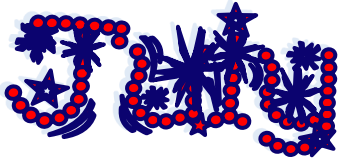
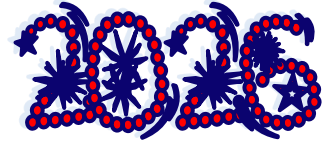


Perkins County Senior Center News



420 Central Avenue
PO Box 314
Grant, NE 69140
308-352-4236 Grant



Perkins County Public Transit 308-352-4597
www.pcsenior.org
pcsenior@gpcom.net

Executive Director:

Trish Jimenez

Kitchen Manager:

Dennis Boitnott

Kitchen Staff:

Hannah McGannon
Kelan Sis

Board Members:

Kris Jaques
Nancie Peterson
Marian Robertson
Joyce Hightower
Dan Wallin
Anne Kirkpatrick
Dennis Ekdahl

Bus Driver:

Kris Jaques
Ronda Hutt
Tom Willhite



The Perkins County Senior Centers are sponsored by West Central Area Agency on Aging, (WCAAA) which provides partial funding for meal programs and related activities. The Centers are a non-profit organization operating under a 501c3 tax exempt status. The purpose is to provide a nutritious meal and countless hours of activities and entertainment Monday ~ Friday 9 am to 4 pm. For persons 60 years of age and older the suggested contribution rate is \$6.00 per meal, guests under 60 will be charged \$8.00. Home delivery and carryout is calculated according, adding \$.50.

Thank you to the Local Businesses who Sponsor Perkins County Senior Centers

Grant

Adams Bank & Trust

Birthday Cakes - Grant

Grant Tribune Sentinel

Newspaper - Grant

Hatch's Super Foods

Kitchen Supplies - Grant
Donations for Fund Raisers

Elsie

Hi Line Coop

H & B Agency

Sisco Fertilizer

Elsie Feed Center

Sandhills State Bank

Pinnacle Bank

Eastern Sky

Midwest Electric

Venango

Venango Legion

Meal Site

Pinnacle Bank

Meal Site Rent

The Senior Center welcomes
the following donations:

Items for the Salad Bar:

Lettuce, Carrots, Celery,
Radishes, Peppers, Cucumbers

Variety Veggies & Salads



Activity Calendar

July, 2026





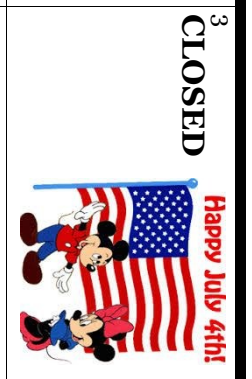
Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1 Rotary Program 12:30</p>	<p>2</p>	<p>3 CLOSED</p> 
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<p>6 8:30 Board Meeting 10:00 - Thrift Shoppe Mtg 1:00 - Card Party</p>	<p>7 12:00 - Venango Meal</p>	<p>8 Rotary Program 12:30 12:00 - Foot Clinic 5:30 - Volunteer Appreciation Banquet</p>	<p>9 11:30 - Elsie Meal</p>	<p>10 Birthday Dinner Bunco</p>
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<p>13</p>	<p>14 12:00 - Venango Meal</p>	<p>15 Rotary Program 12:30</p>	<p>16</p>	<p>17 Anniversary Dinner Bunco</p>
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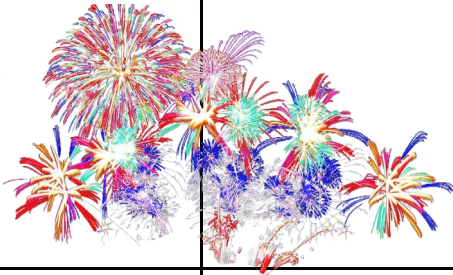
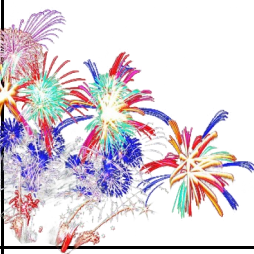

<p>20 1:00 - Card Party</p>	<p>21 12:00 - Venango Meal 12:30 - BINGO</p>	<p>22 Rotary Program 12:30</p>	<p>23</p>	<p>24 Bunco</p>
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<p>27</p> 	<p>28 12:00 - Venango Meal</p>	<p>29 Rotary Program 12:30</p>	<p>30</p> 	<p>31 Bunco</p>
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Grant Senior Center Menu

July, 2026

(Menu subject to change) Reservations are requested. Those who don't call in a reservation may receive a menu substitute.

Mon	Tues	Weds 1	Thurs 2	Fri 3
		Meatloaf Tater Tots Squash Broccoli Fruit Roll, Dessert	Roasted Chicken 3 Bean Salad Marinated Tomatoes Fruit Roll, Dessert	CLOSED 
6	7	8	9	10 Birthday
Turkey Wrap Deli/Salad Bar French Fries Fruit Dessert	Pork Chops Roasted Potato Stewed Tomato Coleslaw Fruit Biscuit, Dessert	Chicken Tenders Mashed Potato Buttered Corn Carrots Fruit Roll, Dessert	Salisbury Steak Roasted Potato Green Beans Broccoli Fruit Biscuit, Dessert	Salmon Patties Quinoa Pilaf Spinach Mixed Veggies Birthday Cake
13	14	15	16	17 Anniversary
Shrimp Salad Deli/Salad Bar Fruit Dessert	Baked Ham Scalloped Potato Zucchini Salad Bar Fruit Roll, Dessert	Oven Fried Chicken Potato Salad Coleslaw Fruit Biscuit, Dessert	Smothered Cod Rice Pilaf Carrots Beets Fruit Dessert	Pizza Deli/Salad Bar Green Beans Fruit Anniversary Dessert
20	21	22	23	24
Reubens Deli/Salad Bar Fruit Dessert	BBQ Pork Macaroni Salad Coleslaw Baked Beans Fruit Dessert	Tuscan Chicken Potato Gnocchi Peas Salad Bar Fruit Roll, Dessert	BBQ Pork Macaroni Salad Coleslaw Baked Beans Fruit Dessert	Spaghetti & Meat Balls Green Beans Roasted Corn Fruit, Breadstick Pie
27	28	29	30	31
Ham & Swiss Wrap Deli/Salad Bar Fruit Dessert	Tuna Casserole Broccoli Brussel Sprouts Fruit Roll Dessert	BBQ Chicken Baked Beans Coleslaw Potato Salad Fruit Dessert	Roast Beef Sweet Potato Mixed Veggies Salad Bar Fruit Roll, Dessert	Chef's Choice Fruit Veggies Pie

Meals are served daily from 11:00 am - 1:00 pm Under 60 - \$8.00 Delivered/Carryout - \$8.50
 Suggested Contribution 60+ or spouse - \$6.00 Delivered/Carryout - \$6.50
 Venango meals will be served EVERY Tuesday Elsie meal will be served on the SECOND Thursday

Volunteer Appreciation Banquet



Mark your calendar!!

The Volunteer Appreciation Banquet will be held on
Wednesday, July 8th.

Watch in the mail for invitations with additional information!!

We can't wait to CELEBRATE all of our great volunteers and the hours you've donated in 2025!!

(All Volunteers are invited, invitations were sent to those who donated hours in 2025)



Skin Cancer



Skin cancer is the most common malignancy in the world. Factors such as skin type, previous history, tanning bed use, unprotected sun exposure, smoking, and poor diet all contribute to increased risk. Skin cancer is the uncontrolled growth of skin cells due to DNA damage. Basal cell and squamous cell carcinoma are the most common and highly curable types of skin cancer. A third type, melanoma, causes the most deaths.

What are some potential signs of skin cancer?

According to one study, self-checks of skin may decrease mortality from melanoma by 63 percent because doctors do not routinely check for skin abnormalities.

Do you have any spots on your skin that:

Have changed in color, size, or texture?	YES	NO
Are bigger than ¼ inch (pencil eraser)?	YES	NO
Appear pearly, translucent, tan, brown, black or multicolored?	YES	NO
Itch, hurt, crust over or scab, erode, bleed or haven't healed within three weeks?	YES	NO
Have had a sunburn?	YES	NO
Have used tanning beds?	YES	NO

***If you said "yes" to any of the above, let our health care provider know.**

Help lower your risk! Sunscreen is vital for helping prevent skin cancer. Check out the sun protection factor (SPF) on sunscreen bottles. Most sources recommend sunscreen with an SPF of 30 or higher. Be sure to apply plenty of sunscreen and get help as needed to apply sunscreen to your back. (Try using a bath scrubber if help is not available.) Reapply sunscreen every two hours or more often if you are swimming or perspiring. When purchasing, look for an expiration date. If it does not have an expiration date, label it with the date of purchase and use within three years.

Berry Good Smoothie

- 2 c ice (about 14 ice cubes)
 - 1 c 1% or skim milk
 - 1 ½ c frozen or fresh mixed berries (strawberry, raspberry, blueberry)
 - 10 baby carrots
 - 1 tsp ground flax seed
 - 1 c juice, preferred
- Instructions: Place ingredients in blender. Blend until smooth. Frozen fruit gives a better texture. Makes 4 servings. 90 calories, 2g protein, 18g carbohydrate, 2t fiber and 50mg sodium.

Source: <https://www.ndsu.edu/agriculture/extension/publications>

Nebraska Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture. Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.



JULY BIRTHDAYS

1st	Bernie Deaver Rex Burge	23rd	Merle Poppe Diane Spencer
2nd	Carmen Richmond		Tom Pankonin
3rd	Janet Hahlweg	24th	Connie Pofahl
6th	Bob Tatum Marcia Spratt		Ronda Lawyer
12th	Sharon Day	25th	Pat Karre
15th	Dan Wallin	29th	Wayne Maupin
		30th	Rita Apolius
		31st	Preston Case



Anyone who is celebrating a Birthday in July is invited to join us for a FREE lunch and Birthday Cake on Friday, July 10th



The Thrift Shop is

OPEN

Business Hours are:

Monday - CLOSED

Tuesday - Friday - 9am - 4pm

Saturday, July 4th - 9am - 1pm



**NEW ITEMS ARE PUT OUT FOR SALE DAILY!!
INCLUDING A HUGE SELECTION OF SUMMER
CLOTHING FOR THE ENTIRE FAMILY!!**

May Volunteers

WE COULDN'T DO IT WITHOUT YOU!! GREAT JOB!!

Senior Center



That's a Total of
309.5 Volunteer Hours
in the Month of
May!

Thrift Shoppe

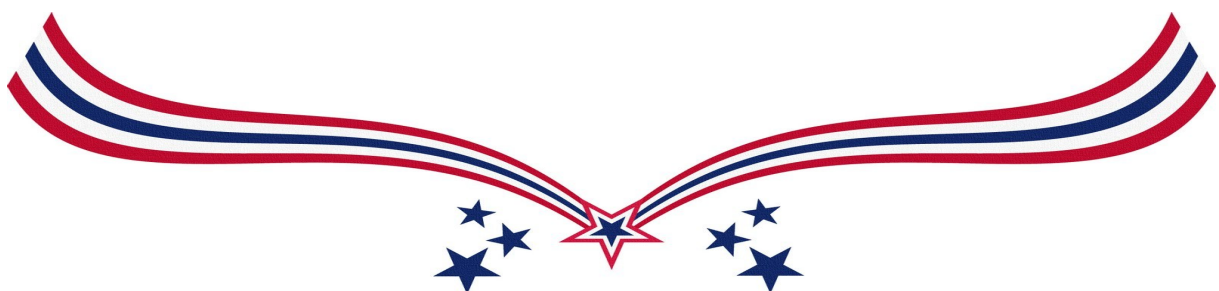
Anne Kirkpatrick	28 Hours	Linda Chillemi	7.25 Hours
Linda Hidalgo	20.5 Hours	Jill Grable	7 Hours
Doris Olsen	20 Hours	Patty Clough	7 Hours
DeeAnn Tatum	17.5 Hours	Ronda Lawyer	5 Hours
Bob Tatum	17.5 Hours	Paula Jimenez	2 Hours
Mary Kay McClenahan	17.5 Hours	Dee Grantham	1.5 Hours
Cindy Salsman	17 Hours	Connie McClenahan	1 Hour
Alice Tines	16 Hours		
Josie Hughes	16 Hours		
Deb Hansen	15 Hours		
Bernie DeForest	14.75 Hours		
Roxie Lampmann	14.5 Hours		
Pennie Reese	14 Hours		
Rita Long	14 Hours		
Diana Tate	13.5 Hours		
Carol Nikkel	11.5 Hours		
JoLynn Moffett	10.5 Hours		
Rubydell Bogaert	10.5 Hours		



FOURTH OF JULY

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

INDEPENDENCE	FIRECRACKERS	CONSTITUTION	DECLARATION	WATERMELON
PATRIOTIC	FIREWORKS	BARBECUE	STRIPES	LIBERTY
AMERICA	UNITED	STATUE	STATES	FOURTH
WHITE	UNCLE	STARS	BETSY	ROSS
JULY	FLAG	BLUE	BELL	SAM
RED	DAY			



Mark your calendar!!
Card Party will be held
at 1pm on Monday
July 6th & 20th
Everyone is invited!!

BUNCO

Every Friday before
lunch!!

Join in on the Fun!!



BINGO!!

Tuesday, July 21st

@ 12:30 pm

Fun and FREE!!

HELP WANTED

Volunteers are extremely important to the success of the Perkins County Senior Center/ Thrift Shoppe and we are in dire need of generous individuals who are willing to donate their time and talents to the organization.

We are currently in desperate need of volunteers to work in the Thrift Shoppe.

If you or anyone you know might be interested in learning more about the volunteer opportunities available at the Senior Center or Thrift Shoppe, please stop in at 420 Central Avenue or contact us at 308-352-4236. We'd love to visit with you about becoming a Volunteer!!



VENANGO

Join us every Tuesday at 12:00 noon
at the Legion Hall for Senior Meal.

(Carry out available)

Please RSVP by the Monday prior by
calling the Center at 308-352-4236

Thank You.

ELSIE

Join us on the second Thursday of every Month at
11:30 am at the Legion Hall for Senior Meal.

(Carry out available)

Please RSVP by the Tuesday prior by
calling the Center at 308-352-4236

Thank You.