

PERKINS COUNTY SENIOR CENTER NEWS

SEPTEMBER

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

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 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

September

September, 2026

Monday Tuesday Wednesday Thursday Friday

	¹ 9:30 - Living Well Class 12:00 - Venango Meal	² Rotary Program 12:30	³ 11:00 - Wits Workout (see pg. 5)	⁴ Bunco
⁷ CLOSED 	⁸ 9:30 - Living Well Class 12:00 - Venango Meal	⁹ Rotary Program 12:30 12:00 - Foot Clinic	¹⁰ 11:00 - Wits Workout 11:30 - Elsie Meal	¹¹ Birthday Dinner Bunco
¹⁴	¹⁵ 9:30 - Living Well 12:00 - Venango Meal 12:30 - BINGO	¹⁶ Rotary Program 12:30	¹⁷ 11:00 - Wits Workout	¹⁸ Anniversary Dinner Bunco
²¹ 1:00 - Card Party	²² 9:30 - Living Well Class 12:00 - Venango Meal	²³ Rotary Program 12:30	²⁴ 11:00 - Wits Workout	²⁵ Bunco
²⁸ 	²⁹ 12:00 - Venango Meal	³⁰		

Grant Senior Center Menu

September, 2026

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

Mon	Tues 1	Weds 2	Thurs 3	Fri 4
	Turkey Wrap French Fries Deli/Salad Bar Fruit Dessert	Meatloaf Mashed Potato Squash Broccoli Fruit Roll, Dessert	BBQ Chicken 3 Bean Salad Marinated Tomatoes Fruit Roll, Dessert	Goulash Mixed Veggies Salad Bar Fruit Roll Pie
7	8	9	10	Birthday 11
CLOSED 	Pork Chops Roasted Potato Stewed Tomato Coleslaw Fruit Biscuit, Dessert	Roasted Chicken 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 Fruit Birthday Cake
14	15	16	17	Anniversary 18
Tuna Salad Potato Salad Deli/Salad Bar Fruit Dessert	Baked Ziti Broccoli Zucchini Fruit Roll Dessert	Oven Fried Chicken Potato Salad Coleslaw Fruit Biscuit, Dessert	Roasted Cod Rice Pilaf Carrots Beets Fruit Roll, Dessert	Pizza Salad Bar Green Beans Fruit Anniversary Cake
21	22	23	24	25
Ruebens Deli/Salad Bar Fruit Dessert	Liver & Onions Mashed Potato Broccoli Spinach Fruit Roll, Dessert	Chicken Alfredo Peas Zucchini Fruit Breadstick Dessert	Smothered Pork Sweet Potato Corn & Black Beans Fruit Roll, Dessert	Cheeseburger Macaroni Salad Coleslaw Roasted Corn Fruit Pie
28	29	30		
Ham & Swiss Wrap Deli/Salad Bar Fruit Dessert	Tater Tot Casserole Brussel Sprouts Broccoli Fruit Roll, Dessert	BBQ Chicken Baked Beans Coleslaw Potato Salad Fruit Biscuit, 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



BRAIN BENEFITS FROM:

quality sleep
a healthy diet
exercise

stress management
social connections
intellectual challenge



WHEN:

(Thursday Mornings)
September 3, 2026
September 10, 2026
September 17, 2026
September 24, 2026
October 1, 2026
October 8, 2026
October 15, 2026
October 22, 2026

TIME:

11:00AM - 12:00 PM MT

WHERE:

Perkins County Senior Center
420 Central Ave Grant, NE

To Sign Up, contact the
Senior Center at
308-352-4236

For questions contact:
Mary Castillo
Southwest Health Dept.
308-345-4223
Brenda Aufdenkamp
UNL Extension
308-532-2683

Wits Workout is a program developed by
University of Illinois Extension.

September Birthdays

1st	Sondra Jones	19th	Linda Denbo
2nd	Dolores Steinwart	20th	Linda Harms
6th	Arlin Flint		Tonia Wyatt
7th	Janie Colglazier	21st	Bernita Tjaden
11th	Shirley Barry	22nd	Debbi Osler
14th	Helen Yost	25th	Debra Cornelius
	Judy Reichman	28th	Virginia Deaver
15th	Tom Tines		DeeAnn Tatum
18th	Glenn Colson		Sue Cook

Anyone who is celebrating a Birthday in September is invited to join us for a FREE lunch and Birthday Cake on Friday, September 11th



The Thrift Shop is

OPEN

Business Hours are:

Monday - **CLOSED**

Tuesday - Friday - 9am - 4pm

Saturday, September 5th - 9am - 1pm



BAG SALE THROUGH SEPTEMBER 10TH

THE THRIFT SHOPPE WILL BE **CLOSED** September 11th
through September 15th for Seasonal Changeover

Come shop with us on September 16th with a GREAT Selection of
Fall and Winter Clothing!!

July Volunteers

We Couldn't Do It Without YOU!! Great Job!!

Senior Center



That's a Total of
390.25 Volunteer Hours
in the Month of
July!

Thrift Shoppe

Cindy Salsman	34 Hours	DeeAnn Tatum	14 Hours
Jill Grable	25 Hours	Rita Long	13.5 Hours
Mary Kay McClenahan	22.5 Hours	Bob Tatum	12.5 Hours
Alice Tines	20.5 Hours	Ronda Lawyer	12 Hours
Patty Clough	18.5 Hours	Cynthia Dahlkoetter	3.5 Hours
Diana Tate	18 Hours	Lila Hill	3.5 Hours
JoLynn Moffett	17.5 Hours	Paula Jimenez	3.5 Hours
Deb Hansen	16.5 Hours	Renee Spurlock	3.5 Hours
Anne Kirkpatrick	16.5 Hours	Austin Kraus	2.75 Hours
Linda Chillemi	15.5 Hours	Connie McClenahan	2 Hours
Linda Hidalgo	15.5 Hours		
Carol Nikkel	15 Hours		
Doris Olsen	14.5 Hours		
Rubydell Bogaert	14 Hours		
Bernie DeForest	14 Hours		
Alexa Kraus	14 Hours		
Roxie Lampmann	14 Hours		
Pennie Reese	14 Hours		



Apple Crisp with Stevia



Filling

- 4 cups apples, sliced
- ½ cup water
- 1 Tbsp + 2¼ tsp Stevia sweetener (spoonful) or 6 packets Stevia
- 2 Tbsp all-purpose flour
- 1½ tsp ground cinnamon
- ½ tsp nutmeg
- Nonstick cooking spray

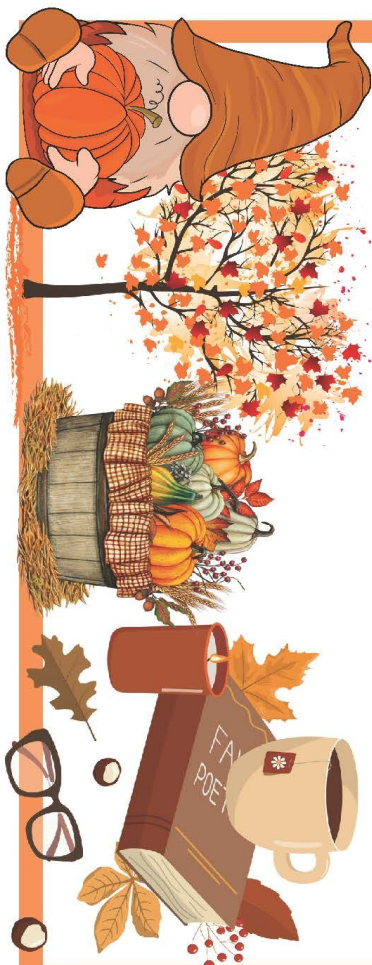
Crisp

- 1 cup rolled oats
- 1 Tbsp + 2¼ tsp Stevia (spoonful) or 6 packets Stevia
- ¼ cup all-purpose flour
- 1½ tsp ground cinnamon
- ¼ cup butter, melted
- 1½ Tbsp brown sugar
- ½ tsp salt

Directions:

1. Preheat oven to 375°F.
2. For filling: place apples in a large bowl; sprinkle with water, Stevia, flour, cinnamon, and nutmeg; toss to coat the fruit.
3. Spray a 9-inch baking dish with nonstick spray; place apple mixture in dish.
4. For crisp: in a separate bowl, combine oats, Stevia, flour, cinnamon, melted butter, brown sugar, and salt; stir to form crumbly mixture.
5. Sprinkle crumb mixture on top of apples.
6. Bake 35 to 40 minutes until apples are tender.

N EXTENSION



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

- SEPTEMBER
- AUTUMN
- FALL
- LEAVES
- APPLE
- HARVEST
- PUMPKIN
- SQUASH
- CIDER
- ACORN
- HAYRIDE
- BACK TO SCHOOL
- OUTDOORS
- WEATHER
- JACKET
- TRACTORS
- SUNSET
- FRIENDS



Mark your calendar!!
Card Party will be held
at 1pm on Monday
September 21st
Everyone is invited!!

BUNCO

Every Friday before
lunch!!

Join in on the Fun!!



BINGO!!

Tuesday, September 15th

@ 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.