

Perkins County Senior Center News

August

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

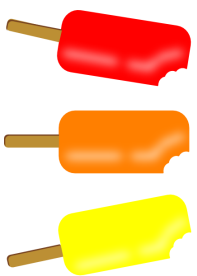


Activity Calendar

August, 2026



Monday Tuesday Wednesday Thursday Friday

³ 8:30 Board Meeting 10:00 - Thrift Shoppes Mtg 1:00 - Card Party	⁴ 12:00 - Venango Meal	⁵ Rotary Program 12:30	⁶	⁷ Bunco
¹⁰ 	¹¹ 12:00 - Venango Meal	¹² Rotary Program 12:30 12:00 - Foot Clinic	¹³ 11:30 - Elsie Meal	¹⁴ Birthday Dinner Bunco
¹⁷ 1:00 - Card Party	¹⁸ 9:30 - Living Well Class (see pg. 5) 12:00 - Venango Meal 12:30 - BINGO	¹⁹ Rotary Program 12:30	²⁰	²¹ Anniversary Dinner Bunco
²⁴	²⁵ 9:30 - Living Well Class 12:00 - Venango Meal	²⁶ Rotary Program 12:30	²⁷ 	²⁸ Bunco
³¹				

Summer

Grant Senior Center Menu

August, 2026

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

Mon 3	Tues 4	Weds 5	Thurs 6	Fri 7
Chicken Salad Deli/Salad Bar Fruit Dessert	Shrimp Creole Dirty Rice Squash Broccoli Fruit Dessert	Cheeseburger French Fries Salad Bar Fruit Dessert	Stuffed Pork Chops Stewed Tomato Coleslaw Fruit Roll, Dessert	Roasted Chicken Roasted Potato Green Beans Broccoli Fruit Biscuit, Pie
10	11	12	13	Birthday 14
BLT Sandwich Deli/Salad Bar Fruit Dessert	Chicken Fried Steak Mashed Potato Corn & Black Beans, Fruit Biscuit, Dessert	Pork Tenderloin Sandwich Tater Tots Spinach Fruit Dessert	Chicken Cordon Bleu Quinoa Pilaf Peas Carrots Fruit, Dessert	Roasted Salmon Basil Pesto Linguini Asparagus Broccoli, Fruit Birthday Cake
17	18	19	20	Anniversary 21
Tuna Salad Wrap Deli/Salad Bar Fruit Dessert	Pulled Pork Macaroni Salad Coleslaw Baked Beans Fruit Roll, Dessert	Roast Beef Roasted Potato Beets Cauliflower & Broccoli, Roll Fruit, Dessert	BBQ Chicken Mac & Cheese Garden Salad Corn Fruit Dessert	Roasted Cod Shrimp Salsa Zucchini Peas Fruit, Biscuit Anniversary Cake
24	25	26	27	28
Ham & Swiss Wrap Deli/Salad Bar Fruit Dessert	Baked Tilapia Rice Pilaf Mixed Veggies Spinach Fruit Dessert	Oven Fried or Chicken Fried Chicken Mashed Potato Corn, Fruit Roll, Dessert	Beef & Noodles Broccoli Cauliflower Fruit Roll Dessert	Chef's Choice Veggies Fruit Pie
31				
Cheeseburger Deli/Salad Bar 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

Venango meals will be served EVERY Tuesday Elsie meal will be served on the SECOND Thursday

Take control of your health today!

LIVING WELL WORKSHOP

Living Well with Chronic Conditions is a workshop led by trained coaches that help you take small steps towards healthier living

Sign up for **Living Well** if you have a chronic condition or care for someone who has:

- Arthritis
- Cancer
- Heart Disease
- Asthma
- Migraines
- High Blood Pressure
- Diabetes
- Depression
- Parkinson's
- Obesity
- Fibromyalgia
- Anxiety

People who attend the workshops have:

- More energy and less fatigue
- Improved overall health
- Healthcare cost savings
- Slower progression of chronic conditions

Living Well is especially helpful for people with or caring for someone with diabetes.

What you will learn:



Each session gives you the tools you need to take control of your ongoing health conditions

- Medication Management
- Action Planning
- Communicating Health Issues
- Healthy Eating
- Physical Activity
- Problem Solving

Classes start: Aug 18th

Time: 9:30 - 11:30 am MT

**Location: Perkins Co Senior Ctr
420 Central Ave, Grant**

2 HOURS ➡ 1x PER WEEK ➡ 6 WEEKS

**Call Melissa at 308-345-4223
or scan this code to sign up!**



August Birthdays

1st	Harold Olson	17th	Marilyn Regier
	Letha Oldaker	19th	LaVern Ogden
3rd	Missy Deaver	23rd	Marcia Shalla
5th	Kathryn Curtis	25th	Elaine Worthing
7th	Kim Dickmeyer	26th	Connie Wilson
8th	Thomas Schroder	27th	Nancy Hansen
9th	Nancy Burge	29th	Kay Bengé
11th	Gloria Patrick	30th	Duane Russell
	Judy Tickle		Dottie Hennessee



Anyone who is celebrating a Birthday in August is invited to join us
for a FREE lunch and Birthday Cake on Friday, August 14th



The Thrift Shop is

OPEN

Business Hours are:

Monday - CLOSED

Tuesday - Friday - 9am - 4pm

Saturday, August 1st - 9am - 1pm



HALF PRICE SALE STARTS TUESDAY, JULY 28TH
WATCH FOR OTHER GREAT SALES THROUGHOUT THE
MONTH!!!

June Volunteers

WE COULDN'T DO IT WITHOUT YOU!! GREAT JOB!!

Senior Center



That's a Total of
367.25 Volunteer Hours
in the Month of
June!

Thrift Shoppe

Cindy Salsman	33.5 Hours
Anne Kirkpatrick	23 Hours
Diana Tate	19.5 Hours
Linda Chillemi	19.5 Hours
Pennie Reese	19 Hours
Lila Hill	18 Hours
Alexa Kraus	17.5 Hours
Doris Olsen	15.5 Hours
DeeAnn Tatum	14 Hours
Bob Tatum	14 Hours
JoLynn Moffett	14 Hours
Roxie Lampmann	14 Hours
Rubydell Bogaert	14 Hours
Mary Kay McClenahan	14 Hours
Jill Grable	14 Hours
Linda Hidalgo	13 Hours
Deb Hansen	12.5 Hours
Rita Long	10.5 Hours

Bernie DeForest	10.5 Hours
Ronda Lawyer	8.5 Hours
Josie Hughes	8 Hours
Cynthia Dahlkoetter	7 Hours
Alice Tines	7 Hours
Dee Grantham	7 Hours
Austin Kraus	4.75 Hours
Patty Clough	4.5 Hours
Carol Nikkel	3.5 Hours
Becky Uehling	3.5 Hours
Paula Jimenez	3.5 Hours

Thank
You!

Cyclosporiasis Prevention Tips

- ✓ Wash hands with soap and water before and after handling raw fruits & veggies
- ✓ Gently rub fruits & veggies under running water before eating, cutting, or cooking
- ✓ Scrub firm fruits & veggies with a clean produce brush under running water
- ✓ Fruits & veggies labeled “prewashed” don’t need to be washed again at home
- ✓ Cut away damaged or bruised areas on fruits & veggies before eating or prepping
- ✓ Refrigerate cut, peeled, or cooked fruits & veggies within two hours



Learn more at:
www.cdc.gov/cyclosporiasis/



August Word Search

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

BIKING POOL READING FRIENDS

POPSICLES SNOW CONE RELAX TRAVEL

SUMMER ICE CREAM LEMONADE FUN

Mark your calendar!!
Card Party will be held
at 1pm on Monday
August 3rd & 17th
Everyone is invited!!

BUNCO

Every Friday before
lunch!!

Join in on the Fun!!



BINGO!!

Tuesday, August 18th

@ 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.