

Perkins County Senior Center News

September

2023

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:

Position OPEN

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:

Position OPEN

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



September, 2023



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bunco
4 CLOSED	5 12:00 - Venango Meal	6 Rotary Program 12:30	7	8 Birthday Dinner Bunco
				
11 8:30 Board Meeting	12 12:00 - Venango Meal	13 Rotary Program 12:30 12 - Foot Clinic		15 Anniversary Dinner Bunco
18 1:00 - Card Party	19 12:00 - Venango Meal 12:30 - BINGO	20 Rotary Program 12:30	21 12:00 - Chamber	22 Bunco
25	26 12:00 - Venango Meal	27 Rotary Program 12:30	28 9:30 am Stepping On (see pg 8)	29 Bunco
				

Grant Senior Center Menu

(Menu subject to change)

September, 2023

Venango meals will be served EVERY Tuesday

Mon	Tues	Weds	Thurs	Fri 1
				Taco Salad Fresh Veggies Refried Beans Fruit Pie
4	5	6	7	Birthday 8
CLOSED 	Goulash Green Beans Bread Sticks Garden Salad Fruit Dessert	Pork Loin Cheesy Hashbrowns Corn, Roll Fruit Dessert	Chicken Cordon Bleu Oven Potatoes Peas Biscuit Fruit, Dessert	Liver & Onions Mashed Potato Broccoli Roll Fruit Birthday Cake
11	12	13	14	Anniversary 15
Turkey & Bacon Wrap Chips Fresh Veggies Fruit Dessert	Oven Fried Chicken Mashed Potato Calif. Blend Roll, Fruit Dessert	Meatloaf Mashed Potato Peas & Carrots Biscuit Fruit Dessert	Fish Oven Fries California Blend Veggies Roll, Fruit Dessert	Beef Salad Potato Salad Broccoli Salad Fruit Anniversary Cake
18	19	20	21	22
Chef's Choice Garden Salad Fruit Dessert	Beef & Noodles Mashed Potato Carrots Biscuit Fruit Dessert	Ham Scalloped Potato Mixed Veggies Roll Fruit Dessert	Crispy Chicken Chef Salad Fresh Veggies Bread Stick Fruit Dessert	Potato Bar Broccoli Fruit Pie
25	26	27	28	29
Pizza Garden Salad Fresh Veggies Fruit Dessert	BBQ Ribs Baked Potato Baked Beans Roll Fruit Dessert	Oven Fried Chicken Mashed Potato Broccoli/Caulif. Biscuit, Fruit Dessert	Spaghetti Green Beans Garden Salad Garlic Bread Fruit Dessert	Taco Bar Refried Beans Fruit Pie

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
September 18th.
Everyone is invited!!**

BUNCO

**Every Friday before
lunch!!**

Join in on the Fun!!



BINGO!!

**Tuesday, September 19th
@ 12:30 pm**

Fun and FREE!!

Craft Day??

We will begin a Craft Day gathering in October.

**If you would be interested, please contact the center at
308-352-4236 to share what day of the week and time(s)
would be best.**

**It would be set up where you bring your craft project, no
matter what it is and join others for a few hours, drinking
coffee, visiting and working on your project.**





September Birthdays

6th

Ivan Regier

15th

Tom Tines

Arlin Flint

20th

Linda Harms

7th

Janie Colglazier

Tonia Wyatt

9th

Dayton Reichman

21st

Bernita Tjaden

14th

Helen Yost

25th

Deb Cornelius

Judy Reichman

28th

Virginia Deaver

DeeAnn Tatum



Happy
Birthday

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

The Thrift Shop is


OPEN

Business Hours are:

Monday - CLOSED

Tuesday - Friday from 9am - 4pm

Saturday, September 2nd 9am - 1pm



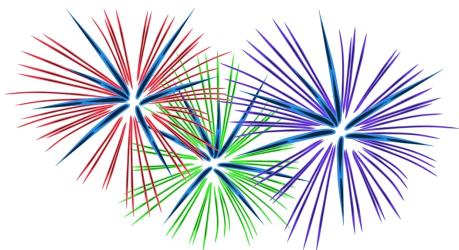
**The Thrift Shoppe will be CLOSED
Friday Sept 8th & Tuesday Sept 12th
for Seasonal Changeover. Come shop
our Fall/Winter clothing when we open
on Wednesday, September 13th**

July Volunteers

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

Center

Idonna Deaver	36.5 Hours
Gloria Patrick	3 Hours
Ron Patrick	2 Hour



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

Thrift Shoppe

Cindy Salsman	31 Hours
Joyce Hightower	21.5 Hours
Mary Kay McClenahan	19.5 Hours
Linda Chillemi	18.75 Hours
Alice Tines	18.5 Hours
Anne Kirkpatrick	17.5 Hours
Doris Olsen	16 Hours
Barb Van Horn	15.5 Hours
Diana Tate	15.5 Hours
Marcy Shalla	15.5 Hours
Patty Clough	15 Hours
Charlotte Kumor	14 Hours
Pauline Zwick	14 Hours
Deb Hansen	14 Hours
Rubydell Bogaert	14 Hours
Lou Tietjen	10.5 Hours
Pennie Reese	10.5 Hours

Alexa Kraus	10.5 Hours
Jill Grable	10.5 Hours
Carolyn McArtor	9.75 Hours
Ronda Lawyer	9.5 Hours
Roxie Lampmann	7 Hours
Josie Hughes	5 Hours
Cindy Dahlkoetter	3.5 Hours
Carol Nikkel	3 Hours



SteppingOn

© Clemson, Swann & Mahoney, 2022

Stepping On Classes Begin September 28th

Avoiding Falls Means Honest Talk and New Skills for Older Adults

Falls may not seem an obvious topic for a casual gathering of active older adults. But mention the subject, and it quickly takes center stage. For one person, it's the story of an older relative whose fear of falling keeps them homebound. For another, it's their worry about a spouse who won't admit that falling has become a problem. No matter the variety of personal experiences, however, everyone will agree: older adults don't want to become a fall-injury statistic.

And their concern is well placed. The Centers for Disease Control and Prevention (CDC) reports that falls are by far the most common cause of accidental injury for older adults in the US. Each year, 2.3 million adults over 65 has a fall, leading to serious injuries in about 1 in 3 cases.

Beyond the scary numbers, however, there's another side to falls that older adults need to know. "Falls are preventable and they are not a normal part of aging," says Kris Krasnowski of the Wisconsin Institute for Healthy Aging (WIHA). WIHA supports training and research for falls prevention programs including a class called **Stepping On**. "Studies have shown **Stepping On** reduced participants' likelihood of falling by 30% after taking the class. That's a lot of bruises, or even more serious injuries that people avoided. It very good news because it shows older adults there are effective ways to protect themselves from falls."

Nobody wants to fall. "People want to be proactive, but they need to know how to recognize their risk in the first place. Classes like **Stepping On** make people aware of hazards they take for granted at home or out in the community. Instead of scaring them, though, **Stepping On** puts the problem-solving in their hands."

Stepping On workshops meet once a week for 7 weeks. Participants hear from community safety experts like physical therapists, pharmacists and vision specialists and learn exercise to improve balance and build strength.

Registration is Required!!

Anyone over 60 who has fallen or is concerned about falling should consider taking a **Stepping On** workshop. Classes will begin on Thursday, September 28th at 9:30 am. **Please contact the Perkins County Senior Center at 308-352-4236 to register.**



September Word Search Puzzle



Autumn

Maple

Aster

Migrate

Baking

Orchard

Colors

Rake

Gourds

Trails

Hiking

Labor Day

Jacket

Patriotism

Leaves

Acorn

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



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!!

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.**

We are currently searching for an employee to operate the Venango meal site. We may have to cancel some Tuesday meals until the position is filled. We will utilize current staff and would appreciate any volunteers that would like to help us get through this situation.

Thank You

Help Wanted

The Perkins County Senior Center is now accepting applications for a part time kitchen helper. Position would be every Tuesday 8:30am – 2:30pm and occasionally other days as needed. Must have a valid driver's license and dependable transportation. You may pick up an application at the Senior Center located at 420 Central Avenue in Grant.

Please call for more information: 308-352-4236.

Please spread the word, we are needing someone to operate the Venango meal site ASAP!!