



BUTLER COUNTY SENIOR SERVICES



ALL AGES ARE WELCOME!



We will be having a Fundraising Bake Sale in July! This will be held on July 1st along with the Accordion Jam. We should be set up and ready by 9:00. If you would like to donate some baking to this we would truly appreciate it. Please bring your goodies to the Center and if you could price them that helps too. We are open at 8:00. This fundraising event has really been great and we appreciate all who participate! Thank you and we hope to see you July 1st!!



JULY 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 \$4.00 and the cost for those under 60 is \$5.00. All take out meals will now be \$5.25.

HOME DELIVERED MEALS: We also offer Home Delivered meals to those that are physically unable to come to the Center to eat a meal. The suggested cost of the meals are \$4.25 for those over 60 and \$5.25 for those under 60. For more information regarding this service we ask that you call 402-367-6131 for more information.

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 at this time 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.



Address: 592 D St. David City, NE 68632



Phone: 402-367-6131



Hours: Monday - Friday: 8:00 AM - 4:00 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Meals are subject to change</p>	<p>All meals are served with bread, milk, coffee, and water</p> <p>Salad Bar will be on Tuesday, Wednesday, and Thursday</p>	<p>All meals must be reserved the day before or by 9 A.M. the day of, by calling 402-367-6131</p>			<p>Accordion Day 1 Meatloaf, baked potato, cream peas & vanilla pudding Angels Home Health Treat 2:30</p>	2
3	4	5	6	7	8	9
	<p>Closed in Honor of Independence Day</p>	<p>Alternative Hearing 9:00-10:00</p> <p>Chicken and tator tot casserole with veggies, creamy cucumber & tomato salad, pineapple <u>Tai Chi 9:30am</u> <u>Bingo 12:30</u> <u>Cards 1:00pm</u> <u>Van to Omaha</u></p>	<p>Polish Sausage on a bun, potato salad, baked beans, jello w/fruit salad</p>	<p>Roast beef, mashed potatoes & gravy, succotash, & apricots</p> <p><u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Columbus</u></p>	<p>Baked Fish, garden rice, broccoli, rhubarb muffin</p>	
10	11	12	13	14	15	16
<p>All ages welcome Suggested cost for 60 & up \$4.00 and fee for 60 & under is \$5.00</p>	<p>Salisbury Steak, creamed potatoes, peas, pears</p>	<p>Baked chicken, mashed potatoes & gravy, coleslaw, grape salad <u>Tai Chi 9:30am</u> <u>Bingo 12:30</u> <u>Cards 1:00pm</u> <u>Van to Lincoln</u></p>	<p>Lasagna, Scandinavian veggies, garlic bread, jello w/fruit</p>	<p>Potato Bake 11:15-12:45</p> <p>Ham and cheese on baked potato, broccoli, peaches <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Omaha</u> Belton 2-4</p>	<p>Salmon patty, scalloped potatoes green beans, tapioca pudding</p>	
17	18	19	20	21	22	23
<p>All takeout meals are now \$5.25</p>	<p>Pork Cutlets, mashed potatoes, gravy, corn, mandarin oranges</p>	<p>Taco Salad in Edible bowls, Spanish rice, pineapple <u>Tai Chi 9:30am</u> <u>Bingo 12:30</u> <u>Cards 1:00pm</u> <u>Van to Columbus</u></p>	<p>Ham or Liver & Onion, Cheesy Hashbrown, broccoli & cauliflower, melon</p>	<p>David Place 12:30</p> <p>Herb Baked Chicken, mac & cheese, mixed vegetables, baked apples <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Lincoln</u></p>	<p>Swiss steak, roasted potatoes, carrots, mixed fruit</p>	
24	25	26	27	28	29	30
	<p>Runza casserole, tator tots, three bean salad, rosy applesauce</p>	<p>Cornflake chicken, stuffing, cucumber salad, sunshine salad <u>Tai Chi 9:30am</u> <u>Bingo 12:30</u> <u>Cards 1:00pm</u> <u>Van to Omaha</u></p>	<p>Sloppy Joe, sweet potato fries, baked beans, strawberry & bananas</p>	<p>Birthday Day</p> <p>Chicken parmesan on noodles, Italian blend, garlic bread, jello cake <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Columbus</u></p>	<p>Hamburger Steak, mashed potatoes & gravy, mixed vegetables, tropical fruit</p>	

Start simple
with MyPlate



Eat Healthy on a Budget

Healthy eating is important at every age—and can be done on a budget. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Plan, plan, plan

Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.



Compare similar products

Locate the “unit price” on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.



Stretch your food dollars

Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.



Grow your own in your home

Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.



Buy in bulk

Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.



Look for on-sale produce

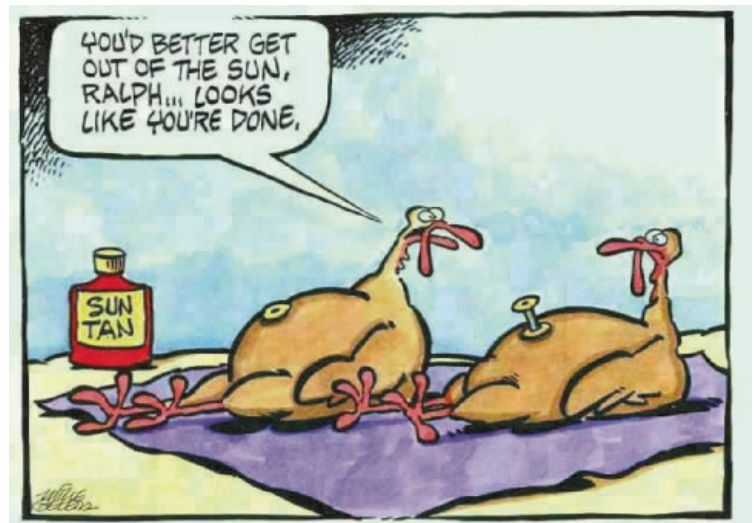
Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.



Go to MyPlate.gov for more information. USDA is an equal opportunity provider, employer, and lender.

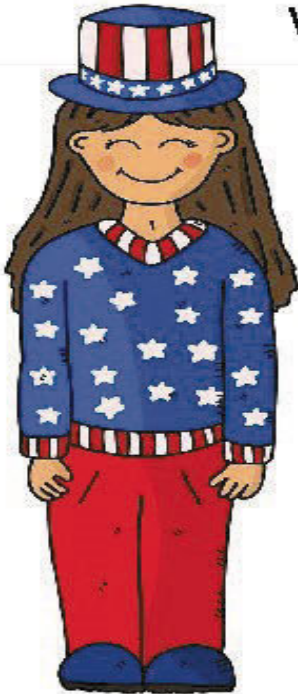
The benefits of healthy eating
add up over time, bite by bite.

FNS-905-23
March 2022



INDEPENDENCE DAY

WORD SEARCH PUZZLE



HAPPY 4th OF JULY!

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.

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

AMERICA
 ANTHEM
 BARBECUE
 BLUE
 CAMPING
 CELEBRATE
 DEMOCRACY

FIREWORKS
 FLAG
 FREEDOM
 GAMES
 HOLIDAY
 INDEPENDENCE
 LIBERTY

MONUMENTS
 NATION
 PARADE
 PARTY
 PICNIC
 RED
 STARS

STATES
 STRIPES
 SUMMER
 UNCLE SAM
 UNITED
 VACATION
 WHITE



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 Second Thursday Every Month 2-4

*R*AIRIE VILLAGE
 Retirement Center

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3000 39th Avenue • Columbus, Nebraska 68601 | 402-563-4213
 Independent & Assisted Living • Retirement Living at its Finest!



New Bingo Rules

Pay .25 per Bingo card to play

Win .25 per Bingo

Clear your card after every Bingo

Anyone that wants to play **BLACK-OUT** pays \$1.00 per person before the game starts. If you do not play blackout your card will be picked up.

First blackout Winner wins the pot. If there is more than 1 winner, the pot will be split evenly.

Thank You,
Management

Price increases effective

July 1st

OAA Congregate - \$4.00

Non OAA Congregate - \$5.00

OAA Home Delivered - \$4.25

Non OAA Home Delivered & **ALL TAKE OUT** Meals - \$5.25

Nebraska Department of Health & Human Services encourage everyone that can eat in a congregated setting, should do so. According to the current Title 15, Chapter 4, Nebraska Aging Nutrition Requirements 013 any takeout meals, for any ages, are full price.



Complete Automotive Repair

M-F 8am-5:30pm

(402) 367-5034

219 E St • David City, NE

Are you concerned about...

- High Medicare insurance premiums or copays?
- Paying large nursing care bills not covered by Medicare?
- Low returns on retirement savings?



Waiting to review your options is costing you money, so call today!

The Heritage Assisted Living
at Meridian Gardens Memory Support

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CHOPPED VEGETABLE SALAD

INGREDIENTS

2 C CHOPPED CUCUMBERS
1 MEDIUM YELLOW PEPPER 1 MEDIUM ORANGE PEPPER BOTH CHOPPED
1 C CHOPPED TOMATOES
1/4 RED ONION DICED

GARLIC DRESSING

2-3 MINCED CLOVES OF GARLIC
JUICE FROM 1 MEDIUM LEMON
1 TBS EXTRA VIRGIN OLIVE OIL
1 HEAPING TBS DIJON MUSTARD
1-2 TBS WATER
SALT & PEPPER TO TASTE
IN A SMALL BOWL COMBINE THE DRESSING INGREDIENTS AND THEN SET TO THE SIDE. THEN USING A LARGE BOWL PUT ALL THE SALAD INGREDIENTS. COAT ALL OF THE VEGETABLES WITH THE DRESSING AND CHILL FOR A FEW HOURS BEFORE EATING. THE SALAD CAN BE ENJOYED AS IT IS OR EVEN SERVED OVER A BED OF LETTUCE. YOU COULD ALSO ADD SOME CANNED CHICKEN OR TUNA FOR A COMPLETE MEAL. THIS WILL MAKE 3-4 SERVINGS. STORE IN AN AIRTIGHT CONTAINER FOR 5-6 DAYS.

Volunteers & Donations

We really appreciate all of the Donations and Volunteers. We wouldn't be able to operate without your continued support. Volunteers and donations for June: Virgene Otte, Barb O'Connell, Jane Dobesh, CeCe Bechtel, Mary Lou Hilger, Judy Vanis, Glayda Scofield, Dorothy Schultz, Bobbie Burgess, Ann Sabata, Keith & LeAnn Wisnieski, Marie Cunningham, Jackie Masek, David City Rotary, Connie Perry, Region V, St Joseph Villa/ Court, David Place, VSSI, Vivian Harris, Donna Chemelka, Bill Andel, Butch Hein, Jeanie Zegers, Doris Stoll, Sharon Reisdorff, Jan & Bob Palik, American Legion Auxiliary, Diana McDonald, Diane Kozisek, Becky Fiscus and Joanna Brandenburgh.

A special Thank You to all who bring items for the Bake Sale and Potato Bake. Also to all who purchase from the Bake Sale and who attend our Fundraising events. What a great bunch of people we have supporting us! Thank you everyone. We couldn't do all we do without your help!!

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.

POTATO BAKE

592 D St David City

BUTLER COUNTY SENIOR CENTER



Thursday, July 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, Sour Cream, Grated Cheese, Onion, and Bacon Bits

Numerous Salads & Desserts to choose from and Much More

Thank You for all Your Past and Continuous Support!

Open to the Public – All Ages Welcome

Bake Sale

July 1, 2022



Come listen to the
Accordion players
From 10:30-2:30.
If you would like to join
us for lunch at noon,
we are having



**Meatloaf, Baked Potato, Creamed Peas,
Vanilla Pudding**

Just call by 9am to make a reservation 402-367-6131.

BUTLER COUNTY SENIOR SERVICES

**592 D St. David City
10:00am – 2:30pm**

Thank You for Your Continuous Support!

Up coming Events:

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 and participate. If you just enjoy Polka Music we hope you come and join in the fun. Music is from 10:30-2:30 with a break for lunch at 12:00. **Bake Sale:** We will be having a Bake Sale along with the Accordion Jam this month. Please try to price your goods if you and bringing any. Bake Sale starts at 9:00am.

Potato Bake: July 14th 11:15-12:45

Bingo: Every Tuesday after lunch we play Bingo.

Footcare: We will have a footcare clinic on **July 19th & August 9th.** If you need this service please call 402-367-6131 to make an appointment. Remember appointments fill up very quickly!!! \$20.00 Suggested cost.

Alternative Hearing will be seeing clients the 1st Tuesday of the Month. She is here between the hours of 9:00-10:00am.

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

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

Tuesday afternoon cards 2:00-4:00.

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 is on **July 28th.**

Guest Speakers: July 13th Julie Masters from UNO will be here. Julie is a wonderful speaker. You will be sure to enjoy her presentation!! July 21st Angie from David Place will be here with dessert and to talk with us. She usually likes to do trivia so bring your thinking caps along!!


We will be closed July 4th!

St. Joseph's Villa & Court



927 7th St. David City, NE 68632 * 402-367-3045
646 I St. David City, NE 68632 * 402-367-4337
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.



Alternative HEARING

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BUTLER COUNTY HEALTH CARE CENTER



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- General Surgery
- Occupational Therapy
- Cardiology
- Radiology Services
- Pulmonology
- Orthopedics & Sports Medicine Services
- Acute Care
- Wellness Center
- Physical Therapy
- Urology
- Cardiopulmonary
- Pre-Diabetes & Diabetes Education
- Skilled Care
- Gynecology
- Speech Therapy
- Labor & Delivery
- Audiology
- Pain Management

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July Birthdays

1st Dee Lanspa
4th Jane Glock
5th Florence Buresh
9th Dorothy Schultz
9th Barbara Buresh
12th MaryLou Hilger
13th Ron Swoboda
19th Don Horacek
21st Nancy Spearow
21st Dan Spearow
22nd Ruth Nichols
22nd Karen Fendrich
23rd Bev Bennet



Butler County Senior Services

592 D Street

David City, NE 68632