

# LAKE SIDE NEWS

October 2021

GOTHENBURG SENIOR CENTER  
410 20th St.  
Gothenburg, NE 69138

## HAPPY HALLOWEEN



# GOTHENBURG SENIOR CENTER

*“Where Friends Come to Meet”*

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GOTHENBURG SENIOR CITIZEN’S CENTER INC.  
410 20th. STREET  
GOTHENBURG, NE 69138

PHONE: (308) 537-7465

FAX: (308) 537-3755

EMAIL: [gothenburgseniorcenter@gmail.com](mailto:gothenburgseniorcenter@gmail.com)

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

or

Follow us on Facebook

HOURS: MONDAY thru FRIDAY  
8 am—4 pm

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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 \$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.  
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## GOVERNING BOARD MEMBERS

JUSTIN HETZ—CHAIRMAN  
TIFFANIE FARR—TREASURER  
PAM SLACK—SECRETARY  
LINDA BOWMAN  
JAY RICHESON  
DENNIS WHITE

MARLENE FLEISCHER  
ANNE FRANZEN  
MARYE FRANZEN  
ROGER HEIDEBRINK  
GENE THARP

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## 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**



# October Menu

		<i>Menu Subject to Change</i>		1. Turkey Pot Pie Green Beans, Relish Plate Cottage Cheese Apricots Bread Stick
4. Chicken Fried Steak Mashed Potatoes w/ Gravy Corn Peaches Wheat Roll Chocolate Mousse	5. French Dip Tator Tots Apple Raisin Bar	6. Chicken Breast Supreme over Rice Peas V8 Juice Apricots Bulgar Roll	7. Pork Chops Dressing Sweet Potatoes Butter Beans Applesauce Biscuit Cake	8. Spaghetti w/Meat Sauce Green Beans Cottage Cheese Lettuce Salad Pears Breadstick
11. Ham Loaf Scalloped Potatoes California Blend Vegetables Strawberries & Bananas Muffin	12. Breaded Pollock or Liver Hashbrowns Stewed Tomatoes Fruit Cocktail Garlic Bread Butterscotch Dessert	13. Supper Nachos Refried Beans Corn Bread Salad Pineapple & Mandrain Oranges Breadstick	14. Fried Chicken Mashed Potatoes w/ Gravy Broccoli Plums Wheat Roll	15. Cheeseburger French Fries Baked Beans Tropical Fruit BIRTHDAY CAKE
18. Pot Roast Boiled Potatoes Carrots Orange Wheat Roll Cheesecake	19. Chili Soup Grilled Cheese Pears Shoepeg Salad	20. Poor Mans Steak Mashed Potatoes w/ Gravy Banana Bulgar Roll	21. Baked Ham w/Cherries Baked Potato Scandinavian Vegetables Pineapple Breadstick	22. Breakfast Burrito Breakfast Potatoes Tomato Juice Spiced Apples Cinnamon Roll Cake
25. Fried Chicken Hashbrown Casserole Monaco Blend Vegetables Tropical Fruit Salad Wheat Roll Spice Cake	26. Porcupine Meatballs Baked Potato Wax Beans Apple Breadstick	27. Hot Turkey Sandwich Mashed Potatoes Gravy Cranberry Sauce Banana Bread	28. Chicken Cordon Bleu Casserole Broccoli Peaches Bulgar Roll	29. Beef Stroganoff Broccoli Romaine Salad Mixed Fruit Biscuit Ice Cream

**Please call before 9:30 am for reservations.**

# October 2021



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



1

4

**ROTARY**  
12:00

5

Mexican Train  
1:00

6

7

**BRADY LUNCH**  
12:00  
Scrabble  
1:00

8

**FLU SHOTS**  
9:30-11:00

11

**ROTARY**  
12:00

12

Mexican Train  
1:00

13

**Governing Board**  
2:00

14

**BRADY LUNCH**  
12:00  
Scrabble  
1:00

15

**Birthday &  
Anniversary Party**  
12:00

18

**ROTARY**  
12:00

19

Mexican Train  
1:00

20

Pretzels  
1:30

21

**BRADY LUNCH**  
12:00  
Scrabble  
1:00

22

25

**ROTARY**  
12:00

26

Mexican Train  
1:00

27

28

**Lunch & Learn w/  
Dr. Shaw**  
12:00  
**BRADY LUNCH**  
12:00  
Scrabble  
1:00

29





## **DONATIONS IN September:**

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

Monetary Donations received in the Month of September were by:

Lenay Johnson  
Dennis White  
Janet Haas

Product donations received in September were by:

Arlan Ronnekamp  
Jay Richeson  
Larry Franzen  
Syd & Jolene Kite  
Kathy Nichols  
Carolyn & Boyd Hicken

## **“OCTOBER’S PRODUCTS OF THE MONTH” FLOUR, SUGAR, BROWN SUGAR**

## **MEMORIALS GIVEN September:**

**In Honor of Lois Hoaglund**  
Patricia Egenberger

**In Honor of Rand Nelson**  
Catherin Simon  
Arlan & Elnora Ronnekamp  
Jackie Kuxhausen



## **NOTE FROM OUR DIRECTOR**

The winds are ushering in a little cooler weather and the leaves are starting to turn. Autumn is here and we are blessed to enjoy another season in Nebraska. The Center continues to bussel with the sound of people playing dominoes, bridge and scrabble. It is to good to hear. Don't forget if you have a group that would like to get together, come on up we would be happy to have you and you don't have to clean your house! As we approach flu season, just a reminder that if you are not feeling well it's good to stay home and get some rest. With the help of Gothenburg Pharmacy we will offer our flu shot clinic on Friday, October 9th, 9:30 am-11:00 am. Also, the month of October brings open enrollment. Open enrollment begins October 15 and goes through December 7th. I will be taking appointments during that time to help you look at your options for your prescription drug plans. You will need to call the Center to set up an appointment. I will be available in person or over the phone if you feel more comfortable with that. Also, don't forget if you have an activity you'd like us to start give me a call. Take time to enjoy the show Autumn puts on for us!

Susan Anderson

## **MEALS ON WHEEL SCHEDULE :**

October 4th	United Methodist
October 11th	Gothenburg Health
October 18th	Cornerstone Bible Church
October 25th	Dawson Tire

## **NOTICES:**

**Governing Board Meeting will be held on:**  
Wednesday, October 13th @ 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.





### OCTOBER BIRTHDAYS

1. Adelle Williams, Marcy Aden, Phyllis Stevenson
2. Tracy Hovie
3. Barb Sherlock, Leona Cox, Patricia Anderson
4. Tom Shea, Marcella Smith
6. Roger Heidebrink, Annette Johnson
7. Delores Heuer, Larry Lake, Norman Hollis
8. Judy Haver, Richard Kennicutt
9. Rickie Clark
10. Leonard Barkmeier, Carolyn Simmons
12. Judy Block, Dennis Conley
14. Kathy Marten
15. Susan Golter
16. Alice Wolfe, Jewel Schulz, Charlene Ogier,  
Dennis VanOverbeke, Mary Lou Block
23. Barb Franzen, Jay Richeson, Lloyd Hicken,
24. Kelly Gadway, Tom Jobman
25. Linda Klein, Susan Kirkpatrick, Kerri Miller
26. Marjorie Kuhlman
27. Angie Easterday, Allen Fickenscher,  
Lawrence Wendelin, Kim Tobaben
29. Betty Marquardt, Jonie Birnie, Laura Keiser,
30. Connie Ostergard
31. Peggy Pile

### OCTOBER ANNIVERSARIES

23. Gene & Cora Lee Bosch
30. Brent & Rhonda Block

**Birthday & Anniversary Party: October 15th @ 12:00**  
**If your birthday or Anniversary is in the month of**  
**October and you DINE IN, your meal is FREE!**

## OPEN ENROLLMENT

It's that time of year again... for **OPEN ENROLLMENT**. Medicare prescription coverage can be a complex topic. Each year Medicare prescription drug plans make changes that can affect your cost and coverage. Not knowing about these changes can result in shock at the pharmacy counter in the New Year. Each year beginning on **October 15, 2021 through December 7, 2021**, you are able to review the different prescription drug plans. It is always good to shop around even if you are happy with your current plan. Most people don't know that plans and premiums change annually. You can go out on Medicare.gov and explore the website yourself or you can contact the Senior Center, where a qualified and unbiased SHIP Volunteer can review the plans with you and allow you to decide what works best for you.

What is SHIP (Senior Health Information Program)? Nebraska SHIP, a division of the Nebraska Department of Insurance, offers local help for Nebraskans with Medicare. Funded through a federal grant from the Administration on Community Living (ACL), SHIP provides free, unbiased and confidential Medicare Information for all people receiving Medicare. SHIP does not endorse any insurance company, product or agent. Any person eligible for Medicare, relatives, friends or providers can call for answers to insurance questions or to arrange a meeting with a SHIP counselor.

I am a certified SHIP counselor and will be taking appointments. Please give us a call, 537-7465, to schedule your appointment. Spots are limited so call early!

You can also call, **1-800-234-7119**, which is the SHIP hot line and they can answer any questions and point you in the right direction.




*October Riches*  
 by Lenore Hetrick

October brings us royal treasures.  
 There's riches in the bin!  
 All the living gold of fields,  
 Has now been gathered in.

All the jewels of the orchards,  
 The gems of lane and fields,  
 All the treasures of the garden  
 Mingle in the yield.

What wealth can equal it in beauty,  
 Or rival in sheer worth  
 The riches that October brings  
 From the fertile earth?



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# Cooking Terms

## WORD SEARCH

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

- AL DENTE
- BASTE
- BEAT
- BLANCH
- BLEND
- BLIND BAKE
- BOIL
- BRAISE
- BROIL
- CHOP
- CLARIFY
- COAT
- CREAM
- CRUSH
- CUBE
- DASH
- DEEP FRY
- DICE
- DILUTE
- DREDGE
- DUST
- EMULSIFY
- FILET
- FILTER
- FOLD
- GLAZE
- GRATE
- GREASE
- GRILL
- GRIND
- HULL
- JULIENNE

- KNEAD
- MARINATE
- MASH
- MIX
- MOISTEN
- MULL
- PARE
- PINCH
- POACH
- PUREE
- REDUCE

- ROUX
- SAUTÉ
- SCALD
- SCORE
- SEAR
- SEASON
- SHUCK
- SIFT
- SIMMER
- STEAM
- STEEP

- STIR
- TOSS
- TRUSS
- WHIP
- WHISK
- ZEST

