



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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Happy New Year!

As we are entering yet another new year, we wonder what it will bring us. The last 2 years have changed the world – health wise and economically. We have made adjustments to try and get back as we learn a “new normal”. We’re not sure exactly what 2022 will bring us, but I’m sure we will take it in stride.

We can focus on what we can control. Spend your time doing what you love and with who you love. If you can’t be with them, call them. Don’t let distance come between you.

Reach out to others – be the first to say “Hi” to someone. Sit at a new table during lunch, try a new card game, Tai Chi or art class. Share your life stories with your grandkids. Cherish your family and friends.

Enjoy the New Year and all the hope and joy it brings! We wish you a year filled with good health and happiness, love and laughter!

Cheers!

Kathy and Dawn

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CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
ENOA, Assistant
Manager





What's Happening at the Center?



Daily Lunch – We love having you join us for lunch. We offer delicious hot or deli meals for you to choose from. Our federal funding is dependent on the need for meals for seniors. Please consider having a meal before or after your daily activities. If you unexpectedly can't make the meal you signed up for, please call us so we can see if someone else can have the meal. Lunch is served at Noon, Mon – Fri.

Signing In- It is also very important to our numbers that you use the front desk computer to sign in when you arrive. If you are here for multiple activities, please click each item. We need to track this on a daily basis.

Family Fare Receipts – Thank you for saving your receipts for the center. For every 150,000- points we receive \$1000.00. We are very close to receiving our second check. Please make sure you save the entire receipt for us and that you have signed up to have the points on it. If you have questions, please ask us.

Weather Reminder ! When the Bellevue Public schools close due to wintery weather, the Bellevue Senior Center will also close. The meals that were ordered for that snow day, will be served on the following day. If the weather is yucky but we are still open, please keep your safety first and stay home if you do not feel comfortable walking or driving. We want you to be healthy and safe.

GET FIT WHILE YOU SIT

Chair Volleyball will now be 3 days a week! Come join in this group that loves to laugh and play. No experience needed. It's simple and easy, yet it is a great upper body workout and your hand and eye coordination. Keep your hands in the air and your rear in the chair! Mondays, Wednesdays, and Fridays starting at 8:30 am .

**It's Snow much fun making snowflake cards!**

The weather outside might be frightful, but the art room ladies are delightful! Join them **on Monday, January 10th at 9:30 am for a fun class.** Supplies will be provided.

Winter Wonderland Party! The weather outside might be frightful but our parties are always delightful! Join us for a fun morning of music to warm you soul and delicious food to warm your belly! The fun and festivities start at **10:30 on Thursday , January, 27th** . Billy Troy will be performing for us. Don't forget to sign up for lunch!



Bacon? Who said bacon? We did! This month's breakfast is a flaky croissant sandwich with bacon, egg and cheese! It's served with a fruit side, coffee and juice. Get your reservation in early . **Breakfast** will be served on **Wednesday, January 12th at 9:00 am.** **The cost is only \$3.00**



JANUARY BIRTHDAYS

1. Kay Hoelting
2. Joan Gerahart
3. Pok Knopes
4. Hatsue Marcum & Pat Morton
5. Su Knope & Sunee Scalzo
9. Bill Vanhaaften
11. Alice Timmerman
13. Martha Adair
14. Daisy Covey
15. Jane Doering, Kathy Van Den Top
15. Michael Knope & Richard Sumner
19. Louise Giger
20. Jean Hill
23. Bonnie Brown & Norene Ryks
25. Nancy St. Clair
26. Judy Baker & Al McGinness
26. Jim Hopfensperger
28. Loren Terpenning
30. Tim Turman, Lana Rhodes & Kathy Bauman



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	8:00 – Billiards 9:30- Painting 12:15 -Bridge Groups 12:45- Dominoes 1:00- Arts and Crafts & Mahjong	8:00 – Billiards 8:30 – Chair Volleyball 9:00 – 3:00 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 12:30 – Quilters 12:45 - Dominoes	8:00 – Billiards 8:30- Chair Volleyball 9:30 – Painting & Drawing 12:30 – Skip Bo 1:00 – Bingo 1:00 Arts and Crafts

Activities for the Month of January

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 10:30 – Beat the Blahs Bingo	7
10 9:30 Snowflake card class	11	12 January Birthday Cake served with lunch 	13 10:30 – Bingo bucks	14 10:00 Book Club
17 Center Closed 	18	19	20 10:30 Senior Advisory Forum	21
24	25	26	27 10:30 – Winter Wonderland Party	28
31				

Jan. Hot Meal Options

Monday 1/3/2022	Tuesday 1/4/2022	Wednesday 1/5/2022	Thursday 1/6/2022	Friday 1/7/2022
Hawaiian BBQ Chicken Brown Rice Pilaf Broccoli* Rye Bread Slice/Marg Banana Pudding	Beefy Mac Casserole with Cavatappi Noodles Romaine Blend Salad/Dress Capri Blend Vegetables* 100% Whole Grain Bread/Marg Mandarin Oranges	Roasted Pork Chop with Apple Chutney Mashed Potatoes Green Peas* WG Dinner Roll/Marg Sugar Cookie	10 Grain Fish Filet* Oven Roasted Baby Reds Green Beans* Italian Roll/Marg Fruit Cocktail Tartar Sauce PC	Pizza Joe* Sandwich on WG Hamburger Bun Shredded Mozzarella Cheese Seasoned Potato Wedges* Italian Blend Vegetables* Diced Pears
Monday 1/10/2022	Tuesday 1/11/2022	Wednesday 1/12/2022	Thursday 1/13/2022	Friday 1/14/2022
Beef Stew with Potatoes, Carrots & Peas Chuckwagon Corn* Romaine Blend Salad/Dress Mini Buttermilk Biscuit/Marg Glazed Pineapple	Breaded Chicken* Sandwich on WG Hamburger Bun w/ Leaf Lettuce & Sliced Tomato Twice Baked Whipped Potatoes Mixed Vegetables* Cherry Vanilla Yogurt PC	Italian Meatballs Baked Potato/Sour Cream Brussels Sprouts* WG Breadstick/Marg Decorated Birthday Cake	Pork Fritter* Mashed Potatoes Creamed Cabbage Marble Bread/Marg Ambrosia Salad	Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potato Zucchini & Tomatoes* Pumpernickel Bread/Marg Apricot Halves
Monday 1/17/2022	Tuesday 1/18/2022	Wednesday 1/19/2022	Thursday 1/20/2022	Friday 1/21/2022
 <i>Senior Center Closed</i>	Ham & Scalloped Potatoes Green Beans* WG Dinner Roll/Marg Applesauce	Soft Shell Beef Taco Taco Meat*, Shred Cheese Shred Lettuce, Diced Tomato Fiesta Corn* 8" Flour Tortilla Sour Cream & Taco Sauce PCs Applesauce	Turkey Breast & Gravy Potato Medley Broccoli* WG Dinner Roll/Marg Oatmeal Raisin Cookie	Salisbury Steak with Onion Gravy Whipped Potatoes Country Blend Vegetables* Wheatberry Roll/Marg Strawberry Shortcake
Monday 1/24/2022	Tuesday 1/25/2022	Wednesday 1/26/2022	Thursday 1/27/2022	Friday 1/28/2022
Teriyaki Meatballs Oriental Blend Vegetables* Oven Roasted Baby Reds Fortune Cookie Cinn. Raisin Bread/Marg Fresh Orange	Sliced Roast Beef & Gravy Garlic Mashed Potatoes Glazed Diced Beets Vienna Bread/Marg Lemon Pudding	Cheese Omelet* Chef Mike's Cheese Sauce Breakfast Potatoes Vegetable Juice Blueberry Muffin Glazed Pineapple	Ham & Northern Beans California Blend* Cornbread/Marg Cherry Cobbler	Cheeseburger* on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Baked Beans Tropical Fruit
Monday 1/31/2022				
California Cheesy Chicken & Brown Rice Casserole Zucchini & Tomatoes* WG Dinner Roll/Marg Cinnamon Apple Slices			1% OR SKIM MILK IS AVAILABLE FOR ALL LUNCHES	PLEASE CALL Y OUR ORDER IN BY NOON ON THE DAY BEFORE YOU WOULD LIKE LUNCH 402-293-3041

Jan. Deli Options

Monday 1/3/2022	Tuesday 1/4/2022	Wednesday 1/5/2022	Thursday 1/6/2022	Friday 1/7/2022
Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese on Wheat Hoagie Bun w/ Leaf Lettuce & Tomato Coleslaw Banana or Diet Pudding	Pecan Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Marinated Vegetable Salad Mandarin Oranges	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Fruit Punch Juice Sugar cookie	Creamy Cheese Tortellini over Romaine Blend Salad w/ Grape Tomatoes & Black Olives Crackers (2pk) Fruit Cocktail	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Salad Mix with Asian Dressing Crackers (2pk) 100% Apple Juice
Monday 1/10/2022	Tuesday 1/11/2022	Wednesday 1/12/2022	Thursday 1/13/2022	Friday 1/14/2022
Egg Salad on Croissant w/ Lettuce & Tomato Three Bean Salad Glazed Pineapple	BLT Salad Chopped Bacon, Dice Tomato & Romaine Lettuce Blend Housemade Croutons 100% Grape Juice Cherry Vanilla Yogurt PC	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Birthday Cake	Chicken Pasta Salad over Romaine Blend Salad Tomato Wedges Housemade Croutons Ambrosia Salad	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Romaine Blend w/ Greek Feta Dressing Crackers (2pk) 100% Fruit Punch Juice Apricot Halves
Monday 1/17/2022	Tuesday 1/18/2022	Wednesday 1/19/2022	Thursday 1/20/2022	Friday 1/21/2022
Senior Center Closed	Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato Coleslaw Applesauce	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Applesauce	Sliced Ham & American on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Oatmeal Raisin Cookie	Turkey & Cheddar with Leaf Lettuce & Tomato on 1/2 Ciabatta Marinated Vegetable Salad Strawberry Shortcake
Monday 1/24/2022	Tuesday 1/25/2022	Wednesday 1/26/2022	Thursday 1/27/2022	Friday 1/28/2022
Chicken Caesar Salad w/ Caesar Dressing Housemade Croutons Romaine Lettuce Blend 100% Grape Juice Fresh Orange	Deli Chicken & American Cheese on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad Lemon Pudding	Ham & American Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Glazed Pineapple	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Cherry Cobbler	Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Tropical Fruit
Monday 1/31/2022				
Creamy Crab & Baby Shrimp Macaroni Salad on Romaine Blend Salad Tomato Wedges Crackers(2pk) Cinnamon Apple Slices			ALL LUNCHES SERVED WITH 1% OR SKIM MILK	PLEASE CALL BY NOON ON THE DAY BEFORE YOU'D LIKE LUNCH 402-293-3041

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, 2022.