

Perkins County Senior Center News

August

2022

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:

OPEN

Kitchen Staff:

Kiara Schulze
Kelan Sis

Housekeeping:

Kiara Schulze

Board Members:

Kris Jaques
Nancie Peterson
Marian Robertson
Joyce Hightower
Dan Wallin
Anne Kirkpatrick
Dennis Ekdahl

Bus Driver:

DeAnna Schulze
Kris Jaques
Ronda Hutt



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 person 60 years of age and older the suggested contribution rate is \$5.00 per meal, guests under 60 will be charge \$6.50. Home delivery is calculated according, adding \$.25.

Thank you to the Local Businesses who Sponsor Perkins County Senior Centers

Grant

Adams Bank & Trust

Birthday Cakes - Grant

Pinnacle Bank

Birthday Meals - Grant

Sandhills State Bank

Anniversary Meals - Grant

Grant Tribune Sentinel

Newspaper - Grant

United Methodist Church

Postage for Bulk Mailers

Hatch's Super Foods

Kitchen Supplies - Grant

Donations for Fund Raisers

Madrid

Adams Bank & Trust

Village of Madrid

Elsie

Hi Line Coop

Venango

Venango Legion

Meal Site

The Senior Center welcomes the following donations:

Paper Products, Cake Mixes,
Coffee & Liquid Creamer, Fresh Fruit
& Vegetables

Have you ever considered volunteering?

We would love to visit with you about the volunteer opportunities available at the Senior Center. We are in need of individuals that are willing to volunteer in the Thrift Shoppe, help deliver meals daily or work the front desk. You only volunteer as much as you would like. If you are interested or have additional questions, please contact the Center at 308-352-4236.



Activity Calendar

August, 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8:30 Board Meeting 10:00 Thrift Shoppe Meeting</p>	<p>2 12:00 - Venango Meal</p> 	<p>3 Rotary Program 12:30</p>	<p>4 </p>	<p>5 Bunco Pie Friday</p>
<p>8 1:00 - Card Party</p>	<p>9 12:00 - Venango Meal 12:30 - BINGO</p>	<p>10 Rotary Program 12:30 12 - Foot Clinic</p>	<p>11 10 am - 2 pm Viaero Smartphone class Everyone is welcome</p>	<p>12 Birthday Dinner Bunco</p>
<p>15 1:00 - Card Party</p>	<p>16 12:00 - Venango Meal 12:30 - BINGO</p>	<p>17 Rotary Program 12:30</p>	<p>18 12 Noon - Chamber</p>	<p>19 Anniversary Dinner Bunco</p>
<p>22 </p>	<p>23 12:00 - Venango Meal</p>	<p>24 Rotary Program 12:30</p>	<p>25 10 am - 2 pm Viaero Smartphone class Everyone is welcome</p>	<p>26 Bunco Pie Friday</p>
<p>29 1:00 - Card Party</p>	<p>30 12:00 - Venango Meal</p>	<p>31 Rotary Program 12:30</p>	<p></p>	

Grant Senior Center Menu

August, 2022

(Menu subject to change)

Venango meals will be served EVERY Tuesday

Mon 1	Tues 2	Weds 3	Thurs 4	Fri 5
No Meal Served due to staff shortage 	Goulash Corn Garden Salad Fruit Bread Dessert	Pork Tenderloin Baked Potato Green Beans Roll Fruit Dessert	Chicken Salad Potato Salad Fresh Veggies Fruit Dessert	Fish Baked Potato Carrots Fruit Pie
8	9	10	11	Birthday 12
Turkey Wrap Potato Salad Tossed Salad Fruit Dessert	Tuna Casserole Peas Tossed Salad Bread Fruit Dessert	Beef & Noodles Mashed Potato Carrots & Peas Fruit Dessert	Chicken Sandwich Potato Pattie Beets Fruit Dessert	Meatloaf Mashed Potato Green Beans Roll Fruit Birthday Cake
15	16	17	18	Anniversary 19
Tuna Salad Pea Salad Pasta Salad Tossed Salad Fruit Dessert	Lasagna Green Beans Garden Salad Garlic Bread Fruit Dessert	Ham Sweet Potato Peas Fruit Roll Dessert	Oven Fried Chicken Mashed Potato Corn Gravy, Biscuit Fruit, Dessert	Salmon Patties Baked Potato Carrots Fruit Anniversary Cake
22	23	24	25	26
1/4 lb. Beef Hot Dogs Pork & Beans Potato Salad Fruit Dessert	Ham Balls Mashed Potato Green Beans Roll Fruit Dessert	Baked Chicken Baked Potato California Blend Veggies Fruit Dessert	Fish Baked Potato Corn Pasta Salad Fruit Dessert	BBQ Ribs Potato Salad Baked Beans Biscuit Fruit Pie
29	30	31		
Spaghetti w/ Meat Sauce Broccoli Tossed Salad Garlic Bread Fruit, Dessert	BBQ Pork Broccoli & Cauliflower Corn Fruit Dessert	Taco Bar Refried Beans Tossed Salad Fruit Dessert		

Meals are served daily from 11:00 am - 1:00 pm

Suggested Contribution 60+ or spouse - \$5.00

Under 60 - \$7.00

Salad Bar will be served Suspended until we are fully staffed - Sorry for the inconvenience

**DUE TO BEING UNDERSTAFFED, PLEASE NOTE THE FOLLOWING
CHANGES FOR THE MONTH OF AUGUST**

- ◆ There will be no meal served on Monday, August 1st
- ◆ There will be no Venango meal served on Tuesday, August 9th
- ◆ We will be suspending the Salad Bar until we are fully staffed
- ◆ Menu may change and we may not be able to serve meals every day. We will notify everyone as quickly as possible if there are any changes.

Thank you to everyone for your understanding, we are working diligently to find someone to fill the Kitchen Manager position and hope to be back to normal hours as soon as possible.

Mark your calendar!!

**Card Party will be held at 1pm on Monday
August 15th and 29th. Everyone is invited!!**

BINGO!!

**Tuesday, August 16th
@ 12:30 pm**

Fun and FREE!!

BUNCO

**Every Friday before
lunch!!**

Join in on the Fun!!



August Birthdays

1st	Letha Oldaker	17th	Judith Gollner
7th	Kim Dickmeyer		Marilyn Regier
8th	Thomas Schroder	19th	Mike Gartner
9th	Nancy Burge	23rd	Marcia Shalla
11th	Gloria Patrick	29th	Kay Benge
	Judy Tickle	30th	Duane Russell



Anyone who is celebrating a Birthday in August is invited to join us for a FREE lunch and Birthday Cake on Friday, August 12th.



The Thrift Shop is

OPEN



Business Hours are:

Monday - CLOSED

Tuesday - Friday from 9am - 4pm

Saturday, August 6th

9am - 1pm

We have a GREAT Selection of Summer Clothes along with a wonderful array of other household items

How Older Adults Can Get Started with Exercise

Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age. Now, let's talk about getting started.

How much activity do older adults need?

According to the Physical Activity Guidelines for Americans (PDF, 14.5M) you should do at least **150 minutes (2 ½ hours) a week** of moderate-intensity aerobic exercise, like brisk walking or fast dancing. Being active at least three days a week is best, but doing anything is better than doing nothing at all. You should also do muscle-strengthening activities, like lifting weights or doing sit-ups, at least **2 days a week**. The Physical Activity Guidelines also recommend that as part of your weekly physical activity you combine multiple components of exercises. For example, try balance training as well as aerobic and muscle-strengthening activities. If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.

How older adults can get started with exercise

Exercise and physical activity are great for your mental and physical health and help keep you independent as you age. Here are a few things you may want to keep in mind when beginning to exercise.

Start slowly when beginning exercise

The key to being successful and safe when beginning a physical activity routine is to build slowly from your current fitness level. Over-exercising can cause injury, which may lead to quitting. A steady rate of progress is the best approach.

To play it safe and reduce your risk of injury:

- Begin your exercise program slowly with low-intensity exercises.
- Warm up before exercising and cool down afterward.

Pay attention to your surroundings when exercising outdoors.

Drink water before, during, and after your workout session, even if you don't feel thirsty. Play catch, kickball, basketball, or soccer.

Wear appropriate fitness clothes and shoes for your activity.

If you have specific health conditions, discuss your exercise and physical activity plan with your health care provider.

Don't forget to test your current fitness level for all four types of exercise— endurance, balance, flexibility, and strength. You may be in shape for running, but if you're not stretching, you're not getting the maximum benefit from your exercise. Write down your results so you can track your progress as you continue to exercise.

Make notes about how these test exercises feel. If the exercises were hard, do what's comfortable and slowly build up. If they were easy, you know your level of fitness is higher. You can be more ambitious and challenge yourself.

Three questions to ask your doctor about exercise

Are there any exercises or activities I should avoid? Your doctor can make recommendations based on your health history, keeping in mind any recent surgeries or ongoing health conditions such as arthritis, diabetes, or heart disease. This would be a great time to check with your doctor about any unexplained symptoms you've been experiencing, such as chest pain or pressure, joint pain, dizziness, or shortness of breath. Your doctor may recommend postponing exercise until the problem is diagnosed and treated.

Is my preventive care up to date? Your doctor can tell you if there are any tests you might need. For example, women over age 65 should be checked regularly for osteoporosis.

1. **How does my health condition affect my ability to exercise?** Some health conditions can affect your exercise routine. For example, people with arthritis may need to avoid some types of activity, especially when joints are swollen or inflamed. Those with diabetes may need to adjust their daily schedule, meal plan, or medications when planning their activities. Your doctor can talk to you about any adjustments you need to make to ensure that you get the most out of your new exercise routine.
2. **Is my preventive care up to date?** Your doctor can tell you if there are any tests you might need. For example, women over age 65 should be checked regularly for osteoporosis.
3. **Is my preventive care up to date?** Your doctor can tell you if there are any tests you might need. For example, women over age 65 should be checked regularly for osteoporosis.

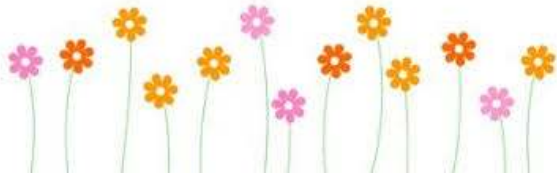


June Volunteers

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

Center

Idonna Deaver	27 Hours
Deb Cornelius	20 Hours
Katy Miyamoto	3 Hours
Ron & Gloria Patrick	3 Hours
Ken Hightower	1.5 Hours
Joyce Hightower	1.5 Hours



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

Thrift Shoppe

Doris Olsen	51.5 Hours	Anne Kirkpatrick	8 Hours
Cindy Salsman	45.5 Hours	Josie Hughes	8 Hours
Ronda Lawyer	41 Hours	Pennie Reese	7 Hours
Joyce Hightower	31 Hours	Preston McCormick	7 Hours
Patty Clough	21 Hours	Norma Hamm	7 Hours
Deb Hansen	19.5 Hours	Rubydell Boegart	7 Hours
Pat Wilson	18 Hours	Carolyn McArtor	7 Hours
Mary Kay McClenahan	18 Hours	Linda Chillemi	3.5 Hours
Jill Grable	17.5 Hours	Helen Yost	3.5 Hours
Alice Tines	17 Hours	Kay Bengé	3.5 Hours
Diana Tate	16.5 Hours		
Pauline Zwick	14 Hours		
Roxie Lampmann	14 Hours		
Lou Tietjen	10.5 Hours		
Charlotte Kumor	10.5 Hours		
Terri Bernatchy	10.5 Hours		

*Thank
You*

Summer Word Search!



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



August
 Camping
 Heat

Ice Cream
 July
 June

Pool
 Popsicle
 Sunglasses

Sunscreen
 Swimming
 Vacation



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.

**We will not be serving a Venango meal
on August 9th**



Have you ever considered being
a Volunteer??

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.

The Thrift Shoppe is staffed 100% by volunteer workers and is in jeopardy of maintaining the current hours of operation without additional help.

The Senior Center side is in desperate need of individuals willing to deliver meals to our homebound clients and to work at the desk during meal time.

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!!