



BUTLER COUNTY SENIOR SERVICES



ALL AGES ARE WELCOME!



Bake Sale Fundraiser!

Friday April 1st

Come enjoy some good polka music and buy some amazing goodies too. We have not been able to do much fundraising with the pandemic so have decided to continue with the monthly bake sale. We've had such an amazing response. Please bring all goodies to the Center in the morning and if you could price them that would be terrific. If you want to join us for lunch that day, please call by 9:00 am to reserve a lunch. Thank-you to all that donate and purchase, it all helps!!

We hope to see you soon!!



MARCH 2022

About Our Center

BUTLER COUNTY TRANSIT VAN: Operates every day the Center is open. The van provides public transportation for all ages. The van travels to Lincoln, Omaha, Columbus and surrounding towns. Call for special rate days. Please call 402-367-6131 at least 48 hours in advanced to make an appointment.

BUSY WHEELS: This is public transportation for in town trips. This services is provided by our great volunteers. Hours are 8:30-2:30 on the days the Center is open. It is preferred to have appointments made a day in advanced. This is a curb to curb service.



CONGREGATE MEALS: We serve Congregate meals at the Center each day the Center is open. We ask that you call to make a reservation by 9:00am on the day you would like a meal. Meals will be served at 12:00pm each day. The suggested cost for those over 60 is \$3.75 and the cost for those under 60 is \$4.75.

HOME DELIVERED MEALS: We also offer Home delivered meals to those that are physically unable to come to the Center to pick up a meal. The suggested cost of the meals are \$3.75 for those over 60. For more information regarding this service we ask that you call 402-367-6131.

SERVICES are provided without regard to race, origin, age, sex or handicap. We are a multipurpose program. Please call 402-367-6131 with any questions. Our operational hours are 8:00am-4:00. Please leave a message if you call after hours or if it is an actual emergency please listen to the message and a cell phone number will be given.

Butler County Senior Services Menu

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>All meals must be reserved the day before or by 9 A.M. the day of</p> <p>All meals are served with bread, milk, coffee, and tea</p>				<p>1</p> <p>Salmon patties, Scalloped Potatoes, California blend, fruit salad <u>9:00 Cards</u></p>	<p>2</p>
3	<p>4</p> <p>Oven fried chicken, Steak fries, Harvard beets, fruit cocktail <u>9:00 Cards</u></p>	<p>5</p> <p>Pork Cutlet, mashed potatoes & gravy, green beans, Swedish cake <u>9:30 Tai Chi</u> <u>12:30 Bingo</u> <u>2:30-5pm Cards</u> <u>Van to Columbus</u></p>	<p>6</p> <p>Enchilada casserole, Spanish rice, & fiesta corn with black beans, peaches <u>9:00 Cards</u></p>	<p>7</p> <p>Hamburger on a bun, potato salad, baked beans, cookie <u>9:00 Cards</u> <u>9:30 A.M. – Tai Chi</u> <u>Van to Lincoln</u></p>	<p>8</p> <p>Tuna Salad Sandwich, pea salad, coleslaw, apple <u>9:00 Cards</u></p>	<p>9</p>
10	<p>11</p> <p>Hamburger gravy on mashed potatoes, peas, 1/2 banana <u>9:00 Cards</u></p>	<p>12</p> <p>Roasted turkey, dressing, carrots, orange pudding <u>9:30 Tai Chi</u> <u>12:30 Bingo</u> <u>2:30-5pm Cards</u> <u>Van to Omaha</u></p>	<p>13</p> <p>Ham or Liver & Onions, scalloped potatoes, California blend, apricots <u>9:00 Cards</u></p>	<p>14</p> <p>Potato Bake 11:15-12:45 Baked potato, creamed beef, broccoli, jello w/fruit <u>9:00 Cards</u> <u>9:30 A.M. – Tai Chi</u> <u>Van to Columbus</u></p>	<p>15</p> <p>Grilled Cheese, oven fried potatoes & onions, lettuce salad, boiled egg, stained glass jello</p>	<p>16</p>
17 EASTER	<p>18</p> <p>Pulled pork sandwich, sweet potato fries, copper penny salad, pineapple <u>9:00 Cards</u></p>	<p>19</p> <p>Turkey tetrazzini, Italian veggies, tomato juice, grape salad <u>9:30 Tai Chi</u> <u>12:30 Bingo</u> <u>2:30-5pm Cards</u> <u>Van to Lincoln</u></p>	<p>20</p> <p>Chicken fried chicken, mashed potatoes & gravy succotash, tropical fruit <u>9:00 Cards</u></p>	<p>21</p> <p>Birthday Day Salisbury Steak, hash browns, wax beans, pudding cake <u>9:00 Cards</u> <u>9:30 A.M. – Tai Chi</u> <u>Van to Omaha</u></p>	<p>22</p> <p>Shepard pie, mixed vegetables, deviled egg, blushing pears <u>9:00 Cards</u></p>	<p>23</p>
24	<p>25</p> <p>BBQ meatballs, Au Gratin potatoes, green beans, fruit cocktail <u>9:00 Cards</u></p>	<p>26</p> <p>Pork roast, dumplings, sauerkraut & mandarin oranges <u>9:30 Tai Chi</u> <u>12:30 Bingo</u> <u>2:30-5pm Cards</u> <u>Van to Columbus</u></p>	<p>27</p> <p>Spaghetti w/meat sauce, Cheesy Brussel Sprouts, garlic bread, sunshine salad <u>9:00 Cards</u></p>	<p>28</p> <p>Smothered chicken over rice, Scandinavian vegetables, peaches <u>9:00 Cards</u> <u>9:30 A.M. – Tai Chi</u> <u>Van to Lincoln</u> <u>Van to Lincoln</u></p>	<p>29</p> <p>Closed</p> 	

Nutrition as We Age

Supermarkets offer a variety of foods that boast health benefits such as "fat free" or "low sodium." But what does it all really mean? Read over these guidelines for front-of-the-pack labeling on food items for a better understanding of the foods you buy.

Sugar

- Sugar free - Less than 0.5 grams of sugar per serving.
- No added sugar - No sugar is added during the processing or packing of the food item, including ingredients that contain sugars (juices, jams or applesauce).
- Reduced sugar - At least 25 percent less sugar per serving than the standardized item such as breakfast cereal.

Calories

- Calorie free - Fewer than 5 calories per serving, like diet soda.
- Low calorie - 40 calories or less per serving and 30 grams or less per serving.
- Reduced calories - At least 25 percent fewer calories per serving than the reference food.

Fiber

- High fiber - 5 grams or more per serving.
- Food source of fiber - Contains 2.5 to 4.9 grams of fiber per serving.
- More or added fiber - At least 2.5 grams more fiber per serving than the reference food.

Fat

- Fat free - Less than 0.5 grams of fat per serving.
- Saturated fat free - Less than 0.5 grams of saturated fat per serving, and the level of trans fat does not exceed 0.5 grams per serving, as well.
- Low fat - 3 grams or less per serving (30 grams).
- Reduced fat - At least 25 percent less fat per serving than the reference food.

Cholesterol

- Cholesterol free- Less than 2 milligrams of cholesterol and 2 grams or less of saturated fat per serving.
- Low cholesterol- 20 milligrams or less cholesterol and 2 grams or less of saturated fat per serving.
- Reduced cholesterol- At least 25 percent less cholesterol and 2 grams or less of saturated fat per serving than reference food.

Sodium

- Sodium free- Less than 5 milligrams per serving.
- Very low sodium- 35 milligrams or less of sodium per 30 gram serving (or less). Or less than 2 tablespoons of sodium per 50 grams of food.
- Low sodium- 140 milligrams or less per 30 grams of food.
- Light in sodium- At least 50 percent less per serving than reference food.

Nutrition Facts:

1 slice (1 oz.) American Cheese
 Calories: 104
 Total Fat: 9 grams
 Saturated: 5 grams
 Trans-fat: 0.3 grams
 Cholesterol: 28 milligrams
 Sodium: 688 milligrams
 Sugar: 0.6 grams
 Fiber: 0 grams

At a Glance...

- Sugar (grams)
- 1 teaspoon is about 4 grams
 - 1 Tablespoon equals 12 grams sugar
- Fiber (grams)
- 1 ounce slice of bread contains around 2-5 grams
 - 1 medium sized banana is about 3.1 grams
 - 1 medium apple is about 4.4 grams
- Fat (grams)
- 1 teaspoon is about 5 grams of fat
- Cholesterol (milligrams)
- 1 large egg is about 187 milligrams
 - Sodium (milligrams)
 - 3/4 teaspoon is about 1500 milligrams
 - 1 teaspoon salt contains 2,300mg sodium

POTATO BAKE

592 D St. David City

BUTLER COUNTY SENIOR CENTER



Thursday, April 14, 2022

11:15 A.M. – 12:45 P.M.

\$6.00

Come help the Butler County Senior Services Program raise some money

Toppings Include

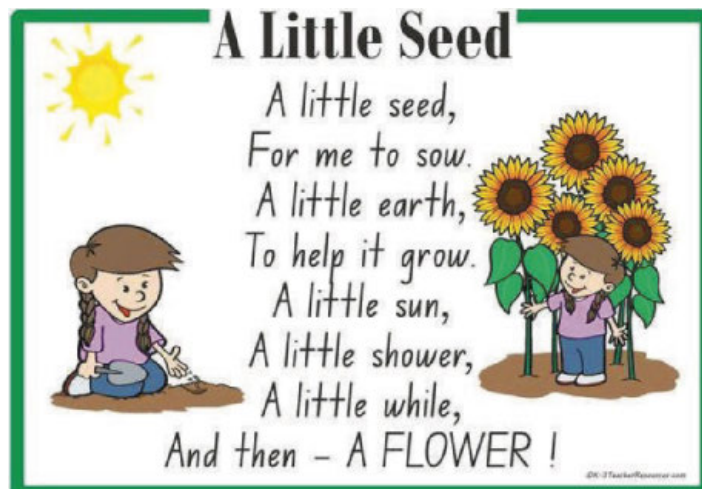
Chili, Cheese Sauce, Cream Beef, Pork, or Chicken, Broccoli, Ham, Grated Cheese, Sour Cream & Onion

Numerous Salads & Desserts to choose from

Thank You for all Your Past and Continuous Support!

Open to the Public – All Ages Welcome

We could use some volunteers for the Potato Bake. We need people to help serve desserts, help clean off tables and help with the serving line. We also need desserts made. Please contact us to let us know how you can help. We appreciate all that you do for us!!



Bird Watching

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

Word List:

CROW
 SPARROW
 WARBLER
 SANDPIPER
 SWALLOW
 WREN
 MAGPIE
 PARAKEET
 BLACKBIRD
 EGRET

KESTREL
 HUMMINGBIRD
 ORIOLE
 EAGLE
 OWL
 FINCH
 CUCKOO
 BLUETHROAT
 HAWK
 CRANE

ROBIN
 FALCON
 THRUSH
 BANANAQUIT
 GOOSE
 TERN
 CHICKADEE
 GRACKLE
 SANDPIPER

WOODPECKER
 LOON
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We will be closed on April 29th in observance of Arbor Day.

Arbor Day is a holiday dedicated to celebrating and caring for trees. The day also brings awareness to protecting and conserving trees around the world. On Arbor Day people are encouraged to plant a tree.

Arbor Day was created by Julius Sterling Morton. He was a journalist and politician. He was acting governor of the Nebraska Territory from 1858-1861. He believed Nebraska's landscape would benefit greatly from the planting of various trees. The 1st Arbor Day was April 10, 1872, in the U.S. State of Nebraska. On the 1st Arbor Day one million trees were planted. Arbor Day became a legal holiday on April 22, 1885.

Many schools in Nebraska hand out free trees to students to be planted in celebration of Arbor Day.



Tuesday Card Reminder:

We will continue with afternoon cards through April. There may be a change of time in May so please watch the newsletter or call the Center with any questions. We do encourage you to come to the Center during the day to play cards. We will have planned afternoon cards on Tuesday afternoons. The planned time is 2:00-4:00. Please do not get discouraged if you come and some are already playing. Several people like to start playing after Bingo. Please be patient and start another game as soon as there are enough to play. **We really hope you will come and enjoy an afternoon of fun & comradery!!**

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- Paying large nursing care bills not covered by Medicare?
- Low returns on retirement savings?

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PEEPS CANDY BARS

Ingredients

1 box chocolate cake mix

2 eggs

½ cup oil

20-24 PEEPS candy (you could use bunnies or chicks; I used pink chicks)

1 cup speckled Easter

M&M's candies

Instructions

Preheat oven to 350 degrees

F. Line a 13×9inch pan with foil, extending the sides of the foil over the edges of the pan. Mist the foil lightly with cooking spray. Set aside.

In a large bowl, combine the cake mix, eggs + oil until well blended. Spread the mixture evenly into the prepared pan. Bake for 10 minutes.

While the bars bake, roughly chop the PEEPS into bite-sized chunks and set aside.

Quickly spread the chopped PEEPS evenly over the bars.

Return the pan to the oven and bake for another 5-6 minutes or until the PEEPS are puffy and are JUST beginning to brown a bit on the tops (you don't want them to start toasting).

Remove from the oven and immediately sprinkle both chips and the M&M's evenly on top of the PEEPS.

Allow the bars to cool in the pan completely before cutting into bars. I used a dampened knife to help me cut through the ultra-gooey marshmallow. These bars keep when covered at room temperature, for a couple of days.

Thank You for your support

Volunteers, Donations and Memorials

We really appreciate all of the Donations and Volunteers. We wouldn't be able to operate without your continued support. Volunteers and donations for March: Barb O'Connell, Esther Bailey, Jane Dobesh, CeCe Bechtel, Glayda Scofield, Dorothy Schultz, Bobbie Burgess, Ann Sabata, Keith & LeAnn Wisnieski, Jackie Masek, Marie Cunningham, David City Rotary, Connie Perry, David City Rotary, Region V, St Joseph Villa/Court, David Place, VSSI, Vivian Harris, Donna Chemelka, Bill Anel, Jeanie Zegers, Butch Hain, Jim Bathen, Rose Vanis, Sharon Reisdorff, Tony Dolezal, Donna & Bob Steager, Doris Stoll, Gladys Shultz, Pat Lyons, Diana McDonald, Diane Kozisek, Denise Marvin, Becky Fiscus and Joanna Brandenburgh. In memory of Betty Scheffler from Glayda Scofield. In memory of Lorrien Givens from Glayda Scofield. In memory of Richard Rerucha from Virginia Rerucha. In memory of Dwight Schultz from Mary & Jim Redler. In memory of Irene Taylor from Carma & John Schmidt.

A special Thank you to all who bring items for the Bake Sale and all who purchase these items. Our monthly Bake Sale has become a major Fundraising event for us. Thank you everyone!!

You are a GREAT asset to the Center. You can volunteer and make a difference in someone's life. If you are interested in being a volunteer or making a donation, please call 402-367-6131 for more information.

Raffle

Help support Butler County's local Senior Center

*by purchasing chances to win this set of 2 outdoor chairs
donated by Jerry Steager.*

Jerry handcrafts these chairs, and they are valued at \$250.00.



*Tickets can be purchased at The Butler Co. Senior Services –
592 D Street during business hours 8:00-4:00 Monday – Friday.*

Tickets are 6 for \$5.00 or 1 for \$1.00.

Drawing will be held May 6th.

Accordion Jam: We have Accordion Players come to the Center the 1st Friday of the month to entertain us. If you play the Accordion or another instrument that would go along with this you are welcome to come & participate. If you just enjoy Polka Music we hope you come and join in the fun. Music is from 10:30 a.m. - 2:30 p.m. with a break for lunch at 12:00 p.m.

Bake Sale: We will be having a Bake Sale along with the Accordion Jam this month. Please try to price your goods if you are bringing any. Bake sale starts at 9:00am.

Potato Bake: We will again be having Potato Bake Day!!! We have decided to bring back this Fundraiser. This will be held the Second Thursday of the month which is April 14th, 11:15-12:45.

Bingo: Every Tuesday after lunch we play Bingo.

Footcare: We are having Footcare clinics on April 5th & April 26th. Please call 402-367-6131 to make an appointment. Aging Partners has increased the suggested cost of this service to \$20.00.

Alternative Hearing: will be seeing clients the 1st Tuesday of the Month between the hours of 9:00 - 10:00 a.m.

Beltone: will be seeing clients the 2nd Thursday of the Month. He is here between the hours of 2:00 - 4:00 p.m.

Tai Chi: Classes are held Tuesdays & Thursdays at 9:30am. Please call with any questions.

Tuesday Afternoon Cards: We will continue with afternoon cards through the month of April. That may change in May so please check the next newsletter or call the Center if you have any questions. **Tuesday Afternoon Cards will be from 2:00 - 4:00 p.m. Please sign up so we know how many to expect. Coffee & water will be provided along with an occasional snack.**

April 29th we will be closed in observance of Arbor Day.

Birthday Day: Once a month we celebrate the birthdays for that month. Those that have a birthday that month usually bring a cake to help celebrate. This month Birthday Day will be **April 21st.**

St. Joseph's Villa & Court



927 7th St. David City, NE 68632 * 402-367-3045
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www.saintjosephsvilla.org

St. Joseph's is a full-service provider offering skilled nursing, rehabilitation services (Physical Therapy, Occupational Therapy and Speech Therapy), memory support services in St. Theresa's Garden and Assisted Living.



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Happy Birthday!

4th Allen Laird
9th Dan Schmidt
10th Cheri Thomas
16th Butch Hain
16th Helen Zavodny
19th Darlene Rech
20th Larry Sabata (Bruno)
22nd Bob Palik
25th Jim Bathen
25th Don Dollison
25th Marvin Oborny
28th Marie Cunningham
30th Eldon Coufal



Butler County Senior Services

592 D Street
David City, NE 68632