

# PERKINS COUNTY SENIOR CENTER NEWS

## APRIL

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

## 2020

Perkins County Public Transit 308-352-4597

[www.pcsenior.org](http://www.pcsenior.org)  
[pcsenior@gpcom.net](mailto: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:

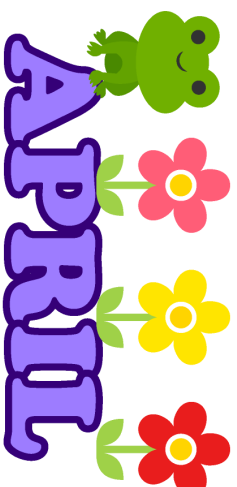
Items for the Salad Bar:

Lettuce, Carrots, Celery,  
Radishes, Peppers, Cucumbers

Variety Veggies & Salads



# Activity Calendar



# April, 2026

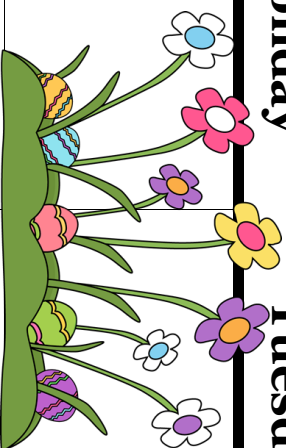
**Monday**

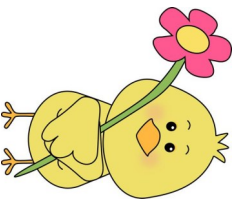
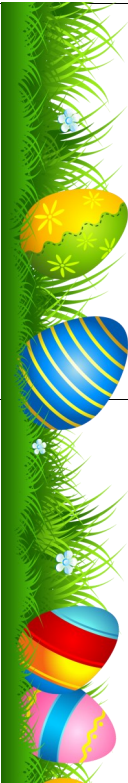

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



<p>6 8:30 Board Meeting 10:00 - Thrift Shoppe Mtg 1:00 - Card Party</p>	<p>7 10:00 - Bingocize 12:00 - Venango Meal</p>	<p>8 Rotary Program 12:30 12:00 - Foot Clinic</p>	<p>9 10:00 - Bingocize</p>	<p>10 Birthday Dinner Bunco</p>
<p>13</p>	<p>14 10:00 - Bingocize 12:00 - Venango Meal</p>	<p>15 Rotary Program 12:30</p>	<p>16 10:00 - Bingocize</p>	<p>17 Anniversary Dinner Bunco</p>
<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 1:00 - Yeast Bread Class (see pg 5)</p>	<p>24 Bunco April 26th—Afternoon in Italy (see pg 8)</p>
<p>27 </p>	<p>28 12:00 - Venango Meal</p>	<p>29 Rotary Program 12:30</p>	<p>30 </p>	<p></p>

# Grant Senior Center Menu

April, 2026

(Menu subject to change)

Venango meals will be served EVERY Tuesday

Mon	Tues	Weds 1	Thurs 2	Fri 3
		Pulled Pork Stuffed Baked Potato Baked Beans Mixed Veggies Fruit, Biscuit	Chef's Choice Fruit Veggies Roll Dessert	Tuna Noodle Casserole Roasted Brussel Sprouts Garden Salad Fruit, Pie
6	7	8	9	Birthday 10
Beef Barley Roast Beef & Cheddar French Fries Garden Salad Fruit, Dessert	Chicken Cordon Bleu Green Beans Beets Fruit Roll, Dessert	Spaghetti Steamed Broc. Mixed Veggies Fruit Breadstick Dessert	Spinach & Mushroom Quiche Peas, Roll Garden Salad Fruit, Dessert	Pizza Broccoli Garden Salad Fruit Birthday Cake
13	14	15	16	Anniversary 17
Sausage Gumbo Chicken Biscuit Tater Tots Garden Salad Fruit Dessert	Braised Pork Mashed Potato Green Beans Corn Fruit, Breadstick Dessert	Reuben Hot Dish Carrots Steamed Spinach Fruit Dessert	Polish Sausage Sauerkraut Steamed Potato Broccoli Fruit Biscuit, Dessert	Liver & Onions Roasted Potato Garden Salad Fruit Roll Anniversary Cake
20	21	22	23	24
Split Pea & Ham Soup Chicken Salad Sandwich Garden Salad Fruit, Dessert	Oven Fried Chicken Mashed Potato Creamed Corn Salad, Fruit Biscuit, Dessert	Beef Tips Buttered Noodle Mixed Veggies Beets Fruit Roll, Dessert	BBQ Ribs Ranch Beans Coleslaw Potato Salad Fruit Biscuit, Dessert	Roasted Salmon Rice Pilaf Brussel Sprouts Corn Fruit Roll, Dessert
27	28	29	30	
Clam Chowder Turkey & Swiss Wrap Garden Salad Fruit Dessert	Chicken Enchiladas Rice, Ref Beans Chili Roasted Corn Fruit, Dessert	Chicken Fried Steak Mashed Potato Green Beans Stewed Tomato Fruit, Biscuit, De	Chef's Choice Veggies Garden Salad 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

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



Learn to bake fresh and wholesome bread that makes the entire house smell wonderful. This is yeast bread at it's simplest...no special equipment..no intimidation! Consuming whole grains contributes to a diet rich in nutrients, reduced disease risks, improved digestion and better blood-sugar control.

**Thursday, April 23, 2026  
1:00 to 2:30 PM  
Perkins County Senior Center**

**PLEASE CONTACT THE SENIOR CENTER  
AT 308-352-4236 TO REGISTER**

Each participant will have a loaf of bread to take home and bake following the class.



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.



# April Birthdays

2nd  
4th  
6th  
7th  
9th  
10th  
12th  
13th  
14th  
16th

Anne Kirkpatrick  
Garnett Templeton  
Paul Hahlweg  
Bobi Brown  
Alan Case  
Michael Engle  
Diana Maupin  
Catherine Pierce  
Brad Kirkpatrick  
Brad Keuten  
Connie Washa

20th  
23rd  
24th  
  
25th  
  
26th  
28th  
29th  
30th

Barb Van Horn  
Pat Schipper  
Kathy Dolezal  
Sandie Kedrowski  
Chuck Brown  
Linda Skeels  
Darla Case  
CJ Pankonin  
Rachel Palmer  
Joyce Mannhalter

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

**The Thrift Shop is**

**GREAT SELECTION OF  
SPRING AND  
SUMMER CLOTHING  
FOR THE ENTIRE  
FAMILY!!!**

**OPEN**



**Business Hours are:  
Monday - CLOSED**

**Tuesday - Friday - 9am - 4pm**

**We will be CLOSED Saturday, April 4th so that our  
volunteers can enjoy the Easter Holiday with their  
families**

# February Volunteers

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

## Senior Center

Katy Miyamoto

1.5 Hours



That's a Total of  
328 Volunteer Hours  
in the Month of  
February!

## Thrift Shoppe

Cindy Salsman	33.5 Hours
Anne Kirkpatrick	22 Hours
Doris Olsen	20.5 Hours
Jill Grable	17.5 Hours
Alice Tines	16 Hours
DeeAnn Tatum	15 Hours
Bob Tatum	15 Hours
Paula Jimenez	14 Hours
JoLynn Moffett	14 Hours
Rubydell Bogaert	14 Hours
Mary Kay McClenahan	14 Hours
Linda Chillemi	12.5 Hours
Deb Hansen	12.5 Hours
Linda Hidalgo	11.5 Hours
Roxie Lampmann	11.5 Hours
Carol Nikkel	11.5 Hours
Patty Clough	10.5 Hours
Diana Tate	9.5 Hours

Alisa Lampmann	8 Hours
Andreina Marquez	7.5 Hours
Caitlyn Dolezal	7 Hours
Josie Hughes	7 Hours
Ronda Lawyer	5.5 Hours
Kay-Leigh Booyesen	4 Hours
Bernie DeForest	3.5 Hours
Holly Cornelius	3.5 Hours
Cindy Dahlkoetter	3.5 Hours
Connie McClenahan	1 Hour
Dee Grantham	1 Hour



The Perkins County Senior Center Presents...

# An Afternoon in Italy

Sunday, April 26th

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

at the

Perkins County Senior Center

420 Central Avenue

Join us for Spaghetti, Lasagna

Garlic Bread, Caesar Salad and  
Ice Cream & Sherbert for Dessert!!

**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  
 April 6th & 20th  
 Everyone is invited!!

**BUNCO**  
 Every Friday before  
 lunch!!  
 Join in on the Fun!!



**BINGO!!**  
 Tuesday, April 21st  
 @ 12:30 pm  
 Fun and FREE!!



Eating Protein?



The new food guidelines prioritize protein at every meal and increase the recommended serving to 5.5 ounces of protein per day for someone eating a 2,000-calorie diet. Over the course of a week, that adds up to approximately 84 oz of protein. Consuming a variety of protein foods originating from animal and plant sources will help the overall food budget. Learn to recognize the amount of protein found in foods. The list is a good list to start with:

Hard-Boiled eggs – 2 large – 12 grams	Peanut Butter – 2 Tbsp – 8 grams protein
Nonfat Greek Yogurt – 1 cup – 20 grams	Whole Milk – 1 cup – 8 grams protein
Low-fat cottage cheese – ½ cup – 13 grams	Skim Milk – 1 cup – 8 grams protein
Tuna Pouch – 2.6 ounces – 16 grams protein	Hamburger Patty – 4 ounces – 25 grams
Beef Jerky – 1 ounce – 9 grams protein	Sirloin Steak – 4 ounces – 23 grams protein
Edamame – 1 cup – 17 grams protein	Ribeye Steak – 6 ounces – 29 grams protein
Turkey slices – 3 ounces – 18 grams protein	Pork Chop – 4 ounces – 30 grams protein
Roasted chickpeas – ½ cup – 7 grams	Pork Bacon – 12 ounces/3 slices – 12 grams
Protein Shake – 1 scoop – 9 grams protein	Chicken/Turkey Breast – 4 ounces – 30gram
Pumpkin Seeds – ¼ cup – 9 grams protein	Chicken Drumstick – average-size – 25gram

Proteins are made of amino acids that are joined together to form long chain. There are 20 amino acids that form thousands of proteins in the body. Proteins in the body are critical for numerous functions.

1. Growth – The body needs protein to grow and to maintain body tissues. The body's protein needs are dependent on your health and activity level.
2. Biochemical reactions – Enzymes are proteins that aid in biochemical reactions within and outside of each cell in the body. Enzymes are needed for digestion, energy production, blood clotting and muscles contractions.
3. Chemical messengers – Proteins are hormones, which act as chemical messengers and aid in the communication between cells, tissues and organs in the body. Hormones are found in three categories: Protein and peptides, steroids, and amines. Examples: insulin, glucagon, hGH (human growth hormone), ACTH(adrenocorticotropic hormone), and others.
4. Provide Structure – Proteins are fibrous and provide cells and tissues with stiffness and rigidity. These proteins are called keratin, collagen, elastin which all help in the connective framework of certain structures in the body.
5. Proper pH – Protein plays a vital role in regulating concentrations of acids and bases in the blood and other bodily fluids. A balance between acids and bases is measured using a pH scale.
6. Balance Fluids – Protein regulates body processes to maintain fluid balance.
7. Immune Health – Proteins help form immunoglobulins, or antibodies to fight infections. Antibodies are proteins in your blood that help protect your body from harmful invaders like bacteria and viruses.
8. Transportation – Proteins carry substances throughout the bloodstream – into the cells, out of cells, and within cells. Substances that are transported include: nutrients, vitamins, minerals, blood sugar, cholesterol, and oxygen.
9. Energy – Protein supplies the body with energy. Protein contains four calories per gram, the same amount of energy that carbohydrates. Fats supply the most energy with nine calories per gram.

The University of Nebraska does not discriminate based upon any protected status.

Please see <https://go.unl.edu/nondiscrimination>

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Nebraska  
 UNIVERSITY OF  
 Lincoln

# 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!!

