

PERKINS COUNTY SENIOR CENTER NEWS

OCTOBER

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

2021

Executive Director:

Trish Jimenez

Lead Cook:

Lisa Resor

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

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 or help to deliver
meals daily. 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.

VOLUNTEER



Activity Calendar



October, 2021









Monday

Tuesday

Wednesday

Thursday

Friday



<p>4 8:30 Board Meeting 10:00 Thrift Shoppe Meeting 1:00 - Card Party</p> 	<p>5 11:00 - Venango Meal</p> 	<p>6 Rotary Program 12:30</p>	<p>7 </p>	<p>8 Birthday Dinner Bunco</p>
<p>11 CLOSED</p> 	<p>12 12:00 - Venango Meal</p>	<p>13 Rotary Program 12:30 12 - Foot Clinic All Unvaccinated Participants will be required to wear a mask</p>	<p>14 </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 Chamber 12:00</p>	<p>22 Bunco</p>
<p>25 </p>	<p>26 12:00 - Venango Meal</p>	<p>27 Rotary Program 12:30</p>	<p>28 </p>	<p>29 Bunco Trick or Treat Street</p> 

Grant Senior Center Menu

October, 2021

(Menu subject to change)

Venango meals will be served EVERY Tuesday

Mon	Tues	Weds	Thurs	Fri	1
				Cheeseburger Hash Brown Pattie Corn Fruit Pie	
4	5	6	7	Birthday	8
Fish Au Gratin Potato Asparagus Bread Fruit Dessert	Ham & Potato Casserole Mixed Veggies Bread Fruit Dessert	French Dip Stir Fry Veggies Baked Potato Fruit Dessert	Chicken Wraps Fresh Veggies Tater Tots Fruit Dessert	Mexican Lasagna Corn Tossed Salad Fruit Birthday Cake	
11	12	13	14	Anniversary	15
CLOSED 	Smothered Pork Baked Potato Carrots Bread Fruit Dessert	Oven Fried Chicken Mashed Potato Gravy Broccoli, Fruit Bread, Dessert	Ham & Beans Cornbread Fresh Veggies Tossed Salad Fruit Dessert	Hamburger Gravy Mashed Potato Mixed Veggies Biscuit Fruit, Dessert	
18	19	20	21		22
Chicken Strips Hash Brown Pattie Green Beans Fruit Dessert	Chili Fresh Veggies Tossed Salad Quesadilla Fruit Dessert	Pork Roast Mashed Potato Gravy Carrots Bread Fruit, Dessert	Chicken Fajita Refried Beans Rice Fruit Dessert	Breakfast Sandwich Hash Brown Pattie V-8 Juice Fruit	
25	26	27	28		29
Tomato Soup Grilled Cheese Sandwich Fresh Veggies Fruit Dessert	Oven Fried Chicken Mashed Potato Gravy Peas, Fruit Bread, Dessert	Burritos Rice Fresh Veggies Refried Beans Fruit Dessert	Fish Hash Brown Pattie Spinach Bread Fruit, Dessert	Spider Pie Haunted Forrest Mummy Sticks Brains Graveyard Cake (Pizza, Broccoli, Cauliflower, Breadsticks & Pears)	

Salad Bar will be DISCONTINUED Until Further Notice

Suggested Contribution 60+ or spouse - \$5.00

Under 60 - \$6.50

Perkins County Senior Center and the Coronavirus (COVID-19)

The Perkins County Senior Center has re-opened dine-in service and all other senior activities. We ask that you follow social distancing guidelines and wear a face covering when not dining.

The Center will continue to offer hot, fresh meals daily through carry-out or delivery if that is your preference. If you would like to pick up a meal or have one delivered, please call at 308-352-4236.

To learn the current status of the Senior Center, we ask that you visit www.pcsenior.org, our Facebook page (Perkins County Senior Center) or call the Center directly at 308-352-4236.

Thank you for your understanding, patience and most of all your support.

**WE ARE OFFERING HOT, FRESH MEALS DAILY.
DINE IN, CARRY OUT AND DELIVERY ARE AVAILABLE.**

EVERYONE IS WELCOME!!!

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

BUNCO



**Every Friday before lunch!!
Join in on the Fun!!**

BINGO!!

**Tuesday, October 19th
@ 12:30 pm
Fun and FREE!!**

**PLEASE CHECK OUR FACEBOOK PAGE, WEBSITE OR CALL TO GET A
CURRENT STATUS OF ALL ACTIVITIES. www.pcsenior.org ~ 308-352-4236**



OCTOBER BIRTHDAYS

1st	Rosa Cornelius	22nd	Elizabeth Thomas
5th	Sam Marquardt		Rodney Bruntz
6th	Linda Hilferty	23rd	Pauline Lyon
8th	Marjorie Tatum	27th	Rick Salsman
10th	Richard Hahlweg		Donald Softley
17th	Archie Hall	28th	Devona Allen
18th	Sharon Parker		Barbara Tines
20th	Kristy Ogg	29th	Ken Wykert
		31st	Raymond Berges

Anyone who is celebrating a Birthday in October is invited to join us for a FREE lunch and Birthday Cake on Friday, October 8th.



The Thrift Shop is

OPEN



Business Hours are:

Monday - CLOSED

Tuesday - Friday from 9am - 4pm

Saturday, October 2nd - 9am - 1pm



We HAVE A GREAT Selection OF FALL AND WINTER ITEMS AND LOTS OF HALLOWEEN COSTUMES!!

PLEASE CHECK OUR FACEBOOK PAGE, WEBSITE OR CALL TO GET A CURRENT STATUS OF OUR FACE COVERING POLICY IN THE THRIFT SHOPPE.

www.pcsenior.org ~ 308-352-4236 The Thrift Shoppe may be open with varied hours due to a shortage of volunteer staff.



August Volunteers

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

Center

Deb Cornelius 15.25 Hours
Ron & Gloria Patrick 9 Hours

We currently have a shortage in volunteer help. We are in desperate need of people to work the desk, deliver meals and help in the Thrift Shoppe. If you are interested, please contact the center at 308-352-4236.

That's a Total of
283.5 Volunteer
Hours in the
Month of
August!!

Thrift Shoppe

Cindy Salsman	34.5 Hours	Ronda Lawyer	7.5 Hours
Marcia Shalla	18.5 Hours	Betty Thomas	7 Hours
Alice Tines	17.5 Hours	Patty Clough	7 Hours
Pennie Reese	16.5 Hours	Carol Nikkel	6.5 Hours
Deb Hansen	15 Hours	Linda Chillemi	6.5 Hours
Rubydell Bogaert	15 Hours	Dianna Tate	4.5 Hours
Lou Tietjen	14 Hours	Barb Van Horn	4 Hours
Mary Kay McClenahan	14 Hours	Norma Hamm	3.5 Hours
Anne Kirkpatrick	14 Hours		
Joyce Hightower	11.5 Hours		
Doris Olsen	10.5 Hours		
Roxie Lampmann	10.5 Hours		
Charlotte Kumor	10.5 Hours		
Jill Grable	10.5 Hours		
Carolyn McArtor	8 Hours		
Deb Jantz	8 Hours		



5 Self-Care Activities for Seniors to Stay Active

Author: Nick van Migrot

If you don't take care of yourself, you'll always be stressed regardless of the activities you indulge in. Meditation won't be effective if you aren't getting enough sleep. In fact, you might doze off while trying to meditate because you aren't taking care of the needs of your body. Also, hitting the gym once in a while won't help you relieve stress if you are always consuming junk food. You need to take care of yourself to improve on different aspects of your life. In this post, we are going to focus on seniors and the activities that will help them stay active.

What is Self-care?

Self-care is defined as what individuals do to boost health to prevent illnesses. This view of self-care factors in hygiene, nutrition, environmental factors, and lifestyle. Here are five activities for seniors that support their physical and mental wellbeing. Let's get started!

5. Read a book

Reading has been linked to decreased heart rate, low blood pressure, and a reduction in stress by the University of Sussex. You only need to read for six minutes to reduce stress by close to 68 percent. Reading can help you learn new things or escape to a different world. If you don't know where to start, here are a few sites that offer the most interesting books according to your tastes and preferences:

- Bookish: This site has articles with lists of books that you should read together with recommendations
- Goodreads: You can list the books that you've read, what you want to read, and connect to other people to find out what they are reading. You'll also receive recommendations according to your tastes and preferences.
- LibraryThing: This is another popular list builder that will help you stay on track of your owned books and those on your wish list. Upon sign up, you should fill in your preferences to get a list of recommendations.
- Which book: The site can search for the books you want depending on your location, mood, or characters in the book. If you want to save money, there are lots of free sites such as Open Culture, Free E-books, Project Gutenberg, Book Bub, and Open Library. If you love listening to audiobooks, you can find some at LibriVox, Audible, and Open Culture.

Conclusion

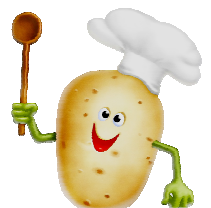
This is the best time for seniors to schedule a time to focus on their physical, mental, and spiritual needs. Even when you have lots of things to do, squeezing some time for self-care will pay off in spades.

Mark Your Calendar!!

The Annual Potato Bar and Holiday OPEN House will be held
on Thursday, November 18th!!

Look for additional information in next month's

Newsletter!!!



Halloween Word Search

HAUNTED HOUSE



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

The words appear UP, DOWN,
 BACKWARDS, and DIAGONALLY.
 Find and circle each word.

BASEMENT
CASTLE
CAT
CREAK
DARK
DOORS

EERIE
FLOOR
FUN
GENIE
GHOST
GHOUL

HALLWAY
HOWL
JUMP
MONSTERS
NOISES
SCARE

SCREAM
SPIDER
SPIRITS
STAIRS
WITCH
YELL



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.

ALL ACTIVITIES ARE SUBJECT TO CANCELLATION DUE TO THE
CURRENT PANDEMIC. PLEASE CHECK OUR FACEBOOK PAGE, WEBSITE OR
CALL TO GET A CURRENT STATUS OF ALL ACTIVITIES.

Lunch in Madrid!!

The Madrid meal site will be discontinued
until further notice. In the meantime, if you
would like a delivery any day of the week,
please call us at 308-352-4236 prior to 9:30 am

DISCONTINUED