



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!

Another month has come and gone and we are pressing forward to our 8th month of our beloved center being closed. As time passes, we wonder how long will this go on and when can we start to experience our “new normal”.

Until then: *wear* your mask and *wear* a smile, *keep* 6 feet away, and also *keep* your chin up. We have heard it before, but this too shall pass.

So have you become a better person or a bitter person during this time? Have you spent more time calling friends and family, cleaning and downsizing and taking better care of yourself? Or have you had a pity party, sat alone and complained and gained a few extra pounds? It's not to late to work yourself - being a better person for you and for others. Make the most of it!

CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
ENOA, Assistant
Manager

Take Care !
Kathy and Dawn

IN THIS ISSUE:

Page 2:
Life lessons

Page 3:

Page 4:
November
Birthdays

Pages 5:
Calendar

Page 6:
Grab and Go
Menu

Page 7:
Just for Fun



Things your Mother taught you:



My mother taught me RELIGION -
"You'd better pray that will come out of the carpet."

My mother taught me about TIME TRAVEL -
"If you don't straighten up, I'm going to knock you into the middle of next week!"

My mother taught me LOGIC -
"Because I said so, that's why."

My mother taught me FORESIGHT -
"Make sure you wear clean underwear, in case you're in an accident."



My mother taught me IRONY -
"Keep crying and I'll give you something to cry about."

My mother taught me about my ROOTS -
"Do you think you were born in a barn?"

My mother taught me THE CIRCLE OF LIFE -
"I brought you into this world, and I can take you out."

My mother taught me about ANTICIPATION -
"Just wait until we get home."

My mother taught me ESP -
"Put your sweater on; don't you think I know when you're cold?"

My mother taught me HUMOR -
"When that lawn mower cuts off your toes, don't come running to me."

My mother taught me about GENETICS -
"You're just like your father."

My mother taught me about HYPOCRISY -
If I've told you once, I've told you a million times - Don't Exaggerate!!!"

My mother taught me about WISDOM OF AGE -
"When you get to be my age, you will understand."

And my all time favorite... JUSTICE -
"One day you'll have kids ... and I hope they turn out just like you!"



FACTS ABOUT NOVEMBER



The Erie Canal was formally opened in New York on November 4, 1825. Abraham Lincoln gave his Gettysburg Address on November 19, 1863. The United States and Panama signed the treaty that provided for the Panama Canal on November 18, 1903.

The US and Canada celebrate the end of WWI every year on November 11, 1918. Commander Richard E. Byrd and crew of three became first to fly over the South Pole, November 29, 1929.

Parker Brothers introduced the world to the Monopoly game on November 5, 1935. On November 18, 1963, Bell Telephone Company introduced to the public the push button phone.

John F. Kennedy was assassinated on November 22, 1963.

The Reverend Jim Jones led over 900 of his followers to their death in a mass suicide, the largest in [history](#), at Jonestown on November 19, 1978.

Direct your Dollar!



We are still collecting your Family Fare receipts! Please be sure to sign up at your store. It just takes a couple of minutes. Then each time you shop, save your ENITRE receipt and drop it off at the center. After we collect 150,000 points, the center will receive a check for \$1000.00!! We have already collected enough for one check and hoping to get enough points for another \$1000.00 !! Please do not tear off the point value!

The one on the left is correct. We did not get any points for the one on the right hand side.

November Birthdays

1. Mary Cole, Melissa Roberts & Ed Conrath
3. Carol Brazier
4. Stephen Horn
5. Anne Alexander, James King and Bill Goodfellow
6. Margaret Jackson and Debbie Burchard
8. Carole Lainof and Ann Hobbs
9. Clella Williams, Diana Micek and Alice Gewecke
10. Wandie Nelson and Vivian Adams
12. Rick Watson
13. Bob Mefford, Johnnie Carter and Noreen McCubbin
15. Mary Jo Hopfensperger and Virginia Eidenmiller
20. Deb Powers
21. Larry Putnam, Chris Adams and Mary Stalker
22. Jane Nordaker, Nancy Gross and James Willis
23. Charlene Janousek and JoAnn Pechar
25. David Anthony
29. Gary Stover, Bob Hague and Pam Jensen
30. Barbara Johnson and Fred Claycamp



Daily Activities Normally for November

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Chair Volleyball 9:00 Billiards/ Donut 9:30 Ceramics all day 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 11:00 Tai Chi 12:00 Skip Bo 1:00 Bingo 1:00 Poker	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 11:00 Tai Chi 12:00 Skip Bo 12:30 Pinochle 1:00 Bingo 1:00 Art and Crafts




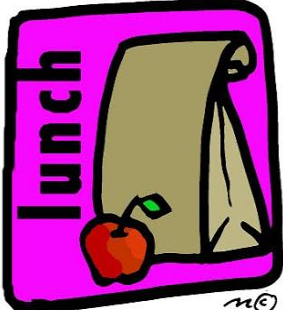
Things to be thankful for

Monday	Tuesday	Wednesday	Thursday	Friday
2 Not waking up to an alarm clock 	3 A Hot drink on a chilly morning 	4 The beauty in the changing seasons 	5 Family 	6 Photos that bring back memories 
9 A long bubble bath 	10 Old friends and making new friends Thank you for being my friend! 	11 Center Closed 	12 Hearing your favorite song on the radio 	13 Seeing your grandchildren 
16 Seeing the sunrise 	17 Seeing the sunset 	18 Your Pet 	19 Finding something you thought you lost 	20 Comfortable clothes 
23 A hot shower 	24 A meal someone else made for you 	25 Spending holidays with family and friends 	26 Center Closed 	27 Center Closed 
30 Pay Days 	Join our Grab and Go Lunch Program! Call us before noon to order for the next day! 402-293-3041			

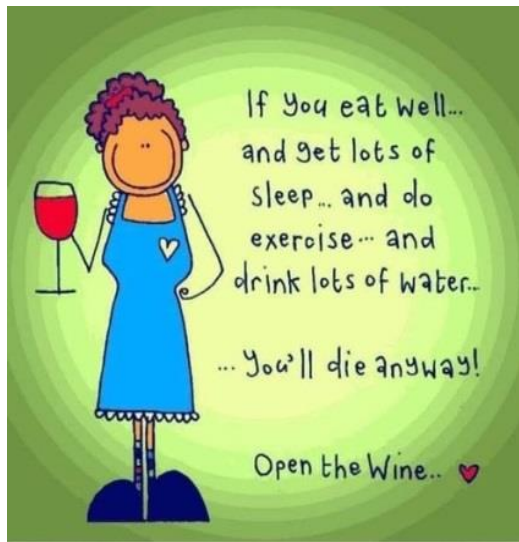
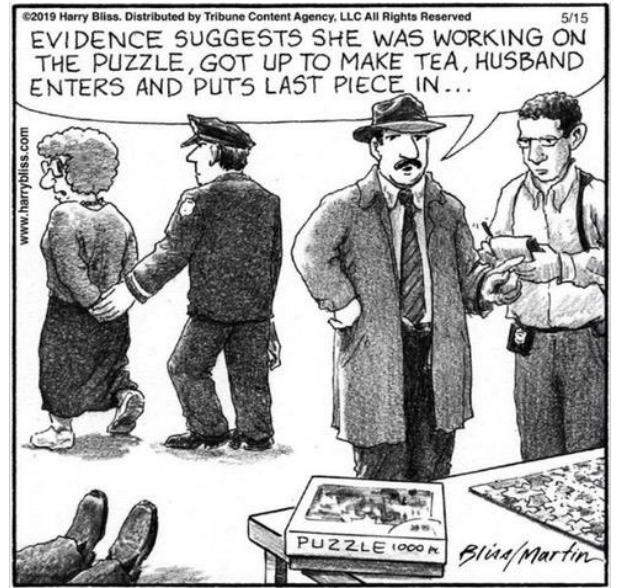
GRAB AND GO LUNCHES!

Call by noon the day before you would like lunch.

Pick-up in the alley between 11:45 am and 12:15 pm

Monday 11/2/2020	Tuesday 11/3/2020	Wednesday 11/4/2020	Thursday 11/5/2020	Friday 11/6/2020
BBQ Meatballs Potato Medley Mixed Vegetables WG Dinner Roll/Marg Fresh Orange 1% Milk	Baked Cod Loin in Sweet Basil Sauce Baked Sweet Potatoes Zucchini & Tomatoes WG Petite Roll/Marg Tropical Fruit Mix 1% Milk	Oven Fried Chicken Breast Whipped Potatoes with Chicken Gravy Green Beans WG Bread/Marg Banana Muffin Square 1% Milk	Meatloaf & Gravy Roast Diced Baby Reds Broccoli Cornbread Muffin/Marg Pear Slices 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Veggies Cabbage & Carrots Cinn. Raisin Bread/Marg Pineapple Tidbits 1% Milk
Monday 11/9/2020	Tuesday 11/10/2020	Wednesday 11/11/2020	Thursday 11/12/2020	Friday 11/13/2020
All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn WG Hot Dog Bun Fresh Orange 1% Milk	Baked Ham Broccoli Rice Casserole Honey Glazed Carrots WG Dinner Roll/Marg Fruit Cocktail 1% Milk	 No Grab & Go Meal	Beef Ravioli in Marinara Sauce Italian Blend Veggies Cinn. Applesauce Romaine Blend Salad Ranch Dressing PC WG Breadstick/Marg 1% Milk	BBQ Chicken Breast BBQ Baked Beans Cauliflower WG Hamburger Bun Diced Peaches 1% Milk
Monday 11/16/2020	Tuesday 11/17/2020	Wednesday 11/18/2020	Thursday 11/19/2020	Friday 11/20/2020
Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Brussels Sprouts 100% Wheat Bread/Marg Mandarin Oranges 1% Milk	Seafood Chowder Garlic & Butter Diced Reds California Blend Veggies WG Dinner Roll/Marg Ambrosia Salad 1% Milk	Sliced Roast Beef & Brown Gravy Whipped Potatoes Green Peas Rye Bread/Marg Butterscotch Pudding 1% Milk	Chicken Breast & Chicken Gravy Potato Medley Green Beans Heavy Hearth Roll/Marg Diced Pears 1% Milk	Beef & 3 Bean Chili Carrot Coins Fruit Crisp Cornbread/Marg 1% Milk
Monday 11/23/2020	Tuesday 11/24/2020	Wednesday 11/25/2020	Thursday 11/26/2020	Friday 11/27/2020
Taco Joe Sandwich Augratin Potatoes Broccoli WG Hamburger Bun Pear Slices 1% Milk	Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes Sour Dough Roll/Marg Strawberry Yogurt Cup Sour Cream PC 1% Milk	Turkey Breast & Gravy over Cornbread Dressing Whipped Potatoes Green Bean Casserole WG Petite Roll/Marg Pumpkin Dessert 1% Milk	 No Grab & Go Meal	 No Grab & Go Meal
Monday 11/30/2020				
10 Grain Fish Corn O'Brien Broccoli Wheatberry Roll/Marg Diet Fruited Gelatin Tartar Sauce PC 1% Milk		Our lunch contribution is only \$4.00. Your meal is brought out to you car		

Just for fun !



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, 2021