

Perkins County Senior Center News

September

2021

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:

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

A HUGE Thank you to those who have supported us during the pandemic. Thank you for your generosity!!!

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

September, 2021

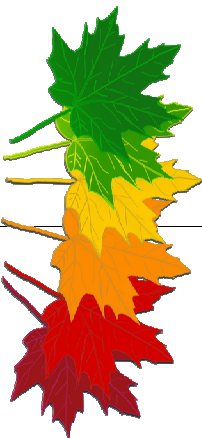

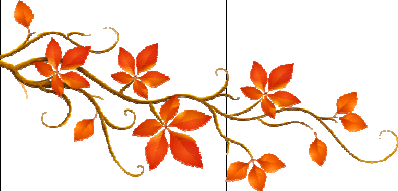


Monday

Tuesday

Wednesday

Thursday

Friday




			1 Rotary Program 12:30	2		3 Bunco
6 CLOSED		7 12:00 - Venango Meal	8 Rotary Program 12:30 12 - Foot Clinic All Unvaccinated Participants will be required to wear a mask	9		10 Birthday Dinner Bunco
13 8:30 Board Meeting 10:00 Thrift Shoppe Meeting		14 12:00 - Venango Meal 1:00 - BINGO	15 Rotary Program 12:30	16 Chamber 12:00		17 Anniversary Dinner Bunco
20 1:00 - Card Party		21 12:00 - Venango Meal	22 Rotary Program 12:30	23		24 Bunco
27		28 12:00 - Venango Meal	29 Rotary Program 12:30	30 Spaghetti Feed & Bingo (see details on pg. 9) 		

Grant Senior Center Menu

(Menu subject to change)

September, 2021

Venango meals will be served EVERY Tuesday

Mon	Tues	Weds 1	Thurs 2	Fri 3
		Turkey Mashed Potato Gravy Green Beans Roll Fruit, Dessert	Zucchini Casserole Fresh Veggies Watermelon Dessert	BBQ Chicken Potato Salad California Blend Veggies Fresh Fruit Roll, Pie
6	7	8	9	10
CLOSED 	Pepper Steak Baked Potato Tomatoes Bread Fruit Dessert	Oven Fried Chicken Mashed Potato Gravy Corn, Fruit Bread, Dessert	Sausage Scrambled Eggs Cinnamon Roll Fresh Veggies V-8 Juice Fruit	Cheese O Ritos Rice Oriental Veggies Tossed Salad Fruit Birthday Cake
13	14	15	16	17
Fish Baked Potato Fresh Veggies Bread Fruit Dessert	Chicken Sopa Casserole Corn Tossed Salad Fruit Dessert	Roast Beef Mashed Potato Gravy Green Beans Roll Fruit, Dessert	Pork Roast Au Gratin Potato Mixed Veggies Roll Fruit Dessert	Turkey Noodle Bake Beets Fresh Veggies Roll Fruit, Dessert
20	21	22	23	24
Veggie Beef Soup Beef Salad Sandwich Fresh Veggies Fruit, Dessert	Oven Fried Chicken Mashed Potato Gravy Corn, Fruit Bread, Dessert	Mushroom Steak Mashed Potato Gravy, Roll California Blend Dessert	Fish Hash Brown Pattie Carrots Bread Fruit, Dessert	Chicken Strips Mashed Potato Gravy Peas Fruit Pie
27	28	29	30	
Saucy Baked Chicken Baked Potato Peas & Carrots Roll Fruit, Dessert	Tater Tot Casserole Broccoli Tomatoes Bread Fruit, Dessert	Sweet & Sour Pork Rice Stir Fry Veggies Tossed Salad Fruit, Dessert	Polish Sausage Baby Bakers Cabbage Fruit Dessert	

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,
September 20th
Everyone is
invited!!**

BUNCO



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

**BINGO!!
Tuesday, September 21st
@ 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**



September Birthdays

6th	Ivan Regier	20th	Roberta Russell
7th	Janie Colglazier		Linda Harms
9th	Dayton Reichman		Tonia Wyatt
14th	Helen Yost	21st	Bernita Tjaden
	Judy Reichman	25th	Debra Cornelius
15th	Tom Tines	28th	Virginia Deaver
19th	Darrel Yost		DeeAnn Tatum

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



The Thrift Shop is

OPEN

Business Hours are:

Monday - CLOSED

Tuesday - Friday from 9am - 4pm

Saturday, September 4th - 9am - 1pm

BAG SALE through Thursday, September 9th.

The Thrift Shoppe will be **CLOSED** Friday, September 10th through Tuesday, September 14th for Seasonal Changeover, visit us when we re-open on Wednesday, September 15th will a **GREAT** selection of Fall and Winter clothing.

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.

JULY VOLUNTEERS

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

Center

Deb Cornelius 15.75 Hours
Ron & Gloria Patrick 5.5 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
343.5 VOLUNTEER
HOURS IN THE
MONTH OF
JULY!!

Thrift Shoppe

Cindy Salsman	27.5 Hours	Pauline Zwick	9.5 Hours
Doris Olsen	26 Hours	Norma Hamm	9.5 Hours
Joyce Hightower	24 Hours	Linda Chillemi	8.5 Hours
Deb Jantz	21 Hours	Deb Hansen	7 Hours
Rubydell Bogaert	19.5 Hours	Betty Thomas	7 Hours
Lou Tietjen	17.5 Hours	Patty Clough	6 Hours
Marcia Shalla	17.5 Hours	Dianna Tate	5.75 Hours
Carol Nikkel	17.5 Hours	Josie Hughes	4 Hours
Anne Kirkpatrick	17.5 Hours	Pennie Reese	3.5 Hours
Carolyn McArtor	17 Hours	Gloria Patrick	3.5 Hours
Mary Kay McClenahan	15.5 Hours	Ronda Lawyer	3 Hours
Roxie Lampmann	14 Hours		
Charlotte Kumor	14 Hours		
Jill Grable	14 Hours		
Alice Tines	12.5 Hours		
Barb Van Horn	10 Hours		

THANK
YOU

Spaghetti Feed AND Bingo

Thursday, September 30th!!!

See Page 9 for additional
information!!!



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!

4. Prayer

Prayer and meditation are similar to each other in some way. However, there are a few key differences. Meditation focuses on clearing an individual's mind through a solitary journey while prayer involves using your thoughts and circumstances while building a relationship with high powers. Several articles and studies have reinforced the benefits of prayer and religious faith:

According to a study conducted by Gallup, most of the people who experienced positive mental changes were those who attended services at their places of worship.

An article written by CNN reported that prayer can reduce feelings of anxiety, fear, isolation, and stress. The article noted that prayer is linked to feelings of encouragement, peace, and social support. There are lots of ways that you can pray since different faiths require different methods such as using schedules and specific texts. Some common ways to pray include:

Pray at a particular time: A morning prayer sets the tone of the day and allows you to look forward to the upcoming challenges. An evening prayer helps in giving gratitude for the day.

Journal praying: This involves summing up your daily thoughts and turning them into prayer.

Praying informally: This can be at a quiet time during the day or while taking a short walk. You should express your thoughts and emotions without using religious language.

Silent prayer: Prayer is not just about communicating with the Almighty but about hearing too. Use this time to listen attentively.

Pray with friends: Teaming up with friends will help you become accountable and encourage you to ask for your teammates' prayers. You'll also be blessed for praying for other people.

Your heart: What is troubling you? What are you fighting against? What are you thinking about? This is a great place to start when you pray.

Each month there will an article outline each step, please check back next month for additional activities

Perkins County Senior Center

Spaghetti Feed Fundraiser

Thursday, September 30, 2021

5:00 - 6:30 p.m.

FREE WILL DONATION

Then enjoy

BINGO



(sponsored by the

Perkins County Chamber of Commerce)

from 6:30 - 8:00

One canned good to be donated to the Perkins County Food Pantry will buy you one Bingo Card. Chamber Greenbacks as prizes.

Perkins County Senior Center

420 Central Avenue

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