

Perkins County Senior Center News

February

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

2026

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 Senti-
nel

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

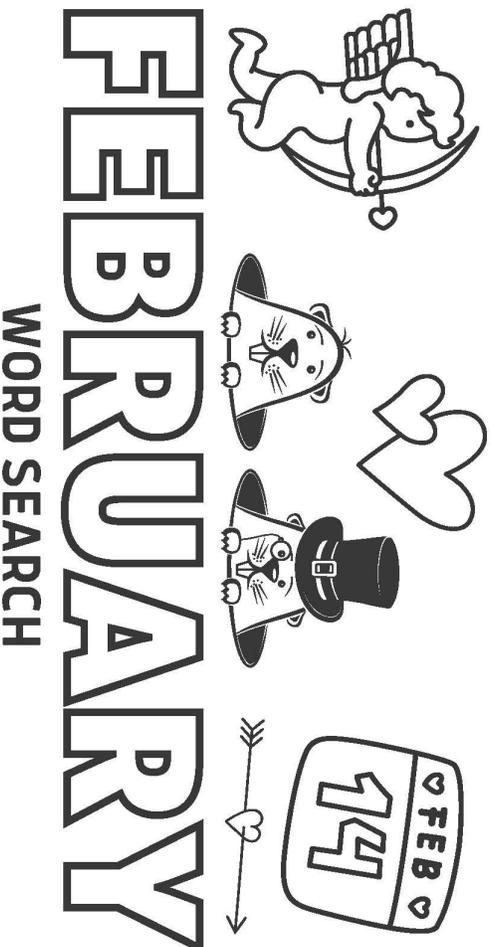
Venango

Venango Legion

Meal Site

Pinnacle Bank

Meal Site Rent



WORD SEARCH

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

ARROW
CHILI DAY
CHINESE NEW YEAR
CHOCOLATE
CUPID
FEBRUARY
FLOWERS
FRIENDS
GROUNDHOG DAY
KINDNESS
LEAP YEAR
LOVE
MARDI GRAS
NUTELLA
PARTY
PRESIDENTS DAY
SUPER BOWL
SWEETHEART
VALENTINES
WINTER

Activity Calendar



February, 2026

Monday

Tuesday

Wednesday

Thursday

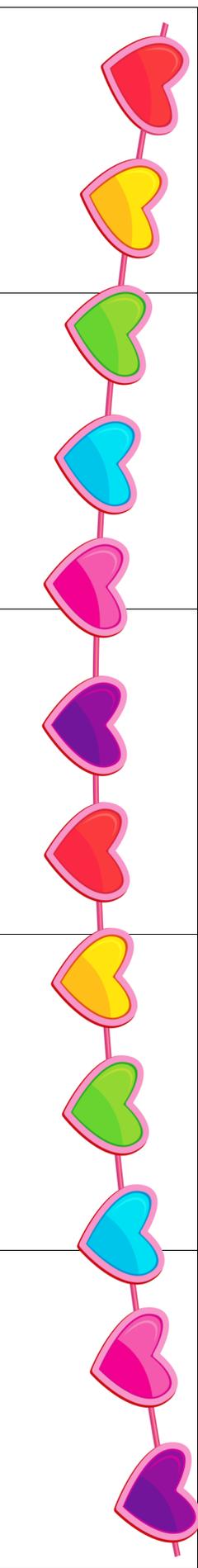
Friday

<p>2 </p>	<p>3 12:00 - Venango Meal</p>	<p>4 Rotary Program 12:30</p>	<p>5 </p>	<p>6 Bunco</p>
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<p>9 8:30 Board Meeting 10:00 - Thrift Shoppe Mtg 1:00 - Card Party</p>	<p>10 10:00 - Bingocize (see pg 5) 11:30 - Protect the Good Life (see pg 9) 12:00 - Venango Meal</p>	<p>11 Rotary Program 12:30 12:00 - Foot Clinic</p>	<p>12 10:00 - Bingocize (see pg 5)</p>	<p>13 Birthday Dinner Bunco </p>
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<p>16 CLOSED </p>	<p>17 10:00 - Bingocize 12:00 - Venango Meal 12:30 - BINGO</p>	<p>18 Rotary Program 12:30</p>	<p>19 10:00 - Bingocize</p>	<p>20 Anniversary Dinner Bunco Soup Sunday February 22nd (see pg. 8)</p>
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<p>23</p>	<p>24 10:00 - Bingocize 12:00 - Venango Meal</p>	<p>25 Rotary Program 12:30</p>	<p>26 10:00 - Bingocize</p>	<p>27 Bunco</p>
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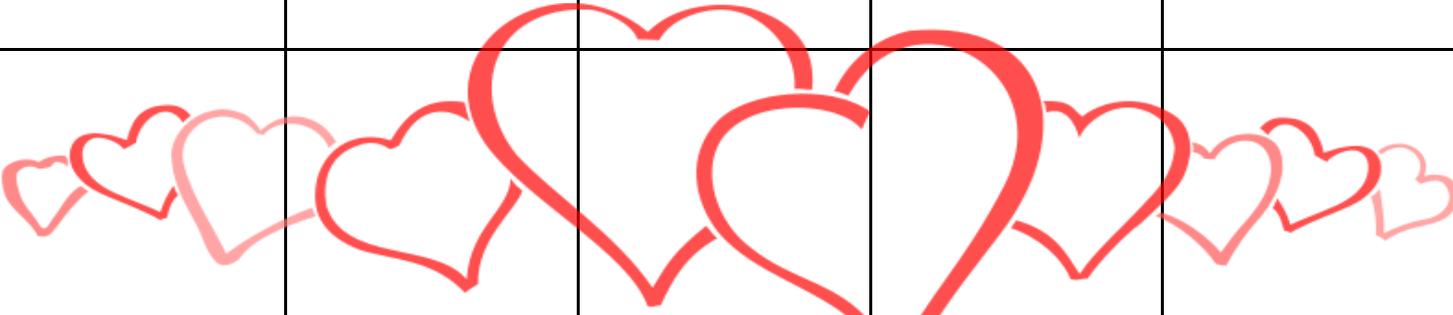


Grant Senior Center Menu

February, 2026

(Menu subject to change)

Venango meals will be served EVERY Tuesday

Mon 2	Tues 3	Weds 4	Thurs 5	Fri 6
Vegetable Beef Soup Tuna Salad Sandwich Garden Salad Fruit, Dessert	Smothered Pork Chops Roasted Potato Stewed Zucchini Fruit, Roll Dessert	Chicken Etouffee Dirty Rice Creole Green Beans Turnip Greens Fruit, Dessert	Seafood Burrito Refried Beans Rice Pilaf Garden Salad Fruit Dessert	Chef's Choice Fruit Biscuit Pie
9	10	11	12	Birthday 13
French Onion Soup Cheeseburger French Fries Garden Salad Fruit, Dessert	Chicken Cordon Bleu Rice Pilaf Buttered Carrots Mixed Veggies Fruit, Dessert	Tater Tot Hot Dish Steam Broccoli Garden Salad Breadstick Fruit, Dessert	Ham Steak Scalloped Potato Braised Cabbage Garden Salad Fruit, Roll Dessert	Salmon Cakes Steamed Spinach Corn Sweet Potato Fruit, Biscuit Birthday Cake
16	17	18	19	Anniversary 20
CLOSED 	German Meatballs Buttered Noodle Green Beans Garden Salad Fruit, Dessert	Chicken Burrito Mexican Rice Refried Beans Garden Salad Fruit Dessert	Garlic Herb Pork Loin Roasted Zucchini Roasted Potato Garden Salad Fruit, Dessert	Roasted Cod Turnip Greens Roasted Beets Rice Pilaf Fruit Anniversary Cake
23	24	25	26	27
Borscht Ham & Swiss on Rye Garden Salad Carrots Fruit, Dessert	Beef Pot Roast Mashed Potato Peas Fruit Biscuit Dessert	Pork Schnitzle Mac & Cheese Steamed Broccoli Garden Salad Fruit, Dessert	Baked Herb Chicken Buttered Noodle Mixed Veggies Steam Spinach Dessert	Biscuits & Gravy Sausage Pattie Scrambled Eggs Breakfast Potato Roasted Tomato Fruit
				

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
 Reservations are requested. Those who don't call in a reservation may receive a menu substitute

BINGOize®

Bingo + Exercise = Bingoize

A fun 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!



Fall Prevention Workshop!

Starting Tuesday, February 10th

Call the Center at 308-352-4236 or stop in at 420 Central Avenue to sign up. Registration is required.

Where: Perkins County Senior Center

When: Tuesdays & Thursdays

Time: 10:00 - 11:00 am

Free Prizes
Lots of
Smiles

Did you know? Every year, more than 3 million adults aged 65 and older take a fall—leading to over \$80 billion in health care costs. But here's the good news: with the right health programs, many of those falls can be prevented! The problem? A lot of older adults think exercise is painful or boring. That's why Bingoize® was created—to prove that moving your body and learning about health can be fun, social, and full of prizes! What is Bingoize®? Bingoize® is a one-of-a-kind program that mixes gentle exercise and health education with the classic game of Bingo! It's designed to keep you moving, laughing, and learning—all while connecting with others.

- Build strength and balance
- Learn health tips that keep you thriving
- Enjoy social time with friends
- And of course... play Bingo with prizes!
- Who Can Join? Bingoize® is perfect for older adults of all abilities. Exercises can be done seated or standing, so you can join in whether you're a fitness pro or just getting started. No gym membership required! Just bring comfy clothes, good shoes, and a smile—we'll provide the rest (bingo cards, chips, resistance band, stress ball, and even prizes!). Program Highlights
- Session Length: 1 hour of Bingo + movement + health tips
- Schedule: 2 sessions per week for 10 weeks (20 total)
- Safety First: Backed by research, approved by the National Council on Aging, and includes a quick safety screen before you start
- Benefits You'll Feel: o More energy and activity o Better balance and strength o Sharper mind and focus o Stronger social connections
- Reduced fall risk



February Birthdays

1st	Larry Harger	14th	Linda Stasis
6th	Garvin McClenahan	16th	Carol Uehling
	Frances Olson	23rd	Don Johnson
9th	Ron Patrick	26th	Joyce Hightower
	Karen Wall	27th	Terry Kraich
13th	Clifford Colglazier	28th	Dean Uehling



Anyone who is celebrating a Birthday in February is invited to join us for a FREE lunch and Birthday Cake on Friday, February 13th



The Thrift Shop is

OPEN

Business Hours are:

Monday - CLOSED

Tuesday - Friday - 9am - 4pm

Saturday, February 7th - 9am - 1pm

Watch our Facebook Page and Website

for upcoming Sales!!



December Volunteers

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

Senior Center

Katy Miyamoto 1 Hour



That's a Total of
234.5 Volunteer Hours
in the Month of
December!

Thrift Shoppe

Anne Kirkpatrick	25 Hours	Cindy Salsman	5.5 Hours
Ronda Lawyer	21 Hours	Linda Chillemi	4.5 Hours
Alice Tines	15.5 Hours	Linda Knapp	3.5 Hours
Marcia Shalla	13.5 Hours	Paula Jimenez	3.5 Hours
Diana Tate	13 Hours	Becky Uehling	3.5 Hours
Deb Hansen	11 Hours	Patricia Story	3.5 Hours
Bob Tatum	10.5 Hours	Elaine Eggert	3.5 Hours
Doris Olsen	10.5 Hours	Bernie DeForest	3.5 Hours
JoLynn Moffett	10.5 Hours	Kay-Leigh Booyesen	2.5 Hours
Roxie Lampmann	10.5 Hours		
Jill Grable	10.5 Hours		
Patty Clough	10.5 Hours		
Mary Kay McClenahan	10.5 Hours		
Linda Hidalgo	10 Hours		
DeeAnn Tatum	7 Hours		
Pennie Reese	7 Hours		
Josie Hughes	7 Hours		
Rubydell Bogaert	7 Hours		



SOUP SUNDAY FUNDRAISER

Sunday, February 22nd

11:00 a.m. - 1:00 p.m.

Perkins County Senior Center

We will be serving a variety of homemade soups with all the crackers you can eat and brownies for dessert.

**Watch for more information on our Facebook page and website
www.pcsenior.org**

FREE WILL DONATION

All funds raised will go towards Senior Center activities and functions supporting the Senior community.

**Mark your calendar!!
Card Party will be held
at 1pm on Monday
February 2nd
Everyone is invited!!**

BUNCO

**Every Friday before
lunch!!**

Join in on the Fun!!



BINGO!!

Tuesday, February 17th

@ 12:30 pm

Fun and FREE!!

Protect the Good Life: The 2026 Nebraska Scams and Anti-Fraud Education (SAFE) Update ~ Tuesday, February 10th @ 11:30 am

*Ryan Sothan, Outreach Coordinator
Nebraska Attorney General's Office*

Scams and fraud are an increasing concern for Nebraskans, particularly older adults who are often deliberately targeted by criminals. Beyond financial loss, fraud can cause lasting stress, anxiety, and disruption to one's independence and peace of mind. Because many scams go unreported, the true impact is far greater than most people realize.

The 2026 SAFE Update is designed to give you practical, easy-to-use tools to stay safe. This presentation will explain today's most common scams, show you the warning signs scammers rely on, and walk through simple steps you can take to protect your finances, your personal information, and yourself.

You've earned the right to enjoy life without fear of being taken advantage of. Trust your instincts. Slow down, ask questions, and remember: if it sounds too good to be true, it probably is.

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.

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!!

