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# LAKE SIDE NEWS

JULY 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**

**June 30 Gothenburg FFA**

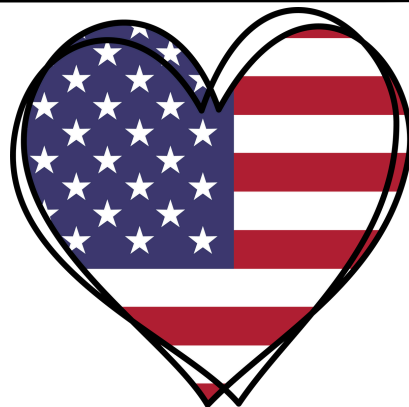
**July 7 Junior Rotary**

**July 14 Gothenburg Health**

**July 21 Cornerstone Bible Church**

**July 28 Flatwater Bank**

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.



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## 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.

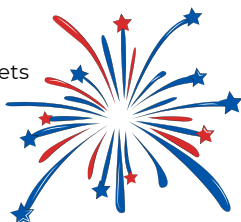
I would like to mention another service we offer that seems to be a little confusing to folks. That is the handi-bus service we provide. To clarify, you may ride the bus from your home to lunch and back to your home after lunch for free. However, if you stop anywhere other than your home after lunch 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 4<sup>th</sup> of July!!

Anne Franzen



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 ANGIE EASTERDAY

Pony Express Chevrolet  
Frances Helfrich  
Larry & Marcia Crookham  
Duane & Sharon Sukraw  
Judy & John Jensen  
Anne Anderson  
Glenda Fleischmann  
Thomas & Susan Deaver  
Janes & Susan Watt  
Judy Vincent  
Noel & Joni Jacobsen  
Matthey & Lorri Weiss  
Robin & Lynette Stevens  
Nanette Bates  
Dan & Liz Frerichs  
David & Wenda Keiser  
Lawrence & Brenda Hyland  
Flatwater Bank  
Frances Haynes Helfrich  
Davenport Family  
Kelly Wilson  
Larry & Brenda Hyland  
David Loostrom



# JULY MENU



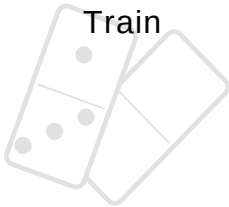



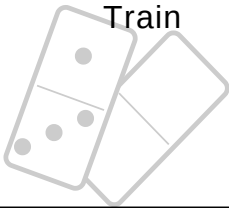



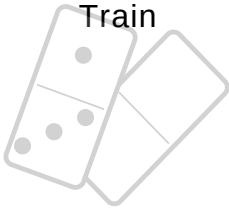

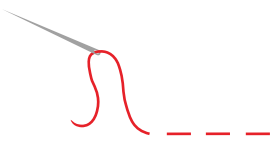

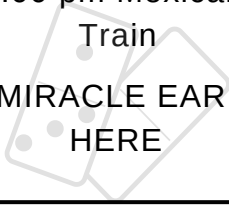
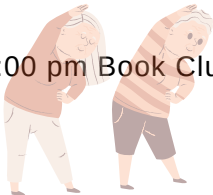

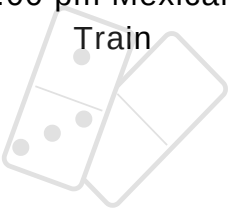

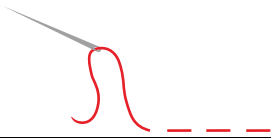

<b>PLEASE CALL BY 9:30 AM FOR RESERVATION</b>	<b>1</b> Taco Salad Refried Beans Mixed Fruit	<b>2</b> Chicken Cordon Bleu Potato Wedges Brussel Sprouts Peaches Wheat Bread	<b>3</b> BBQ Pork Ribs Baked Potato Three Bean Salad Applesauce Corn Bread	<b>4</b> 
<b>7</b> Chicken Salad Sandwich French Fries Broccoli Salad Fresh Fruit	<b>8</b> Pork Cutlets Sweet Potatoes Brussel Sprouts Cantaloupe Wheat Roll	<b>9</b> Tuna Salad Sandwich Hash Browns Relish Tray Strawberries & Bananas White Bread	<b>10</b> Fried Chicken Potato Salad Baked Beans Peaches Biscuit	<b>11</b> Hamburger Pizza Potato Rounds Tomato & Cucumber Salad Grape Juice Breadstick
<b>14</b> Roast Beef Mashed Potatoes Peas & Carrots Pears Rye Bread	<b>15</b> Sweet & Sour Chicken Rice Asian Blend Fumi Salad Pineapple	<b>16</b> Tator Tot Casserole Green Beans Winter Blend Bananas Breadstick	<b>17</b> Ham Au gratin Potatoes Corn Apple Wheat Roll	<b>18</b> Cheeseburger Potato Wedges Tomato & Cucumbers Mixed Fruit
<b>21</b> Fried Chicken Mashed Potatoes California Blend Watermelon Bulgar Roll	<b>22</b> Liver & Onions or Sausage Biscuit Gravy Hashbrowns Stewed Tomatoes Spiced Apples Biscuit	<b>23</b> Pork Chop Sweet Potatoes Beets Fruit Cocktail French Bread	<b>24</b> Sloppy Joes Potato Casserole Broccoli Salad Banana	<b>25</b> BBQ Chicken Cheesy Cauliflower Coleslaw Grape Juice Breadstick
<b>28</b> Chicken Fried Steak Baked Potato Peas & Carrots Mixed Fruit Wheat Roll	<b>29</b> Ham Balls Baby Bakers Beets Peaches Corn Bread	<b>30</b> Hotdog Green Beans Potato Salad Grapes	<b>31</b> Roast Beef Mashed Potatoes Broccoli Strawberries & Bananas Muffin	<b>MENU SUBJECT TO CHANGE</b>





# JULY ACTIVITIES



	<b>1</b>  1:00 pm Mexican Train 	<b>2</b>  10:30 am Exercise 	<b>3</b>  1:00 pm Stitch & Chat 	<b>4</b>  
<b>7</b>  12:00 pm Rotary 1:00 pm Pinochle	<b>8</b>  1:00 pm Mexican Train 	<b>9</b>  10:30 am Exercise 1:00 pm Board Meeting 	<b>10</b>  12:00 pm Houseplant Health 101 1:00 pm Stitch & Chat 	<b>11</b>  10:30 am Exercise 
<b>14</b>  12:00 pm Rotary 1:00 pm Pinochle	<b>15</b>  1:00 pm Mexican Train 	<b>16</b>  10:30 am Exercise 2:00 pm Pretzels 	<b>17</b>  1:00 pm Stitch & Chat 	<b>18</b>  10:30 am Exercise 12:00 pm BIRTHDAY LUNCH 
<b>21</b>  12:00 pm Rotary 1:00 pm Pinochle	<b>22</b>  1:00 pm Mexican Train MIRACLE EAR HERE 	<b>23</b>  10:30 am Exercise 2:00 pm Book Club 	<b>24</b>  12:00 Lunch & Learn 1:00 pm Stitch & Chat	<b>25</b>  10:30 am Exercise 
<b>28</b>  12:00 pm Rotary 1:00 pm Pinochle	<b>29</b>  1:00 pm Mexican Train 	<b>30</b>  10:30 am Exercise 	<b>31</b>  1:00 pm Stitch & Chat 	<b>1<sup>st</sup> Friday Bridge Winners:</b> 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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