

Perkins County Senior Center News

February

2023

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:

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



Winter Weather Reminder!!

It is that time of year that the weather may cause the center to close. Please check our facebook page and KOGA Radio for announcements.

Our top priority is keeping our clients and customers safe.

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 \$7.50. Home delivery is calculated according, adding \$.50.

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

Elsie

Hi Line Coop

H & B Agency

Sisco Fertilizer

Elsie Feed Center

Sandhills State Bank

Heritage Crop Insurance

Hometown Agency

Paintin Construction

Venango

Venango Legion

Meal Site

Pinnacle Bank

Meal Site Rent

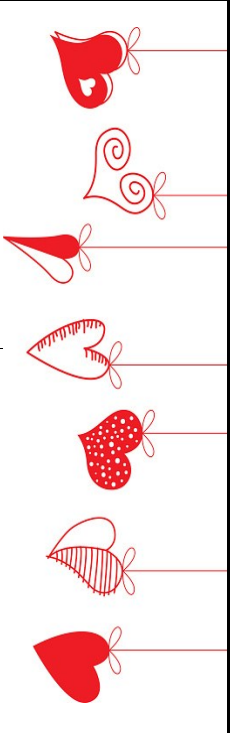

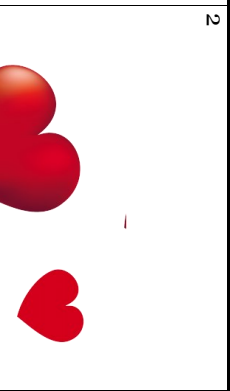
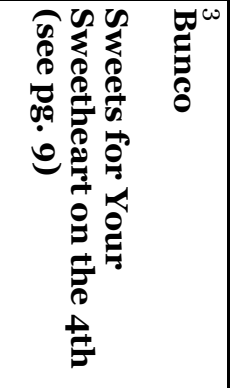

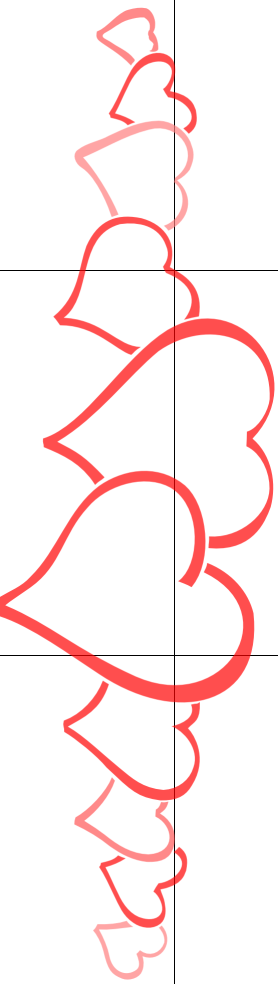


The Senior Center welcomes
the following donations:
Paper Products, Cake Mixes,
Coffee & Liquid Creamer, Fresh
Fruit & Vegetables

Activity Calendar



February, 2023




Monday	Tuesday	Wednesday	Thursday	Friday
				
6 8:30 Board Meeting 10:00 Thrift Shoppe Meeting 1:00 - Card Party	7 12:00 - Venango Meal	8 Rotary Program 12:30 12 - Foot Clinic	9 12:00 - Chamber	10 Birthday Dinner Bunco
13	14 12:00 - Venango Meal	15 Rotary Program 12:30	16 12:00 - Chamber	17 Anniversary Dinner Bunco
20 CLOSED 	21 12:00 - Venango Meal 12:30 - BINGO	22 Rotary Program 12:30	23	24 Bunco
27	28 12:00 - Venango Meal			

Grant Senior Center Menu

February, 2023

(Menu subject to change)

Venango meals will be served EVERY Tuesday

Mon	Tues	Weds 1	Thurs 2	Fri 3
		Roast Beef Mashed Potato California Blend Veggies Fruit Biscuit, Dessert	BBQ Pork Sandwich Baked Beans Garden Salad Fruit Dessert	Fish Baked Potato Cauliflower Rolls Fruit Dessert
6	7	8	9	Birthday 10
Biscuit & Gravy Hashbrowns V-8 Juice Fruit Dessert	Chicken Pot Pie Oven Potatoes Garden Salad Fruit Dessert	Enchilada Pie Spanish Rice Corn Garden Salad Fruit Dessert	Pizza Garden Salad Fresh Veggies Fruit Dessert	Reuben Sandwich French Fries Garden Salad Fruit Birthday Cake
13	14	15	16	Anniversary 17
Ham Balls Mashed Potato Mixed Veggies Roll Fruit Dessert	Stuffed Green Pepper Cass. California Blend Veggies Roll, Fruit Dessert	Oven Fried Chicken Mashed Potato Gravy, Corn Biscuit Fruit, Dessert	BBQ Ribs Oven Fries Green Beans Roll Fruit Dessert	Goulash Garden Salad Peas Garlic Bread Fruit Anniversary Cake
20	21	22	23	24
CLOSED 	Ham Cheesy Hashbrowns Peas & Carrots Fruit Roll, Dessert	Pork Loin Baked Potato Broccoli Biscuit Fruit Dessert	Soup & Sandwich Garden Salad Fruit Dessert	Chicken Strips Oven Potato Beets Roll Fruit Dessert
27	28			
Baked Potato Bar Broccoli Roll Fruit Dessert	Baked Chicken Baked Potato Peas Roll Fruit Dessert			

Meals are served daily from 11:30 am - 1:00 pm Under 60 - \$7.50

Suggested Contribution 60+ or spouse - \$5.00 Delivered/Carryout additional \$5.50

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 February 6th.
Everyone is invited!!**

BUNCO

**Every Friday before
lunch!!**

Join in on the Fun!!



BINGO!!

Tuesday, February 21st

@ 12:30 pm

Fun and FREE!!

Reservations are STRONGLY Recommended

The Senior Center has ran into a good problem. We are finding that more and more people are coming to eat with us, Thank you!!

Unfortunately, some days there are more people than we had planned and not quite enough food. Although we can supplement a lot of our vegetables and fruit, the meat is difficult to prepare at short notice.

We are asking that you please notify the center you are eating prior to 10am the day of the meal. If you neglect to call in a reservation, we will still serve lunch, but you may receive served a substitution to what is on the menu.

The Senior Center Board and staff thank you for participating in our meal program and helping us with these growing pains.

Thank you to everyone for your assistance.

February Birthdays

1st	Larry Hargar	13th	Clifford Colglazier
2nd	Gary Bengé	18th	Bob McCune
5th	Irma Young	23rd	Don Johnson
6th	Garvin McClenahan	24th	Rose Barry
8th	Jayne Witzki	26th	Joyce Hightower
9th	Ron Patrick	27th	Terry Kraich
	Karen Wall		



Anyone who is celebrating a Birthday in January is invited to join us for a FREE lunch and Birthday Cake on Friday, February 10th



The Thrift Shop is

OPEN



Business Hours are: Monday - CLOSED

Tuesday - Friday from 9am - 4pm

Saturday, February 4th 9am - 1pm

The Senior Center will be selling Homemade Valentines Cookies this day too!!

Lots of Winter Clothing and Housewares!!



December Volunteers

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

Center

Idonna Deaver	12 Hours
Joyce & Ken Hightower	2 Hours
Katy Miyamoto	1 Hour



*That's a Total of
244.25 Volunteer
Hours in the
Month of December!!*

Thrift Shoppe

Joyce Hightower	27 Hours
Linda Chillemi	21.25 Hours
Mary Kay McClenahan	20 Hours
Cindy Salsman	19.5 Hours
Doris Olsen	14.5 Hours
Roxie Lampmann	14 Hours
Alice Tines	11.5 Hours
Deb Hansen	10.5 Hours
Jill Grable	10.5 Hours
Rubydell Bogaert	10.5 Hours
Josie Hughes	8 Hours
Diana Tate	7.5 Hours
Ronda Lawyer	7.5 Hours
Pauline Zwick	7 Hours
Anne Kirkpatrick	7 Hours
Carolyn McArtor	7 Hours
Patty Clough	7 Hours

Nancy Hansen	4 Hours
Pat Wilson	3.5 Hours
Lou Tietjen	3.5 Hours
Charlotte Kumor	3.5 Hours
Janelle Johnson	2.5 Hours





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.

We are currently searching for volunteers to work in the Thrift Shoppe and we also need a couple of generous people to help deliver meals on Mondays and Wednesdays.

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!!

The Senior Center is very grateful for our dedicated Volunteers. We once again had a successful year and we couldn't do what we do without the generosity of the Volunteer Community. Our Volunteers donated 4683.25 hours in 2022!! We will once again be celebrating them this Spring at our Annual Volunteer Appreciation Banquet, watch in the mail for dates and additional information.



Sweets for Your Sweetheart

The Senior Center will be selling a
wonderful selection of Homemade

Valentine's Day Cookies on
Saturday, February 4th

9:00 am - 1:00 pm

Perkins County Senior Center

420 Central Avenue

\$8.00 per dozen

Boxed and Ready for your Valentine!!

The Thrift
Shope will
be OPEN
too!!

The Thrift
Shope will
be OPEN
too!!



Start the Year with Planning

As we begin a new year, consider how a little planning could help relieve stress and make best use of your resources. In an effort to eat more meals and snacks from home, set aside 30-60 minutes each week to do menu planning. There are many benefits to meal planning including serving more nutritious meals to your family, saving money on groceries, saving time and eliminating the stress of last-minute decision making by having a plan for your week in place. Once you have meal plans created, you can reuse them other times throughout the year.

Menu planning makes it easier to save money on food. You can build your menus around weekly specials and “in-season” produce. Consider using store brands instead of name brands. Buying in bulk can help on your food budget. However, you want to only purchase foods your family will eat. Throwing out food with not save you money. Some additional tips that might help save money include eating breakfast before you leave home or packing a to-go breakfast. Bring coffee from home and choose water instead of other beverages. Pack your lunch (with the leftovers from supper) to take to work.

By planning ahead and even making meals and freezing them for busy nights, you can limit purchases of processed foods. Home-cooked meals are often healthier, since you can include more fruits and vegetables and control the sugar, fat and sodium content. To assist with meal planning, choose MyPlate for a healthy meal.

Time savings is another great benefit of menu planning. Some foods can be prepped during the weekend or the night before to eliminate a rush after work when you are trying to get a meal on the table. Think about cooking once and eating two or three times. For example, if you cook ground beef, you can make spaghetti one night and with the extra browned ground beef that you refrigerate, you can make chili. Or, you can serve the same food multiple ways to add variety to your menu. For example, when using carrots – have them fresh one meal, roast the carrots or serve in a soup at another meal and then cut them up in a salad for a third time of serving them. This helps utilize perishable foods before they spoil.

Let the entire family help with menu planning. You might ask each family member to create a list of 10 favorite meals for quick ideas that your family will enjoy. By allowing children to “invest” in meals, they gain skills that will last their entire lifetime. Children can help with planning, shopping and preparing meals. Depending on their age, they can also set the table, wash vegetables and fruit, and help with clean up after the meal.

When making your menu plan, look first at foods you have on hand. Make a list of items that need to be used soon to be sure to create meals utilizing those ingredients. Think about nights you might not be home to have a meal, and nights when you need a quick meal before evening activities. Be prepared with quick and easy meal options or something that can be ready in the slow cooker for those occasions. Look for recipes that utilize appliances which you own (air-fryer, multi-cooker, oven). Finally, plan to use leftovers. They make great quick lunches the next day.

You may find that a few minutes spent planning will result in reduced stress and chaos in the evenings, reduced food costs and the health benefits of nutritious meals. For additional information on meal planning, go to: <https://go.unl.edu/azuh>.



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HAPPY NEW YEAR

PLAN MEALS AHEAD

- allows you to serve more nutritious meals
- saves money on groceries
- saves preparation time
- eliminates the stress of last-minute decisions

MENU PLANNING STEPS

1. Spend 30-60 minutes each week planning.
2. Use store specials to begin your plan.
3. Only plan meals your family will eat.
4. Make meals ahead and freeze.
5. Cook once and eat several times; such browning ground beef for spaghetti and tacos at the same time.
6. Let family members suggest ideas.

N EXTENSION

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

Valentine Word Search

ADMIRER	ENAMORED
ADORE	ENDEARMENT
AFFECTION	ENVELOPE
AMOROUS	FEBRUARY
ANGEL	FLAME
BALLOONS	FLIRT
BELLOVED	FLOWERS
BOUQUET	FONDNESS
CANDY	FRIEND
CARD	GIFT
CARNATION	HEART
CHARMED	HEARTTHROB
CHERISH	HOLIDAY
CHERUB	HONEY
CHOCOLATE	HUG
COURTING	KISS
COURTSHIP	LIKE
CRAZY	LOVE
CRUSH	LOVEBIRDS
CUPID	PINK
DARLING	POEM
DATE	RED
DEAR	ROMANCE
DECORATE	SWEETHEART
DESIRE	SWEETS
DEVOTION	TENDERNESS
DOVES	VALENTINE
EMBRACE	

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.**

February

Price Increase Begins January 1, 2023

**Due to increasing food and supply costs the Perkins County
Senior Center will be implementing the following
price increases:**

**Over 60 congregate meals will remain a
suggested donation of \$5.00**

**Over 60 home delivered or carry out meals will be increased
to a suggested donation of \$5.50**

Under 60 congregate meals will be increased to \$7.50

Thank you for your understanding and support.