

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

2023

Executive Director:

Trish Jimenez

Lead Cook:

Dianna McCleary

Kitchen Staff:

Hannah McGannon

Kelan Sis

Board Members:

Kris Jaques

Nancie Peterson

Marian Robertson

Joyce Hightower

Dan Wallin

Anne Kirkpatrick

Dennis Ekdahl

Bus Driver:

Kris Jaques

Ronda Hutt

Tom Willhite



Housekeeping:

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 501 c3 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

Venango

Venango Legion

Meal Site

Pinnacle Bank

Meal Site Rent



Elsie

Hi Line Coop

H & B Agency

Sisco Fertilizer

Elsie Feed Center

Sandhills State Bank

Heritage Crop Insurance

Hometown Agency




Paintin Construction

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

Activity Calendar

October, 2023



Monday	Tuesday	Wednesday	Thursday	Friday
² 8:30 Board Meeting 10:00 Thrift Shoppe Mtg 1:00 - Card Party	³ 12:00 - Venango Meal	⁴ Rotary Program 12:30	⁵ 9:30 am—Stepping On SteppingOn <small>Stepping On is a registered trademark of Stepping On, Inc. © 2023</small>	⁶ Bunco 6 PM—Chamber BINGO
⁹ CLOSED 	¹⁰ 12:00 - Venango Meal	¹¹ Rotary Program 12:30 12 - Foot Clinic	¹² 9:30 am—Stepping On SteppingOn <small>Stepping On is a registered trademark of Stepping On, Inc. © 2023</small>	¹³ Birthday Dinner Bunco
¹⁶ 1:00 - Card Party	¹⁷ 12:00 - Venango Meal 12:30 - BINGO	¹⁸ Rotary Program 12:30	¹⁹ 12:00 - Chamber No Stepping On Class this day	²⁰ Anniversary Dinner Bunco
²³	²⁴ 12:00 - Venango Meal	²⁵ Rotary Program 12:30	²⁶ 9:30 am—Stepping On SteppingOn <small>Stepping On is a registered trademark of Stepping On, Inc. © 2023</small>	²⁷ Bunco
³⁰ 	³¹ 12:00 - Venango Meal			

Grant Senior Center Menu

October, 2023

(Menu subject to change)

Venango meals will be served EVERY Tuesday

Mon 2	Tues 3	Weds 4	Thurs 5	Fri 6
Chicken Fried Steak Mashed Potato California Blend Roll, Fruit Dessert	Beef Enchiladas Spanish Rice Refried Beans Fruit Dessert	Chef Salad Bread Sticks Fruit Dessert	Fish Baked Potato Garden Salad Roll Fruit Dessert	Reubens French Fries Carrot Salad Fruit Pie
9	10	11	12	Birthday 13
CLOSED  Columbus Day	Oven Fried Chicken Mashed Potato Corn Roll, Fruit Dessert	Ham Loaf Baked Potato Peas & Carrots Biscuit Fruit Dessert	Mushroom Steak Oven Fries Broccoli Roll Fruit, Dessert	Breakfast Casserole Hashbrowns V8 Fruit Birthday Cake
16	17	18	19	Anniversary 20
Runzas Garden Salad Green Beans Fruit Dessert	Pork Chops Cheesy Hashbrowns Carrots Roll, Fruit Dessert	Spaghetti Garden Salad Green Beans Bread Stick Fruit Dessert	Hamburger Gravy Mashed Potato Mixed Veggies Roll Fruit, Dessert	Chicken Breast Rice California Blend Biscuit Fruit Anniversary Cake
23	24	25	26	27
Chef's Choice Garden Salad Fruit Dessert	Meatloaf Mashed Potato Beets Biscuit Fruit Dessert	Chicken & Noodles Mashed Potato Broc & Caulifl. Roll Fruit, Dessert	Roast Beef Baked Potato Corn Biscuit Fruit Dessert	Tuna Casserole Peas Garden Salad Roll Fruit Pie
30	31			
Ham & Beans Salad Cornbread Fruit Dessert	Shepherd's Pie Broccoli Roll Fruit Dessert			

Meals are served daily from 11:00 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
October 2nd & 16th.
Everyone is invited!!**

BUNCO

**Every Friday before
lunch!!**

Join in on the Fun!!



BINGO!!

**Tuesday, October 17th
@ 12:30 pm**

Fun and FREE!!

Craft Day

**We will begin a Craft Day on October 12th at 1:00 pm.
This will be held monthly (or more if there is interest) on
the 2nd Thursday of every month.**

**Please bring your craft project, no matter what it is and
join others for a few hours, drinking coffee, visiting and
working on your project.**



EVERYONE IS WELCOME!!



OCTOBER BIRTHDAYS

1st

Rosa Cornelius

23rd

Pauline Lyon

3rd

Betsy Marquardt

27th

Donald Softley

6th

Linda Hilferty

Rick Salsman

8th

Marge Tatum

28th

Devona Allen

10th

Richard Hahlweg

Barbara Tines

18th

Sharon Parker

29th

Ken Wykert

20th

Sue Proscovec

31st

Jeff Wall

22nd

Kristy Ogg

Raymond Berges

Rodney Bruntz

Elizabeth Thomas

**Anyone who is celebrating a Birthday in
September is invited to join us for a FREE
lunch and Birthday Cake on
Friday, October 13th**

The Thrift Shop is

OPEN

Business Hours are:

Monday - CLOSED

Tuesday - Friday from 9am - 4pm

Saturday, October 7th 9am - 1pm

**Thanks to our hardworking and dedicated
Volunteers, we have a GREAT Selection of Fall
and Winter Clothing out for EVERYONE!!**



August Volunteers

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

Center

Idonna Deaver	43 Hours
Katy Miyamoto	3 Hours
Gloria Patrick	3 Hours
Ron Patrick	2.75 Hours
Ken Hightower	2.5 Hours
Joyce Hightower	2.5 Hours

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

Thrift Shoppe

Cindy Salsman	41 Hours
Joyce Hightower	24 Hours
Linda Chillemi	23.75 Hours
Pauline Zwick	22.5 Hours
Deb Hansen	19.5 Hours
Roxie Lampmann	19.25 Hours
Patty Clough	18.5 Hours
Mary Kay McClenahan	18 Hours
Rubydell Bogaert	17.5 Hours
Ronda Lawyer	16 Hours
Marcy Shalla	15 Hours
Jill Grable	14.5 Hours
Alice Tines	14 Hours
Lou Tietjen	14 Hours
Pennie Reese	14 Hours
Anne Kirkpatrick	12.5 Hours
Carolyn McArtor	12 Hours
Diana Tate	11.25 Hours

Charlotte Kumor	10.5 Hours
Cindy Dahlkoetter	10 Hours
Doris Olsen	7 Hours
Alexa Kraus	7 Hours
Barb Van Horn	5 Hours
Gloria Patrick	3.5 Hours
Norma Hamm	3.5 Hours



Tips To **BOOST** Your Health as You Age

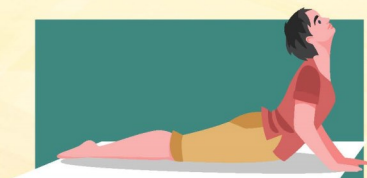
Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Get moving — try gardening, biking, or walking.



Choose healthy foods rich in nutrients.



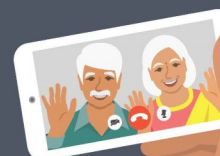
Manage stress — try yoga or keep a journal.



Learn something new — take a class or join a club.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



BINGO!!

The Perkins County Chamber of Commerce will be hosting a BINGO night on Friday, October 6th at 6pm at the Senior Center.

Watch for additional information on Facebook and the Grant Tribune Sentinel.

The Senior Center will be selling slices of Cheesecake for \$3.00 during BINGO.

Join us for a GREAT Night of Fun, Delicious Cheesecake and lots of Winning!!



HALLOWEEN WORD SEARCH



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

Ghost

Costume

Broom

Spider

Spooky

Boo

Frankenstein

Bat

Black Cat

Potion

Witch

Skeleton

Mummy

Halloween

Haunted

Pumpkin

Candy

Vampire

Fall

Zombie

PaperTrailDesign.com

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.**



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 Fridays.

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!!