



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!

Where did the summer go? It's time to start thinking about football and our fundraiser! We will be busy with both of those this month as we cheer on our favorite teams and most importantly prepare for our biggest fundraiser of the year!!!

This event is for your senior center! Every penny we raise through raffle tickets, the special cal –cutta, and ice cream ticket sales stays at the center!

As an added bonus – it is a great time to show off our center. People will be able to see fabulous art, woodcarving, quilts, the large area for exercise, Tai Chi and chair volleyball, room for many card games and just a fun place to hang out and socialize.

So bring your family and friends and help us reach our goal while having a fun time. We hope to see everyone stop by the fundraiser on October 8th!!

Cheers!
Kathy and Dawn

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CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
ENOA, Assistant
Manager



Here's What is Happening at the Center



Calling all Pitch Players! We have a group starting to play 10 point pitch on **Friday afternoons at 1:00 pm.** We'd love to have more join. If you need a refresher, or have never played before? Don't worry, they will be happy to help out. You can order lunch for Friday and stay for cards!

GO BIG RED! The football season is here! Here's our **GAME PLAN** –so mark your **PLAYBOOK** - our annual **TAILGATE** party and **KICK OFF** will be at **10:30 am on Thursday, September 8th** so keep the date **WIDE OPEN**. Start off the **FIRST QUARTER** of the day with us. You won't want to **PASS** on the party or **FUMBLE THE BALL** on this one. Be a **PLAYER** and join the **TEAM**. Wear your Red to support the **HUSKERS!**

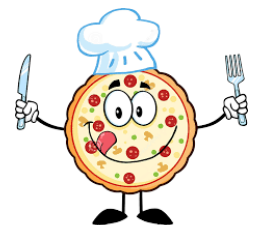


Peter the Juggler is returning and will put on an amazing **HALF TIME** show ! Reserve your seat and lunch by Tuesday the 6th.



UNMC Nursing Students- It's Fall and the students are back in class. A group will be at the center **on Wednesday Sept. 7th from 9:00 am – 12:00 pm** to visit and engage in activities with the seniors. Maybe a few new chair volleyball players? Please visit with them as part of their classwork.

Set your alarm clock! If you snooze, you lose! You won't want to miss out on our all time original Breakfast Pizza! We make fresh with country gravy, eggs and cheese, and served with a side of fruit, coffee and juice . You can't find this \$3.00 deal anywhere in town! Breakfast will be served at **9:00 am on Tues. Sept. 27th**. Reserve your spot by noon on Friday, 23rd.



How do you celebrate national beer Day at a senior center? By playing Beer Bingo of course! Everyone is always a winner. Let us know if you can attend and also make plans to stay for lunch. We will start calling the cards at **11:00 am on Wednesday, Sept. 28th**.

Another Exercise Class is being added! That's right –**ATI Physical Therapy** will be here on **Friday mornings at 10:30 am.** They will begin on Friday September 9th. Join the fun and get to tone, strengthen and work on core balancing.



FUNDRAISING EVENT

Our biggest fundraiser of the year is right around the corner – **Saturday, October 8th from 1:00 -4:00 pm.** This year will be special because we are having it here at our center! And to make it *extra* special – it's going to be an ice cream social! We will still have our beautiful baskets, donated by our seniors and community supporters.

You can help us reach our goal of \$17,000 in many ways: sponsor a table, donate items or gift cards to make a basket, buy raffle tickets, invite your family to our fundraiser, bring in store bought or individual cookies or brownies. You can buy your tickets to the event in advance. **Ice Cream Social**
We will never turn down a cash donation!



We have lots of groups at the center: artists, dominoes, hand & foot, pitch, woodcarvers, bingo, chair volleyball, Tai chi, exercise, poker, the list goes on. Gather your group and make a themed basket. Some ideas are: lottery tickets, gift cards for a date night, pets, wine, chocolates, snacks, coffee, holidays, spa, Husker or a sporting theme.

We would like all completed baskets at the center by Monday, Sept. 19th !

Gift cards ideas: your favorite restaurants/fast food places- grocery stores - gas cards - movie- zoo - pumpkin patch - sporting event gift cards. If you like something so will someone else!



The money raised at this event stays directly at the center. We use the funds for entertainers, party snacks, supplies, coffee, all the little extras we add to our lunches and the maintenance/insurance for our bus.
Thank you in advance for supporting your center!













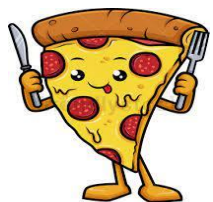



SEPTEMBER BIRTHDAYS

- 1- Cynthia Reyer
- 2- Nadine Charvat
- 3- Christine Ellwein & Ed Cruse
- 4- Marta Nieves
- 6- Jean Volsicka
- 7- Janet Petersen & Kathleen Moore
- 8- Donna Boehne
- 9- Carole Obrecht & Linda Baker
- 11- Wayne Heffner
- 12 – Bob Glover
- 13- Linda Lee
- 14 –Alberta Webber
- 17- Colleen Jeck & Roger Stubbs
- 20- Ken Johns
- 21- Mary Thompson
- 22- Norma Willis
- 23- Bonnie Fowler & Eric Ryks
- 24- Barbara Paquette
- 25- Carol Roger & Phillip Cork
- 26- Barb Manthey, Marilyn Godby & Kay Hoelting
- 27- Patricia Newman
- 28- Linda Ethridge & Sherri Bomer
- 29- Margaret Edgar, Peter Garth, Roy Gertig & Marion Sell



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 & Mahjong	8:00 – Billiards 9:30- Painting 10:00 - Exercise 12:15 -Bridge Groups 12:45- Dominoes 1:00- Arts and Crafts	8:00 – Billiards 8:30 – Chair Volleyball 9:00 – 3:00 Painting Group ---- Tai Chi 12:30 – Poker 12:45 – Hand & Foot 1:00 – Bingo	8:00 - Billiards 8:00 - Woodcarvers 10:00 -Bridge Groups 12:45 - Dominoes 1:00 Euchre	8:00 – Billiards 8:30- Chair Volleyball 9:30 –Open art room 10:30 –NEW EXERCISE CLASS!! 12:30 – Skip Bo 1:00 – Bingo 1:00- Pitch (new)

Activities for the Month of SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Game Day Shirts 
5 CENTER CLOSED 	6	7 National Salami Day  9am-12pm Nursing Students	8 10:30 Husker Party 	9 10:00- Book Club 10:30 Exercise Class 
12 9:00-11:00 Scratch off Art 	13	14 Birthday cake with lunch 	15 10:30 Senior Advisory Meeting 	16 10:30 Exercise Class 
19 9:00-11:00 Scratch off Art 7:00 pm Alzheimer's Support Group	20	21	22 National Ice Cream Cone Day 	23 10:30 Exercise Class 
26 9:00-11:00 Scratch off Art 	27 9:00 Breakfast Pizza 	28 11:00 National Beer Day Bingo 	29 10:30 bingo bucks 	30 10:30 – Exercise Class 

SEPTEMBER HOT MENU

	Please call in your lunch order by noon the day before.	All lunches served with 1% or skim milk, and a smile	Thursday	Friday
	We ask for a suggested contribution of \$4.25		9/1/2022	9/2/2022
			BBQ Meatballs	Grilled Chicken Sandwich
			Macaroni & Cheese	on WG Hamburger Bun BBQ Baked Beans Potato Wedges
			Mixed Vegetables Wheat bread Fruit Cocktail	Mandarin Oranges
Monday 9/5/2022	Tuesday 9/6/2022	Wednesday 9/7/2022	Thursday 9/8/2022	Friday 9/9/2022
	Potato Crusted Fish	Oven Fried Chicken Breast*	Classic Cheeseburger*	WG Spaghetti & Meat Sauce
	w/Tartar Sauce Chuckwagon Corn	Mashed Potatoes & Gravy Green Beans*	on WG Hamburger Bun w/ Leaf Lettuce, Pickles, Sliced Tomatoes & Onion	Mixed Greens Side Salad Dressing PC
	Potato Medley	WG Dinner Roll/Marg	Coleslaw	Italian Blend Vegetables*
	Petite Roll/Marg Vanilla Pudding	Fresh Orange	Sugar Cookie	WG Breadstick/Marg Applesauce
Senior Center Closed				
Monday 9/12/2022	Tuesday 9/13/2022	Wednesday 9/14/2022	Thursday 9/15/2022	Friday 9/16/2022
Open Faced Roast Beef	All Beef Chicago Dog	Pork Chop with Gravy	Cheesy Broccoli Chicken	Breaded Fish* Sandwich
Sandwich on WG Bread	Jumbo Frank, Sliced Tomato	Baked Potato/Sour Cream PC	Breast	Garlic Roasted Baby Reds
Diced Beets	on a WG Hot Dog Bun	WG Roll /Marg	Honey Roasted Baby Carrots	WG Bun
Chocolate Chip Cookie	Potato Wedges* Mandarin Oranges	Decorated Birthday Cake	WG breadstick/Marg Pineapple	Tartar Sauce PC Fudge Round
Monday 9/19/2022	Tuesday 9/20/2022	Wednesday 9/21/2022	Thursday 9/22/2022	Friday 9/23/2022
BBQ Pork Sandwich	Chicken Marsala	Soft Shell Beef Taco	10 Grain Fish	Salisbury Steak in
on WG Wheat Bun	Diced Sweet Potatoes	Taco Meat*, Shred Lettuce	Twice Baked Mash Potatoes	Brown Gravy
Scalloped Potatoes	Zucchini & Tomato	Diced Tomato, Shred Cheese	Green Beans	Cheesy Hash browns
Broccoli Salad	Honey Wheat bread/Marg	Fiesta Corn	WG Dinner Roll/Marg	Cauliflower*
Diced Pears	Ambrosia	8" Flour Tortilla Shell	Apricot Halves	WG Bread Slice/Marg
		Sour Cream & Taco Sauce	Tartar Sauce	Cherry Vanilla Yogurt
		Straw. Shortcake		
Monday 9/26/2022	Tuesday 9/27/2022	Wednesday 9/28/2022	Thursday 9/29/2022	Friday 9/30/2022
Sliced Turkey & Gravy	Meatloaf with Tomato Gravy	Cheeseburger Macaroni	Ham & Beans	Chicken Piccata
Mashed Potatoes	Baked Potato/Sour Cream PC	w/ WG Elbow Noodles	Carrot Coins	Brown Rice Pilaf
Broccoli	Mixed Vegetables	Mixed Greens/Dressing PC	Mixed Greens Side Salad	Winter Blend Vegetables
Heavy Hearth Roll/Marg	100% Wheat Bread/Marg	Mediterranean Blend Veg*	Dressing	Marble Bread Slice/Marg
Pineapple Tidbits	Oreo Cookies	WG Breadstick/Marg Fruit Cocktail	Cornbread/Marg Applesauce	Butterscotch Pudding

SEPTEMBER DELI MENU



Please call in your lunch order by noon the day before.
We ask for a suggested contribution of \$4.25

All lunches served with 1% or skim milk, and a smile

9/1/2022	9/2/2022
Ham & American Cheese	Classic Chef Salad
on WG Bread	Ham, Turkey, Diced Egg
Carrot Raisin Salad	American & Grape Tomatoes
Fruit Cocktail	100% Fruit Punch
	WG Breadstick/Marg
	Mandarin Oranges

Monday
Senior center Closed

Tuesday
9/6/2022

Wednesday
9/7/2022

Thursday
9/8/2022

Friday
9/9/2022



Creamy Cheese Tortellini
over Mixed Greens Salad
Grape Tomatoes & Black Olives
Housemade Croutons
Vanilla Pudding

Ham & Swiss on
Vienna Bread
w/ Lettuce & Tomato
Pea Salad
Fresh Orange

Classic Cheeseburger*
on WG Hamburger Bun
w/ Leaf Lettuce, Pickles,
Sliced Tomatoes & Onion
Coleslaw
Sugar Cookie

Ranch Chicken Salad
on Kaiser Bun
w/ Lettuce & Tomato
Broccoli Salad
Applesauce

Monday
9/12/2022

Tuesday
9/13/2022

Wednesday
9/14/2022

Thursday
9/15/2022

Friday
9/16/2022

Tuna Salad

Philly Cheesesteak Salad

Roast Beef Chef Salad

Italian Sandwich

Sliced Turkey & American

on WG Bread

Roast Beef, Peppers,

Roast Beef, Diced Egg

Turkey, Ham, Pepperoni

Cheese on Hamburger Bun

w/ Lettuce & Tomato

Onions, Shred Cheese

Amer. Cheese & Grape
Tomatoes

Swiss American Cheese,

w/ Lettuce & Tomato

Coleslaw
Chocolate Chip Cookie

over Mixed Greens Salad
100% Grape
Crackers(2pk)
Mandarin Oranges

Mixed Greens Salad
Crackers/100% Grape Juice
Decorated Birthday Cake

Red Onions, Peperoncinis
on Vienna Bread
Sweet Potato Salad
Pineapple

Three Bean Salad
Fudge Round

Monday
9/19/2022

Tuesday
9/20/2022

Wednesday
9/21/2022

Thursday
9/22/2022

Friday
9/23/2022

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

Ham & American
on Vienna Bread
w/ Lettuce & Tomato
Marinated Vegetable Salad
Ambrosia

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

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

Chicken Salad on
Croissant
w/ Lettuce & Tomato
Sweet Potato Salad
Cherry Vanilla Yogurt PC

Monday
9/26/2022

Tuesday
9/27/2022

Wednesday
9/28/2022

Thursday
9/29/2022

Friday
9/30/2022

Ham Salad on
Marble Bread

Turkey & Cheddar on
Vienna Bread

Classic Chef Salad
Ham, Turkey, Diced Egg

Tuna Salad on
Croissant

Roast Beef Chef Salad
Roast Beef, Diced Egg

w/ Lettuce & Tomato

w/ Lettuce & Tomato

American & Grape Tomatoes

w/ Lettuce & Tomato

American & Grape
Tomatoes

Cowboy Caviar
Pineapple Tidbits

Potato Salad
Oreo Cookies

Mixed Greens Salad
100% Apple Juice
WG Breadstick
Fruit Cocktail

Coleslaw
Applesauce

over Mixed Greens Salad
100% Fruit Punch
Crackers(2pk)
Butterscotch 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 30th, 2023.