

LAKE SIDE NEWS

September 2021

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



Welcome
SEPTEMBER!

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




September Menu

| | | | | |
|---|---|--|---|--|
| | ***Menu subject to change. | 1. Liver & Onions Or Sausage Gravy Breakfast Squares Broccoli Biscuit Apple | 2. Hot Beef Sandwich Mashed Potatoes Carrots Apricots | 3. Tator Tot Casserole Fumi Salad Mixed Vegetables Bread Stick Peanut Butter Bars |
| 6. Closed In Observation of Labor Day | 7. Pork chop w/Dressing Sweet Potatoes Green Beans Biscuit Applesauce | 8. Meatloaf Baked Potato Brussel Sprouts Bran Muffin Pineapple | 9. Fried Chicken Boiled Potatoes w/Gravy California Blend Bulgur Roll Dump Cake | 10. Sloppy Joes Potato Salad 3 Bean Salad Pickled Beets Mixed Fruit Jell-o Salad Sherbet |
| 13. Pork Cutlets w/Gravy Hash Browns Corn Casserole Wheat Bread Fruit Cocktail Cake | 14. Salisbury Steak Baked Potato Peas & Carrots Muffin Grapes | 15. Chicken & Noodles Mashed Potatoes Monaco Blend Veg. Bulgur Roll Apricots | 16. BBQ Ribs Baby Bakers Broccoli Casserole Dinner Roll Tropical Fruit | 17. Baked Potato Bar Chicken Salad Sandwich Baked Potato w/ Toppings Carrot Raisin Salad Birthday Cake |
| 20. Roast Beef Mashed Potatoes w/Gravy Broccoli & Cauliflower Biscuit Texas Sheet Cake | 21. Chicken Cordon Bleu Baked Potato Stewed Tomatoes Rhubarb Muffin Apricots | 22. Lasagna Caesar Salad Corn Bread Stick Mixed Fruit | 23. Ham Loaf Potato Casserole Peas Wheat Roll Cinnamon Roll Cake | 24. Patty Melt French Fries Cole Slaw Fresh Fruit Brownie |
| 27. Fried Chicken Mashed Potatoes w/Gravy Cauliflower Wheat Roll Pumpkin Dessert | 28. Swiss Steak Baked Potato Scandinavian Blend Bulgur Roll Pears | 29. Egg Salad Sandwich Vegetable Beef Soup 7 Layer Salad Fresh Fruit Cookie | 30. Swedish Meatballs Potato Wedges Beets Rye Bread Strawberries & Bananas | |

Please call before 9:30 am for reservations.

SEPTEMBER

ACTIVITIES

| | | | | |
|---|--------------------|------------------------------|--|--|
|  | | 1. | 2. | 3. |
| | | | Scrabble 1:00 | |
| 6. | 7. | 8. | 9. | 10. |
| Closed in Observation of Labor Day | Mexican Train 1:00 | Governing Board @ 2:00 | Scrabble 1:00 | |
| 13. | 14. | 15. | 16. | 17. |
| | Mexican Train 1:00 | Pretzels 1:30 | Scrabble 1:00 | Birthday & Anniversary Party @ Lunch |
| 20. | 21. | 22. | 23. | 24. |
| | Mexican Train 1:00 | McCook Hearing 9:30—11:30 | Scrabble 1:00 Lunch & Learn w/Dr. Shaw 12:15 | |
| 27. | 28. | 29. | 30. | |
| | Mexican Train 1:00 | | Scrabble 1:00 | |

- 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 AUGUST

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

Monetary Donations received in the Month of August were by:

Jill & Marvin Franzen
Janet Haas
Dennis White
Kay Grove
Steve Ostergard
Shannon Aden

Product donations received in August were by:

Shirley Stevens
Larry & Marye Franzen
Jay Richeson
Gary Bluel
Anne Franzen
Arlan Ronnekamp
Gary & Dianna Klein
Kirk Haynes
Shirley Tafoya
Ed Foster

"SEPTEMBER'S PRODUCTS OF THE MONTH"
FLOUR, POWDERED SUGAR

MEMORIALS GIVEN AUGUST:

In Honor of Bertha Daharsh

Richard & Janice Sprague
Yvonne Huefle
Aaron & Niki Solomon

In Honor of Luella Ruff

Sue Ostergard
Anonymous

In Honor of Mary Dee Payton

Aaron & Niki Solomon

In Honor of Wayne Benash

Aaron & Niki Solomon



Sunday Dinners: (1st Sunday of month)

September—No Dinner

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.

I'd like to thank everyone who supported our meat raffle. We were able to raise over \$1300! Also, a big thank you to everyone that has shared produce from their gardens. They made some wonderful, fresh sides with our meals and I know everyone enjoyed them. They were DELICIOUS! A reminder that the Center will be selling pretzels in the park on Saturday, September 18th, for the Harvest Festival. Hope to see everyone down there! An update on our Blood Pressure and Blood Sugar Clinics. Gothenburg Health will not be coming to the Center anymore. If you'd like to have your blood pressure checked, it is a free service offered in the clinic during their normal business hours of 8-5 pm. You do not need an appointment. If you have any questions, give me a call. Flatwater Bank will be providing a seminar titled Medicare 101. This seminar is designed to inform and educate. We'd love to have you join us for this free seminar. Flatwater will be buying lunch that day for those that attend. You will need to RSVP by calling 537-7577. The Center will be closed on Labor Day.

Have a blessed day!
Susan Anderson

SUMMER'S GONE

Feet stuck to the floor from popsicle drips
planning and packing for family trips
so many dishes stacked in the sink
must they use a clean glass for every drink?
I just can't take much more of this noise!
Why can't they ever pick up their toys?
The slamming door, the ringing phone—
if only I could be alone!

Then suddenly it's time for school;
no more beach or swimming pool.
Off they go, down the street,
sounds of laughter and running feet.
A sign of relief, but wait! What's this?
A tear in my eyes as I blow them a kiss.
Oh, Lord, it seemed to go so fast!
These special times just never last!
Teach me Father, to value each day,

HOME DELIVERED MEALS SCHEDULE :

| | |
|----------------|--------------------------|
| September 7th | Gothenburg Rotary |
| September 13th | American Lutheran Church |
| September 20th | Our Lady of Good Counsel |
| September 27th | Trinity Lutheran |

NOTICES:

Governing Board Meeting will be held on:
Wednesday, September 8th @ 2:00 pm

McCook Hearing Aid Center

Gothenburg Senior Center
Wednesday, September 22, 2021
9:30 a.m.—11:30 a.m.

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



Autumn Word Search



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

ACORN
BEAUTIFUL
CORNUCOPIA
FOOTBALL
LEAVES
OCTOBER
RAKE
SCENIC
SQUIRREL
YELLOW

APPLE
BONFIRE
CRISP
HARVEST
MIGRATION
ORANGE
RIPE
SEASON
SUNFLOWER

AUTUMN
BROWN
FOLIAGE
HAYRIDE
NOVEMBER
PUMPKIN
SCARECROW
SEPTEMBER
SUNSHINE

SEPTEMBER BIRTHDAYS

2. Lorene Parsons
3. Alverda Cook, Bev Tharp
5. Mary Lewis
6. Sandy Widholm, Janice Jorgenson
7. Deb Claflin, Kim Stratton, Yvonne Wolf
9. Gary Bluel, Sharon Meyers, Ed Fruit
10. Darel Golter
11. Rita Thomalla, Cindy Peyton
12. Jane Herndon, Marlene DeLap, Judy Smith
13. Bettie Haney, Artis Hansen
14. Bill Koch
15. Connie Sitorius, Steven Johnson
16. Bruce Lambertus
18. Marlin Kuxhausen, Jewel Johnson

20. Keith Block, Diane Kinnan
21. Kathy Kennicut, Orville Schmidt
22. Mary Lou Dishman, Darold Miller, Steve Schmidt
23. Brent Block
24. Don Kuhlman
25. Don Johnson, Connie Klemm
26. Vicky Peterson
29. Marilyn Carlson
30. Sue Rossell, Pat Andrist

SEPTEMBER ANNIVERSARIES

4. Larry & Shirley Lake
18. Kent & Marian Peterson
26. Roger & Jean Pramberg

ADVISOR INSIGHTS

Seminars designed to inform and educate



**TUESDAY, SEPTEMBER 7
NOON - 1:00 PM
GOTHENBURG SENIOR CENTER**

Medicare 101

Whether you or a loved one are signing up for the first time or evaluating existing coverage, we're here to help. Spend an hour with us and be informed.



Presented by:
Will Rahjes, BFA

**RSVP for a FREE Lunch by
calling 308-537-7577 or visiting
www.myiscteam.com/events**

