

PERKINS COUNTY SENIOR CENTER NEWS

420 Central Avenue

PO Box 314

Grant, NE 69140

308-352-4236

Perkins County Public Transit

308-352-4597

www.pcsenior.org

pcsenior@gpcom.net

October

2026

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

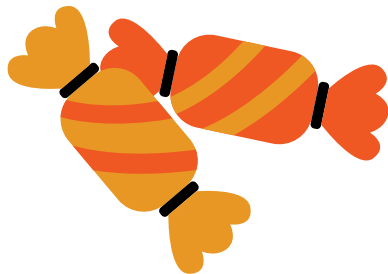
Dennis Ekdahl

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 the Perkins County Senior Center

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
COFFEE, CAKE MIX**



Activity Calendar



October, 2026

Monday

Tuesday

Wednesday

Thursday

Friday



5
8:30 - Board Meeting
10:00 - Thrift Shoppe Meeting
1:00 - Card Party

6
12:00 - Venango Meal

7
12:30 - Rotary Program

8
11:00 - Wit's Workout
11:30 - Elsie Meal

9
Bunco
Birthday Dinner

12
CLOSED

13
12:00 - Venango Meal

14
12:30 - Rotary Program

15
11:00 - Wit's Workout

16
Bunco
Anniversary Dinner
Fall Harvest Dinner
Sunday, October 18th
(see pg. 5)



19
1:00 - Card Party

20
12:00 - Venango Meal

21
12:30 - Rotary Program

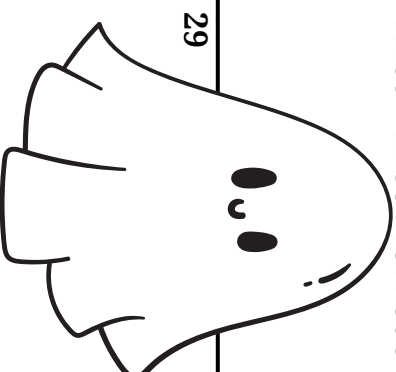
22
11:00 - Wit's Workout

23
Bunco



27
12:00 - Venango Meal

28
12:30 - Rotary Program



30
Bunco



Grant Senior Center Menu

October, 2026

(Menu Subject to Change) Reservations are requested. Those who don't call in, may receive a menu substitute

Mon	Tue	Wed	Thur 1	Fri 2
			Chicken & Noodles Broccoli Brussel Sprouts Fruit Roll, Dessert	Blackend Salmon Mixed Veggies Salad Bar Fruit Roll, Pie
5	6	7	8	9
Cheeseburger Veggie Soup Salad Bar French Fries Fruit Dessert	Pork Chops Roasted Potatoes Stewed Tomatoes Coleslaw Fruit Biscuit, Dessert	BBQ Chicken Thighs Baked Beans Buttered Corn Carrots, Fruit Roll, Dessert	Chicken Fried Steak Mashed Potatoes Green Beans Broccoli, Fruit Biscuit, Dessert	Roasted Tilapia Quinoa Pilaf Spinach Mixed Veggies Fruit Birthday Cake
12	13	14	15	16
CLOSED 	Lasagna Broccoli Zucchini Fruit Garlic Breadstick Dessert	Quiche Lorraine Potato Salad Coleslaw Fruit Roll Dessert	Roasted Pork Rice Pilaf Carrots Beets Fruit Dessert	Chef's Choice Mixed Veggies Green Beans Fruit Roll Anniversary Cake
19	20	21	22	23
Ham & Bean Soup Reubens Salad Bar Fruit Dessert	Beef Pot Roast Mashed Potato Broccoli Spinach Fruit Roll, Dessert	Chicken Parmesan Fettuccine Peas Zucchini, Fruit Roll, Dessert	Beef Fajitas Rice Pilaf Corn Refried Beans Fruit Dessert	Roasted Cod Smashed Potatoes Asparagus Cauliflower Fruit Roll, Dessert
26	27	28	29	30
Clam Chowder Ham & Swiss Wrap Salad Bar Fruit Dessert	BBQ Ribs Steamed Broccoli Brussel Sprouts Fruit Roll Dessert	German Meatballs German Potato Salad Sauerkraut, Beets Fruit, Dessert	Roasted Chicken Quinoa Peas Carrots Fruit Dessert	Poltergeist Pizza Goblin Greens (Salad Bar) Haunted Trees (Broccoli) Fruit, Dessert

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

Fall Harvest Dinner

Perkins County Senior Center



Sunday October 18th,
11:00 am until 1:00pm

Cider Glazed Pork
or

Maple Roasted Chicken
Mashed Potatoes & Gravy
Honey Glazed Carrots
Black Beans & Corn

Dinner Roll
Apple Crisp with Ice Cream

Free Will Donation

October Birthdays



1st	Rosa Cornelius	22nd	Steve Baker
6th	Linda Hilferty	23rd	Pauline Lyon
8th	Marge Tatum	27th	Don Softley
9th	Archie Silvrants		Rick Salsman
10th	Richard Hahlweg	28th	Tim Moore
12th	Peggy Lechman		Barbara Tines
18th	Sharon Parker	29th	Ken Wykert
20th	Kristy Ogg	31st	Raymond Berges
	Sue Proskovec		Noreen Christner
22nd	Rodney Bruntz		
	Pat Lierley		

Anyone who is celebrating a Birthday in October is invited to join us for a **FREE** lunch and Birthday Cake on Friday, October 9th

The Thrift Shoppe is
OPEN

Business Hours are:
Monday - CLOSED

Tuesday - Friday - 9am - 4pm
Saturday, October 3rd - 9am - 1pm

Discover our extensive collection of fall and winter clothing designed to keep the entire family cozy and stylish as the temperatures drop! Whether you're looking for warm sweaters, durable outerwear, or chic accessories, we have something to suit every taste and need. Additionally, explore our delightful array of fall and Halloween decorations to bring a festive and inviting atmosphere to your home. From spooky Halloween accents to vibrant autumnal decorations.

August Volunteers

Thrift Shoppe

Cindy Salsman	32.5 Hours
Cinda Chillemi	28.25 Hours
Doris Olsen	28 Hours
Ronda lawyer	27 Hours
Anne Kirkpatrick	24 Hours
Cinda Hidalgo	19.25 Hours
Deb Hansen	16.5 Hours
Alice Tines	16 Hours
Rita Cong	15 Hours
Pennie Reese	14 Hours
Mary Kay McClenahan	14 Hours
JoCynn Mofett	14 Hours
Rubydoll Bogaert	14 Hours
Diana Tate	11.75 Hours
Bernie Deforest	11.5 Hours
Jill Grable	10.5 Hours

That's a Total of
365.5
Volunteer Hours
in the Month of
August!!

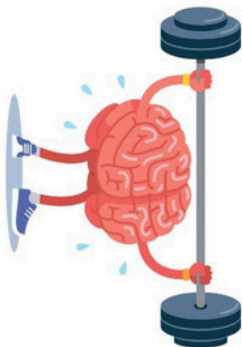
We couldn't do it
without you!
Great job Volunteers!

Patty Clough	10 Hours
Carol Nikkel	7 Hours
DeeAnn Tatum	6.75 Hours
Alexa Kraus	6.5 Hours
Ernesto Perez	6 Hours
Dee Grantham	6 Hours
Connie McClenahan	4.5 Hours
Cynthia Dahlkoetter	4 Hours
Bob Tatum	3.5 Hours
Paula Jimenez	3.5 Hours
Lisa Kling	3.5 Hours
Roxie Campmann	3.5 Hours
Josie Hughes	3.5 Hours
Austin Kraus	1 Hour

thank you

N EXTENSION

Improving Brain Health & Memory



When someone asks you to think about health, wellness and fitness, you usually think about physical health, exercise or nutrition. Throughout a person's lifetime, they should not only concentrate on improving and maintaining their physical health but also be working on their cognitive or brain health.

Around the World, 47 million people are living with Alzheimer's and other dementia. In the U.S., someone develops Alzheimer's every 65 seconds.

Begin safeguarding your brain health:

- **Exercise regularly:** Just 30 minutes of moderate activity can boost cognitive function and memory. Aim for 50-80% of maximum heart rate.
- **Manage chronic conditions:** Work with healthcare providers to check blood pressure and cholesterol.
- **Prioritize sleep:** Aim for 7-9 hours per night. Avoid caffeine and alcohol before bed, keep your bedroom cool and dark. (60°F to 68°F is ideal)
- **Eat a brain-healthy diet:** Focus on fruits, veggies, whole grains, lean meats, and watch your intake of trans fats and salt.
- **Challenge your mind:** Engage in activities stimulating the brain, such as learning skills or playing games.
- **Stay socially connected:** Whether through groups, a club, or a phone call, keep the social network active.
- **Minimize stress:** Find resources to help manage stress, such as meditation, mindfulness, yoga, or exercise. Explore ways to replace negative thoughts with positive ones, improving mental and physical health.
- **Slow down, pay attention, and stay focused:** If you want to recall something later, pay close attention to it now. Concentrate on what you're doing and reduce distractions and interruptions. Don't rush—focus and attention take time.
- **Repeat it:** Repetition strengthens connections in your brain. Connect with your 5 senses. Write it down: Putting important information in writing both repeats it and provides a visual reminder. Carry a notepad, calendar, or use your smartphone.
- **Visualize:** Creating an image of what you want to remember improves recall by giving your brain another way to access the information.
- **Make associations:** Relate new experiences and information to what you already know, to embed it in existing synaptic connections. This strategy can be useful in remembering names: at a dinner party, you might associate "Pam" with "red dress" and "red wine."
- **Stay organized:** Keep things you regularly use in the same place, put keys on a hook by the door, your wallet in a basket on your dresser.
- **Plan and prioritize:** Because multitasking may be more difficult as we age, planning

Source: National Library of Medicine, and AARP.org

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.
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HALLOWEEN TV & MOVIES

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

WORD LIST

ADDAMS FAMILY	CASPER	GOOSEBUMPS	MUNSTERS
BETLEJUICE	COCO	GREMLINS	PARANORMAN
BOXTROLLS	CORALINE	HALLOWEEN	SCOOBY DOO
BUFFY	CORPSE BRIDE	HOCUS POCUS	SCREAM
CARRIE	GHOSTBUSTERS	MONSTERS INC	THE WITCHES

Mememade
GIFTS MADE EASY





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.