

LAKESIDE NEWS

May 2021

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. STREET
GOTHENBURG, NE 69138

PHONE: (308) 537-7465

FAX: (308) 537-3755

EMAIL: gothenburgseniorcenter@gmail.com

VISIT US ON WEB: gothenburgseniorcenter.com

or

Follow us on Facebook

HOURS: MONDAY thru FRIDAY
8 am—4 pm

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 \$5.50 for persons over 60. Persons under the age of 60 are welcome and are charged a set price of \$7.00 per person. Please call 308-537-7465 for reservations before 9:30 am.

GOVERNING BOARD MEMBERS

JAY RICHESON
TIFFANIE FARR/ TREASURER
JUSTIN HETZ—CHAIRMAN
PAM SLACK—SECRETARY
LINDA BOWMAN
ANNE FRANZEN

ROGER HEIDEBRINK
MARLENE FLEISCHER
GENE THARP
MARYE FRANZEN
DENNIS WHITE

SENIOR CENTER BUS 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 a.m.—3:00 p.m. Just call 537-7465. There is a suggested donation of \$1.50 one way trip or \$3.00 round trip. No charge at noon for a ride to 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



May Menu

<p>3. Chicken Fried Steak Mashed Potatoes w/Gravy Broccoli w/Cheese Fudge upside down Cake</p>	<p>4. Country Style Ribs Potato Salad Baked Beans Corn Bread Ice Cream</p>	<p>5. Liver & Onions Or Sausage Gravy Hash Browns Tomato Juice Biscuit</p>	<p>6. Mother's Day Chicken Cordon Bleu Baked Potato California Blend Tropical Fruit Salad Bulgur Roll Dessert</p>	<p>7. Spaghetti w//Meat Sauce Corn Caesar Salad Cottage Cheese Bread Stick</p>
<p>10. Roast Beef Mashed Potatoes w/Gravy Carrots Wheat Roll Banana Cake</p>	<p>11. Chicken Fried Hamburger Hash Browns Mixed Vegetables Dinner Roll Peaches</p>	<p>12. Egg Salad on Croissant Chicken Noodle or Cheeseburger Soup Broccoli Slaw Sour Cream Raisin Bar</p>	<p>13. Salisbury Steak Baby Bakers Butter Beans Bulgur Roll Tropical Fruit</p>	<p>14. Fried Chicken Boiled Potatoes w/Gravy Green Beans Biscuit Pumpkin Dessert</p>
<p>17. Ham Balls Potato Casserole Broccoli Wheat Roll Lemon Bars</p>	<p>18. Chicken & Stir Fry Vegetable Blend Over Rice Carrot/Celery Sticks Bread Stick Pineapple & Oranges</p>	<p>19. Pork Chop w/Stuffing Mashed Potatoes w/Gravy Corn Orange Poke Cake</p>	<p>20. Beef n Noodles Mashed Potatoes Carrot Raisin Salad Biscuit Apple</p>	<p>21. Sloppy Joe Tator Tots 3 Bean Salad 5 Cup Fruit Salad</p>
<p>24. Meatloaf Baked Potato Brussel Sprouts Blueberry Muffin Fruit Crisp</p>	<p>25. Ham Sweet Potatoes Peas Dinner Roll Pineapple</p>	<p>26. Swedish Meatballs Breakfast Squares Beets Rye Bread Mandarin Oranges</p>	<p>27. Fried Chicken Baked Beans Broccoli/Cauliflower & Macaroni Salads Bulgur Roll Cookie</p>	<p>28. Walking Taco Refried Beans Corn Spanish Rice Bread Stick Grapes</p>
<p>31. Closed for Memorial Day</p>				

Please call before 9:30 am for reservations.

MAY

ACTIVITIES

3.	4. Mexican Train 1:00	5.	6. Scrabble 1:00	7.
10.	11. Blood Pressure Clinic 7:00—9:00 Mexican Train 1:00	12. Governing Board @ 12:30 Pretzels 1:30	13. Scrabble 1:00 Food Boxes 5:00	14.
17.	18. Mexican Train 1:00	19. McCook Hearing 9:30—11:30	20. Scrabble 1:00	21. <i>Birthday & Anniversary Party @ Lunch</i>
24.	25. Mexican Train 1:00	26.	27. Scrabble 1:00 Lunch & Learn w/Dr. Shaw 12:15 Food Boxes 5:00	28.
31. Closed for Memorial Day				

- The pool room is open every day from 8:00-4:00. Most of the pool players are here around 10:00.
- The exercise equipment in the back room is for anyone to use between 8:00-4:00.
- Call the senior center @ 537-7465 with any questions, or activities you would like

NOTE FROM OUR DIRECTOR

DONATIONS IN APRIL

Please be sure to sign the product of the April sheet for all your donations. Please remember; the Senior Center is a 501C(3) non-profit organization.

Monetary Donations received in the Month of April were by:

Jill & Marvin Franzen
Janet Haas
Carol Robinson
Willard & Marjorie Kuhlman
Gene Tharp
Dennis White

Product donations received in April were by:

Elaine Helmuth
Larry & Marye Franzen

“APRIL’S PRODUCTS OF THE MONTH”

FLOUR, POWDERED SUGAR



Huge thank you goes out to Country Partners and the City of Gothenburg for helping with the fork lift on our free food box give away days

HOME DELIVERED MEALS SCHEDULE :

May 3	The Crossing
May 10	Gothenburg Rotary
May 17	American Lutheran Church
May 24	Our Lady of Good Council
May 31	Gothenburg Public Schools

NOTICES:

Governing Board Meeting will be held on:
Wednesday, May 12th @ 2:00 pm

RECYCLE YOUR ALUMINUM CANS FOR MEALS:

Help Us to 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 business to collect and save their cans. Together we can make a difference. The recycling shed is just for aluminum cans recycling, only. This is found on the west end of the property. Thank you for your support.

May brings May flowers! It is May and we are excited to announce that we will be opening our doors for inside dining! We will continue to do our curbside meals and home delivered meals and because of that will begin serving inside at 12:00 pm. In addition, we will offer bus service for those of you interested in coming up for lunch. There is no charge for the ride here and home for lunch. We just need you to call us and let us know you want a ride. Also, look for our previous activities to return to the Center so check out our calendar. If you have an activity that you would like to see at the Center or would like to host a group, please give us a call. We are so excited to see everyone and get back to normal!

In May we also will be having our Mother's Day Lunch to honor our mothers and grandmothers in our lives. Please make sure to get your reservation in for Thursday, May 6th.

Our monthly birthday party will continue to be held on the 3rd Friday of the month, which is Friday, May 21st. We will have cake immediately following lunch. If it is your birthday month, your lunch is on us the day of the party if you dine in with us. So come help us celebrate!

We continue to have the free produce and milk give away through the USDA and Cash-Wa every other Thursday. We have been getting 180 boxes each time. Hopefully, this program will continue through the summer. Help us spread the word! There are no income restrictions, and it is for EVERYONE. A BIG thank you for the community support and the support of our volunteers who helped continue getting meals out to the community without missing a beat. During this whole pandemic we NEVER shut down and were able to serve meals every day. THANK YOU!

Thank you for your continued support!

Susan Anderson



Sunday Dinners: (1st Sunday of month)

May 2nd-Fried Chicken

June 6th-Ham Balls

July—No Dinner

BLOOD PRESSURE & BLOOD SUGAR CLINIC:

BLOOD PRESSURE & BLOOD SUGAR CLINIC:

When: **Tuesday May 11, 2021**

Where: **Gothenburg Senior Center**

Time: **7:00 a.m. to 9:30 a.m.** Cost: **Free**

FACEMASK ARE REQUIRED

McCook Hearing Aid Center

Gothenburg Senior Center

Wednesday, May 19th

9:30 a.m.—11:30 a.m.

**Walk-ins Welcome. But appointment preferred
Call to schedule your appointment 308-345-7817**

thank you!



Thank you to the Gothenburg students and the volunteers that came and helped us make pretzels and clean out the medical shed! They had quite a job. It is hard to believe it has been over a year since we were able to make pretzels. We had a lot of happy customers.

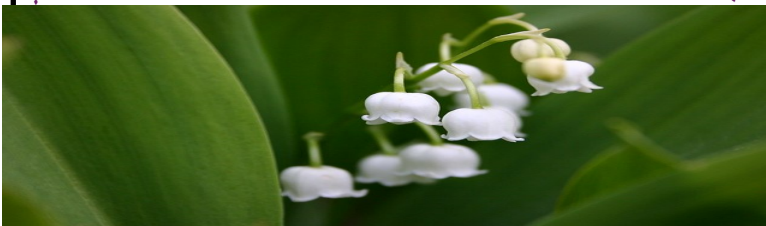


This month we would like to recognize Lenay Johnson, she has been volunteering at the senior center the last few months. We are so grateful to have her as part of our team !!! Thank you Lenay for all your hard work!

..Birthday & Anniversary Party will be held on May 21st, at Lunch. Everyone is invited to join us for cake and ice cream. A special thanks to First State Bank for sponsoring our cake each month.

**FARMERS TO FAMILIES FOOD BOXES
FREE FOOD
DRIVE THROUGH
AT THE
GOTHENBURG SENIOR CENTER
EVERY OTHER THURSDAY
NEXT GIVE AWAY IS MAY 13th
5:00 PM UNTIL GONE**

**FREE BOX OF FOOD THAT
INCLUDES
PRODUCE AND MILK.
PLEASE ENTER PARKING LOT AT
WEST END
AND DRIVE UP TO GARAGE.
PUT YOUR CAR IN PARK
AND WE WILL PUT THE BOX IN
YOUR CAR.
THIS IS FREE TO ANYONE.
THERE IS ONE BOX PER
HOUSEHOLD LIMIT.
FIRST COME/FIRST SERVE**



Yummy Food



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

- ONION
- PORK
- BURGERS
- FAST FOOD
- RADISH
- MACARONI
- LETTUCE
- VEGETABLES
- NOODLES
- BREAD
- CEREAL
- HAM
- FRUIT
- TUNA
- SALAD
- SPAGHETTI
- BUTTER
- ROLLS
- TV DINNER
- HOTDOGS
- STEAK
- GRAVY

MAY BIRTHDAYS

2. Joan Stear, William Andres, Rodney Swanson
6. Marbara Kuhlman
7. Connie Jenner, Beverly Soller
8. Bonnie Betz, Steve Johnson, Bev Titkemeier, Darlene Kratzenstein, Karen Metcalff
9. Ross Ridenour, Cliff Brock
10. Betty Wing, Betty Jean Huntsman
11. Paula Hood
13. Jon Mapa
15. Karen Sawyer, Leona Loveless, Connie Meyer
16. Roger Tederman
18. Kay Lutjemeyer, Sue Jewett
19. Albert Boson

21. Carolyn Peterson
22. Thelma Graham, Larry Franzen, Sharon Abbott
24. Arleen Newbrey
25. Thomas Bauer
26. Mindy Brown, Dennis Kirkpatrick
27. Doug Rundle
28. James Franzen
29. Norma Lauer, Sonia Richeson
30. Keith Aden
31. Lucille Koenig, Ken Christensen

MAY ANNIVERSARIES

12. Greg & Kristi Land
26. Bonnie & Bill Betz