

LAKESIDE NEWS

APRIL 2024

GOTHENBURG SENIOR CENTER

410 20TH STREET

Gothenburg, NE 69138



GOTHENBURG SENIOR CITIZEN'S CENTER INC.

"WHERE FRIENDS COME TO MEET"

GOTHENBURG SENIOR CITIZEN'S CENTER

410 20th STREET

GOTHENBURG, NE 69138

PHONE: (308)537-7465

EMAIL: Gothenburgseniorcenter@gmail.com

VISIT US ON THE WEB: gothenburgseniorcenter.com

Or, Follow us on Facebook

HOURS; MONDAY thru FRIDAY; 8:AM –4PM

DIRECTOR:

Anne Franzen

KITCHEN MANAGER:

Melissa Smith

ASSISTANT COOK:

Boni Poen

OFFICE ASSISTANT:

Susan Anderson

The Gothenburg Senior Citizen's Center, Inc. is funded in part by the West Central Nebraska Area Agency on Aging, under the authority of the Older Americans Act and the generous contributions of those who support the programs. The Gothenburg Senior Center is a non-profit organization responsible for providing referral information, services and recreation to individuals sixty years of age and older. Nutritious noon meals are served Monday thru Friday at a suggested donation rate of \$6.50 for persons over 60 dining in and \$7.00 for over 60 To Go Meals. Persons under the age of 60 are welcome and are charged a set price of \$8.50 per person. Please call 308-537-7465 for reservations before 9:30 am.

GOVERNING BOARD MEMBERS

JUSTIN HETZ-CHAIRMAN

CLARE UNDERWOOD

P AM SLACK-SECRETARY

LINDA BOWMAN

SHEILLA DEA

ROGER HEIDEBRINK

DENNIS WHITE

JAY RICHESON

SENIOR CENTER - HANDI-BUS

Need a ride to the doctor, grocery store, beauty shop, Senior Center or to visit friends? A ride is just as near as your phone. The Senior Center van, with a wheelchair lift, is available during the day Monday thru Friday 9:00 am-3:00pm. Just call 537-7465 at least 1 day before you need a ride. The fee is \$4 for a round trip or \$2 per stop. No charge at noon for a ride to and from the center for lunch.

RYDE TRANSIT:

Dawson County-Lexington. 308-324-3670

Transit Bus Schedule



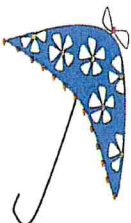
Service Farnam/Gothenburg: Tuesdays, 10am to 4pm

Service Gothenburg: Wednesday 12pm to 4pm

Service Gothenburg to Lexington/Cozad: 4th Tuesday

Service to North Platte: 2nd & 4th Thursdays

APRIL MENU

1 Pork Roast Mashed Potatoes Capri Blend Applesauce Rye Bread Cake	2 Chicken Supreme Broccoli Morocco Blend Mixed Fruit	3 Philly Steak Sandwich Potato Wedges Three Bean Salad Strawberries & Bananas	4 Ham Loaf Au gratin Potatoes Peas Peaches French Bread	5 Manager's Choice Baby Bakers Corn Apple Garlic Bread
8 Spaghetti Green Beans Toss Salad Grapes Garlic Bread Jello	9 Pork Cutlets Baked Potatoes Beets Pears Breadstick	10 Sausage Biscuit Gravy Liver & Onions Hashbrowns Stewed Tomatoes Spiced Apples	11 Fried Chicken Mashed Potatoes Corn Cranberry Juice Wheat Roll	12 Chili Dog Coleslaw Baked Beans Fresh Fruit
15 Ham Scalloped Potatoes Corn Cantaloupe Bulgar Bread	16 Lasagna Monaco Blend Brussel Sprouts Fruit Cocktail Garlic Bread	17 Potato Soup Egg Salad Sandwich Carrots Tropical Fruit	18 Roast Beef Mashed Potatoes Peas Banana White Roll	19 Sweet & Sour Pork Winter Blend Fumi Salad Pineapples & Oranges Birthday Cake 
22 Beef Stroganoff Relish Tray Cesear Salad Strawberries & Bananas	23 Cranberry Chicken Hash Browns Broccoli Salad Mixed Fruit Cheddar Bread	24 Pollock Sandwich Coleslaw Three Bean Salad Pears	25 Meatloaf Potato Casserole Green Beans Spiced Apples Muffin	26 Beef Tacos Refried Beans Corn & Black Beans Fresh Fruit
30 Chicken Strips Potato Wedges 3 Bean Salad Jello Salad Peaches Breadstick	31 Beef Pizza Cottage Cheese Creamy Cucumber Salad Pea Salad Mixed Fruit		MENU SUBJECT TO CHANGE	

PLEASE CALL IN FOR RESERVATION BY 9:30 AM



APRIL ACTIVITIES

1 ROTARY 1:00 PM	2 MEXICAN TRAIN 1:00PM	3 EXERCISES 10:30 AM	4	5 EXERCISES 10:30 AM
8 ROTARY 1:00 PM	9 MEXICAN TRAIN 1:00PM	10 EXERCISES 10:30 AM BOARD MEETING 2:00 PM	11	12 EXERCISES 10:30 AM
15 ROTARY 1:00 PM	16 MEXICAN TRAIN 1:00PM	17 EXERCISES 10:30 AM PRETZELS 2:00 PM	18	19 EXERCISES 10:30 AM BIRTHDAY AND ANNIVERSARY CAKE 
22 ROTARY 1:00 PM	23 MEXICAN TRAIN 1:00PM	24 EXERCISES 10:30 AM BOOK CLUB 2:00 PM	25	26 EXERCISES 10:30 AM
29 ROTARY 1:00 PM	30 MEXICAN TRAIN 1:00	31 EXERCISES 10:30 AM		



PRODUCTS OF THE MONTH

March

GIVEN BY:

Larry Franzen, Velma Underwood,
Connie & Dick Larson,
Jack & Faye Kniss

FOR THE MONTH OF APRIL

FLOUR SUGAR CAKE MIX



RECYCLE YOUR ALUMINUM CANS

Help us help others! Your cans count by helping us to keep our meal cost down at the Center. The next time you take a drink from an aluminum can, don't throw it out, bag it and recycle. Spread the word to family members and businesses to collect and save their cans. Together we can make a difference. The recycling shed is just for aluminum can recycling only. This is found on the west end of the property. Thank you



MEALS ON WHEELS SCHEDULE

April 1	Flatwater Bank
April 8	Dayspring Bank
April 15	Lions Club
April 22	First Presbyterian Church
April 29	The Crossing Fellowship

APRIL BIRTHDAYS

- 1 Doug Larson
- 2 Deborah Weidman
- 4 Lyle Franzen, Wenda Keiser
- 5 Ted Haney, Roger Kennicutt
- 6 Connie Stevens, Dana Dea, Steve Hecox
- 7 Delores Gronewold, Joan Windrum, Scott Wolf
- 10 Lavonne Workmeister, Sue Schroeder
- 12 Kathy Stull
- 13 Tasha Smith, Richard Bullis
- 16 Sandy Jobman
- 17 Ron Bonsack, Rita Nelson
- 19 Chauncey Bates, Leigh Ely, Delbert Dishman, Glenna Ozanne
- 20 Marge Spencer
- 21 Orville Schmidt
- 22 Bill Lemkuhl, Carolyn Hicken
- 23 Deb Hecox, Blaine Peterson
- 24 Deb Strong
- 26 Mike Clafin
- 28 Catherine Alexander, Wayne Janssen, Kenneth Cline
- 29 Mary Jane Jensen, Guy Tharp, Linda Butterfield
- 30 Richard Larson, Gerald Johnson
- 31 Kenny Rieker

FIRST FRIDAY BRIDGE

WINNERS

TIED FOR HIGH

Cathy Kennicutt

Cecile Ackerman

WON THE NICKLES

Jane Franzen

A NOTE FROM THE DIRECTOR

Spring is in the air! As the trees and flowers start to break through the warm ground, perhaps, it is a good time for all of us to consider breaking our Winter routines and trying something new. The Senior Center offers lots of activities for you to try. We have Chair Yoga on Wednesday and Fridays at ten-thirty. This is an easy, fun way to exercise while strengthening your arms, legs, and increasing your flexibility and balance. It is for all ages so why not consider giving it a try? There's a chair waiting just for you! Fundraising is always a part of the Senior Center and one of our best is making Pretzels to sell. We make pretzels on the third Wednesday of each month and are always looking for volunteers to roll, just call the Center if you are interested in helping. Something new at the Senior Center is our Book Club. Our books come from the Public Library so If you enjoy reading all kinds of books from mystery to autobiographies and everything in between, please come and join us on the fourth Wednesday of the month at two o'clock. Now if you are into doing handiwork like quilting, crocheting, embroidering etc. well...come on in and join Bonnie Carter and Velma Underwood on Thursday afternoons at one o'clock for some good conversation and a cup of coffee while you work on your project. As you can see, we offer something for just about everyone. However, if there is another activity you would like to see provided, please stop by my office, and let me know. The Senior Center is always up for trying something new. Now on another note April is Volunteer Month and I would like to take this opportunity to say a big THANK YOU! to all the volunteers that help at the Senior Center. It is because of people like you that generously give your time and energy daily that makes it possible for the Senior Center to accomplish all that we do. You are an integral part of the Senior Center, and we truly appreciate all you do.

Happy Blessed Easter to all!

Anne Franzen

MEMORIALS RECEIVED

IN THE MONTH OF MARCH

In Memory of

LOIS MEREDITH

Carol VanOverbeke

ELAINE HELMUTH

Donohue

JOIN US FOR OUR SUNDAY DINNER

APRIL 7, 2024

11:30 to 1:00

Serving Roast Beef
Mashed Potatoes, Corn,
Dinner Roll, Dessert

Suggested Donation of \$10

Thank You Volunteers

“The world is hugged by the faithful arms of volunteers.”

-Terri Guillemets

The Center wouldn't be able to run like it does without the help of our many volunteers. Thanks to our volunteers for all that they do from helping prepare and distribute meals, to driving the bus, to helping maintain the facilities, and all the other small ways our volunteers contribute to our senior center community.

If you have ever considered volunteering, we'd love to visit with you!

Free Printable Word Search Puzzles

Spring

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a message about Spring.

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

- | | | |
|------------|------------|-----------------|
| ALLERGIES | FROGS | RAIN |
| APRIL | GOLF | RENEWAL |
| BASEBALL | GRASS | ROBINS |
| BEEES | GREEN | SEASON |
| CROCUSES | GROWTH | SNOWMELT |
| CYCLAMENS | IRISES | SOFTBALL |
| DAFFODILS | LILIES | SPRING BREAK |
| DANDELIONS | MARCH | SPRING CLEANING |
| EASTER | MAY | TULIPS |
| EQUINOX | NEW LEAVES | WARMER |
| FLOWERS | PLANTING | WET |

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>