



# 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

## BOARD OF DIRECTORS

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Hello People!

September is a busy month! We are starting a new program, BINGO-CIZE! It combines the classic game of bingo with exercise and health information. Give it a try!

It's also one month to our annual fundraiser! We have a lot of work to do. We need your support and help. Getting donations from local businesses, gathering new items or gift cards for baskets and getting the word out to everyone about the event are the 3 best ways to help.

Tell your friends and family about our fundraiser and save the date! Our clown will be returning for added fun. This year we are adding pie to our ice cream fundraiser!

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## CENTER STAFF

Kathy Van Den Top,  
ENOA, Manager

Dawn Jaixen  
ENOA, Assistant  
Manager

Cheers!  
Kathy and Dawn

Our goal is \$17,000! Together we can do this !

**CAN YOU  
HELP US REACH  
OUR GOAL?**

*Donate today!!!*



# Don't Miss out on This!

**"We say HUSKER, you say PARTY" HUSKER - PARTY** That's right, FOOTBALL season is here and we know how to TAILGATE! You won't want to PASS up this party. It's GAME time with snacks and drinks and a HALF TIME performance by John Beck. He'll make you part of the TEAM by bringing in a song list so you can help plan the next PLAY. We will KICK OFF the fun **at 10:30 am on Friday 22<sup>nd</sup>**. Get your name on the ROOSTER by Wed. the 20<sup>th</sup>. Let's make this center a SEA OF RED!!



**Football Fridays are Back !** Support your favorite football team every Friday by wearing your team shirt, hat, hoodie or team colors! Let's see who your favorite team is. You know what color we will be wearing! GO BIG RED!!!

**Start you day the right way** - Biscuits and Gravy! Enjoy a hot, flaky biscuit smothered in a delicious sausage gravy and served with fruit, coffee and juice. All this for only \$4.00 ! Set your alarm so you won't be late! We serve at **9:00 am on Thursday, September 7<sup>th</sup>**. Reserve your breakfast by Wed. the 6<sup>th</sup> at noon.



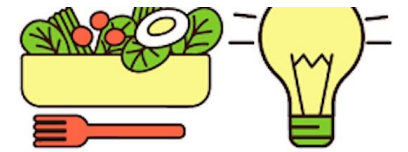
**It's Fall Y'all !** It's hard to believe its that time of the year! So let's have a great time with FUN FALL BINGO. As usual there will PRIZES and lots of laughs. Come for lunch and stay for the fun. Call in to let us know you'll be here for lunch and FUN FALL BINGO on **Wed. September 13<sup>th</sup>** . Lunch at noon, Bingo at 1:00 pm



**Our lunches are delicious!** You have the option of a hot meal or a deli. Coffee, tea or milk is included. Check our menu, call in your order by noon the day before and then come join us for lunch at 12:00 pm. Enjoy all games and activities at the center or ask about our Grab and Go meals if you won't be able to stay. Lunch is a suggested contribution of \$4.25.

# Check this out !

**Lunch and Learn** – Mark this on your calendar! Toni Roberts with Volunteers Assisting Seniors will be doing a presentation on Medicare Open Enrollment and on Fraud! Grab a seat and take notes on **Tuesday, September 19<sup>th</sup> 11:30 am.** Be sure to order your lunch that day!



**Lunch & Learn**

**Norwex®**



We received a generous donation of Norwex products. They are amazing! They help reduce the chemicals used in your home on a daily basis. There are cleaning cloths, soaps, utensils, hand cleansers and more! It's never too early to start your Christmas shopping or to spoil yourself! We will have the items displayed at the center to make it easy and convenient for you to shop.

**Dunkin Donut Monday !** Come in and enjoy a hot cup of coffee and donut. As a bonus, bring a plastic container and we will gladly send some home with you. We are very fortunate to have this weekly treat from Dunkin!



**Nursing Students are back!** UNMC's finest future nurses will be here engaging with our seniors in your activities, taking vital signs and meeting one on one with you. In October they will return and do a health fair. Visit with them on Wed. **Sept. 6<sup>th</sup> and the 27<sup>th</sup> from 10:00 am – 12:00 pm.**

**Bingo-Cize! Let's GO with our new Bin-GO month.** ENOA will be having a certified instructor here to start Bingo-Cize on September 11<sup>th</sup>. Bingo-Cize will be on Mondays and Fridays at 1:00 pm. It's a fun new activity and we are happy to get it started here! Did we mention there will be **PRIZES????** There is a suggested contribution of .50 cents.

**LOOKING FOR A FUN,  
NEW WAY TO BE  
MORE ACTIVE?**



Our July **50/50 winner was..... MARY KAY GROUT !** She won \$154 and donated \$75.00 back to the center!!! So the center took in \$229.00  
Thank you Mary Kay and thanks to everyone who played.



# SEPTEMBER BIRTHDAYS



- 1-Cynthia Reyer
- 3- Christine Ellwein & Ed Cruse
- 5- Mary Price
- 6- Jean Volsicka
- 7- Kathleen Moore
- 9- Carole Obrecht & Linda Baker
- 11- Mary Hughey & Wayne Heffner
- 12- Bob Glover
- 13- Linda Lee
- 14- Alberta Webber
- 17- Roger Stubbs & Norm Schuessler
- 25- Phillip Cork
- 26- Barb Manthey
- 28- Sherri Bomer
- 29 –Margaret Edgar & Barb Muhs
- 29-Marion Sell & Pete Garth



**It's Fundraiser Time !**  
**October 22<sup>nd</sup> 1:00pm - 4:00pm**

**A Tisket, A Tasket Time to make a Basket .....**for our October Fundraiser! It will be here before we know it. **Sunday, October 22<sup>nd</sup> from 1:00 pm- 4:00 pm** is the date for our Ice Cream Social Fundraiser! Gather your groups and start putting together your themed basket for the raffle. It could be a spa theme, coffee, wine, book lovers, artist, car wash, fitness – anything you want! If you would like to stop in the office and get a donation letter to take to various businesses we have you covered! We keep a list so that we do not keep going to the same business. Many will give you gift cards or be a sponsor.



Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Chair Volleyball 9:00 Needle Crafters 9:30 Art Class 10:15 – Tai Chi 12:30 – Hand & Foot 12:30- Poker 1:00–Mahjong 1:00 <b>BINGO-CIZE</b>	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 <b>12:45 – Bingo</b>  Panera Bread Day	8:00 - Woodcarvers 10:00 -Bridge Groups 12:45 Bridge Groups	8:30- Chair Volleyball 9:30 – Painting & Drawing 10:30 – Exercise <b>1:00– Bingo-CIZE</b>  Panera Bread Day

## Activities for the Month of SEPTEMBER

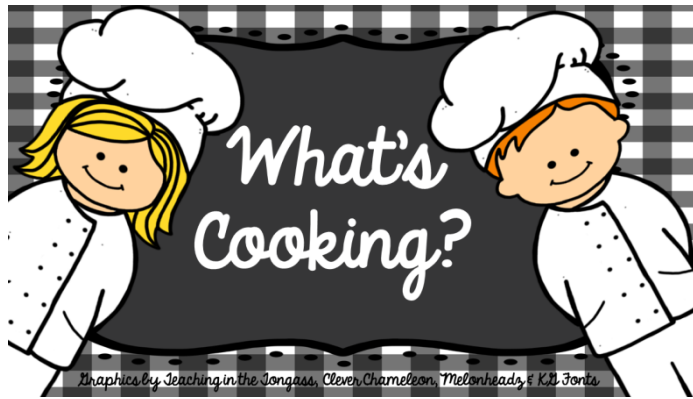
Monday- Dunkin Donuts!	Tuesday	Wednesday	Thursday	Friday FOOTBALL FRIDAYS
Mondays and Fridays at 1:00 pm will be BINGO-CIZE! Starting the 11 <sup>th</sup> .				1 Wear your team colors!!
	5	6 10:00 – 12:00 Nursing Students 	7. 9:00 Biscuits and Gravy 	8 10:00 Book Club 
11 9:30 – Art Class 	12	13 1:00 – Fun Fall Bingo 	14 10:30 Bingo Bucks 	15 1:00 Bingo Cize 
18 9:30 Art Class 1:00 Bingo-Cize  7:30 Alzheimer's support	19 11:30 – Medicare and Fraud Presentation 	20	21 10:30 Senior advisory forum 	
25 9:30 Art Class 	26	27 10:00 – 12:00 Nursing Students 	28	29 1:00 BINGO- CIZE 

# SEPTEMBER HOT MENU

<p>Lunches are served with skim or 1% milk. Suggested contribution is \$4.25. Reserve yours by noon the day before</p>				<p>Friday</p> <p>9/1/2023</p> <p>Grilled Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce, Pickles &amp; Sliced Tomatoes Potato Wedges Oatmeal Cream Pie</p>
<p>Monday 9/4/2023</p>  <p>IN HONOR OF <b>LABOR DAY</b> We WILL BE CLOSED</p>	<p>Tuesday 9/5/2023</p> <p>National Cheese Pizza Day</p> <p>Hamburger Pizza Pasta with Pepperoni &amp; WG Pasta</p> <p>Green &amp; Gold Beans</p> <p>Cauliflower</p> <p>Vanilla Pudding</p>	<p>Wednesday 9/6/2023</p> <p>Oven Fried Chicken Breast</p> <p>Mashed Potatoes &amp; Gravy</p> <p>Peas &amp; Carrots</p> <p>WG Dinner Roll/Marg</p> <p>Fresh Orange</p>	<p>Thursday 9/7/2023</p> <p>Nat. Yellow Squash Day</p> <p>Meatloaf with Tomato Gravy</p> <p>Baked Potato/Sour Cream PC</p> <p>Yellow Squash &amp; Zucchini</p> <p>100% Wheat Bread/Marg</p> <p>Cookie</p>	<p>9/8/2023</p> <p>Potato Crusted Fish</p> <p>W/ tartar Sauce</p> <p>Chuckwagon Corn</p> <p>Potato Medley</p> <p>WG Petite Roll/Marg</p> <p>Pineapple Tidbits</p>
<p>Monday 9/11/2023</p> <p>Patriot Day</p> <p>Open Faced Roast Beef</p> <p>Sandwich on WG Bread</p> <p>Mashed Potatoes &amp; Gravy</p> <p>Diced Beets</p> <p>Apple Cobbler</p>	<p>Tuesday 9/12/2023</p> <p>All Beef Chicago Dog</p> <p>Jumbo Frank, Sliced Tomato</p> <p>Pickle Spear, Diced Onion</p> <p>on a WG Hot Dog Bun</p> <p>Potato Wedges</p> <p>Mandarin Oranges</p>	<p>Wednesday 9/13/2023</p> <p>International Chocolate Day</p> <p>Pork Fritter with Gravy</p> <p>Baked Potato/Sour Cream PC</p> <p>Green Peas</p> <p>WG Breadstick/Marg</p> <p>Chocolate Birthday Cake</p>	<p>Thursday 9/14/2023</p> <p>Cheesy Broccoli Chicken</p> <p>Breast</p> <p>Brown Rice Pilaf</p> <p>Honey Roasted Baby Carrots</p> <p>WG Dinner Roll/Marg</p> <p>Tropical Fruit Mix</p>	<p>Friday 9/15/2023</p> <p>Sloppy Joe Sandwich</p> <p>Augratin Potatoes</p> <p>Green Beans</p> <p>WG Hamburger Bun</p> <p>Fruit Mix</p>
<p>Monday 9/18/2023</p> <p>Nat. Cheeseburger Day</p> <p>Classic Cheeseburger on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes &amp; Onion</p> <p>Coleslaw &amp; a Cookie</p>	<p>Tuesday 9/19/2023</p> <p>Butterscotch Pudding Day</p> <p>Chicken Marsala</p> <p>Diced Sweet Potatoes</p> <p>Zucchini &amp; Tomatoes</p> <p>WG Dinner Roll/Marg</p> <p>Butterscotch Pudding</p>	<p>Wednesday 9/20/2023</p> <p>Soft Shell Beef Taco</p> <p>Taco Meat, Shred Lettuce</p> <p>Diced Tomato, Shred Cheese</p> <p>Fiesta Corn</p> <p>8" Flour Tortilla Shell</p> <p>Sour Cream &amp; Taco Sauce PC</p> <p>Peaches &amp; Strawberries</p>	<p>Thursday 9/21/2023</p> <p>10 Grain Fish</p> <p>Twice Baked Mash Potatoes</p> <p>Green Beans</p> <p>WG Dinner Roll/Marg</p> <p>Apricot Halves</p> <p>Tartar Sauce PC</p>	<p>Friday 9/22/2023</p> <p>Chicken Salad on Croissant</p> <p>w/ Lettuce &amp; Tomato</p> <p>Potato Salad</p> <p>Mandarin Oranges</p>
<p>Monday 9/25/2023</p> <p>Sliced Turkey &amp; Gravy</p> <p>Twice Baked Mashed Broccoli Cuts</p> <p>WG Dinner Roll/Marg</p> <p>Fruit Cocktail</p>	<p>Tuesday 9/26/2023</p> <p>Ham &amp; Beans</p> <p>Carrot Coins</p> <p>Mixed Greens Side Salad</p> <p>Dressing PC</p> <p>Cornbread/Marg</p> <p>Applesauce</p>	<p>Wednesday 9/27/2023</p> <p>Pulled Pork Sandwich on Kaiser Bun</p> <p>Scalloped Potatoes</p> <p>Broccoli</p> <p>Sliced Pears</p>	<p>Thursday 9/28/2023</p> <p>Cheeseburger Macaroni w/ WG Elbow Noodles</p> <p>Mixed Greens/Dressing PC</p> <p>Peas &amp; Carrots</p> <p>WG Breadstick/Marg</p> <p>Fruit Cocktail</p>	<p>Friday 9/29/2023</p> <p>Chicken Piccata</p> <p>Brown Rice Pilaf</p> <p>Winter Blend Vegetables</p> <p>Marble Bread Slice/Marg</p> <p>Chocolate Pudding</p>

# SEPTEMBER DELI MENU

Lunches are served with skim or 1% milk. Suggested contribution is \$4.25. Reserve yours by noon the day before



Friday  
9/1/2023

Classic Chef Salad  
Ham, Turkey, Diced Egg

American & Grape  
Tomatoes

Mixed Greens Salad  
100% Fruit Punch  
WG Breadstick/Marg  
Oatmeal Cream Pie

Monday  
9/4/2023



Tuesday  
9/5/2023

Ham & Swiss on  
Vienna Bread  
w/ Lettuce & Tomato  
Pea Salad  
Vanilla Pudding or

Wednesday  
9/6/2023

Creamy Cheese Tortellini  
Grape Tomatoes & Black  
Olives  
over Mixed Greens Salad  
Housemade Croutons  
Fresh Orange

Thursday  
9/7/2023

Classic Chef Salad  
Ham, Turkey, Diced Egg  
American & Grape Tomatoes  
100% Apple Juice  
WG Breadstick  
Cookie

Friday  
9/8/2023

Roast Beef & Cheddar  
on Vienna Bread  
w/ Lettuce & Tomato  
Coleslaw  
Pineapple Tidbits

Monday  
9/11/2023

Tuna Salad  
on WG Bread  
w/ Lettuce & Tomato  
Coleslaw  
Apple Cobbler

Tuesday  
9/12/2023

Philly Cheesesteak Salad  
Roast Beef, Peppers,  
Onions, Shred Cheese  
over Mixed Greens Salad  
100% Grape  
Crackers(2pk)  
Mandarin Oranges

Wednesday  
9/13/2023

Roast Beef Chef Salad  
Roast Beef, Diced Egg  
Amer. Cheese & Grape  
Tomatoes  
Mixed Greens Salad  
Crackers/100% Grape Juice  
Chocolate Birthday Cake

Thursday  
9/14/2023

Italian Sandwich  
Turkey, Ham, Pepperoni  
Swiss American Cheese,  
Red Onions, Peperoncini  
on Vienna Bread  
Potato Salad  
Tropical Fruit Mix

Friday  
9/15/2023

Sliced Turkey & American  
Cheese on Hamburger Bun  
w/ Lettuce & Tomato  
Three Bean Salad  
Fruit Mix

Monday  
9/18/2023

Ham & American  
on Vienna Bread  
w/ Lettuce & Tomato  
Marinated Vegetable Salad  
Cookie - Reg or Diet  
1% or Skim Milk

Tuesday  
9/19/2023

Black & Bleu Salad  
Roast Beef, Blue Cheese  
Caramelized Red Onion  
Mixed Greens Salad  
Crackers(2pk)  
100% Apple Juice  
Butterscotch Pudding

Wednesday  
9/20/2023

BLT Supreme Salad  
Diced Turkey, Chopped Bacon  
Diced Tomato & Shred Cheese  
over Mixed Greens Salad  
Crackers(2pks)  
Vegetable Juice  
Peaches & Strawberries

Thursday  
9/21/2023

Chicken Caesar Salad  
w/ Caesar Dressing &  
Housemade Croutons  
over Mixed Greens Salad  
100% Grape Juice  
Apricot Halves

Friday  
9/22/2023

Chicken Salad on  
Croissant  
w/ Lettuce & Tomato  
Potato Salad  
Mandarin Oranges

Monday  
9/25/2023

Ham Salad on  
Marble Bread  
w/ Lettuce & Tomato  
Cowboy Caviar  
Fruit Cocktail

Tuesday  
9/26/2023

Turkey & Cheddar on  
Vienna Bread  
w/ Lettuce & Tomato  
Potato Salad  
Applesauce

Wednesday  
9/27/2023

Cranberry Chicken Salad  
on Croissant  
w/ Lettuce & Tomato  
Potato Salad  
Sliced Pears

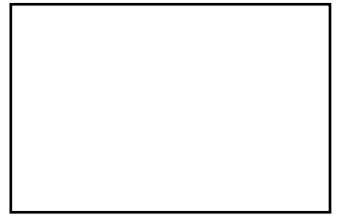
Thursday  
9/28/2023

Classic Chef Salad  
Ham, Turkey, Diced Egg  
American & Grape Tomatoes  
Mixed Greens Salad  
100% Apple Juice  
WG Breadstick  
Fruit Cocktail

Friday  
9/29/2023

Roast Beef Chef Salad  
Roast Beef, Diced Egg  
American & Grape  
Tomatoes  
over Mixed Greens Salad  
100% Fruit Punch  
Crackers(2pk)  
Chocolate Pudding

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>, 2024.*