

Perkins County Senior Center News June

420 Central Avenue
PO Box 314
Grant, NE 69140
308-352-4236 Grant

2026

Perkins County Public Transit 308-352-4597

www.pcsenior.org

pcsenior@gpcom.net

Executive Director:

Trish Jimenez

Kitchen Manager:

Dennis Boitnott

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



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 persons 60 years of age and older the suggested contribution rate is \$6.00 per meal, guests under 60 will be charged \$8.00. Home delivery and carryout is calculated according, adding \$.50.

Thank you to the Local Businesses who Sponsor Perkins County Senior Centers

Grant

Adams Bank & Trust

Birthday Cakes - Grant

Grant Tribune Sentinel

Newspaper - Grant

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

Pinnacle Bank

Eastern Sky

Midwest Electric

Venango

Venango Legion

Meal Site

Pinnacle Bank

Meal Site Rent

The Senior Center welcomes
the following donations:

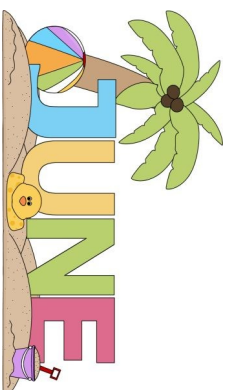
Items for the Salad Bar:

Lettuce, Carrots, Celery,
Radishes, Peppers, Cucumbers

Variety Veggies & Salads



Activity Calendar



June, 2026



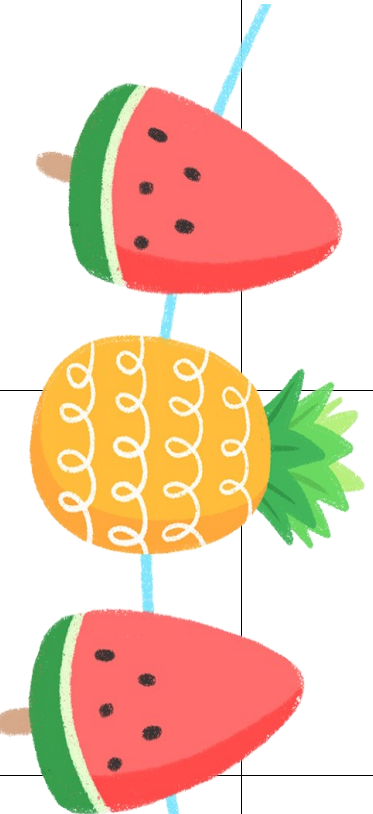

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 1:00 - Card Party</p>	<p>2 12:00 - Venango Meal</p>	<p>3 Rotary Program 12:30</p>	<p>4 </p>	<p>5 Bunco</p>
<p>8 8:30 Board Meeting 10:00 - Thrift Shoppe Mtg 1:00 - Card Party</p>	<p>9 12:00 - Venango Meal</p>	<p>10 Rotary Program 12:30 12:00 - Foot Clinic</p>	<p>11 11:30 - Elsie Meal</p>	<p>12 Birthday Dinner Bunco</p>
<p>15 1:00 - Card Party</p>	<p>16 12:00 - Venango Meal 12:30 - BINGO</p>	<p>17 Rotary Program 12:30</p>	<p>18</p>	<p>19 Anniversary Dinner Bunco</p>
<p>22 </p>	<p>23 12:00 - Venango Meal</p>	<p>24 Rotary Program 12:30</p>	<p>25 </p>	<p>26 Bunco</p>
<p>29 </p>	<p>30 12:00 - Venango Meal</p>			

Grant Senior Center Menu

June, 2026

(Menu subject to change) Reservations are requested. Those who don't call in a reservation may receive a menu substitute.

Mon 1	Tues 2	Weds 3	Thurs 4	Fri 5
Tuna Salad Deli/Salad Bar Fruit Roll Dessert	Chicken Alfredo Buttered Peas Salad Bar Fruit Roll Dessert	Sloppy Joes Tater Tots Squash Broccoli Fruit Dessert	Shrimp Salad 3 Bean Salad Marinated Tomatoes Fruit Roll, Dessert	Roasted Salmon Rice Pilaf Stewed Tomato Green Beans Fruit Roll, Pie
8	9	10	11	Birthday 12
Cheeseburger Deli/Salad Bar French Fries Fruit Dessert	BBQ Ribs Potato Salad Baked Beans Coleslaw Fruit Biscuit, Dessert	Roasted Chicken Sweet Potatoes Buttered Corn Carrots Fruit Roll, Dessert	Chicken Fried Steak Mashed Potato Green Beans Fruit Biscuit, Dessert	Roasted Cod Quinoa Pilaf Spinach Mixed Veggies Fruit Dessert
15	16	17	18	Anniversary 19
Turkey Bacon Wrap Deli/Salad Bar Fruit Dessert	Hamburger Steak Mashed Potato Zucchini Fruit Roll, Dessert	Goulash Cauliflower Mixed Vegetable Fruit Breadstick Dessert	Pork Chops Rice Pilaf Carrots Beets Fruit Biscuit, Dessert	Pizza Deli/Salad Bar Green Beans Fruit Dessert
22	23	24	25	26
Ham Salad Wrap Deli/Salad Bar Fruit Dessert	Chicken Fried Steak Mashed Potato Broccoli Fruit Biscuit, Dessert	Pulled Pork Cajun Rice Cowboy Beans Peas Fruit Roll, Dessert	Roasted Tilapia Macaroni Salad Spinach Cauliflower Fruit Biscuit, Dessert	Chicken Fajitas Rice Refried Beans Roasted Corn Fruit Dessert
29	30			
Oven Fried Chicken Tenders Mashed Potato Green Beans Fruit Biscuit, Dessert	Tuna Casserole Broccoli Brussel Sprouts Fruit Roll Dessert			

Meals are served daily from 11:00 am - 1:00 pm Under 60 - \$8.00 Delivered/Carryout - \$8.50
 Suggested Contribution 60+ or spouse - \$6.00 Delivered/Carryout - \$6.50
 Venango meals will be served EVERY Tuesday Elsie meal will be served on the SECOND Thursday



Summer Grilling?

Want to enjoy the weather and the delicious flavors of grilled foods BUT DO NOT want the extra prep time or clean up? Try the veggie recipe below and savor the flavor without the heat from outdoors. Remember to follow food safety tips when celebrating with a picnic, get-togethers, or tailgate this summer.



Grill It Safe

- Completely thaw meat and poultry before cooking.
- Trim excess fat from meat to prevent fire and grease flare-ups.
- Always marinate foods in the refrigerator using a glass or plastic food-safe container.
- DO NOT cross-contaminate - this occurs when a cutting board/plate that held raw food comes in contact with foods that are ready-to-eat.
- Ensure meat/poultry reaches a minimum internal temperature by using a food thermometer.

Foil-Baked Veggies

Ingredients:

- 3 cups fresh vegetables; sliced peppers, onions, carrots, potatoes, sugar snap peas, mushrooms, zucchini, broccoli/cauliflower florets, etc.
- 1 Tbsp olive oil
- Fresh herbs; oregano, basil, parsley, rosemary, thyme
- 1 Tbsp Liquid Smoke
- Salt and pepper to taste, optional

Directions:

1. Wash hands with soap and water.
2. Toss veggies together with olive oil, liquid smoke, salt and pepper. Add fresh/dry herbs.
3. Transfer veggies to individual pieces of aluminum foil, large enough to fold the ends and sides together tightly to seal.
4. **To Bake:** Preheat oven to 400°F. Arrange foil packets on a cookie sheet just above the middle of the oven. Bake approx. 20-30 minutes, turning halfway through the cooking time.
5. **Grill:** Grill over medium heat for about 15-20 minutes or about 8-10 minutes on high heat. Turn once.
6. Open carefully as steam comes out. Cut open foil packets with a sharp knife and carefully fold back foil so steam can escape. Serve directly from packet.

Safe Minimum Internal Temperatures

Whole poultry	165 F
Poultry breasts	165 F
Ground poultry	165 F
Hamburgers, ground beef	160 F
Beef, pork, veal, lamb (steaks, roasts and chops)	
Medium rare	145 F*
Medium	160 F
Fish	145 F

* Allow the meat to rest for three minutes

Reheating:

When reheating, fully cooked meats, such as hotdogs, grill to 165 F.

Nebraska Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

June Birthdays

2nd	Ronda Hutt	11th	Darlene Kuskie
6th	Rubydell Bogaert	16th	Marian Glunz
7th	Patty Clough	20th	Dirk Schipper
9th	Diana Daley	23rd	Carolyn McArtor
	Dale Grothman	26th	Steve Jaques
10th	Edith Ekdahl	30th	John Long



Anyone who is celebrating a Birthday in June is invited to join us for a FREE lunch and Birthday Cake on Friday, June 12th



The Thrift Shop is

OPEN

Business Hours are:

Monday - CLOSED

Tuesday - Friday - 9am - 4pm

Saturday, June 6th - 9am - 1pm



**NEW ITEMS ARE PUT OUT FOR SALE DAILY!!
INCLUDING A HUGE SELECTION OF SPRING AND
SUMMER CLOTHING FOR THE ENTIRE FAMILY!!**

APRIL VOLUNTEERS

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

Senior Center

Katy Miyamoto 1 Hour



That's a Total of
357.5 Volunteer Hours
in the Month of
April!

Thrift Shoppe

Cindy Salsman 41 Hours
Anne Kirkpatrick 36.5 Hours
Ronda Lawyer 23 Hours
Mary Kay McClenahan 21 Hours
Deb Hansen 18.5 Hours
Carol Nikkel 17.5 Hours
Bernie DeForest 17.25 Hours
Jill Grable 16 Hours
Alice Tines 15 Hours
Josie Hughes 15 Hours
Linda Hidalgo 15 Hours
Patty Clough 15 Hours
DeeAnn Tatum 14 Hours
Pennie Reese 14 Hours
Roxie Lampmann 14 Hours
Bob Tatum 10.5 Hours
JoLynn Moffett 10.5 Hours
Rita Long 10.5 Hours

Linda Chillemi 9.5 Hours
Diana Tate 6.25 Hours
Connie McClenahan 4.5 Hours
Cindy Dahlkoetter 3.5 Hours
Paula Jimenez 3.5 Hours
Rubydell Bogaert 3.5 Hours
Dee Grantham 1.5 Hours



JUNE

WORD SEARCH PUZZLE



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



Father's Day
 Sunscreen
 Beach
 Summer

Juneteenth
 Swimming
 Outdoors
 Pool

Barbecue
 Vacation
 Friends
 Fun

June
 Play
 Sun



Mark your calendar!!
Card Party will be held
at 1pm on Monday
June 1st & 15th
Everyone is invited!!

BUNCO

Every Friday before
lunch!!

Join in on the Fun!!



BINGO!!

Tuesday, June 16th

@ 12:30 pm

Fun and FREE!!

HELP WANTED

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 in desperate need of volunteers to work in the Thrift Shoppe.

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.

ELSIE

Join us on the second Thursday of every Month at
11:30 am at the Legion Hall for Senior Meal.

(Carry out available)

Please RSVP by the Tuesday prior by
calling the Center at 308-352-4236

Thank You.