

# Perkins County Senior Center News

March

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)

2023

**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

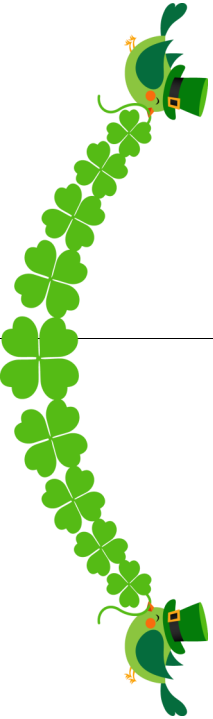

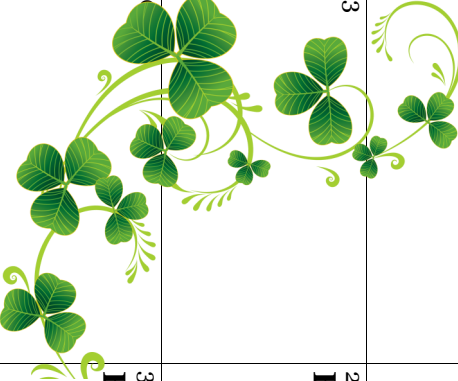


Meal Site Rent



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

# Activity Calendar

# March, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>6 8:30 Board Meeting 10:00 Thrift Shoppe Meeting 1:00 - Card Party</p>	<p>7 12:00 - Venango Meal</p>	<p>8 Rotary Program 12:30 12 - Foot Clinic</p>	<p>9 </p>	<p>10 Birthday Dinner Bunco</p>
<p>13 1:00 - Card Party</p>	<p>14 12:00 - Venango Meal</p>	<p>15 Rotary Program 12:30</p>	<p>16 12:00 - Chamber</p>	<p>17 Anniversary Dinner Bunco</p>
<p>20 1:00 - Card Party</p> <p><b>SPRING</b></p>	<p>21 12:00 - Venango Meal 12:30 - BINGO</p>	<p>22 Rotary Program 12:30</p>	<p>23 </p>	<p>24 Bunco</p>
<p>27 </p>	<p>28 12:00 - Venango Meal</p>	<p>29 Rotary Program 12:30</p>	<p>30 </p>	<p>31 Bunco</p>

# Grant Senior Center Menu

March, 2023

(Menu subject to change)

Venango meals will be served EVERY Tuesday

Mon	Tues	Weds 1	Thurs 2	Fri 3
				
		Roast Beef Baked Potato Corn Fruit Roll Dessert	Spaghetti Green Beans Garden Salad Garlic Bread Fruit Dessert	Fish Sandwich Oven Fries Pea Salad Fruit Pie
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>Birthday 10</b>
Soup & Sandwich Garden Salad Fresh Veggies Fruit Dessert	Ham Scalloped Potato Beets Roll Fruit Dessert	Lemon Pepper Chicken Breast Baked Potato Peas Biscuit Fruit, Dessert	Liver & Onions Mashed Potato California Blend Veggies Fruit Roll, Dessert	Tuna Casserole Mashed Potato Mixed Veggies Biscuit Fruit Birthday Cake
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>Anniversary 17</b>
Beef Tips over Rice Broccoli Garden Salad Fruit Dessert	Oven Fried Chicken Mashed Potato Gravy, Corn Roll Fruit, Dessert	Meatloaf Hashbrown Cass California Blend Veggies Fruit Biscuit, Dessert	BBQ Pork Sandwich Oven Potatoes Baked Beans Fruit Dessert	Corned Beef & Cabbage Baked Potato Roll Fruit Anniver. Dessert
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Pizza Garden Salad Fresh Veggies Fruit Dessert	Lasagna Green Beans Garden Salad Garlic Bread Fruit Dessert	Taco Bar Refried Beans Fruit Dessert	Grilled Cheese Sandwich Tomato Soup Garden Salad Fresh Veggies Fruit, Dessert	Fish Mac & Cheese Broccoli Garden Salad Roll, Fruit Pie
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Tater Tot Casserole Garden Salad Biscuit Fruit Dessert	Pork Chops Baked Potato Brocc/Caulifl. Roll Fruit Dessert	Goulash Garden Salad Green Beans Garlic Bread Fruit Dessert	Reuben Oven Potatoes Garden Salad Fruit Dessert	Fish Baked Potato Green Beans Fruit Roll Pie

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

Suggested Contribution 60+ or spouse - \$5.00 Delivered/Carryout - \$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,  
March 6th and 20th.  
Everyone is invited!!

## BUNCO

Every Friday before  
lunch!!

Join in on the Fun!!



## BINGO!!

Tuesday, March 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 be 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.

# March Birthdays

2nd	Jonie Johnson	18th	Lloyd Marquardt
3rd	Yvonne Herman	19th	Nancy White
11th	Norma Hamm	20th	Marsha Bruntz
12th	Rod Cornelius	21st	Rosalie Curtis
13th	Joanne Keuten	24th	Dennis Ekdahl
15th	Darlene Hastings		



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

The Thrift Shop is  
**OPEN**

*\$5 BAG SALE STARTS  
TUESDAY, FEBRUARY 28TH*

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TUESDAY, FEBRUARY 28TH*

**Business Hours are: Monday - CLOSED  
Tuesday - Friday from 9am - 4pm  
Saturday, March 4th 9am - 1pm**

**The Thrift Shoppe will be CLOSED from  
Thursday, March 23rd through  
Tuesday, March 28th for Seasonal Changeover.  
Come visit us when we re-open on March 29th  
with a GREAT Selection of  
Spring and Summer Clothing**



# JANUARY VOLUNTEERS

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

## Center

Idonna Deaver	29.5 Hours
Katy Miyamoto	1 Hour



That's a Total of  
197.5 Volunteer  
Hours in the  
Month of January!!

## Thrift Shoppe

Ronda Lawyer	16 Hours
Joyce Hightower	14.5 Hours
Lou Tietjen	14 Hours
Cindy Salsman	14 Hours
Alice Tines	13 Hours
Mary Kay McClenahan	13 Hours
Anne Kirkpatrick	12.5 Hours
Roxie Lampmann	10.5 Hours
Charlotte Kumor	10.5 Hours
Jill Grable	10.5 Hours
Rubydell Bogaert	10.5 Hours
Linda Chillemi	8.5 Hours
Doris Olsen	8 Hours
Pauline Zwick	7 Hours
Marcy Shalla	7 Hours
Deb Hansen	7 Hours
Norma Hamm	6.5 Hours

Josie Hughes	6 Hours
Carolyn McArtor	4.5 Hours
Patty Clough	4.5 Hours

# Thank You





## 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!!

*St. Patrick's Day*

Word Search Puzzle

POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND

← ↑ ↖ ↗

→ ↓ ↘ ↙

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





Learn how to manage your blood pressure!

# Living Well With High Blood Pressure

Are you living with hypertension (HTN) or high blood pressure? Are you concerned about developing HTN? Are you caring for someone with HTN? This class is for you!

Join us for a FREE 6-week series aimed to improve HTN self-management. Topics include basics of hypertension control, nutrition, physical activity, tobacco cessation, medication management, stress management, and creating short-term and long-term action plans.

Once you have registered, you will receive a confirmation email with a link to join virtually. You will also receive a binder with class materials prior to the first class.

**To Register:** [go.unl.edu/htncontrol](http://go.unl.edu/htncontrol) OR call 402-426-9455

**When?**  
March 20th  
March 27th  
April 3rd  
April 10th  
April 17th  
April 24th

**What time?**  
6pm - 7:30pm CST

**Where?**  
Online--in the comfort of your own home!



**Register by March 13th!**



# 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.**

**March**

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.