

# Perkins County Senior Center News

June

2019

420 Central Avenue  
PO Box 314  
Grant, NE 69140  
308-352-4236 Grant  
Perkins County Public Transit 308-352-4597  
[www.pcsenior.org](http://www.pcsenior.org)  
[pcsenior@gpcom.net](mailto:pcsenior@gpcom.net)

**Executive Director:**

Trish Jimenez

**Lead Cook:**

Lisa Resor

**Kitchen Staff:**

Joyce Hightower

Kelan Sis

**Housekeeping:**

Jasmine Schulze

**Board Members:**

Kris Jaques

Nancie Peterson

Marian Robertson

Joyce Hightower

Dan Wallin

Katy Miyamoto

Juan Bazan

**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 \$4.50 per meal, guests under 60 will be charge \$6.00. 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

Sandhills State Bank

## Venango






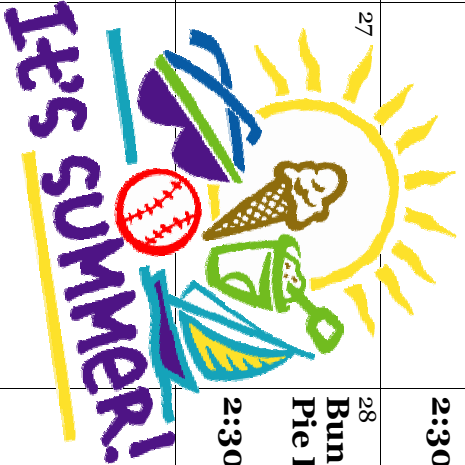
Venango Legion

Meal Site



# Activity Calendar

## June, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><sup>3</sup> 8:30 Board Meeting 10:30 TS Meeting 1:00 Card Party</p> 	<p><sup>4</sup> 12:00 - Venango Meal 2:30 - 3:30 Tai Chi</p> 	<p><sup>5</sup> 9 - 11am Stepping On Rotary Program 12:30</p> 	<p><sup>6</sup></p> 	<p><sup>7</sup> Bunco Pie Friday 2:30 - 3:30 Tai Chi</p> 
<p><sup>10</sup> 2:30 - 3:30 Tai Chi</p>	<p><sup>11</sup> 12:00 - Madrid Meal</p>	<p><sup>12</sup> 9 - 11am Stepping On Rotary Program 12:30 Foot Clinic 12:00</p>	<p><sup>13</sup></p>	<p><sup>14</sup> Bunco Birthday Dinner 2:30 - 3:30 Tai Chi</p>
<p><sup>17</sup> 1:00 Card Party</p>	<p><sup>18</sup> Bingo - 12:30 2:30 - 3:30 Tai Chi</p>	<p><sup>19</sup> 9 - 11am Stepping On Rotary Program 12:30 Family BINGO Night (see pg. 8)</p>	<p><sup>20</sup> Chamber - 12:00</p>	<p><sup>21</sup> Bunco Anniversary Dinner 2:30 - 3:30 Tai Chi</p>
<p><sup>24</sup> 2:30 - 3:30 Tai Chi</p>	<p><sup>25</sup> 12:00 - Madrid Meal</p>	<p><sup>26</sup> Rotary Program 12:30</p>	<p><sup>27</sup></p> 	<p><sup>28</sup> Bunco Pie Friday 2:30 - 3:30 Tai Chi</p>

# Grant Senior Center Menu

June, 2019

(Menu subject to change)

Mon	Tues	Weds	Thurs	Fri
				
<b>3</b>	<b>Venango Meal 4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Salmon Pattie Tater Tots Beets Bread Dessert	Oven Fried Chicken Mashed Potato Gravy Corn Roll, Dessert	Beef Tips Over Rice Green Beans Bread Dessert	Ham Salad Potato Salad Chips Fresh Veggies Dessert	Chicken Strips Hash Brown Pattie Peas Bread Pie
<b>10</b>	<b>Madrid Meal 11</b>	<b>12</b>	<b>13</b>	<b>Birthday 14</b>
Sausage Gravy Biscuit Fresh Veggies Fruit	Roast Beef Mashed Potato Gravy Carrots Bread Dessert	Seasoned Chicken Baked Potato Broccoli Bread Dessert	Fish Macaroni Salad Fresh Veggies Bread Dessert	Baked Ziti Italian Veggies Garlic Bread Birthday Cake
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>Anniversary 21</b>
Shepherd's Pie Fresh Veggies Bread Dessert	Beer Battered Cod Tater Tots California Blend Veggie Bread, Dessert	Swiss Steak Corn Baked Potato Bread Dessert	Hot Turkey Sandwich Mashed Potato Gravy Beets Bread, Dessert	Beef Salad Potato Salad Chips Fresh Veggies Anniversary Cake
<b>24</b>	<b>Madrid Meal 25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Taco Salad Fresh Veggies Dessert	Oven Fried Chicken Mashed Potato Gravy Corn Roll, Dessert	Pulled Pork Sandwich Hash Brown Pattie California Blend Bread, Dessert	Tuna Burger Peas French Fries Dessert	Sloppy Joe Wax Beans Tater Tots Pie

Salad Bar Available Daily

Suggested Contribution 60+ or spouse - \$4.50

Under 60 - \$6.00

# Venango Meal Site NEWS...

In November of 2018 the Venango meal site was abruptly halted with the passing of Nancy Reynolds, our food provider, board member and friend. In the months after, the Perkins County Senior Center Board of Directors worked diligently to try and come up with a solution to get the meal site back up and operating. After facing many barriers, Director Trish Jimenez decided that writing a grant to re-establish the site would be the best option. A grant would give the meal site a better chance of becoming self-sustainable and would be a long term solution.

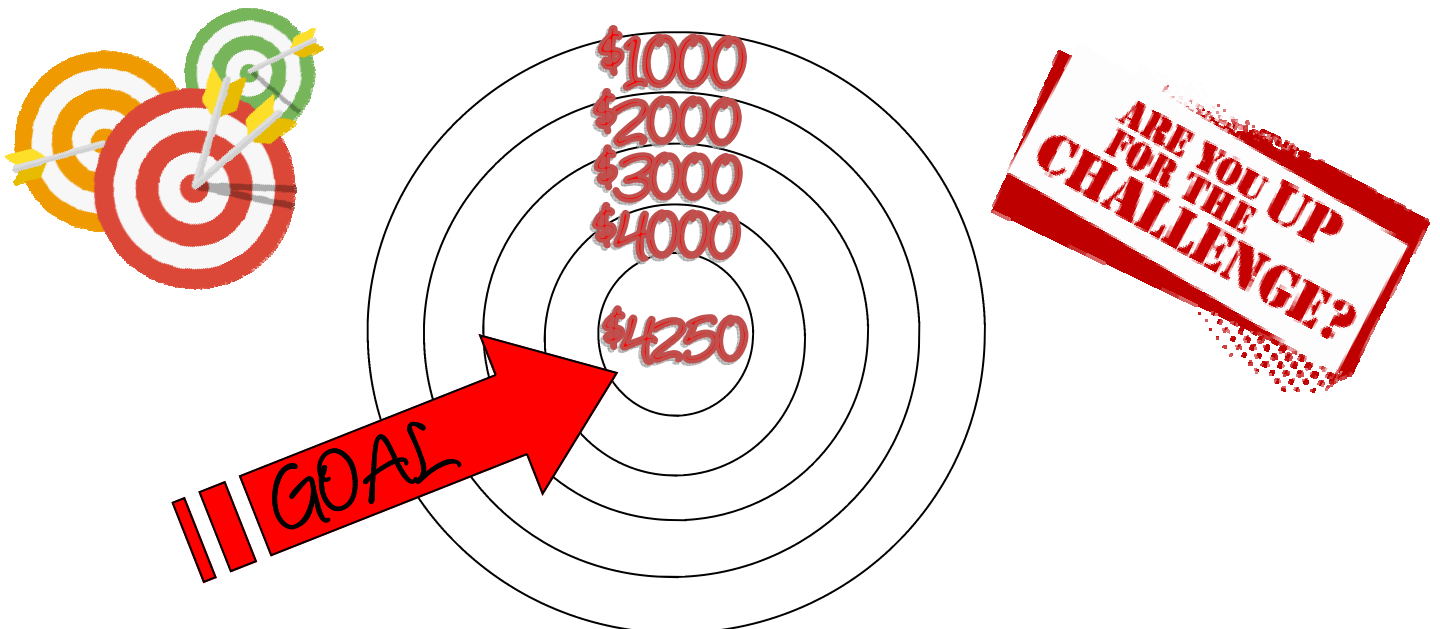
In May, 2019 the center was notified that they had received a grant from the Immanuel Vision Foundation out of Omaha. The grant came in the form of a CHALLENGE grant, which means that the Center would have to raise matching money dollar for dollar. **It is now our goal to raise \$4250 by October 31, 2019.**

We will be kicking off our fundraising adventure with a **FAMILY BINGO FUN NIGHT (see pg. 8 for more information)** on **Wednesday, June 19th**. There will be BINGO and Homemade Ice Cream. All money made during the event will go towards the matching grant challenge.

## ***We need your help!!***

We need volunteers to make homemade ice cream, help during the evening collecting BINGO money, handing out prizes and serving ice cream.

You can also help with the fundraising campaign by sending a check to the Perkins County Senior Center at PO Box 856, Grant, NE 69140. Please put Venango on the memo line of the check so that we know it's to go 100% to the Venango meal site.



## COULD YOU BE THE NEXT VOLUNTEER???

You are probably wondering.... why ME?

Well....**Volunteering** increases your self-confidence, self-esteem, and life satisfaction. You are doing **good for others** and the **community**, which provides a natural sense of accomplishment. Your role as a **volunteer** can also give you a sense of pride and identity.

Here are some of the benefits YOU receive when you volunteer:

**Volunteering time makes you feel like you have more time.** Studies have found that people who give their time felt more capable, confident and useful. Since they were able to accomplish one thing, they feel they will easily accomplish tasks in the future. So, even though they realistically have less time, they feel as though they have more time.

**It is good for mental health.** Volunteering keeps the brain active, which contributes to a person's cognitive health. The National Institute on Aging reported that taking part in activities that are meaningful and productive may lower the risk of dementia and other health problems in seniors.

**Helps prevent senior isolation and depression.** Studies have found the individuals who engaged in volunteering activities experienced a shorter course of depression than those who did not volunteer. Volunteering provided a sense of purpose and accomplishment.

There are many opportunities to volunteer. Find something that you love to do and see if there is a need for a volunteer.

**Senior Centers** are an excellent place to volunteer. You can help out the center and be among your friends and enjoy the fellowship whether you help set tables, help in the kitchen, take out the trash, work on crafts, etc. The list is endless. Check out your local Senior Center to find just the right spot for you. As they say.... "many hands make light the work". If you have any questions call the Area Agency on Aging in No. Platte 308-535-8195 - 1-800-662-2961

## BINGO!!

Tuesday, June 18th

Bingo will be held on the 3rd Tuesday of the month at 12:30 p.m.,  
come on down and enjoy!!!

FREE to play!!! Lots of FUN prizes!!!



Mark your calendar!!

Card Party will be  
held at 1pm on  
Monday

June 3rd & 17th

Everyone is invited!!

## BUNCO

Every Friday before  
lunch!!

Join in on the Fun!!

# June Birthdays

1st	Al Proctor		
2nd	Ronda Hutt	20th	Dirk Schipper
5th	Ardell Enterline	22nd	Dorothy Ford
6th	LaVonna Krajewski	23rd	Carolyn McArtor
	Rubydell Boagaert	25th	Ed Lowe
10th	Edith Ekdahl		Gary Talich
	Loyal Thompson		Joyce Krueger
11th	Darlene Kuskie	26th	Steve Jaques
12th	Toby Hansen		Kathy Aerni
15th	Irma Green	28th	Anna Regier
16th	Marian Glunz	29th	Harvey Lovenburg
	Esteline Waterman	30th	John Long

Anyone who is celebrating a Birthday in June is invited to join us for a FREE lunch and Birthday Cake on Friday, June 14th anytime from 11am - 1pm.



## THE THRIFT SHOP IS OPEN



**NORMAL BUSINESS HOURS ARE:  
SATURDAY, JUNE 1ST 9AM - 1PM,  
(1ST SATURDAY OF THE MONTH)  
MONDAYS 1 - 4PM AND  
TUESDAY THRU FRIDAY 9AM - 4PM**

**Great Selection of Spring and Summer Clothing,  
housewares and gifts!!**

Lots of FUN  
Prizes!!

# Family

\$0.25 Per  
Game

# BINGO

All Ages Welcome!!

# Night



Wednesday, June 19th ~ 6:30 - 8:00 PM

Perkins County Senior Center

420 Central Avenue ~ Grant

**HOMEMADE ICE CREAM WILL ALSO BE**  
**AVAILABLE FOR \$2.00 PER CUP**  
**INCLUDING TOPPINGS**

All proceeds from the evening will go to match the Immanuel Vision  
Foundation Challenge Grant that the Senior Center received to  
re-establish the Venango meal site.



# April Volunteers

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

## Center

Idonna Deaver	15.25 Hours
Ellen Gillett	9.5 Hours
Nancie Peterson	8.5 Hours
Barb Kirkpatrick	7.75 Hours
Deb Cornelius	6.75 Hours
David Peterson	6 Hours
Jasmine Schulze	4 Hours
Reenie Mercier	2.5 Hours
DeAnn Zwickl	2 Hours
Gloria & Ron Patrick	2 Hours

**That's a Total of  
348.25 Volunteer  
Hours in the  
Month of April!!**

## Thrift Shoppe

Cindy Salsman	21 Hours	Roxie Lampmann	10.5 Hours
Lorryley Rice	20.5 Hours	Betty Thomas	10.5 Hours
Gloria Niblack	16.5 Hours	Joyce Hightower	9 Hours
Pat Wilson	16.25 Hours	Diana Tate	7.5 Hours
Deb Hansen	16 Hours	Shari Friedel	7.5 Hours
Holly Cornelius	15 Hours	Norma Hamm	7 Hours
Pennie Reese	14 Hours	Garnett Templeton	7 Hours
Lou Tietjen	14 Hours	Alice Tines	6.5 Hours
Pauline Zwick	14 Hours	Virginia Deaver	3.5 Hours
Doris Olsen	12.5 Hours	Kay Bengel	3.5 Hours
Rubydell Bogaert	12 Hours		
Carolyn McArtor	11.5 Hours		
Lois Gaston	11 Hours		
Jean Gregg	10.5 Hours		
Charlotte Kumor	10.5 Hours		
Donna Lundvall	10.5 Hours		



# Venango

There will be a meal in Venango on  
Tuesday, June 4th at 12:00 noon at the  
Legion Hall.

Please RSVP by Monday, June 3rd by calling  
the Center at 308-352-4236

Thank You to Juan Bazan for volunteering to take the  
June meal to Venango!

## Lunch in Madrid!!

Join us for lunch in Madrid on  
Tuesday, June 11th and 25th at 12:00 noon  
at the Madrid Community Center.

Please RSVP to Nancie  
Peterson at  
308-326-4292 by 12 noon  
the day before.

