

Perkins County Senior Center News

January

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:
Cake Mixes, Coffee, Fresh
Veggies, Paper Products and
any other food items that we
can serve.



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  Happy New Year	Pizza Roasted Peppers & Zucchini Garden Salad Fruit Pie
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  MARTIN LUTHER KING JR. Day	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.

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

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		Alene Silvrants
		31st	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
Anne Kirkpatrick	28 Hours
Cindy Salsman	22.5 Hours
Linda Chillemi	20.25 Hours
Patty Clough	17 Hours
Deb Hansen	16.5 Hours
Alice Tines	16 Hours
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

Diana Tate	8.25 Hours
Doris Olsen	8 Hours
Josie Hughes	6.5 Hours
Kay-Leigh Booysen	4.5 Hours
Elaine Eggert	4 Hours
Dee Grantham	3 Hours
Connie McClenahan	1 Hour



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	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
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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
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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
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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, 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!!

