

Perkins County Senior Center News

May

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

2026

Perkins County Public Transit 308-352-4597

www.pcsenior.org
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:

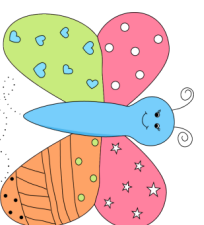
Lettuce, Carrots, Celery,
Radishes, Peppers, Cucumbers

Variety Veggies & Salads



Activity Calendar

May, 2026



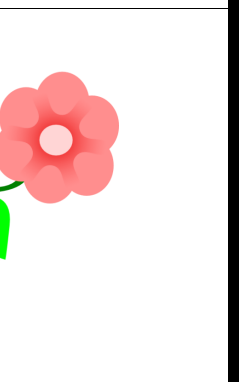
Monday



Tuesday

Wednesday

Thursday

Friday

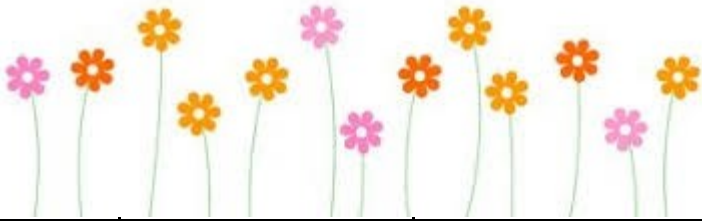



<p>4 8:30 Board Meeting 10:00 - Thrift Shoppe Mtg 1:00 - Card Party</p>	<p>5 12:00 - Venango Meal</p>	<p>6 Rotary Program 12:30</p>	<p>7</p>	<p>8 Birthday Dinner Bunco</p>
<p>11</p>	<p>12 12:00 - Venango Meal</p>	<p>13 Rotary Program 12:30 12:00 - Foot Clinic</p>	<p>14 11:30 - Elsie Meal</p>	<p>15 Anniversary Dinner Bunco</p>
<p>18 1:00 - Card Party</p>	<p>19 12:00 - Venango Meal 12:30 - BINGO</p>	<p>20 Rotary Program 12:30</p>	<p>21</p>	<p>22 Bunco</p>
<p>25 CLOSED </p>	<p>26 12:00 - Venango Meal</p>	<p>27 Rotary Program 12:30</p>	<p>28 </p>	<p>29 Bunco</p>

Grant Senior Center Menu

May, 2026

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

Mon	Tues	Weds	Thurs	Fri	1
					Blackened Salmon Dirty Rice Stewed Tomato Green Beans Fruit, Roll, Pie
4	5	6	7	Birthday	8
Cheeseburger Deli/Salad Bar French Fries Fruit Dessert	Pizza Garden Salad Fruit Dessert	BBQ Chicken Thighs Baked Beans Potato Salad Fruit Roll, Dessert	Chicken Fried Steak Mashed Potato Corn, Fruit Garden Salad Biscuit, Dessert	Liver and Onions Roasted Potato Spinach Garden Salad Fruit, Roll Birthday Cake	
11	12	13	14	Anniversary	15
Turkey Bacon Wrap Deli/Salad Bar Fruit Dessert	Quiche Lorraine Broccoli Corn Fruit Biscuit Dessert	Lasagna Cauliflower Veggie Medley Fruit Breadstick Dessert	Roasted Pork Loin Rice Pilaf Carrots, Beets Fruit Biscuit, Dessert	Chef's Choice Fruit Roll Anniversary Cake	
18	19	20	21		22
Chicken Salad Deli/Salad Bar Fruit Dessert	Beef Pot Roast Sweet Potato Green Beans Garden Salad Fruit Roll, Dessert	Chicken Enchiladas Spanish Rice Baracho Beans Corn, Fruit Dessert	Roasted Cod Macaroni Salad Saute Ed Peas Fruit Biscuit Dessert	Cheese Ravioli Asparagus Garden Salad Fruit Breadstick Pie	
25	26	27	28		29
CLOSED 	Tuna Casserole Broccoli Peas Fruit Roll Dessert	Roasted Tilapia Rice Peas Carrots Fruit Roll, Dessert	Meatloaf Mashed Potato Corn Green Beans Fruit Roll, Dessert	BBQ Ribs Baked Beans Coleslaw Macaroni Salad Fruit Biscuit, Pie	

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

Happy Mother's Day



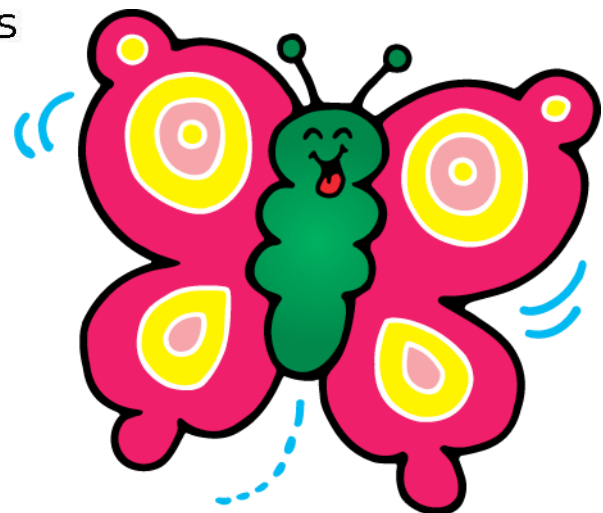
B U A P M O M V T K I S S E S
F J Q P E L M N A M O T H E R
T L E I P R A A U E W H U G S
F J O W L R F U T R C A N D Y
B O A W E K E U G E T M R A T
G E R Q E L B C M H R U M M E
U W A G I R R R I E T N R F L
I Q I U I T S Y E A I E A E E
D D C S T V E L U A T G R L P
A E O L E I I N K P K I B E H
N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

APPRECIATION
BREAKFAST
FORGIVING
JEWELRY
CANDY
HUGS
LOVE
COMFORT
MOTHER

PROTECTIVE
CHARMING
GUIDANCE
FLOWERS
PERFUME
WISE
WARM
DEVOTED
SHARE

BEAUTIFUL
LAUGHTER
MATERNAL
NURTURE
TENDER
GIFTS
TELEPHONE
KISSES

JOY
MOM



MAY BIRTHDAYS

1st	Dick Brixius	6th	Susan Hanson
2nd	Ken Hightower		Scott Osler
	Pam Harms	10th	Brenda Styskal
	Connie McClenahan	17th	Shanon Williams
3rd	Penny Sanderson	20th	Dean Wingate
4th	Jan Schilling	22nd	Shari Friedel
5th	Leon Regier	23rd	Roger Tjaden
6th	Barbara Kirkpatrick	30th	Eva Grothman
	Neal Vlasin		

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



The Thrift Shop is

OPEN

Business Hours are:

Monday - CLOSED

Tuesday - Friday - 9am - 4pm

Saturday, May 2nd - 9am - 1pm



**NEW ITEMS ARE PUT OUT FOR SALE DAILY!!
INCLUDING A HUGE SELECTION OF SPRING AND
SUMMER CLOTHING FOR THE ENTIRE FAMILY!!**

March Volunteers

We Couldn't Do It Without YOU!!

Senior Center



That's a Total of
608.25 Volunteer Hours
in the Month of
March!

Thrift Shoppe

Anne Kirkpatrick	59 Hours	Rubydell Bogaert	10.5 Hours
Ronda Lawyer	54 Hours	Rita Long	10.5 Hours
Deb Hansen	44.5 Hours	Diana Tate	9.25 Hours
Linda Chillemi	42.5 Hours	Bob Tatum	9 Hours
Cindy Salsman	42.25 Hours	Andreina Marquez	8 Hours
Alice Tines	37.5 Hours	Josie Hughes	7.5 Hours
Patty Clough	31.5 Hours	Paula Jimenez	14 Hours
Doris Olsen	29.5 Hours	Alisa Lampmann	7.25 Hours
Linda Hidalgo	24.25 Hours	Carol Nikkel	7 Hours
Mary Kay McClenahan	21 Hours	Connie Seiler	7 Hours
Roxie Lampmann	20 Hours	AnnaBella Heckmann	6 Hours
Rebecca Heckmann	16.5 Hours	Pennie Reese	5.5 Hours
JoLynn Moffett	14 Hours	Bernie DeForest	4.5 Hours
Jill Grable	14.5 Hours	Tina Zajch	4 Hours
Mason McGreer	14 Hours	Paula Jimenez	7 Hours
DeeAnn Tatum	14 Hours		
Cindy Dahlkoetter	13.5 Hours		
Dee Grantham	12..75 Hour		

Hot Weather Safety for Older Adults

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues.

Why can extreme weather be even more dangerous for older adults than for younger people? Hotter days can cause difficulty in the body's ability to regulate its temperature. This can be challenging for older adults who typically do not adjust as well as others to sudden temperature changes. Additionally, older adults are more likely to have chronic medical conditions that affect the body's response to temperature, and to take prescription medicines that alter the body's ability to control temperature or sweat.

Heat-related illnesses

Being overheated for too long or being exposed without protection to the sun can cause many health problems. Heat-related illnesses include the following:

Heat syncope is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker or are not acclimated to hot weather, you are even more likely to feel faint. Rest in a cool place, put your legs up, and drink water to make the dizzy feeling go away.

Heat cramps are the painful tightening or spasms of muscles in your stomach, arms, or legs. Cramps can result from hard work or intense exercise. Though your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool. Stop the physical activity you're doing and rest in the shade or in a cool building. Drink plenty of fluids, such as water and sports drinks containing electrolytes. Do not consume alcohol or caffeinated beverages.

Heat edema is a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling. If that doesn't work fairly quickly, check with your doctor.

Heat rash is a skin irritation from heavy sweating. It causes red clusters of small blisters that look similar to pimples on the skin. Your skin may feel itchy or you may feel "prickly" tingling pain. Keep the infected area dry, use powder to sooth the rash, and stay in cool areas.

Heat exhaustion is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be cautious because heat exhaustion can progress to heat stroke.

Heat stroke is a medical emergency in which the body's temperature rises above 104°F. Signs of heat stroke are fainting; confusion or acting strangely; not sweating even when it's hot; dry, flushed skin; strong, rapid pulse; or a slow, weak pulse. When a person has any of these symptoms, they should seek medical help right away and immediately move to a cooler place, such as under shade or indoors. They should also take action to lower their body temperature with cool clothes, a cool bath or shower, and fans.

Sun exposure, also known as sunburn, is a sign of skin damage due to extreme or long exposure. Your skin may appear red and tender, develop blisters, start to peel, and be warm to the touch. Severe reactions may cause fever, chills, nausea, or rash. Prevent sunburn by wearing protective clothing that covers your skin and staying out of direct sunlight. Using a broad spectrum sunscreen with an SPF of 15 or higher can also help prevent sunburns, but be sure to reapply often. If you are sunburned, wear lightweight clothing, take cool showers, moisturize affected areas, and stay out of the sun so your skin can heal.

If you are concerned about any of these heat-related illnesses, talk with your doctor.

Mark your calendar!!
Card Party will be held
at 1pm on Monday
May 4th & 18th
Everyone is invited!!

BUNCO

Every Friday before
lunch!!

Join in on the Fun!!



BINGO!!

Tuesday, May 19th

@ 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.