****Buy your dinner tickets in advance and save money*****

***Our goal is to raise \$14,000.
We can do it with your help!***

Friday, October 12th – Doors open at 4:30 pm.



**WE PUT THE
FUN
IN FUNDRAISING**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>HOT MEAL: Baked Cod Loin in a Sweet Basil Sauce, Mashed Sweet Potatoes, Zucchini & Tomatoes, Wheat Dinner Roll</p> <p>DELI: Reuben Salad, Sliced Corned Beef, Sauerkraut & 1000 Island Over Romaine Blend Salad and House made Rye Croutons</p> <p>DESSERT: Tropical Fruit</p>	<p>2</p> <p>HOT MEAL: Meatloaf & Gravy, Roasted Whole Baby Reds, Broccoli, Cornbread Muffin</p> <p>DELI: Sliced Turkey & American Cheese on Ciabatta Bun w/ Lettuce & Tomato, Potato Salad</p> <p>DESSERT: Pear Slices</p>	<p>3</p> <p>HOT MEAL: : Fried Chicken Breast, Whipped Potatoes w/ Chicken Gravy, Green Beans, Italian Roll</p> <p>DELI: Creamy Crab & Baby Shrimp Macaroni Salad over Tossed Salad Mix, Tomato Wedges, Crackers</p> <p>Chicken Salad on a Croissant w/ Lettuce & Tomato, Cowboy Caviar</p> <p>DESSERT: Banana Muffin Square</p>	<p>4</p> <p>HOT MEAL: Italian Goulash with WG Elbow Noodles, Italian Blend Vegetables, Romaine Blend Salad, Vienna Bread</p> <p>DELI: Chicken Salad on a Croissant w/ Lettuce & Tomato, Coleslaw</p> <p>DESSERT: Diced Peaches</p>	<p>5</p> <p>HOT MEAL: Chicken Cordon Bleu w/ Swiss Mornay Sauce, Rosemary Country Diced Potato, California Blend Vegetables, Wheat Berry Roll</p> <p>DELI: Creamy Cheese Tortellini over Tossed Salad Mix w/ Grape Tomatoes, Black Olives & Crackers</p> <p>DESSERT: Oatmeal Raisin Cookie</p>
<p>8</p> <p>Center Closed Happy Columbus Day</p>  <p>Columbus Day</p>	<p>9</p> <p>HOT MEAL: BBQ Meatballs, Potato Medley, Mixed Vegetables, Wheat Dinner Roll</p> <p>DELI: Tuna Salad on a Croissant w/ Lettuce & Tomato, Cowboy Caviar</p> <p>DESSERT: Orange</p>	<p>10</p> <p>HOT MEAL: Sliced Roast Beef & Gravy, Mashed Potatoes, Honey Glazed Carrots, Rye Bread</p> <p>DELI: Classic Chef Salad w/ Ham, Turkey, American & Swiss Cheese, Diced Egg, Tomatoes over Tossed Salad, Crackers, Grape Juice</p> <p>DESSERT: Birthday Cake</p>	<p>11</p> <p>HOT MEAL: Sweet & Sour Chicken Breast, Oriental Blend Vegetables, Vegetable Egg Roll, Fortune Cookie, Cinnamon Raisin Bread</p> <p>DELI: Roast Beef & Swiss w/ Lettuce & Tomato, on Marble Bread, Broccoli Salad</p> <p>DESSERT: Butterscotch Pudding</p>	<p>12</p> <p>HOT MEAL: All Beef Chili Dog w/ Cheese on a Wheat Bun, Steak Fries, Corn</p> <p>DELI: Turkey Chef Salad, Diced Egg, American Cheese, Tomatoes, Fruit Punch, Cinnamon Raisin Bread</p> <p>DESSERT: Pineapple & Strawberries</p>
<p>15</p> <p>HOT MEAL: BBQ Chicken Breast on a Wheat Bun, BBQ Baked Beans, Potato Salad</p> <p>DELI: Sliced Ham & American Cheese on Wheat w/ Lettuce & Tomato, Potato Salad</p> <p>DESSERT: Pear Slices</p>	<p>16</p> <p>HOT MEAL: Oven Roasted Pork Loin w/ Gravy, Baked Sweet Potato, Brussel Sprouts, Dinner Roll</p> <p>DELI: Roast Beef Chef Salad, Diced Egg, Swiss Cheese, Grape Tomatoes, Romaine Blend Salad, Crackers</p> <p>DESSERT: Peanut Butter Cookie</p>	<p>17</p> <p>HOT MEAL: Breakfast for Lunch! Hearty Country Gravy w/ Sausage over a Jumbo Wheat Biscuit, Breakfast Potatoes, Orange Juice</p> <p>DELI: Fresh Italian Herb Chicken Salad on Pita Bread w/ Lettuce and Tomato, Carrot Raisin Salad</p> <p>DESSERT: Banana</p>	<p>18</p> <p>HOT MEAL: Seafood Chowder, Garlic & Butter Diced Reds, California Blend Vegetables, Marble Rye Bread</p> <p>DELI: Italian Sandwich, Turkey, Ham, Pepperoni, Cheese, Peppers & Red Onions on Vienna Bread, Herb Roasted Potato Salad</p> <p>DESSERT: Fruit Crisp</p>	<p>19</p> <p>HOT MEAL: Hamburger Patty with Garlic Mushroom Gravy, Scalloped Potatoes, Peas & Pearl Onions, Whole Wheat Bread</p> <p>DELI: Grilled Chicken Ranch Salad, Grilled Chicken, American Cheese, Grape Tomatoes & Black Olives over Tossed Salad, Apple Juice</p> <p>DESSERT: Mandarin Oranges</p>
<p>22</p> <p>HOT MEAL: Swedish Meatballs, Baked Potato, Stewed Tomatoes, Wheat Berry Roll</p> <p>DELI: Turkey & Cheddar w/ Lettuce & Tomato on a Wheat Hamburger Bun, Coleslaw</p> <p>DESSERT: Strawberry Yogurt Cup</p>	<p>23</p> <p>HOT MEAL: Beef Ravioli in Marinara Sauce, Tossed Salad, Italian Blend Vegetables, Breadstick</p> <p>DELI: Chicken Caesar Salad w/ Caesar Dressing & House Made Croutons Over Salad Mix, Crackers, Orange Juice</p> <p>DESSERT: Cinnamon Apples</p>	<p>24</p> <p>HOT MEAL: 10 Grain Fish Filet, Au gratin Potatoes, Glazed Diced Beets, Wheat Dinner Roll</p> <p>DELI: Roast Beef & Swiss on Vienna Bread w/ Lettuce & Tomato, Marinated Vegetable Salad</p> <p>DESSERT: Fruited Lime Gelatin</p>	<p>25</p> <p>HOT MEAL: Taco Joe Sandwich on a Wheat Hamburger Bun, Potato Ole's, Chuck Wagon Corn</p> <p>DELI: Classic Chef Salad w/ Ham, Turkey, American Cheese, Tomatoes, Diced Egg over Tossed Salad, Wheat Bread Stick, Grape Juice</p> <p>DESSERT: Sliced Apricots</p>	<p>26</p> <p>HOT MEAL: Chicken Breast w/ Gravy, Whipped Potatoes, Green Beans, Hearth Roll</p> <p>DELI: BLT Supreme Salad w/ Bacon, Turkey, Shredded Cheese, Diced Tomato over Tossed Salad, Crackers, Fruit Punch Juice</p> <p>DESSERT: Frosted Brownie</p>
<p>29</p> <p>HOT MEAL: Country Fried Steak w/ Gravy, Garlic Whipped Potatoes, Country Blend Vegetables, Vienna Bread</p> <p>DELI: Chicken Pasta Salad, Fresh Carrot & Celery Sticks, Peanut Butter Cup, Crackers</p> <p>DESSERT: Mandarin Oranges</p>	<p>30</p> <p>HOT MEAL: Orange Chicken Stir Fry w/ Lo Mein Noodles, Japanese Blend Veggies, Vegetable Egg Roll, Fortune Cookie</p> <p>DELI: Three Meat Hoagie, Turkey, Ham, Roast Beef & American Cheese on a Wheat Hoagie Bun w/ Lettuce & Tomato, Sweet Pepper Slaw</p> <p>DESSERT: Strawberry Applesauce</p>	<p>31</p> <p>HOT MEAL: Texas Chain Saw Beef & Three Bean Chili, Goblin Carrot Fingers, Ghostly Baby Potato Cakes, Shallow Grave Cornbread, Muffin</p> <p>DELI: Teriyaki Chicken Strips, Shredded Carrots & Chow Mein Noodles over Tossed Salad w/ Asian Dressing, Orange Juice, Crackers</p> <p>DESSERT: Fruit Salad</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 \$4.00.



October 4, 2018

Baked Cod with a Citrus Cream Sauce, Baked Potato, Garden Blend Vegetable, Dinner Roll and a Lemon Bar



October 11, 2018

No Evening Meal



October 18, 2018

Bratwurst on a Hoagie Bun with Sauerkraut, Red Skin Potatoes and Chocolate Cake



October 25, 2018

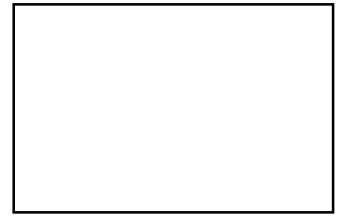
Chicken Parmesan, Scalloped Potatoes, Romaine Salad, Garlic Bread and Strawberry Shortcake



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, 2018.