

Perkins County Senior Center News

September

2022

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:

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



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

Elsie

Hi Line Coop

H & B Agency

Sisco Fertilizer

Elsie Feed Center

Sandhills State Bank

Heritage Crop Insurance

Hometown Agency



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

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, help deliver meals daily or work the front desk. 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.

Activity Calendar

September, 2022

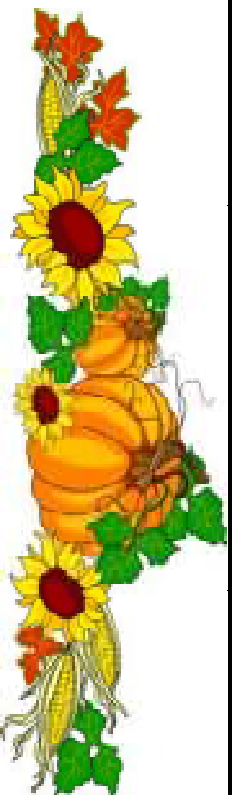
Monday




Tuesday

Wednesday

Thursday

Friday



				1	2 Bunco Pie Friday
5 CLOSED	6 12:00 - Venango Meal	7 Rotary Program 12:30	8 	9 Birthday Dinner Bunco	
12 Thrift Shoppe Closed for Chageover	13 12:00 - Venango Meal Thrift Shoppe Closed for Chageover	14 Rotary Program 12:30 12 - Foot Clinic	15 12 Noon - Chamber	16 Anniversary Dinner Bunco	
19 1:00 - Card Party	20 12:00 - Venango Meal 12:30 - BINGO 6-8pm: Chamber BINGO	21 Rotary Program 12:30	22 23 Bunco Pie Friday	26 	27 12:00 - Venango Meal
		28 Rotary Program 12:30	29 	30 Bunco Pie Friday	

Grant Senior Center Menu

(Menu subject to change)

September, 2022

Venango meals will be served EVERY Tuesday

Mon	Tues	Weds	Thurs	1	Fri	2
			Garlic Herb Chicken Baked Potato Green Beans Roll, Fruit Dessert		Cheeseburger Tater Tots Fresh Veggies Fruit Pie	
5	6	7	8	9		
CLOSED 	Meatloaf Mashed Potato Green Beans Roll Fruit Dessert	Ham Baked Potato Peas Roll Fruit Dessert	Chicken Sandwich Potato Pattie Beets Fruit Dessert		Beef & Bean Burrito Garden Salad Corn Fruit Birthday Cake	
12	13	14	15	16		
Hot Ham & Swiss Sand Soup Bar Garden Salad Fruit Dessert	Mushroom Steak Mashed Potato Beets Fruit Roll, Dessert	Oven Fried Chicken Mashed Potato Gravy Corn, Biscuit Fruit, Dessert	Pork Roast Baked Potato California Blend Veggies Roll, Fruit Dessert		Fish Green Beans Garden Salad Fruit Roll Dessert	
19	20	21	22	23		
Sausage & Egg Casserole Potato Pattie V8 Juice Fruit Cinnamon Roll	Roast Beef Potato, Carrots Roll Fruit Dessert	Chicken Fajitas Refried Beans Fajita Mix Veggies Fruit Dessert	Tuna Casserole Peas Garden Salad Bread Fruit Dessert		Chicken Strips Coleslaw Corn Biscuit Fruit Dessert	
26	27	28	29	30		
Baked Spaghetti Garden Salad Broccoli Garlic Bread Fruit Dessert	Oven Fried Chicken Mashed Potato Gravy Corn, Biscuit Fruit, Dessert	Salisbury Steak Baked Potato Green Beans Roll Fruit Dessert	Fish Potato Pattie Cauliflower Roll Fruit Dessert		Club Sandwich Soup Bar Garden Salad Fruit Pie	

Meals are served daily from 11:30 am - 1:00 pm

Suggested Contribution 60+ or spouse - \$5.00

Under 60 - \$7.00

Salad Bar will be Suspended until further notice - Sorry for the inconvenience

Mark your calendar!!
Card Party will be held
at 1pm on Monday
September 19th.
Everyone is invited!!

BUNCO

Every Friday before
lunch!!

Join in on the Fun!!



BINGO!!

Tuesday, September 20th

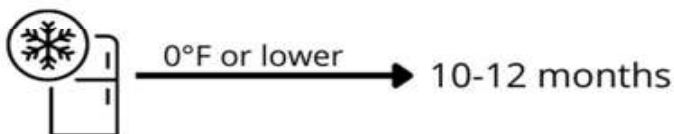
@ 12:30 pm

Fun and FREE!!

Do you know?

Freezing zucchini to use in
baking is simple.

One pound of zucchini will yield
2 to 3 cups of shredded



Learn how at:

<https://food.unl.edu/article/freezing-zucchini>

Home Food Preservation

Nebraska Extension



N EXTENSION

#UNLFoodSafety

September Birthdays



6th	Ivan Regier	15th	Tom Tines
	Arlin Flint	19th	Darrel Yost
7th	Janie Colglazier	20th	Linda Harms
9th	Dayton Reichman		Tonia Wyatt
14th	Helen Yost	21st	Bernita Tjaden
	Judy Reichman	25th	Deb Cornelius
	Judy Tickle	28th	Virginia Deaver

Anyone who is celebrating a Birthday in September is invited to join us for a FREE lunch and Birthday Cake on Friday, September 9th.

SALE

**The Thrift Shop is
OPEN**

SALE

**Business Hours are: Monday - CLOSED
Tuesday - Friday from 9am - 4pm
Saturday, September 3rd 9am - 1pm
BAG SALE will continue through
Thursday, September 8th**

**The Thrift Shoppe will be CLOSED
Friday, September 9th through
Tuesday, September 13th for Seasonal
Changeover. Be sure to visit us when we re-open
on Wednesday, September 14th with a GREAT
selection of Fall & Winter items.**

How Older Adults Can Get Started with Exercise (cont.)

How to set fitness goals

Many people find that having a firm goal in mind motivates them to move ahead on a project. Goals are most useful when they are specific, realistic, and important to you. Be sure to review your goals regularly as you make progress or your priorities change.

Write down your short-term fitness goals

Short-term goals will help you make physical activity a regular part of your daily life. For these goals, think about the things you'll need to get or do in order to be physically active. For example, you may need to buy walking shoes or fill out an Activity Log so you can figure out how to fit physical activity into your busy day. Make sure your short-term goals will really help you be active. Here are a few examples of short-term goals:

- Today, I will decide to be more active.
- Tomorrow, I will find out about exercise classes in my area.
- By the end of this week, I will talk with my friend about exercising with me a couple of times a week.

In the next two weeks, I will make sure I have the shoes and comfortable clothes I need to start walking for exercise.

Write down your long-term goals

After you write down your short-term goals, you can go on to identify your long-term goals. Focus on where you want to be in six months, a year, or two years from now. Long-term goals also should be realistic, personal, and important to you. Here are a few examples:

- By this time next year, I will swim one mile three times a week.
- Next summer, I will be able to play pitch and catch with my grandchildren.

In six months, I will have my blood pressure under control by increasing my physical activity and following my doctor's advice.

Write a plan to add exercise and physical activity to your life

Some people find that writing an exercise and physical activity plan helps them keep their promise to be active, while some people can plunge into a new project without planning ahead. If you choose to make a plan be sure the plan is realistic for you to do, especially as you gain experience in how to be active. You might even make a contract with a friend or family member to carry out your plan. Involving another person can help you keep your commitment.

Check out the interactive Activity Planner from the U.S. Dept. of Health and Human Services' Move Your Way campaign. It lets you build a weekly physical activity plan and then print it out. You can choose from a variety of fun and exciting endurance (aerobic) and strength exercises, personalize your activities by location and purpose, and indicate how much of each exercise you will do. Once you create your plan, don't forget to add in balance and flexibility exercises.

Review and update your exercise plan regularly

Regularly review and update your plan and long-term goals so that you can build on your success. Adjust your plan as you progress or if your schedule changes. You may find that things like vacation or illness can interrupt your physical activity routine. Don't get discouraged! You can start exercising again and be successful.



JULY VOLUNTEERS

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

Center

Idonna Deaver	30 Hours
Katy Miyamoto	2 Hours
Ken Hightower	2 Hours
Joyce Hightower	2 Hours
Gloria Patrick	2 Hours
Ron Patrick	1.5 Hours



Thrift Shoppe

Cindy Salsman	34 Hours	Marcia Shalla	3.5 Hours
Alice Tines	21.5 Hours	Josie Hughes	8 Hours
Joyce Hightower	21 Hours		
Diana Tate	18 Hours		
Patty Clough	17.5 Hours		
Doris Olsen	17.5 Hours		
Rubydell Boegart	16 Hours		
Lou Tietjen	14 Hours		
Pennie Reese	14 Hours		
Mary Kay McClenahan	14 Hours		
Roxie Lampmann	14 Hours		
Charlotte Kumor	14 Hours		
Anne Kirkpatrick	14 Hours		
Pauline Zwick	14 Hours		
Deb Hansen	10.5 Hours		
Carolyn McArtor	10 Hours		
Ronda Lawyer	7.5 Hours		
Jill Grable	7 Hours		

**That's a Total of
325 Volunteer
Hours in the
Month of July!!**

FALL WORD SEARCH

Fall Word Search

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



CORN
AUTUMN
BONFIRE
BOOTS
OCTOBER
RAKE

THANKSGIVING
HARVEST
LEAVES
CARNIVAL
APPLES
APPLE CIDER

PUMPKIN
FOOTBALL
SWEATER
NOVEMBER
SEPTEMBER
SUNFLOWER



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.

The Thrift Shoppe is staffed 100% by volunteer workers and is in jeopardy of maintaining the current hours of operation without additional help.

The Senior Center side is in desperate need of individuals willing to deliver meals to our homebound clients and to work at the desk during meal time.

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!!