

# Perkins County Senior Center News

## January

## 2026

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

Perkins County Public Transit 308-352-4597

[www.pcseior.org](http://www.pcseior.org)  
[pcseior@gpcom.net](mailto:pcseior@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:  
Cake Mixes, Coffee, Fresh  
Veggies, Paper Products and  
any other food items that we  
can serve.



## Activity Calendar

hello  
January

January, 2026

# Grant Senior Center Menu

(Menu subject to change)

January, 2026

Venango meals will be served EVERY Tuesday

Mon	Tues	Weds	Thurs	1	Fri	2
			CLOSED 			
5	6	7		8	Birthday	9
Chicken Posole Verde Turkey Bacon Ranch Wrap Garden Salad Fruit, Dessert	Pulled Pork BBQ Baked Beans Mixed Veggies Fruit Roll Dessert	Baked Ziti Steamed Broccoli Garden Salad Fruit, Breadstick Dessert	Creole Baked Cod Red Beans & Rice Cajun Grn Beans Fruit, Dessert	Chicken & Dumplings Steamed Spinach Garden Salad Fruit, Cake		
12	13	14		15	Anniversary	16
Ham & Bean Soup Italian Deli Sandwich Garden Salad Fruit, Dessert	Oven Fried Chicken Mashed Potato Buttered Corn Garden Salad Fruit, Biscuit	Lasagna Buttered Spinach Garden Salad Fruit, Breadstick Dessert	Garlic Herb Pork Loin Roasted Zucchini Scalloped Potato Garden Salad Fruit, Dessert	Roasted Tilapia Green Bean Almondine Roasted Beets Rice Pilaf Fruit, Dessert		
19	20	21		22		23
CLOSED 	Maple Dijon Chicken Buttered Carrots Peas Quinoa Pilaf Fruit, Dessert	Tuscan Sausage White Beans Steamed Brocc Fruit Breadstick Dessert	Cabbage Rolls Glazed Carrots Roasted Potato Fruit Dessert	Liver & Onions Cauliflower Roasted Yams Fruit Roll Dessert		
26	27	28		29		30
Loaded Baked Potato Soup Chicken Caesar Wrap Garden Salad Fruit, Dessert	Brained Beef Tips Egg Noodles Steam Spinach Garden Salad Fruit, Dessert	Tuna Noodle Casserole Green Beans Garden Salad Fruit Dessert	Smothered Chicken Buttered Corn Vegetable Med Roasted Potato Fruit, Roll, Dess	Braised Pork Loin Sauerkraut Mashed Potato Stewed Tomato Fruit, Roll, Dess		

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

# SLEEPLESS

## *in Nebraska*

**January 22, 2026**

1:00 - 2:30 PM MT

Perkins County  
Senior Center  
420 Central Avenue,  
Grant, NE

Sleep Deficiency has been identified as a public health problem with links to the development of chronic disease and an impact on safety.

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**READY TO SLEEP BETTER TONIGHT?**



**"After attending this program, I discovered new ways to improve my sleep which can in turn improve my overall health!"**

Sleep affects every moment of our daily lives from how we learn to how our bodies thrive! This presentation will give you tips and tricks to sleep better tonight.

Brenda Aufdenkamp - HW Educator - [baufdenkamp1@unl.edu](mailto:baufdenkamp1@unl.edu)

Please sign up at the Senior Center or call 308-352-4236

# JANUARY BIRTHDAYS

5th	Nancie Peterson	20th	Donald Harris
10th	Larry Brauser		Mary Schuymacher
12th	Jeanie Daiss		Merwin Dodson
	Jay Jimenez	23rd	Tom Kimball
11th	Charlottie Wallin	24th	Dennis Watkins
14th	Darrell Pierce	25th	Tom Willhite
15th	William Robertson	27th	Rick Tatum
19th	Don Hahlweg	31st	Alene Silvrants
			Jo Dodson



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

## The Thrift Shop is **OPEN**

**Business Hours are:  
Monday - CLOSED**

**Tuesday - Friday - 9am - 4pm  
Saturday, January 3rd - 9am - 1pm  
We have a great selection of Cold  
Weather Clothing and lots of other  
Wonderful items!!**

# NOVEMBER VOLUNTEERS

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

## Senior Center

Katy Miyamoto                    1 Hour



That's a Total of  
318 Volunteer Hours  
in the Month of  
November!

## Thrift Shoppe

Ronda Lawyer	40.5 Hours	Diana Tate	8.25 Hours
Anne Kirkpatrick	28 Hours	Doris Olsen	8 Hours
Cindy Salsman	22.5 Hours	Josie Hughes	6.5 Hours
Linda Chillemi	20.25 Hours	Kay-Leigh Booyesen	4.5 Hours
Patty Clough	17 Hours	Elaine Eggert	4 Hours
Deb Hansen	16.5 Hours	Dee Grantham	3 Hours
Alice Tines	16 Hours	Connie McClenahan	1 Hour
Bernie DeForest	14.5 Hours		
Mary Kay McClenahan	14 Hours		
Marcia Shalla	11.5 Hours		
DeeAnn Tatum	10.5 Hours		
Bob Tatum	10.5 Hours		
JoLynn Moffett	10.5 Hours		
Jill Grable	10.5 Hours		
Rubydell Bogaert	10.5 Hours		
Pennie Reese	10 Hours		
Del Hall	10 Hours		
Linda Hidalgo	8.5 Hours		



# Winter Word Search

SNOWBOARDING

SLEIGHBELLS

JACK FROST

BELOW ZERO

SNOWMOBILE

SNOWFLAKE

FREEZING

BLIZZARD

SNOWBALL

FLURRIES

MITTENS

SCRAPER

FISHING

SLIDING

SKATING

SNOWMAN

TUBING

BAKING

HOCKEY

SKIING

ICICLE

DRIFTS

GLOVES

JACKET

PLOW

SCARF

BOOTS

SALT

COLD

SNOW



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

Mark your calendar!!  
Card Party will be held  
at 1pm on Monday  
January 5th  
Everyone is invited!!

## BUNCO

Every Friday before  
lunch!!

Join in on the Fun!!



## BINGO!!

Tuesday, January 20th

@ 12:30 pm

Fun and FREE!!



Bingocize® is an evidence-based health promotion program approved through both SNAP-Ed and The National Council on Aging (NCOA). Bingocize® combines exercise and health information with the familiar game of Bingo, which is a great and fun way to get seniors and those with disabilities moving *and* socializing.

The overall goals of Bingocize® are to help older adults and those with disabilities:

- Improve and/or maintain mobility and independence
- Learn and use health information focused on falls reduction, improved nutrition, and other health-related behaviors
- Engage in social settings

This great program will begin in February, watch our website [www.pcsenior.org](http://www.pcsenior.org), Facebook and Newsletters for dates, times and how to sign up.

# 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!!

