



BELLEVUE SENIOR Community Center

*Golden opportunities await a
new day!*

109 W. 22nd St. Bellevue, NE 68005 (402) 293-3041



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Hello People!

We understand the impact that Covid 19 has had on everyone – the masks, the social distancing and most of all our center is still closed! Please know that we would love to swing open our doors and welcome you all back in with hugs and smiles. Unfortunately the risk is still to high and the consequences are scary.

Please keep reaching out to your friends and family. You could call and make someone's day. Some of you have gathered in small groups for meals cards or games. Continue to safely meet with your friends – for your benefit as well as theirs.

We still have our daily grab and go lunches, Dunkin Donuts on most Mondays and Panera Bread on Thursday and Fridays. Stop by for a quick visit with us and take some bread or donuts home. Thank you for your continued support of your senior center!

CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
*ENOA, Assistant
Manager*

Take Care !
Kathy and Dawn

***Have you checked out our new
awning and sidewalk??***

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We are very fortunate that Panera Bread donates their extra bagels, bread, and cookies for us. However we are in need of the one gallon zip lock bags. Please keep us in mind when shopping !



Listen for the Robo call on Monday mornings – it means we have Dunkin Donuts for you! We ask that you bring a Tupperware container from home for us to fill for you. Again, we are very fortunate for their weekly donation and receive what they have leftover. Let's be thankful for what we receive.



TOP 10 SIGNS YOU'RE TOO OLD TO TRICK OR TREAT

10. You get winded from knocking on the door
9. You have to have another kid chew the candy for you
8. You ask for high fiber candy only
7. When someone drops a candy bar in your bag, you lose your balance and fall over.
6. People say, "Great Boris Karloff Mask." and you're not even wearing a mask.
5. When the door opens you yell, "Trick or....." and can't remember the rest.
4. By the end of the night, you have a bag full of restraining orders.
3. You have to carefully choose a costume that won't dislodge your hairpiece.
2. You're the only Power Ranger in the neighborhood with a walker.
1. You keep having to go home to go to the bathroom.





TRICK OR TREAT IN THE STREET



That's right, we will be handing out Halloween treats to all of our seniors on **Friday, October 30 from 2:00 pm -3:00 pm!**



Please call by Wednesday, October 28th to reserve your little treat bag from the center! We want you to have a Fab-BOO-lous day ! So call ahead and then ride your broom over to get a snack you can really sink your FANGS in !

HALLOWEEN WORD SEARCH

R F E F P R Y M G H Y O Z A Q B F H O H
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 T A B K O Y K O O P S O W A B B T U E A
 Z F S H L F U Q Q P I T G J X N M N D T



Bat
Pumpkin
Halloween
Mummy
Vampire
Witch
Spooky
Trick or Treat

Fun
Ghost
Costume
Skeleton
Candy
Scary
Monster
Haunted House



HALLOWEEN Word Scramble














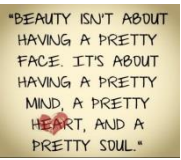





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Daily Activities for October

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 Quilter	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

Daily Quotes to live by.....

Monday	Tuesday	Wednesday	Thursday	Friday
Join our Grab and Go Lunch Program! Call us before noon to order for the next day! 402-293-3041			1 Attitude is everything so pick a good one 	2 Be the person you want as a friend 
5 Enjoy the little things in life 	6 Life is short, make it sweet 	7 Live your life, forget your age. 	8 Never regret anything that made you smile 	9 Enjoy today, yesterday is gone 
12 Smile – whether you want to or not 	13 A positive thought in the morning can change your day 	14 Exercise is for your body and mind 	15 Every day is a fresh start 	16 Can't change the wind? Change your sails. 
19 Start each day with a grateful heart 	20 Life is about moments – create them. 	21 Beauty is what's in your heart 	22 Today only happens once, make it amazing 	23 The more you give, the more you get 
26 You are your own best investment 	27 Find the rainbow in the rain 	28 When you can't find the sunshine, be the sun 	29 Be in love with your life 	30 Live a happy and positive life 

1. Rosemary Stiverson
2. Steve Janousek & Lynda Fife
3. Georgia Cook & Barb Bair
4. Mary Ann Hagen & Jonathon Jones
5. Maggi Hall
6. Dean Paulsen & Katherine Swanson
7. Suzanne Saint
8. Charles Dutton & Georgia Treiber
9. Jim Nabors
10. Jane Dreyfus & Irene Simpson
11. Jim Reardon, Teresa Jones & Carolyn Sikula
12. JD Kerr
13. Berneice Anderson & Jackie Hittblonner
14. Jan Austin & Rita Gifford
15. Wayne Lainof
16. Harold Holoun & John Dominski
18. Bonnie Kral, Pat Dolezal, Sue Kangery & Maureen Delahanty
19. Linda Marco
20. Jerry Woods, Dorothy Rasmussen & Carolyn Conrath
23. Hugo Curitti & Jan Bazar
24. Sheila Orr
25. Marie Meader
26. Eleanor Sutej & Ann Davis
27. Deb Dohse
28. Rich Kral & Merlene Miller
31. Bonnie Younk and Kathie Bickerstaff



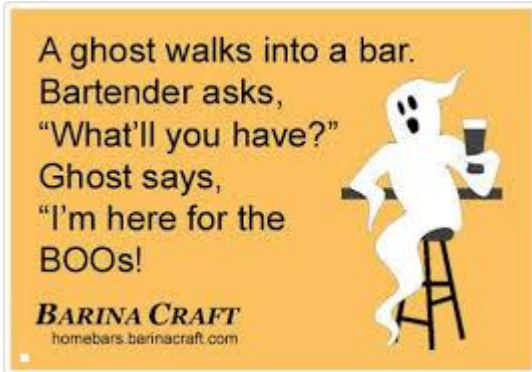
GRAB AND GO LUNCHES!

Call by noon the day before you would like lunch.

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

Monday	Tuesday	Wednesday	Thursday	Friday 10/2/2020
			Ham & Beans Carrots Pineapple Tidbits Romaine Salad/Drst Cornbread/Margarine 1% Milk	Chicken Cordon Bleu w/ Swiss Mornay Sauce Mashed Potatoes California Blend Veggies WG Dinner Roll/Marg Oatmeal Raisin Cookie 1% Milk
Monday 10/5/2020	Tuesday 10/6/2020	Wednesday 10/7/2020	Thursday 10/8/2020	Friday 10/9/2020
Baked Cod Loin in Sweet Basil Sauce Baked Sweet Potatoes Zucchini & Tomatoes WG Dinner Roll/Marg Tropical Fruit Mix 1% Milk	BBQ Meatballs Potato Medley Mixed Vegetables WG Petite Roll/Marg Fresh Orange 1% Milk	Country Fried Steak with Country Gravy Mashed Potatoes Mixed Vegetables WG Mini Biscuit/Marg Fresh Banana 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Veggies WG Vegetable Egg Roll Cinn. Raisin Bread/Marg Tapioca Pudding 1% Milk	All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn WG Hot Dog Bun Pineapple & Strawberries 1% Milk
Monday 10/12/2020	Tuesday 10/13/2020	Wednesday 10/14/2020	Thursday 10/15/2020	Friday 10/16/2020
No Grab & Go Meals	Oven Roast Pork Loin with Pork Gravy Diced Sweet Potatoes Brussels Sprouts WG Dinner Roll/Marg Peanut Butter Cookie 1% Milk	Sliced Roast Beef & Brown Gravy Mashed Potatoes Honey Glazed Carrots Rye Bread/Marg Plain Cake Square 1% Milk	Seafood Chowder Garlic & Butter Diced Reds California Blend Veggies Marble Rye Bread/Marg Fruit Crisp 1% Milk	Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Peas & Pearl Onions 100% Wheat Bread/Marg Mandarin Oranges 1% Milk
Monday 10/19/2020	Tuesday 10/20/2020	Wednesday 10/21/2020	Thursday 10/22/2020	Friday 10/23/2020
Orange Chicken Stir Fry w/ WG Spaghetti Pasta Peas & Carrots WG Vegetable Egg Roll Strawberry Yogurt Cup 1% Milk	Beef Ravioli in Marinara Sauce Italian Blend Veggies Cinn. Applesauce Romaine Blend Salad Ranch Dressing PC WG Breadstick/Marg 1% Milk	10-Grain Fish Filet Augratin Potatoes Broccoli WG Dinner Roll/Marg Fruited Diet Gelatin Tartar Sauce PC 1% Milk	Taco Joe Sandwich Seasoned Potato Wedges Chuckwagon Corn WG Hamburger Bun Sliced Apricots 1% Milk	Chicken Breast & Chicken Gravy Whipped Potatoes Green Beans Honey Wheat Bread/Marg Frosted Brownie 1% Milk
Monday 10/26/2020	Tuesday 10/27/2020	Wednesday 10/28/2020	Thursday 10/29/2020	Friday 10/30/2020
Chicken Fried Steak & Gravy Garlic Mashed Potatoes Country Blend Veggies Vienna Bread Slice/Marg Mandarin Oranges 1% Milk	Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes WG Dinner Roll/Marg Pear Slices 1% Milk	BBQ Chicken Breast BBQ Baked Beans Diced Carrots WG Hamburger Bun Strawberry Applesauce 1% Milk	Italian Goulash with WG Elbow Noodles Italian Blend Veggies Corn Vienna Bread/Marg Diced Peaches 1% Milk	Salisbury Steak & Brown Gravy Loaded Mash Potatoes Green Beans WG Dinner Roll/Marg Apple Delight 1% Milk

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.