



# BELLEVUE SENIOR Community Center

*Golden opportunities await a  
new day!*

109 W. 22<sup>nd</sup> 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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## CENTER STAFF

Kathy Van Den Top,  
*ENOA, Manager*

Dawn Jaixen  
*ENOA, Assistant  
Manager*

Al McGinness  
*Program Aide*

Hello People!

Where did the summer go? Life has a way of flying by. Seasons come and seasons go. It seems as if you blink and another year has passed.

So take time to enjoy each day – the beauty in a sunset, the smile on a stranger's face, and laughter shared between friends. Pause and reflect the good in your life. Take the time to tell someone what they mean to you. Give a smile and hug. Ask how someone is doing and then really listen to their response.

Don't let the seasons of your life fly by. Savor the moments of the journey along the way. Life is better when shared.

Cheers!  
Kathy and Dawn



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## Meilleur Toast Français en Ville

This translates to “The best French Toast in town” Make sure you reserve your breakfast for **Tuesday, September 17<sup>th</sup> at 9:00 am** ! What a great way to start your day! Breakfast is only \$3.00.

**Go Big Red! Tailgate Party** This could be a big year for the Huskers and we are going to host our own tailgate party! All your favorite football snacks, tailgate games and The Wave! Wear your red and support our state’s team! We will Kick Off the party on **Friday, September 6<sup>th</sup> at 10:00 am**. There might be a penalty if you're late!

## River City Round Up Camp Out!

We are not sleeping in tents but our tasty treats will make you feel like home on the range! We will be lassoing up a good time! Be ready to hit the trail on **Wednesday, September 25<sup>th</sup> at 10:00 am**. Singer Pam Kragt will perform at 10:45 am!

**Football Fridays are Back!** It’s time for Fall, Football and Fun! Support your favorite team by wearing their colors! Show your pride every Friday – hats, shirts, socks, sweatshirts or whatever you have. Make it fun! We will see what team has the most support.

**What Did You Say?** Join us on **Wednesday, September 4<sup>th</sup> at 11:15 am** when Annette Newman with Clear Captions will be back with her presentation on phones that assist those who are hearing impaired. There are some new updates with the program. She will be bringing Root Beer Floats for those attending the session so please let us know if you are coming by Tuesday, September, 3<sup>rd</sup> before noon.

**Crafty Cards** Mert will be having a 6 week greeting card making class **every Tuesday from 1:00 – 3:00 pm. The class will run from September 17- October 22<sup>nd</sup>**. This is a **FREE** class, but please register in advance so she will have supplies. This class is being offered to the first 12 lucky people who pre-register. Five different techniques will be used for your cards.

**Family Fare** We are patiently waiting for our \$1000 check! We are still collecting receipts, so please keep bringing them in ! 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!

**Feeling Stressed?** Methodist Nursing Students will be returning to visit and be available for blood pressure checks on **Thursday, September 26<sup>th</sup> from 9:00 am – 11:00 am**. This is a new time.







On the Road Again! Every month we like to take bus trips. We would love to hear where you would like to go. Sometimes you might know of something happening in the Metro area that we are not aware of. Make it more fun going on the bus with 14 other friends! We are open to suggestions! Stop in the office or call us with your ideas!



## Daily Activities

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| 9:00 Chair Volleyball<br>9:00 Billiards<br>9:30 Ceramics all day<br>9:30 Needle Crafters<br>11:00 Exercise Class<br>12:45 Hand & Foot<br>1:00 Mahjong<br>1:00 Bingo/Poker | 9:00 Billiards<br>9:30 Painting<br>12:30 Duplicate Bridge<br>12:15 Bridge Game-2<br>1:00 Dominoes<br>1:00 Arts & Crafts Class | 9:00 Chair Volleyball<br>9:00 Billiards<br>9:00 Painting Group<br>9:00 Hand and Foot<br>11:15 Tai Chi<br>1:00 Bingo<br>1:00 Poker | 8:00 Woodcarvers<br>8:30 Panera<br>9:00 Billiards<br>10:00 Bridge Game 2<br>12:30 Bridge Game 1<br>1:00 Bunco/Euchre<br>1:00 Quilters | 9:00 Chair Volleyball<br>9:00 Billiards/Panera<br>9:30 Painting/Drawing<br>11:15 Tai Chi<br>12:30 Pinochle<br>1:00 Bingo<br>1:00 Art and Crafts<br>12:30 Parkinson's Class |

## Special Activities for September

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| 2<br>                               | 3   | 4<br>11:15 – Hearing Presentation and Root Beer Floats <i>(must attend the program)</i>  | 5   | 6 10:00 – Party<br>                                   |
| 9<br>9:30 Bus trip to Lincoln<br> | 10<br>                             | 11<br>  | 12<br>10:30- Bingo Bucks<br><br><b>No Thursday Dinner</b>                   | 13<br>10:00 Book Club<br><br><b>Football Friday</b> |
| 16<br>12:30 Winery Trip<br>      | 17 9:00 – French Toast<br>1:00 Greeting Card Class  | 18   | 19<br>10:30 – Senior Advisory Forum   | 20<br><b>Football Friday</b>   |
| 23  | 24<br>1:00 Greeting Card Class<br> | 25<br>10:00 – River City Party<br>10:45 Entertainment<br> | 26<br>9:00- Nursing Students<br>10:00 - Pokeno<br>12:30- Senior Care Clinic | 27<br><b>Football Friday</b>   |
| 30<br>                           |   |  | 28  |  |

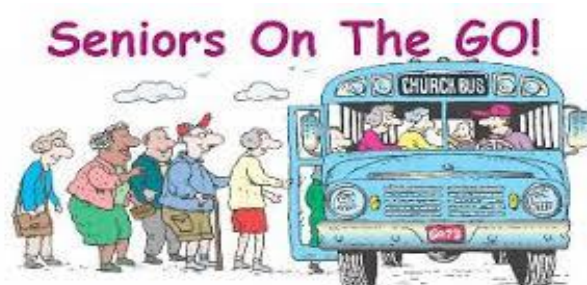
- 1- Cindy Reyer & Van Adams
- 2-Joanne Gerard & Nadine Charvat
- 3- Christine Ellwein & Ed Cruse
- 4-Marta Nieves
- 6-Jean Volsicka
- 8-Maria Lewis
- 9-Jim Fay, Carole Obrecht & Linda Baker
- 10-Beth Pettit & Terri Jordan
- 11-Mary Hughey & Wayne Heffner
- 12-Bob Glover, Trish Iacopini & Georgie Kuhl
- 13-Linda Lee
- 14- Alberta Webber
- 16- Karen Ramsey
- 17- Colleen Jeck & Roger Stubbs
- 18-Cynthis Nichols
- 19-Dick Beck
- 20- Harumi Reardon & Ken Johns
- 22-Jean Willis
- 23-JoAnn Lloyd, Betty Douglas & Bonnie Fowler
- 25- Carol Roger, Phil Cork & Judy Moran
- 26- Barbara Manthey, Kay Hoelting, Loretta Murphy & Sheila Putnam
- 27- Patricia Newman
- 28- Linda Ethridge, Jeanette McLaughlin & Sherri Bomer
- 29 – Barbara Muhs, Peter Garth & Marion Sell
- 30- Paul Hartnett



**Winner Winner!** Pat Dozezal was our lucky cal-cutta winner! She won \$372.50. Then she generously gave \$100.00 back to the center! So the center took in \$472.50 this month. Thank you to everyone who bought a ticket. All proceeds stay directly at the center!

**Lincoln or Bust** Our bus will be heading to Lincoln **on Monday, September 9<sup>th</sup> at 9:30 am**. We will be doing some shopping at a ceramic shop for new molds and green ware, stopping for lunch and then visiting the beautiful Sunken Gardens. **The bus is \$5.00**, and you are on your own for lunch!

**When Life Gets Hard Wine About** Let's enjoy the beautiful scenery of Soaring Wings Winery! Sit back and relax while sipping wine and enjoying some of Mother Nature's art work - changing leaves and fall colors. You can also bring your own snacks. We will be leaving the center on **Monday, September 16<sup>th</sup> at 12:30 pm**. The bus trip is \$5.00 – you're on your own for your drinks! 😊





# 2019 Lasagna Dinner Fundraiser!



## Friday, October 11th

***This year we have set our goal even higher - \$16,000 !***

*We know that with everyone's help we can make it. Once again, we are asking for you to help donate the food items and baskets to raffle. We also need everyone to spread the word! Bring a friend, neighbor or family member to have dinner with you.*


*Advance tickets are still only \$10 and tickets are \$12 at the door. Wine, beer and cocktails will be available to purchase at the bar and the center will receive \$1.00 from each drink sold.*

*Have you considered being a sponsor? It is a great way to support the center. We have different levels of sponsorship starting at \$150.00. A sponsorship can be a group of friends, church group, a business organization, or any group that meets at the center.*

*Cash donations are always welcome! We have used those to purchase the lasagna and miscellaneous food items. Like last year, we are asking for donations of croutons, Italian salad dressing, olives, creamer, sugar and sugar substitute, salad bowls, plates, silverware, plates and napkins. Please ask Dawn or Kathy before you shopping to see what is still needed. We really appreciate it!*

*We always have a wonderful display of beautiful baskets to be raffled. Your generosity of bringing in items for baskets is amazing! Please continue to donate new items, gift cards and tissue paper for the baskets. Themed basket ideas are big hits! Get a group of friends together and buy items for a basket. No need to wrap it up, Priscilla and her crew will take it from there!*



| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
| <p>Please call before noon to tell us if you would like to have lunch here the next day.<br/>Suggested contribution for lunch is \$4.00 for seniors</p>   | <p>3<br/><b>HOT MEAL:</b> Salisbury Steak &amp; Mushroom Gravy, Potato Medley, Carrot Coins, Dinner Roll<br/><b>DELI:</b> Cranberry Chicken Salad on Croissant w/ Lettuce &amp; Tomato, Potato Salad<br/><b>DESSERT:</b> Fresh Orange</p>  | <p>4<br/><b>HOT MEAL:</b> Chicken Piccata, Brown Rice Pilaf, Winter Blend, Marble Bread Slice<br/><b>DELI:</b> Roast Beef Chef Salad, Diced Egg, American &amp; Grape Tomatoes over Romaine Blend Salad, Fruit Punch, Crackers<br/><b>DESSERT:</b> Butterscotch Pudding</p>  | <p>5<br/><b>HOT MEAL:</b> BBQ Meatballs, Macaroni &amp; Cheese, Mixed Vegetable, Wheat Bread<br/><b>DELI:</b> Ham &amp; American Cheese on Bread w/ Lettuce &amp; Tomato, Carrot Raisin Salad<br/><b>DESSERT:</b> Fruit Cocktail</p>  | <p>6<br/><b>HOT MEAL:</b> Grilled Chicken Sandwich on Hamburger Bun w/ Leaf Lettuce, Pickles &amp; Sliced Tomatoes, BBQ Baked Beans, Potato Salad<br/><b>DELI:</b> Classic Chef Salad, Ham, Turkey, Diced Egg, American &amp; Grape Tomatoes, Fruit Punch, Breadstick<br/><b>DESSERT:</b> Sliced Peaches</p> |
| <p>9<br/><b>HOT MEAL:</b> Chicken Fried Rice, Oriental Blend Vegetables, Eggroll, Fortune Cookie, Cinnamon Raisin Bread<br/><b>DELI:</b> Ham Chef Salad, Diced Ham, Diced Egg, American &amp; Grape Tomatoes over Romaine Blend Salad, Fruit Punch, Crackers<br/><b>DESSERT:</b> Fresh Orange</p> | <p>10<br/><b>HOT MEAL:</b> Beef and Bean Burrito, Chef Mike's Cheese Sauce, Chuck Wagon Corn, Mexican Bean Salad, WG Tortilla Chips<br/><b>DELI:</b> Creamy Cheese Tortellini over Romaine Blend Salad, Grape Tomatoes &amp; Black Olives, Housemade Croutons<br/><b>DESSERT:</b> Sliced Pears</p> | <p>11<br/><b>HOT MEAL:</b> Oven Fried Chicken Breast, Mashed Potatoes &amp; Gravy, Green Beans, Dinner Roll<br/><b>DELI:</b> Ham &amp; Swiss on Vienna Bread w/ Lettuce &amp; Tomato, Pea Salad<br/><b>DESSERT:</b> Birthday Cake</p>  | <p>12<br/><b>HOT MEAL:</b> Classic Cheeseburger on Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes &amp; Onion, Coleslaw<br/><b>DELI:</b> Classic Chef Salad, Ham, Turkey, Diced Egg, American &amp; Grape Tomatoes, Apple Juice, Breadstick<br/><b>DESSERT:</b> Sugar Cookie</p>                       | <p>13<br/><b>HOT MEAL:</b> Spaghetti &amp; Meatballs, Romaine Blend Salad, Italian Blend Vegetables, Breadstick<br/><b>DELI:</b> Ranch Chicken Salad on Kaiser Bun w/ Lettuce &amp; Tomato, Broccoli Salad<br/><b>DESSERT:</b> Cinnamon Applesauce</p>   |
| <p>16<br/><b>HOT MEAL:</b> Sliced Roast Beef &amp; Gravy, Garlic Parmesan Mashed Potatoes, Diced Beets, Heavy Hearth Roll<br/><b>DELI:</b> Tuna Salad on Bread w/ Lettuce &amp; Tomato, Marinated Vegetable Salad<br/><b>DESSERT:</b> Chocolate Chip Cookie</p>                                   | <p>17<br/><b>HOT MEAL:</b> All Beef Chicago Dog Jumbo Frank, Sliced Tomato, Pickle Spear, Diced Onion on a Hotdog Bun, Tater Tots<br/><b>DELI:</b> Deli chicken &amp; Cheddar on Vienna Bread w/ Lettuce &amp; Tomato, Pea Salad<br/><b>DESSERT:</b> Strawberry Applesauce</p>                     | <p>18<br/><b>HOT MEAL:</b> Pork Fritter with Gravy, Baked Potato/Sour Cream, Green Peas, Dinner Roll<br/><b>DELI:</b> Roast Beef Chef Salad, Diced Egg, American &amp; Grape Tomatoes over Romaine Blend Salad, Grape Juice, Crackers<br/><b>DESSERT:</b> Vanilla Pudding</p>  | <p>19<br/><b>HOT MEAL:</b> Cheesy Broccoli Chicken Breast, Brown Rice Pilaf, Honey Roasted Baby Carrots, Dinner Roll<br/><b>DELI:</b> Italian Sandwich, Turkey, Ham, Pepperoni, Swiss American Cheese, Red Onions, Pepperoncinis on Vienna Bread, Sweet Potato Salad<br/><b>DESSERT:</b> Tropical Fruit Mix</p> | <p>20<br/><b>HOT MEAL:</b> Cod Loin in Manhattan Red Sauce, Garlic Roasted Baby Reds, Brussels Sprouts, Rye Bread<br/><b>DELI:</b> Sliced Turkey &amp; American Cheese on Hamburger Bun w/ Lettuce &amp; Tomato, Three Bean Salad<br/><b>DESSERT:</b> Frosted Brownie</p>                                    |
| <p>23<br/><b>HOT MEAL:</b> BBQ Pork Sandwich on Kaiser Bun, Scalloped Potatoes, Broccoli Salad<br/><b>DELI:</b> Chicken Caesar Salad w/ Caesar Dressing &amp; House Made Croutons over Romaine Blend Salad, Grape Juice<br/><b>DESSERT:</b> Diced Pears</p>                                       | <p>24<br/><b>HOT MEAL:</b> Chicken Marsala, Potato Medley, Zucchini &amp; Tomatoes, Honey Wheat Bread<br/><b>DELI:</b> Philly Cheesesteak Salad, Roast Beef, Peppers, Onions, Shred Cheese over Romaine Blend Salad, Grape Juice, Crackers<br/><b>DESSERT:</b> Pineapple Tidbits</p>               | <p>25<br/><b>HOT MEAL:</b> Soft Shell Beef Taco, Taco Meat, Shred Lettuce, Diced Tomato, Shred Cheese, Seasoned Potato Rounds, Tortilla Shell, Sour Cream/Taco Sauce<br/><b>DELI:</b> BLT Supreme Salad, Diced Turkey, Chopped Bacon, Diced Tomato &amp; Shred Cheese over Romaine Blend, Crackers, Vegetable Juice<br/><b>DESSERT:</b> Strawberry Shortcake</p> | <p>26<br/><b>HOT MEAL:</b> 10 Grain Fish, Tartar Sauce, Corn O'Brien, Green Beans, Dinner Roll<br/><b>DELI:</b> Chicken Salad on Croissant w/ Lettuce &amp; Tomato, Sweet Potato Salad<br/><b>DESSERT:</b> Plum Halves</p>  | <p>27<br/><b>HOT MEAL:</b> Mini Turkey Corn Dogs, Cheesy Hashbrowns, Peas, Bread<br/><b>DELI:</b> Black and Bleu Salad, Roast Beef, Blue Cheese, Caramelized Red Onion, Romaine Lettuce Blend, Crackers &amp; Apple Juice<br/><b>DESSERT:</b> Cherry Vanilla Yogurt</p>                                      |
| <p>30<br/><b>HOT MEAL:</b> Diced Turkey &amp; Gravy over Mashed Potatoes, Corn, Sourdough Dinner Roll<br/><b>DELI:</b> Ham Salad on Marble Bread w/ Lettuce &amp; Tomato, Cowboy Caviar<br/><b>DESSERT:</b> Cinnamon Apple Slices</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.



### **September 5, 2019**

Cheeseburger on a Hamburger Bun with Lettuce, Tomato, Red Onion, Pickle, Potato Wedges, Coleslaw and a Frosted Marble Cake



### **September 12, 2019**

No Dinner Tonight



### **September 19, 2019**

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



### **September 26, 2019**

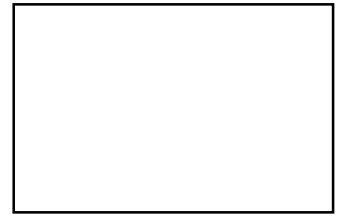
Country Fried Steak with Mashed Potatoes and Gravy, Mixed Vegetable, Dinner Roll and Pineapple Upside Down Cake



### **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 30<sup>th</sup>, 2018.*