



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!

September often marks the passing of summer and onto fall activities, football, shorter days and cooler nights. Mother Nature puts on a dazzling display of oranges, reds and yellows. Take time to get out and enjoy it !

We get busy in September. Our annual fundraiser is October 5th. We need your help, your input and attendance to make this the best ever!

During this busy month, please take a moment to remember those who innocently lost their lives on September 11th, and for those who sacrificed their life for others that day.

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CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
ENOA, Assistant Manager

Cheers!
Kathy and Dawn



MARK YOUR CALENDAR!



GO BIG RED!!! Join the fun at our tailgate party! KICK OFF is at **10:30 am on Friday, Sept. 19th** with **Johnny Ray Gomez** calling the plays! We will have some tailgate snacks, cheering and of course the wave! Let's fill the room with a sea of red! Call by Wed. Sept. 17 to reserve your spot.

Bridge Classes are Resuming Are you ready to master your Bridge skills? We have you covered! Jerry will be back teaching bridge on the first and third Fridays of the month from 10:30 am – 12:00 pm.

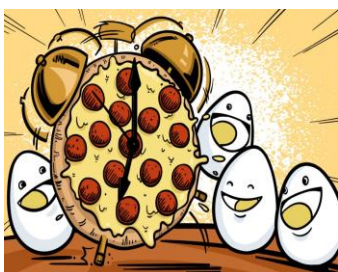


UNMC Nursing Students will be coming here on Tuesday and Friday mornings starting Sept. 5th. As part of the class, they need to engage with the senior community and to help educate on topics related to seniors. Please take a few minutes to spend with them.

FOOTBALL BINGO! Are you ready for some football fun? Get your team together for an afternoon of Bingo and prizes. Lunch is at noon and the game begins at **1:00 on Monday, Sept. 22nd**. Let us know by Friday the 19th if you can make it.



Momma Mia – it's a Pizza Ria! Breakfast pizza is on the menu this month! Flatbread with sausage gravy, eggs, mushrooms, onion and smothered in cheese is sure to please! Served with coffee, juice and fruit for only \$4.00. Reserve your meal by Friday Sept. 26th and set your alarm to be here at **9:00 am on Tuesday, Sept. 30th**.



PS –We will not be serving morning Panera snacks on party days and when we have our breakfast.

IT'S FUNDRAISER TIME!

**ICE CREAM SOCIAL
SUNDAY, OCTOBER 5th
1:00 pm to 4:00 pm**

Only \$10.00

It's GO time – Let's pitch in and make this the biggest and best one EVER!! Our goal is \$17,000. We know that with everyone's help we can do it. Every penny raised stays at the center!!

Finding a company or business that would be a sponsor is the easiest way to support the center. Sponsorships are \$150, \$250, \$500 or \$1000. Their company logo will be on our website, the November newsletter and on every table on a table tent for one year.

Donations of cash are always accepted and much appreciated 😊

New ideas, gift cards and other items for gift baskets are needed. If you have a group – such as card players, tai chi, book club, exercise etc ask them to contribute to a themed basket. Here is just a few ideas: Spa Day , Pet Care, Automotive, Game Night, Halloween, Christmas, Wine etc Bring it in by September 15th .

Lastly, come to the event. Bring you family, friends, neighbors and show off the center. For \$10 you can have ice cream, cookies, a slice of pie, and drinks. The tickets for the baskets are \$1.00 each or 6 for \$5.00.





September Birthdays

3- Christine Ellwein & Ed Cruse
7-Kathleen Moore
9- Carole Obrecht & Linda Baker
11- Mary Hughey & Wayne Heffner
12- Bob Glover
15- Joe Christianson
17- Roger Stubbs
20- Jody DeMarco
23- Bonnie Fowler
24- Linda Cavin
25- Phil Cork
26- Barb Manthey & John Callagan
26- Sally Younker
27- Pat Newman & James Jackson
28- Sherri Bomer
29- Margaret Edgar & Pete Garth



Living with Chronic Conditions Workshop is being offered at Freedom Village of Bellevue (1821 Hillcrest Dr) on Sept. 16,23,30 – October 7,14, &21 from 1:00 pm – 3:00 pm. Register by Sept.9th., only 12 spots are open. Call 402-537-6970 to schedule.



Football Fridays! Support your favorite team by wearing their shirts, hats or color! Make sure you also sign up for our tailgate party.



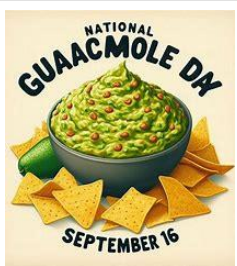


Reminder: If you are planning on lunch, please call us by noon the business day before. 402-293-3041



Tsuruko Nelson was our July winner! She won \$282.00 and gave \$100 back, so the center took in \$382.00. Thank you so much!

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	9:30- Painting 10:00 – Exercise 12:15 -Bridge Groups 12:45- Dominoes Nursing Students Tues. Mornings	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 12:45 Dominoes	8:30- Chair Volleyball 9:30 – Painting & Drawing 10:30 – Exercise 11:00 – Bridge Class 12:45 .25 BINGO Nursing Students Friday Mornings

Activities for the Month of September

Monday Dunkin Donuts	Tuesday	Wednesday Panera Bread	Thursday	Friday Panera Bread
1 	2	3	4	5 
8	9 	10 Sept. Birthdays 	11 9:30 Lisa's Bingo 	12 10:30 Book Club  FOOTBALL FRIDAY
15 7:00 		17	18 10:30 Advisory Meeting 	19 10:30 
22 1:00 Football Bingo 	23	24	25 10:30 Hillcrest Bingo 	26 
29	30 9:00 Hot Breakfast 			SKIP BO is played daily Just jump on in! 

SEPTEMBER HOT MENU

Monday 9/1/2025	Tuesday 9/2/2025	Wednesday 9/3/2025	Thursday 9/4/2025	Friday 9/5/2025
Labor Day Senior Centers are Closed	Chicken Broccoli Alfredo with WG Penne Peas Diced Carrots WG Dinner Roll/Marg Mandarin Oranges 1% or Skim Milk	Meatloaf with Tomato Gravy Baked Potato/Sour Cream PC Mixed Vegetables Hearth Roll/Marg Macadamia Nut Cookie or Diet Cookies 1% or Skim Milk	Bratwurst Kraut & Cabbage Chuckwagon Corn WG Hot Dog Bun Vanilla Pudding or Diet Pudding 1% or Skim Milk	Potato Crusted Fish w/ Tartar Sauce Potato Medley California Blend Vegetables WG Petite Roll/Marg Pineapple Tidbits 1% or Skim Milk
				
Monday 9/8/2025	Tuesday 9/9/2025	Wednesday 9/10/2025	Thursday 9/11/2025	Friday 9/12/2025
Pork Fritter with Gravy Ranch Mashed Potatoes Peas & Carrots WG Breadstick/Marg Cinnamon Apples 1% or Skim Milk	All Beef Chicago Dog Jumbo Frank, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Potato Wedges Fruit Cocktail 1% or Skim Milk	Open Faced Roast Beef Sandwich on WG Bread Mashed Potatoes & Gravy Diced Beets Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Chicken Breast w/ Creamy Pesto Sauce Wild Rice Honey Roasted Baby Carrots WG Dinner Roll/Marg Mandarin Oranges 1% or Skim Milk	Sloppy Joe Sandwich Cheesy Hashbrowns Broccoli Florets WG Hamburger Bun Fudge Round or Diet Cookies 1% or Skim Milk
Monday 9/15/2025	Tuesday 9/16/2025	Wednesday 9/17/2025	Thursday 9/18/2025	Friday 9/19/2025
Chicken Marsala Diced Sweet Potatoes Zucchini & Tomatoes Heavy Hearth Roll/Marg Apricot Halves 1% or Skim Milk	Soft Shell Beef Taco Taco Meat, Shred Lettuce Diced Tomato, Shred Cheese Fiesta Corn 8" Flour Tortilla Shell Sour Cream & Taco Sauce PC Peaches & Strawberries 1% or Skim Milk	Salisbury Steak in Brown Gravy Cheesy Mashed Potatoes Peas & Carrots WG Bread Slice/Marg Mandarin Oranges 1% or Skim Milk	National Cheeseburger Day Classic Cheeseburger on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes & Onion Coleslaw Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	Butterscotch Pudding Day Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Potato Salad Butterscotch Pudding or Diet Pudding 1% or Skim Milk
Monday 9/22/2025	Tuesday 9/23/2025	Wednesday 9/24/2025	Thursday 9/25/2025	Friday 9/26/2025
Cheeseburger Macaroni w/ WG Elbow Noodles Broccoli Florets Cauliflower WG Breadstick/Marg Fruit Cocktail 1% or Skim Milk	Chicken Philly Sandwich Sweet Potato Wedges California Blend Vegetables WG Mini Hoagie Bun Mandarin Oranges 1% or Skim Milk	Pulled Pork Sandwich on Kaiser Bun Scalloped Potatoes Carrot Coins Strawberries & Pears 1% or Skim Milk	Sliced Turkey & Gravy Mashed Potatoes Broccoli Florets WG Dinner Roll/Marg Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Western Omelet with Cheese Sauce Potatoes O'Brien Strawberry Applesauce Iced Donut 1% or Skim Milk
Monday 9/29/2025	Tuesday 9/30/2025			
Chicken Piccata Brown Rice Pilaf Country Blend Vegetables Marble Bread Slice/Marg Strawberries & Peaches 1% or Skim Milk	BBQ Pork Rib Patty Diced Carrots Potato Salad WG Hamburger Bun Cinnamon Apples 1% or Skim Milk			

SEPTEMBER DELI MENU

Monday 9/1/2025	Tuesday 9/2/2025	Wednesday 9/3/2025	Thursday 9/4/2025	Friday 9/5/2025
Labor Day Senior Centers are Closed	Ham & Swiss on Vienna Bread w/ Lettuce & Tomato Coleslaw Mandarin Oranges 1% or Skim Milk	Tuna Salad on Croissant w/ Lettuce & Tomato Pea Salad Macadamia Nut Cookie or Diet Cookies 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes 100% Apple Juice WG Breadstick Vanilla Pudding or Diet Pudding 1% or Skim Milk	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Potato Salad Pineapple Tidbits 1% or Skim Milk
Monday 9/8/2025	Tuesday 9/9/2025	Wednesday 9/10/2025	Thursday 9/11/2025	Friday 9/12/2025
Egg Salad on Vienna Bread w/ Lettuce & Tomato Coleslaw Cinnamon Apples 1% or Skim Milk	Chicken Philly Cheesesteak Salad Chicken, Peppers Onions, Shred Cheese over Mixed Greens Salad 100% Grape Crackers(2pk) Fruit Cocktail 1% or Skim Milk	Ham Salad on WG Bread w/ Lettuce & Tomato Coleslaw Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Italian Sandwich Turkey, Ham, Pepperoni Swiss American Cheese, Red Onions, Pepperoncini on Vienna Bread Potato Salad Mandarin Oranges 1% or Skim Milk	Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Fudge Round or Diet Cookies 1% or Skim Milk
Monday 9/15/2025	Tuesday 9/16/2025	Wednesday 9/17/2025	Thursday 9/18/2025	Friday 9/19/2025
Ham & American on Vienna Bread w/ Lettuce & Tomato Marinated Vegetable Salad Apricot Halves 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Mixed Greens Salad Crackers(2pks) 100% Apple Juice Peaches & Strawberries 1% or Skim Milk	Turkey & Swiss on WG Bread with Lettuce & Tomato Three Bean Salad Mandarin Oranges 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Mixed Greens Salad 100% Grape Juice Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	Butterscotch Pudding Day Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Potato Salad Butterscotch Pudding or Diet Pudding 1% or Skim Milk
Monday 9/22/2025	Tuesday 9/23/2025	Wednesday 9/24/2025	Thursday 9/25/2025	Friday 9/26/2025
Cheeseburger Macaroni w/ WG Elbow Noodles Broccoli Florets Cauliflower WG Breadstick/Marg Fruit Cocktail 1% or Skim Milk	Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Coleslaw Mandarin Oranges 1% or Skim Milk	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Mixed Greens Salad Crackers(2pk) 100% Apple Juice Strawberries & Pears 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes Mixed Greens Salad 100% Apple Juice WG Breadstick Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Roast Beef & Cheddar on WG Bun w/ Lettuce & Tomato Three Bean Salad Strawberry Applesauce 1% or Skim Milk
Monday 9/29/2025	Tuesday 9/30/2025			
Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Coleslaw Strawberries & Peaches 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Cinnamon Apples 1% or Skim Milk			

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, 2026