

**LAKE SIDE  
NEWS  
JUNE 2023**

**GOTHENBURG SENIOR CENTER  
410 20TH STREET  
Gothenburg, NE 69138**

**HAPPY  
FATHER'S  
DAY**



# 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](mailto:Gothenburgseniorcenter@gmail.com)

VISIT US ON THE WEB: [gothenburgseniorcenter.com](http://gothenburgseniorcenter.com)

Or, Follow us on Facebook

HOURS; MONDAY thru FRIDAY; 8:AM -4PM

DIRECTOR  
SUSAN ANDERSON

KITCHEN MANAGER:

DEB CLAFLIN

ASSISTANT COOK:

AMBER REEVES

OFFICE ASSISTANT

SHIRLEY LAKE

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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 for persons over 60 dinning in and \$6.50 for over 60 To Go Meals. Persons under the age of 60 are welcome and are charged a set price of \$8 per person. Please call 308-537-7465 for reservations before 9:30 am.

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## GOVERNING BOARD MEMBERS

JUSTIN HETZ-CHAIRMAN  
TIFFANIE FARR-TREASURER  
P AM SLACK-SECRETARY  
LINDA BOWMAN  
SHEILLA DEA

ROGER HEIDEBRINK  
CLARE UNDERWOOD  
DENNIS WHITE  
ANN FRANZEN

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## 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

# JUNE MENU

	<p><b>MENU</b></p> <p><b>SUBJECT TO</b></p> <p><b>CHANGE</b></p>		<p>1. BBQ Ribs Potato Wedges Cole Slaw Pears Biscuit</p>	<p>2. Chicken Alfredo Spinach Salad Corn Tropical Fruit French Bread</p>
<p>5. Pork Roast Boiled Potatoes w/gravy Green Beans w/cheese Apple Sauce Wheat Roll</p>	<p>6. Beef Salad Sandwich Baked Potato w/ Toppings ; ham Onion, Chili, Broccoli, Cheese Fumi Salad Cantaloup</p>	<p>7. Taco Salad Refried Beans Corn Pineapple Breadstick Tortilla Chips</p>	<p>8. Fried Chicken Potato Salad Baked Benas Peaches Bulgar Roll Fruit Crisp</p>	<p>9. Hamburger Patty Swiss Cheese French Fries Cucumbers / Onion Fresh Fruit Rye Bread Ice Cream</p>
<p>12. Chicken Fried Steak Mashed Potatoes With Gravy Morocco Blend Apricots Biscuit Dump Cake</p>	<p>13. Chicken Strips Macaroni Salad Broccoli Slaw Fresh Fruit Wheat Bread</p>	<p>14. Lasagna Cottage Cheese Green Beans Lettuce Salad Pears Breadstick</p>	<p>15 Pork Chop Stroganoff Baked Potato Corn Mixed Fruit Bulgar Roll Strawberry Shortcake</p>	<p>16. Pulled Pork Sandwich Chuck Wagon Beans Potato Salad Cherry Coke Salad Ice Cream &amp; Cake</p> 
<p>19. Ham Potato Casserole Prince Edward Blend Pineapple Dinner Roll Rhubarb Dump Cake</p>	<p>20. Chicken Casserole Peas Vegie Sticks Apple Bulgar Roll</p>	<p>21. Meatloaf Baked Potato Broccoli w/Cheese Fruit Cocktail Biscuit Peanut Butter Bars</p>	<p>22. Roast Beef Mashed Potatoes w/Gravy Carrots Spiced Apples Rye Bread</p>	<p>23. Club Sandwich; Ham, Tukey,Cheese Tomato Cucumber Salad 3 Bean Salad Mandarin Oranges &amp; Pineapple Sherbet</p>
<p>26. Chicken Salad Sandwich Broccoli / Cauliflower Salad, 7 Layer Salad, Jello Salad w/ Pears, Croissant Cinnamon Roll Cake</p>	<p>27. Porcupine Meatballs Baby Bakers Scandinavian Blend Peaches French Bread Cookie</p>	<p>28. Liver &amp; Onions Or Quiche Breakfast Squares Tomato Juice Fresh Fruit Muffin</p>	<p>29. Swiss Steak Baked Potato Pickled Beets Sliced Apples Dinner Roll</p>	<p>30. Breaded Pollock Potato Wedges Baked Cabbage Tropical Fruit Biscuit Root Beer Float</p>

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





# JUNE ACTIVITIES CALENDAR

			<p>1. SCRABBLE 1:00 AARP Smart Driver Course 10am-2pm Call to register</p>	<p>2.</p> 
<p>5. ROTARY 12:000</p>	<p>6. MEXICAN TRAIN 1:00</p>	<p>7. GOVERNING BOARD MEETING 2:00</p>	<p>8 SCRABBLE 1:00  BLOOD PRESSURE CLINIC 11am</p>	<p>9. SATURDAY MAY 10TH CENTER GARAGE SALE</p>
<p>12. ROTARY 12:00</p>	<p>13. MEXICAN TRAIN 1:00</p>	<p>14.</p> 	<p>15 SCRABBLE 1:00 BOOK CLUB 2PM "A Lost Lady" By Willa Cather</p>	<p>16. BIRTHDAY AND ANNIVERSARY CAKE</p> 
<p>19. ROTARY 12:00</p>	<p>20. MEXICAN TRAIN 1:00</p>	<p>21. FIRST DAY OF SUMMER</p>  <p>PRETZELS 1:30</p>	<p>22. SCRABBLE 1:00 MIRACLE EAR NORTH PLATTE DR. SHAW LUNCH &amp; LEARN</p>	<p>23.</p>
<p>26. ROTARY 12:00</p>	<p>27. MECICAN TRAIN 1:00</p>			



**PRODUCTS RECEIVED FOR THE  
MONTH OF  
MAY**

**GIVEN BY:**

Will Rojas, Mishayla Freeburg,  
Tanner Foken, Verlin Janssen  
Mark Peyton

**PRODUCTS  
FOR THE MONTH OF JUNE**

**FLOUR      SUGAR      CAKE MIX**



**MEMORIALS RECEIVED  
IN THE MONTH OF  
MAY**

**In Memory of Wanda Geiken  
Given by:**

Dan & Liz Frerichs,  
David & Linda Loostrom

**In Memory of Alice Soller  
Hutchinson**

**Given by:**

Flatwater Bank

**MEALS ON WHEELS SCHEDULE**

June	5Th	Gothenburg FFA
June	12th	Junior Rotary
June	19th	Tail Twisters
June	26th	Gothenburg Public Sch.
July	5th	Gothenburg FFA

**MONETARY DONATIONS RECEIVED  
IN THE MONTH OF MAY**

**WERE FROM:**

Pam Slack &  
Gothenburg Feed  
*Thank You!*

***Gift Card***

Eat at the Senior Center 15 or  
more times in one month and  
your name will be entered in a  
drawing for a \$25 gift card to use  
anywhere.

*Congratulations to:*

***Sandy Widholm*** who was the  
*winner last month.*

**RECYCLE YOUR ALUMINUM CANS  
IT REALLY DOES HELP!**

Last month we turned in the aluminum cans  
that were brought in to recycle and the Center  
received a check for \$550!! Thank you!

This helps us help others by using this 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 for aluminum can recy-  
cling only. It is found on the west end of the  
property. Thank you for your support.



## JUNE BIRTHDAYS

2. Rose Findlay, Marlan Schmeeckle,  
Nancy Christensen, Helen Johnson
3. Courtney Schroeder, Sharyl Munster,  
Daryl Widholm
4. Elaine Finke
6. Donna Land
8. Connie Larson
10. Jody Mann, Coleen Clark
11. Jack Soller
12. Dean Connelly
13. Jack Kniss
15. Larry Swanson
17. Linda Ridenour
18. Linda Houborg, Dwain Aden
19. Pam Slack
20. Jim Lydic
21. Bruce Clymer
22. Dale Franzen
23. Gary Klein
24. Gary Dishman
25. Roland Lauer
26. Nancy Aden, John Kreuscher
27. Beverly Shaul

## JUNE ANNIVERSARIES

8. Roger & Marilyn Bratten  
Dan & Liz Frerichs
26. Dale & Susan Anderson

**If your Birthday or Wedding Anniversary is this month you and a guest can eat free on the 3rd Friday of the month when we celebrate the Birthdays and Anniversaries. Call in by 9:30 for reservations.**

## A NOTE FROM OUR DIRECTOR

Welcome Summer! I wanted to let everyone know that I will be resigning as director of the Senior Center at the end of May. An opportunity came up with a home health and hospice provider that fits my work experience and passion as a licensed social worker. My decision was not an easy one, as I have enjoyed working with everyone. The Center has a dedicated and supportive board and they are currently working to fill the director position to make sure it will continue to serve the seniors in our area in the future. Until the director position is filled, our office assistant Shirley will continue to be in the office and able to answer your questions.

Susan



## **SENIOR CENTER GARAGE SALE**

The Center will be having their Spring Garage Sale on Saturday June 10th in conjunction with the City Wide Clean up day. 8:00 AM—12:00 PM

Dishes, Furniture, Holiday Decor and Lots and Lots of Miscellaneous items. Most items are a free will donation

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### **RECEPIE FOR THE MONTH JUNE**

#### **MOCHA DESSERT**

##### **A cool and refreshing dessert for summer**

Dissolve 2 tsp. instant coffee in 1 cp boiling water, then melt 16 oz of marshmallows in the hot liquid; let cool.

Whip 2 cups (or less) whipping cream (or use 2 cups cool whip) and stir in the cooled marshmallow mixture with 1 cup largely chopped nuts.

Add 1 tsp. vanilla and pour in 9" x 13" pan lined with vanilla wafer or graham cracker crumbs.

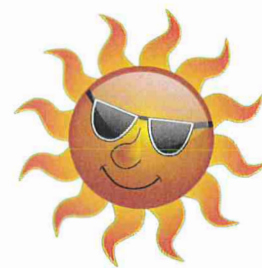
Sprinkle crumbs on top. Chill.

Serve each piece with a dollop of whipped cream and a maraschino cherry (optional).

(A delicious family recipe passed down from Linda Bowman's mother, Norrene Anderson)



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



# JUNE WORD FIND



BARBQUES  
BEACHBALL  
BIRDS  
BIRTHDAYS

BOATING  
FATHERS DAY  
FLAG DAY  
FLOWERS

ICECREAM  
LEMONADE  
SAND AND SURF  
SANDCASTLES

SEAGULLS  
SUMMER  
SUN  
SUNSHINE

VACATIONS  
WATERSKIING