

# LAKESIDE NEWS

SEPTEMBER 2024

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



# 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

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

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

FOLLOW US ON: Facebook

HOURS: MONDAY thru FRIDAY

8 am—4 pm

**DIRECTOR:**

ANNE FRANZEN

**KITCHEN MANAGER:**

MELISSA SMITH

**ASSISTANT COOK:**

BONI POEN

**OFFICE ASSISTANT:**

SUSAN ANDERSON

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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 \$6.50 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.

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**GOVERNING BOARD MEMBERS**

JUSTIN HETZ-CHAIRMAN

CLARE UNDERWOOD

DENNIS WHITE

PAM SLACK—SECRETARY

LINDA BOWMAN

ROGER HEIDEBRINK

JAY RICHESON

\*\*\*\*\*

**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. The cost for one way is \$2 or round trip for \$4. 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

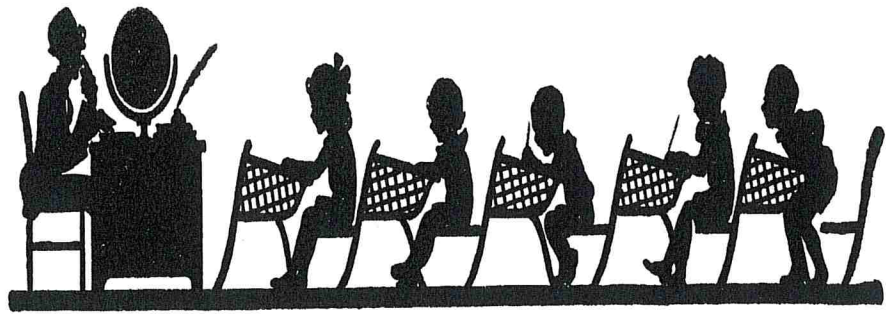
**Service Gothenburg:** Wednesday 12pm to 4pm


**Service Gothenburg to Lexington/Cozad** 4th Tuesday

**Service to North Platte** 2nd & 4th Thursdays

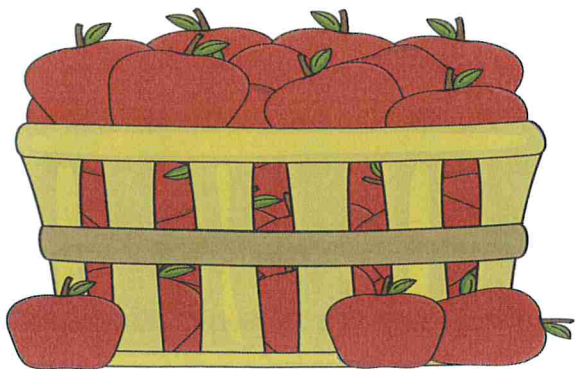
# SEPTEMBER

## Menu





<p>2</p> <p><b>CLOSED LABOR DAY</b></p>	<p>3</p> <p>Pork Roast Mashed Potatoes Peas &amp; Carrots Pears Bulgar Roll</p>	<p>4</p> <p>Cranberry Chicken Winter Blend Spinach Salad Pineapple</p>	<p>5</p> <p>Baked Steak Baked Potato Green Beans Strawberries &amp; Bananas French Bread</p>	<p>6</p> <p>Sloppy Joes Cottage Cheese Tater Tots Coleslaw Orange</p>
<p>9</p> <p>Bratwurst Potato Salad Sauerkraut Casserole Watermelon</p>	<p>10</p> <p>Ruben Sandwich Hash Browns Cucumber &amp; Tomato Salad Peaches Rye Bread</p>	<p>11</p> <p>Smothered Pork Chops Sweet Potatoes Stuffing Cauliflower Spiced Apples</p>	<p>12</p> <p>Fried Chicken Mashed Potatoes Peas Pineapple/Mandarin Oranges Wheat Roll</p>	<p>13</p> <p>Chili Egg Salad Sandwich Beans Tator Tots Cantaloupe</p>
<p>16</p> <p>Hot Turkey Sandwich Mashed Potatoes Scandinavian Vegetables Fruit Cocktail Pumpkin Muffin</p>	<p>17</p> <p>Tuna Noodle Casserole Peas Toss Salad Applesauce</p>	<p>18</p> <p>Meat Loaf Baked Potato Brussel Sprouts Pears Garlic Bread</p>	<p>19</p> <p>Ham Potato Casserole California Blend Bananas Cheddar Biscuit</p>	<p>20</p> <p>Stir Fry Chicken Stir Fry Vegetables Fumi Salad Mixed Fruit</p> 
<p>23</p> <p>Roast Beef Mashed Potatoes Carrots Peaches Bulgar Roll</p>	<p>24</p> <p>Goulash Cottage Cheese Green Beans Toss Salad Tropical Fruit</p>	<p>25</p> <p>Chicken Supreme Broccoli Cauliflower Cheese Stick Grapes White Roll</p>	<p>26</p> <p>Pork Cutlets Baby Bakers Beets Apples Biscuit</p>	<p>27</p> <p>Breakfast Burrito Yogurt Hash Browns Tomato Juice Fresh Fruit</p>
<p>30</p> <p>Sweet &amp; Sour Pork Asian Blend Peas &amp; Carrots Pineapple</p>		<p><b>MENU SUBJECT TO CHANGE</b></p>		

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



# ACTIVITIES

2 <b>CLOSED LABOR DAY</b>	3	4	5 1:00 Stitch & Chat	6 10:30 Chair Exercise
9 12:00 Rotary 1:00 Pinochle	10 1:00 Mexican Train	11 10:30 Chair Exercise 1:00 Governing Board Meeting	12 1:00 Stitch & Chat	13 <b>SHRED EVENT</b> 10:30 Chair Exercise
16 12:00 Rotary 1:00 Pinochle	17 1:00 Mexican Train	18 10:30 Chair Exercise 2:00 Pretzels 	19 1:00 Stitch & Chat	20 10:30 Chair Exercise 
23 12:00 Rotary 1:00 Pinochle	24 1:00 Mexican Train	25 10:30 Chair Exercise 2:00 Book Club	26 <b>Miracle Ear Here</b> 12:00 Lunch & Learn w/Dr. Shaw 1:00 Stitch & Chat	27 10:30 Chair Exercise
30 12:00 Rotary 1:00 Pinochle				

●Call the senior center @ 537-7465 with any questions, or activities you would like us to add

## DONATIONS IN AUGUST

Please remember; the Senior Center is a 501C(3) non-profit organization.

Memorials in honor of Connie Larson:

Jenny Raymond  
Edward Jones  
Darrin & Jane Franzen  
Terry & Cathy Healey  
Dick Larson & Family

## "SEPTEMBER'S PRODUCTS OF THE MONTH"

Brown Sugar, Flour, Kleenex, Sugar



## HOME DELIVERED MEALS SCHEDULE :

September 3	Gothenburg Rotary
September 9	American Lutheran
September 16	Our Lady of Good Counsel
September 23	Trinity Lutheran
September 30	United Methodist

## NOTICES:

**Governing Board Meeting will be held on:**  
Wednesday, September 11th @ 1 pm

## NOTE FROM OUR DIRECTOR

September is here! The locusts are singing, school has started, and everyone is busy getting back into their routines that were abandoned during the summer break. Fall is on the horizon and of course, along with fall comes, beautiful colored leaves, cooler temperatures and lots of Nebraska football Yeah! The Center would like to thank all those who shared their garden produce with us this year. It was appreciated and very tasty!

As temperatures cool off it becomes great soup weather so.... The Senior Center is hosting a free-will donation soup and sandwich supper on September 24<sup>th</sup> from 5p.m. until 7 p.m. We will be serving vegetable beef or chicken noodle soup, egg salad sandwiches and chips, top off with a delicious cookie. We hope you will all join us for some delicious soup, a wonderful sandwich and great conversation. No reservation needed.

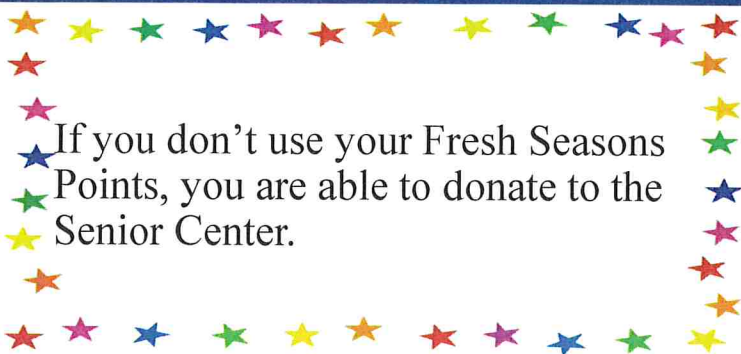
The Center will also be making pretzels on Wednesday, September 18<sup>th</sup> so be sure to get your order in. The cut off time is 4:00 p.m. September 17<sup>th</sup>. You can either stop in and place your order or give us a call at 537-7465. We look forward to hearing from you.

We are in desperate need of people to deliver Home Delivered meals. If you know of anyone or any organization that would be interested in helping us out, please let us know. Organizations generally are scheduled to deliver home delivered meals 3-4 times a year.

Hope everyone had a wonderful summer and look forward to a great fall with you.

Have a safe and fun Labor Day!

Anne Franzen



If you don't use your Fresh Seasons Points, you are able to donate to the Senior Center.

## 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.



**Birthday & Anniversary Party will be held on September 20th at Lunch. Everyone is invited to join us for cake and ice cream. A special thanks to DaySpring Bank for sponsoring our cake each month.**

## SHRED EVENT

**We will have a shred event on Friday, September 13th. Please have your stuff to the Center prior to the 13th. Paper Tiger Shredding will be here to pick up on Friday the 13th.**

## Gardening

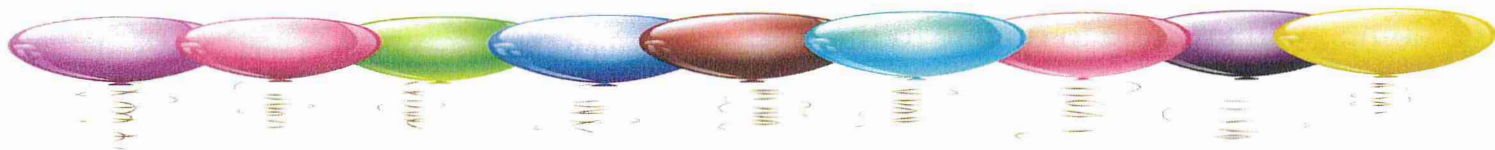
Find and circle all of the words that are hidden in the grid.  
The remaining 27 letters spell a Lady Bird Johnson quote.

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

- |            |              |            |             |
|------------|--------------|------------|-------------|
| ANNUALS    | GARDEN       | ORGANIC    | SEEDS       |
| BEANS      | GERANIUMS    | PEAS       | SHOVEL      |
| BEETS      | GLOVES       | PERENNIAL  | SOIL        |
| BIENNIAL   | GNOME        | PETUNIAS   | SPADE       |
| BROCCOLI   | GREENHOUSE   | PINWHEEL   | SUNSHINE    |
| CARROTS    | GROW         | PITCH FORK | TOMATOES    |
| COMPOST    | HOES         | PLANTING   | TROWEL      |
| CULTIVATE  | HORTICULTURE | RAIN       | TULIPS      |
| DAISIES    | HOSE         | RAKE       | VEGETABLES  |
| DIGGING    | HYDRANGEA    | RELAXING   | WATER       |
| FERTILIZER | LILACS       | ROSES      | WEEDS       |
| FLOWERS    | LILIES       | ROWS       | WHEELBARROW |
| FUCHSIA    | MARIGOLDS    |            |             |

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>

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## HAPPY BIRTHDAY!

- |      |   |      |                   |
|------|---|------|-------------------|
| 2nd  | Lorene Parsons                          | 25th | Don Johnson       |
| 3rd  | Bev Tharp                               | 26th | Vicky Peterson    |
| 5th  | Mary Lewis                              | 27th | Stephanie Axthelm |
| 6th  | Sandy Widholm                           | 28th | Jane Franzen      |
| 7th  | Dennis Horst, Deb Claflin, Kim Stratton | 30th | Sue Rossell       |
| 11th | Rita Thomalla, Cindy Peyton             |      |                   |
| 12th | Marlene DeLap, Jane Herndon             |      |                   |
| 13th | Bettie Haney, Cindy Bliven              |      |                   |
| 15th | Steven P Johnson, Connie Sitorius       |      |                   |
| 19th | Ed Fruit                                |      |                   |
| 20th | Keith Block, Diane Kinnan               |      |                   |
| 23rd | Brent Block                             |      |                   |
| 24th | Donald Kuhlman                          |      |                   |