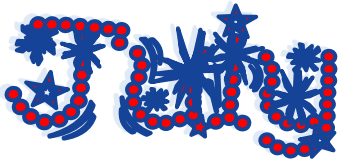


Perkins County Senior Center News



420 Central Avenue

PO Box 314

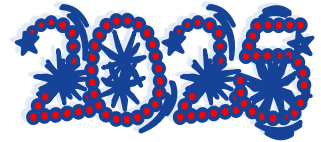
Grant, NE 69140

308-352-4236 Grant

Perkins County Public Transit 308-352-4597

www.pcsenior.org

pcsenior@gpcom.net



Executive Director:

Trish Jimenez

Lead Cook:

Dianna McCleary

Kitchen Staff:

Hannah McGannon

Kelan Sis

Board Members:

Kris Jaques

Nancie Peterson

Marian Robertson

Joyce Hightower

Dan Wallin

Anne Kirkpatrick

Dennis Ekdahl

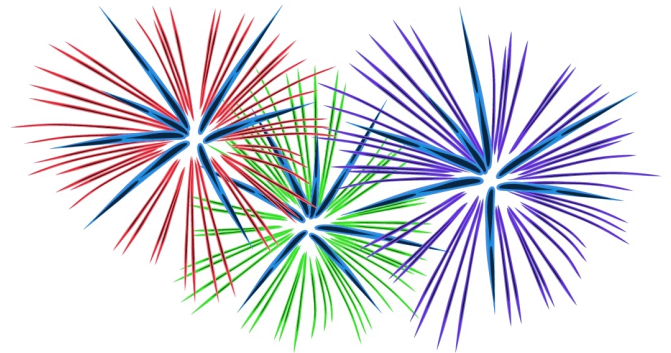
Bus Driver:

Kris Jaques

Ronda Hutt

Tom Willhite

Rex Burge



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

Venango

Venango Legion

Meal Site

Pinnacle Bank

Meal Site Rent

Elsie

Hi Line Coop

H & B Agency

Sisco Fertilizer

Elsie Feed Center

Sandhills State Bank

Pinnacle Bank

Eastern Sky

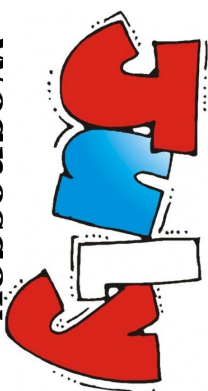
Midwest Electric



The Senior Center welcomes
the following donations:

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

Activity Calendar



July, 2025

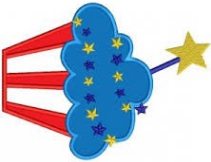


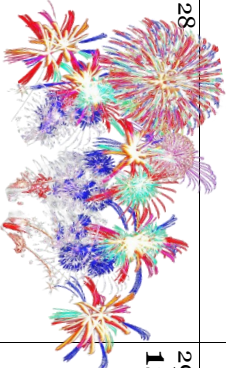

Monday

Tuesday

Wednesday

Thursday

Friday

	¹ 12:00 - Venango Meal	² Rotary Program 12:30	³ 10:30 am - Senior Exercise	⁴ CLOSED	
⁷ 10:00 - Thrift Shoppe Meeting 1:00 - Card Party	⁸ 12:00 - Venango Meal	⁹ Rotary Program 12:30 12:00 - Foot Clinic	¹⁰ 10:30 am - Senior Exercise	¹¹ Birthday Dinner Bunco	
¹⁴	¹⁵ 12:00 - Venango Meal 12:30 - BINGO	¹⁶ Rotary Program 12:30	¹⁷ 10:30 am - Senior Exercise	¹⁸ Anniversary Dinner Bunco	
²¹ 1:00 - Card Party	²² 12:00 - Venango Meal	²³ Rotary Program 12:30	²⁴ 10:30 am - Senior Exercise	²⁵ Bunco	
²⁸ 	²⁹ 12:00 - Venango Meal	³⁰ Rotary Program 12:30	³¹ 10:30 am - Senior Exercise		

Grant Senior Center Menu

July, 2025

(Menu subject to change)

Venango meals will be served EVERY Tuesday

Mon	Tues 1	Weds 2	Thurs 3	Fri 4
	Pulled Pork Sandwich French Fries Garden Salad Fruit Dessert	Smothered Burritos Spanish Rice Refried Beans Garden Salad Fruit, Dessert	Hamburgers/ Cheeseburgers Macaroni Salad Oven Fries Fresh Veggies Fruit, Dessert	CLOSED 
7	8	9	10	Birthday 11
Club Sandwich Potato Salad Corn Salad Garden Salad Fruit Dessert	Potato Bar Fruit Roll Dessert	Oven Fried Chicken Mashed Potato Corn Fruit Roll, Dessert	Spaghetti Green Beans Garden Salad Garlic Bread Fruit Dessert	Fish Sandwich Tater Tots Garden Salad Fruit Birthday Cake
14	15	16	17	Anniversary 18
Chef Salad V-8 Fruit Breadstick Dessert	Hamburger Mac & Cheese Casserole Garden Salad Fruit Biscuit, Dessert	Ham Cheesy Hashbrowns California Blend Fruit Roll, Dessert	Liver & Onions Baked Potato Beets Fruit Biscuit Dessert	Chicken Fried Steak Mashed Potato Peas Fruit, Roll Anniversary Cake
21	22	23	24	25
Ham Salad Sandwich Macaroni Salad Garden Salad Fruit Dessert	Lemon Pepper Chicken Breast Oven Fries Mixed Veggies Fruit Roll, Dessert	Salsbury Steak Mashed Potato Peas & Carrots Fruit Biscuit Dessert	Sloppy Joes French Fries Garden Salad Fruit Dessert	Fish Sandwich Baked Potato Broccoli Fruit Pie
28	29	30	31	
Taco Salad Refried Beans Fruit Dessert	Pork Chops Baked Potato California Blend Fruit Biscuit Dessert	Goulash Green Beans Garden Salad Fruit Breadstick Dessert	Smorgasbord Fruit Roll Dessert	

Meals are served daily from 11:00 am - 1:00 pm Under 60 - \$8.00

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

**Mark your calendar!!
Card Party will be held
at 1pm on Monday
July 7th and 21st
Everyone is invited!!**

BUNCO

**Every Friday before
lunch!!**

Join in on the Fun!!



BINGO!!
Tuesday, July 15th
@ 12:30 pm
Fun and FREE!!

Senior Exercise

Senior Exercise will held every Thursday in July at 10:30 a.m.

This will be a self guided exercise using videos.

Everyone is welcome!!

We also have a GREAT Selection of exercise equipment that can be used
Monday through Friday from 9am until 4pm.



July Birthdays

1st	Rex Burge	15th	Dan Wallin
	Bernie Deaver	23rd	Diane Spencer
3rd	Janet Hahlweg		Merle Poppe
	Rex Wilson	24th	Ronda Lawyer
6th	Marcia Spratt	25th	Pat Karre
	Bob Tatum	29th	Wayne Maupin
12th	Sharon Day	30th	Rita Apolius



Anyone who is celebrating a Birthday in July is invited to join us for a FREE lunch and Birthday Cake on Friday, July 11th

**The Thrift Shop is
OPEN**

Business Hours are:

Monday - CLOSED

Tuesday - Friday - 9am - 4pm

Saturday, July 5th - 9am - 1pm

**Come check out our GREAT Selection of
Spring and Summer Clothing for the
ENTIRE FAMILY!!**

May Volunteers

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

Senior Center

Katy Miyamoto

1 Hour



That's a Total of
325.5 Volunteer Hours
in the Month of
May!

Thrift Shoppe

Anne Kirkpatrick	29.5 Hours
Mary Kay McClenahan	26.5 Hours
Cindy Salsman	21.5 Hours
Linda Chillemi	21.5 Hours
Pennie Reese	17.5 Hours
Roxie Lampmann	17.5 Hours
Alice Tines	16 Hours
Patty Clough	16 Hours
Marcy Shalla	15 Hours
Rubydell Bogaert	14 Hours
Dee Grantham	14 Hours
Jill Grable	14 Hours
Paula Jimenez	11.5 Hours
Deb Hansen	11.5 Hours
DeeAnn Tatum	10.5 Hours
Bob Tatum	10.5 Hours
Dell Hall	10.5 Hours
Bernie DeForrest	10.5 Hours

Josie Hughes	10 Hours
Pat Wilson	7 Hours
Cynthia Dahlkoetter	7 Hours
Ronda Lawyer	5 Hours
Diana Tate	4 Hours
Connie McClenahan	3.5 Hours

Thank
You

Southwestern Chicken Salad

6 servings



food.unl.edu

Ingredients

- 2 cups cooked chicken (heated to 165°F as measured with a food thermometer), chopped
- 1 cup tomato, gently rubbed under cold running water, chopped
- ½ cup green onions, gently rubbed under cold running water, chopped
- 1 (11 ounce) can corn, drained and rinsed
- ½ cup Cheddar cheese, shredded
- ½ cup black beans, drained and rinsed
- 6 cups mixed salad greens, gently rubbed under cold running water (if not pre-washed)
- ⅔ cup fat-free sour cream
- ½ cup picante sauce
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- Tortilla chips (optional)*



Instructions

1. Wash hands with soap and water.
2. In a large bowl, mix cooked chicken, tomato, green onions, corn, cheese, black beans and salad greens.
3. In a separate small bowl, make dressing by combining sour cream, picante sauce, chili powder, and cumin.
4. Gently mix salad with dressing and serve.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Recipe options:

- *Top salad with crushed tortilla chips.
- Use 2 (12.5 ounce) cans of chicken in place of 2 cups cooked chicken.
- Use ⅔ cup plain non-fat Greek yogurt instead of sour cream.

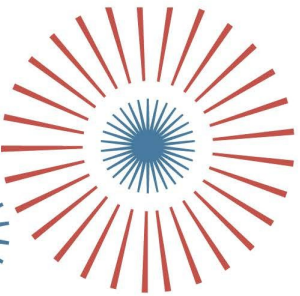
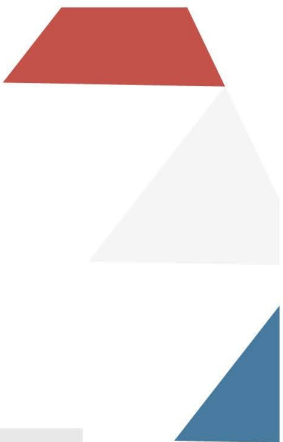
Nutrition Information: Serving Size (1/6 of recipe): Calories 191, Total Fat 39g, Saturated Fat 1g, Cholesterol 43mg, Sodium 466mg, Total Carbohydrates 21g, Fiber 4g, Total Sugars 4g, Protein 21g, Vitamin A 31%, Vitamin C 23%, Calcium 14%, Iron 12%



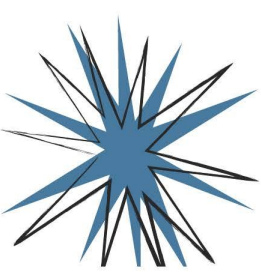
This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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Happy 4th of July

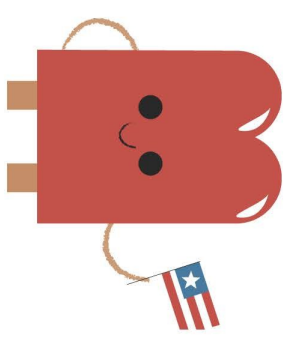


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I J O R E A L P Q V U A A O Y
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USA

AMERICA FIREWORKS FREEDOM LIBERTY STRIPES
BLUE FLAG INDEPENDENCE RED SUMMER
BRAVE FOURTH JULY STARS WHITE



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 new volunteers don't come forward, we may have to close an additional day during the week.

We are also searching for generous individuals that would be willing to deliver meals a day or two a week.

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!!