
LAKE SIDE NEWS

August 2025

Gothenburg Senior Center
410 20th St.
Gothenburg, NE 69138



GOTHENBURG SENIOR CENTER

"Where Friends Come to Meet"

GOTHENBURG SENIOR CITIZEN'S CENTER, INC

410 20th St.

Gothenburg, NE 69138

308-537-7465

EMAIL: gothenburgseniorcenter@gmail.com

WEBPAGE: gothenburgseniorcenter.com

FACEBOOK: Gothenburg Senior Center

Monday-Friday, 8:00 a.m. -4:00 p.m.

DIRECTOR: Anne Franzen

OFFICE ASSISTANT: Susan Anderson

KITCHEN MANAGER: Melissa Smith

ASSISTANT COOK: Boni Poen

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-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

Dennis White

Linda Bowman

Roger Heidebrink

Jay Richeson

Deb Claflin

HOME DELIVERY SCHEDULE

July 28 Flatwater Bank

August 4 Volunteers

August 11 Dayspring Bank

August 18 First Presbyterian Church

August 25 The Crossing Fellowship

Need a ride to the doctor, grocery store, beauty shop, Senior Center or to visit friends? A ride is just as near your phone. The Senior Center van, with a wheelchair lift, is available during the day, Monday thru Friday 9:00 am-3:00 pm. Just call 308-537-7465. The cost for one way is \$2 or round trip for \$4. NO CHARGE at noon for a ride to the Center for lunch.



Note from Director's Desk

Snap, Crackle and Pop, welcome to July! Hope everyone is staying cool and avoiding being out in the sun with the very warm temperatures we have been having. Just a reminder, please make sure you drink lots of water, it is easy to become dehydrated this time of year and that can lead to all kinds of health problems. July can be a busy month with many family reunions, weddings or families coming to visit while on vacation. If you're looking for a cool place to gather, remember the Senior Center. You can rent the center any day of the week after 4 pm and of course all day on Saturday and Sunday. July is also the time we really start enjoying fresh produce from our gardens and the Farmers Market. Don't forget we have Farmers Market Coupons at the center; it takes just a few minutes to sign up. The coupons can be used at any Farmers Market across Nebraska until October 31, 2025. July is the beginning of our new fiscal year. We are trying very hard not to raise meal prices. However, with funding cuts and increasing grocery costs it is proving to be quite a challenge. As you know we use money raised at our Fundraising Events as well as the funds collected for services, we provide to help offset the cost of meals, and monthly expenses. Fundraisers are a way for

everyone to make a monetary donation to the Senior Center to help insure we can continue serving the Gothenburg community. Therefore, we do not accept meal tickets at any of our fundraisers.

I would like to mention another service we offer that seems to be a little confusing to folks. That is the handi-bus service we provide. To clarify, you may ride the bus from your home to lunch and back to your home after lunch for free. However, if you stop anywhere other than your home after lunch it is considered a new ride and you need to pay the \$4 round trip fee. The \$2 per trip is not a suggested donation but an actual fee to be collected. The fees collected go towards gas, licensing and maintenance of the bus. We are happy to provide this service, but it can only continue if the bus can support itself.

As always if you have any questions my door is always open so please stop in or give me a call. I hope you all have a wonderful and safe 4th of July!!

Anne Franzen



AUGUST BIRTHDAYS

1 Elsie Cyriacks, Mark Peyton, Marjorie Phillips
4 Mark Alberts
5 Joan Aden
7 Syd Kite, Ross Ostergard
8 Lynda Hinrichs, Hildur Malm
9 Al Dishman
13 Janice Viter,
14 Anne Anderson, Doug Viter
16 Mariann Boyd, Bob Hicken
18 Phil Kuhlman
19 Miriam Stratton
20 Ruthie Ostergard
21 Kami Brandt
22 Don Abbott, Carolyn Sheets
28 Janet Kranau
29 Velma Underwood
31 Marcia Weeks

THANK
YOU

IN MEMORY OF TOT HOLMES
Janet Haas

IN MEMORY OF BLAINE PETERSON
Kim & Lori Kitzing
Mark & Patti Aden
Valley Physical Therapy & Rehabilitation
Mr. & Mrs. Morry Delap
Lamonte & Darla Schlake
Norman & Jean Schmeeckle
Marlan Schmeeckle
Flatwater Bank
Tri City Financial Group Inc
Rosie & Chauncy Bates
Joan Windrum
Lawrence & Lynda Wendelin
Coleen Clark
Rodney & Theresa Brooks

IN MEMORY OF JEFF CRISMAN
Marjorie Kuhlman
Joe & Katherine France
Todd & Luann Houchin
Richard & Sandra Smith



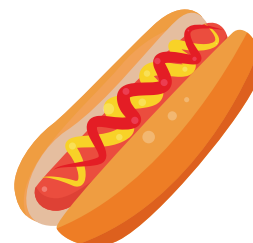
AUGUST MENU



**PLEASE CALL
BY
9:30 AM
FOR
RESERVATION**



**MENU
SUBJECT
TO
CHANGE**



1
**Chicken Cordon
Bleu
Scalloped
Potatoes
Green Beans
Fresh Fruit
French Bread**

4
**Turkey
Mashed Potatoes
Stuffing
Scandinavian
Blend
Fruit Cocktail**

5
**French Dip
Potato Casserole
Broccoli &
Cauliflower
Salad
Mixed Melon**

6
**Pork Cutlets
Boiled Potatoes
Carrots
Pears
Biscuit**

7
**Spaghetti
Green Beans
Toss Salad
Pineapple &
Mandarin
Oranges
Breadstick**

8
**Ham Salad
Relish Tray
Coleslaw
Apple Juice**

11
**Roast Beef
Mashed Potatoes
Corn
Tropical Fruit
Biscuit**

12
**Ham & Scalloped
Potatoes
Baked Beans
Spiced Apples
Wheat Roll**

13
**Chicken Strips
Coleslaw
Baked Beans
Orange
Garlic Bread**

14
**Meatloaf
Baked Potato
Peas & Carrots
Strawberries &
Bananas
Rye Bread**

15
**BBQ Pork
French Fries
Corn Salad
Mixed Fruit**

18
**Fried Chicken
Mashed Potatoes
Brussel Sprouts
Peaches
Muffin**

19
**Liver & Onions
or
Sausage Biscuit
Gravy
Hashbrowns
Stewed Tomatoes
Applesauce
Biscuit**

20
**Hamburgers
3 Bean Salad
Tator Tots
Pineapple**

21
**Ham
Au gratin
Potatoes
Beets
Fruit Cocktail
Wheat Roll**

22
**Breakfast Burrito
Potato Rounds
Tomato Juice
Banana**

25
**Swedish
Meatballs
Potato Casserole
Mixed Vegetables
Spiced Apples
Rye Bread**

26
**Taco
Refried Beans
Spanish Rice
Mixed Fruit**

27
**Baked Pork
Chops
Baby Bakers
Corn
Tropical Fruit
Wheat Bread**

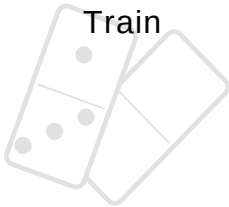



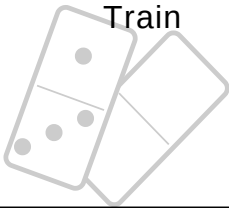



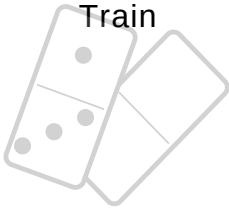

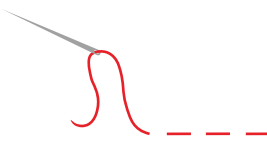

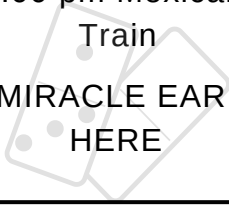
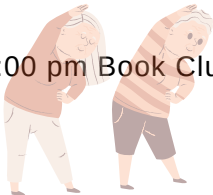

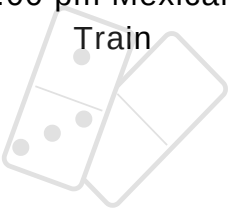

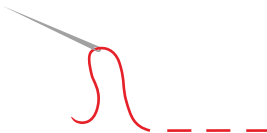

28
**Fried Chicken
Baked Beans
Potato Salad
Pears
Biscuit**

29
**Pepperoni &
Hamburger Pizza
Peaches
Yogurt**



JULY ACTIVITIES



	1 1:00 pm Mexican Train 	2 10:30 am Exercise 	3 1:00 pm Stitch & Chat 	4 
7 12:00 pm Rotary 1:00 pm Pinochle	8 1:00 pm Mexican Train 	9 10:30 am Exercise 1:00 pm Board Meeting 	10 12:00 pm Houseplant Health 101 1:00 pm Stitch & Chat 	11 10:30 am Exercise 
14 12:00 pm Rotary 1:00 pm Pinochle	15 1:00 pm Mexican Train 	16 10:30 am Exercise 2:00 pm Pretzels 	17 1:00 pm Stitch & Chat 	18 10:30 am Exercise 12:00 pm BIRTHDAY LUNCH 
21 12:00 pm Rotary 1:00 pm Pinochle	22 1:00 pm Mexican Train MIRACLE EAR HERE 	23 10:30 am Exercise 2:00 pm Book Club 	24 12:00 Lunch & Learn 1:00 pm Stitch & Chat	25 10:30 am Exercise 
28 12:00 pm Rotary 1:00 pm Pinochle	29 1:00 pm Mexican Train 	30 10:30 am Exercise 	31 1:00 pm Stitch & Chat 	1st Friday Bridge Winners: High-Rick Zarek 2nd-Kay Lutjemeyer Nickels-Rosie Bates 

Fourth Of July

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an Abraham Lincoln quotation.



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

BALD EAGLE
BALLOONS
BARBECUE
BASEBALL
BEN FRANKLIN
BETSY ROSS
CAKE
CARNIVAL
CELEBRATION
COLONIES

CONCERTS
DECORATIONS
DEMOCRACY
FIREWORKS
FLAG
FLOATS
FREEDOM
GREAT BRITAIN
HAMBURGERS
HISTORY

HOLIDAY
HOT DOGS
INDEPENDENCE
JOHN ADAMS
LIBERTY
NATIONAL ANTHEM
NATIONHOOD
PARADE
PARTY

PATRIOTIC
PHILADELPHIA
PICNIC
RED WHITE BLUE
STARS AND STRIPES
STREAMERS
THOMAS JEFFERSON
USA
WHITE HOUSE

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