



BUTLER COUNTY SENIOR SERVICES



ALL AGES ARE WELCOME!



Bake Sale Fundraiser!

Friday September 3, 2022

Come enjoy some good polka music and buy some amazing goodies too. We have been doing so well with the monthly bake sale and have had such a positive response, we have decided to continue with the monthly bake sale. 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!!

SEPTEMBER 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 service 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.

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 is \$4.25 for those over 60 and the cost for over 60 is \$5.25. 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

Sept 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>All ages welcome</u></p> <p>Suggested cost is \$3.75 for 60 & over Cost is \$4.75 for anyone under 60</p>	<p>All meals must be reserved the day before or by 9 A.M. the day of. Call 402-367-6131.</p> <p>All meals are served with bread, milk, coffee</p>			<p>1 Pork Tenderloin, hash brown casserole, peas, Cherry jello with fruit & salad bar</p> <p><u>Van to Lincoln</u></p>	<p>2 Accordion Day Roast Beef, mashed potatoes & gravy, carrots & pears</p>	<p>3</p>
<p>4 </p>	<p>5 Closed for Labor Day</p>	<p>6 Alternative Hearing 9:00am Swiss steak, oven fried potatoes, green beans, tropical fruit & salad bar</p> <p><u>Van to Omaha</u></p>	<p>7 Oven fried chicken, mashed potatoes/gravy, Harvard beets, pineapple & salad bar</p>	<p>8 Belton 2-4 PM Potato Bake 11:15am BBQ pork on a bun, potato wedges, coleslaw & peach crisp</p> <p><u>Van to Columbus</u></p>	<p>9 Chicken cordon blue casserole, broccoli & melon</p>	<p>10</p>
<p>11</p>	<p>12 Hamburger Steaks with mushroom gravy, mashed potatoes, corn & fruit cocktail</p>	<p>13 Ham balls, hashbrowns, Scandinavian vegetables & orange pudding & salad bar</p> <p><u>Van to Lincoln</u></p>	<p>14 Baked Fish, sweet potato casserole, mixed vegetables, strawberry & bananas & salad bar</p>	<p>15 David Place Entertainment Italian Chicken, oven fried potatoes w/ onions, Italian blend veggies, fruit salad & salad bar</p> <p><u>Van to Omaha</u></p>	<p>16 Shepard pie w/mixed veggies, tomato & cucumber salad, baked apples</p>	<p>17</p>
<p>18</p>	<p>19 Beef Stroganoff on noodles, buttered cabbage, apricots</p>	<p>20 Cornflake chicken, loaded mashed potatoes, succotash, Raspberry sherbet & salad bar</p> <p><u>Van to Columbus</u></p>	<p>21 Ham, or Liver & onions, scalloped potatoes, glazed carrots & melon & salad bar</p>	<p>22 Birthday Day Creamed Chicken over mashed potatoes, California blend, plums & salad bar</p> <p><u>Van to Lincoln</u></p>	<p>23 Meatloaf, baked potato, cream peas & jello cake</p>	<p>24 </p>
<p>25</p>	<p>26 Salmon loaf, creamed potatoes, Scandinavian vegetables, tropical fruit</p>	<p>27 Chicken soft Taco, Spanish rice, tomato & corn salad, cinnamon applesauce & salad bar</p> <p><u>Van to Omaha</u></p>	<p>28 Cowboy steak, oven fried potatoes w/onions, coleslaw, chocolate pudding & salad bar</p>	<p>29 Spaghetti, wax beans, garlic bread, peaches & salad bar</p> <p><u>Van to Columbus</u></p>	<p>30 Smothered Pork wild rice, creamy cucumbers, California blend, rice crispy treat</p>	

Shopping 4 One



The grocery store truly can be a treasure trove of food opportunities for the single person. Here are 10 tips for solo grocery shopping and cooking.

- 1. Freeze extra bread.** Whenever you buy whole-grain bread, sandwich rolls, or hot dog or hamburger buns, take out what you need for the next few days, and freeze the rest. When you need more, just take it out of the freezer an hour ahead of time. Breads thaw quickly.
- 2. Many produce selections can be frozen.** After selecting the produce you want, leave out a small amount to use over the week. Then take extra produce, wash, dry, and cut up into a useable size. Then place your clean and cut produce into zip-lock bags, date, and place in the freezer for later uses. Good produce that this works well on include:

- Bananas
- Berries of all kinds
- Cherries
- Coconut
- Cranberries
- Rhubarb
- Asparagus
- Beans – most varieties
- Beets
- Broccoli
- Cabbage (only use for cooking)
- Carrots
- Cauliflower
- Celery
- Corn
- Eggplant
- Peas – black-eyed & green
- Pumpkin
- Sweet potatoes
- Rutabagas and turnips
- Summer squash
- Tomatoes (stewed, only use for cooking)

Fruits that don't freeze well include watermelon and citrus fruit sections. While you may find these fruits frozen, you will notice the texture is totally different when thawed.

Most vegetables can be frozen but the texture may be off when you thaw them. For this reason, it might be good to plan to use some frozen vegetables in soups or casseroles.

Remember that even though the majority of fruits and vegetables are freezer friendly, they won't be exactly the same as fresh. The taste should be very similar but the texture could be considerably different. If you have an over abundance of fruits and vegetables, however, freezing them is one way to store them for long-term use.

... **Helpful Hint:** Butter, shredded cheese, and stick margarine also freeze well.

- 3. Smoothies are, by design, single servings.** Keep frozen fruit and yogurt or light vanilla ice cream on hand for a last-minute smoothie. They're great for breakfast, lunch, dinner, or a snack.
- 4. Canned soup is an easy meal for one.** Some canned soups are better than others in flavor and nutrition. Find the ones you like and keep some in the pantry. You can embellish them by adding frozen or fresh veggies, or topping with green onions, fat-free sour cream, freshly shredded Parmesan, or whatever else your taste buds like. Make soup a meal by grilling a slice of whole-grain cheese bread, or serving a roll or whole-grain crackers on the side.



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- 5. Pasta is perfect for singles.** If you use fresh packaged pasta or tortellini/ravioli, boil what you need and freeze the rest. If you use dry pasta (try the new whole-wheat blends!), boil as much as you need and store the rest in your pantry.

- 6. Throw together a lunch or dinner salad.** Those triple-washed bags of salad make meals a cinch! Buy a bag of the spinach or romaine salad greens for the most nutrition, and then add any or all of the following:

- Dried fruit.
- Roasted nuts.
- Fruit. Try fresh berries or pears, or a can of mandarin oranges.
- Ready-to-go veggies like cherry or grape tomatoes; sugar snap peas; sliced or shredded carrots. Or slice up some cucumber, zucchini, or bell pepper.
- Canned beans (kidney, black, or garbanzo). Just rinse and sprinkle them on top.
- Cheese. Buy it pre-sliced, -shredded or -cubed, or cut it yourself.
- Water-packed tuna. Just open a can, drain the excess water, flake, and toss it in.
- Cooked shrimp. Get them in the frozen section, or buy fresh from a grocer you trust.
- Sliced turkey, roast beef, or roasted chicken from a nearby deli or supermarket deli.
- Light salad dressing. Keep bottled favorites in your refrigerator, or just drizzle a little olive oil and balsamic vinegar over the top.



- 7. Frozen entrees are an easy alternative.** The trick is finding those that are both tasty and higher in fiber and nutrients.

- 8. Healthful bagged or boxed frozen foods come in handy.** Just use part of the bag or box for your single serving, then put the rest back in the freezer for another meal.

- 9. Some breakfast items lend themselves to single servings.** It's easy to whip up one serving of French toast, toasted bagel, omelet or scrambled eggs, hot or cold cereal, even hash browns. (Buy a bag of frozen hash browns with 0 grams of fat per serving, and heat up just as much as you need in a nonstick frying pan coated with a teaspoon of canola oil.)

- 10. For other breakfast items (like pancakes, waffles, and muffins), make half a batch and freeze what's left.** Wrap any leftover items in plastic wrap then place into a zip-lock bag. Date the outside and store in the freezer until you want them next.

Shopping 4 One

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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ANSWER: Shopping for one can be easy and healthy.



NFL football teams

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Healthy Pumpkin Oat Cookies

Ingredients

- 2 1/2 C rolled or quick oats
 2-3 Tbs Maple Syrup
 1/2 C Chocolate chips
- 1 C pumpkin
 1 tsp Pumpkin pie spice or Cinnamon

Instructions

Pre-heat oven to 350.

Prepare a baking pan with parchment paper or you can place cookies directly on a pan sprayed with nonstick spray.

Mix all ingredients in a bowl to form a thick dough.

Use your hands to create 12 cookie shapes. The cookies will not spread or change shape during baking so be sure to create the shape you want before baking. Place cookies on the prepared pan and bake for 10 minutes.

Remove from the oven and enjoy warm after a few minutes. Let cool completely before storing. Store in a sealed container at room temperature for 3 days, in the refrigerator for up to a week or freeze for up to 3 months.

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Thank You for your support

WISH LIST

If you are wanting to donate something but are not sure what, we have a wish list.

Fresh produce

Cans of Wax Beans, Green Beans, Kidney Beans,

Sauerkraut

Cake Plates

Paper towels

Kleenex

As always ask us if there is anything we could need donated. Sometimes the kitchen likes utensils from different companies that you may be having or going to a party from.

Thank you for always supporting the Senior Center in so many ways. We are blessed to have such a wonderful support team!!

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 August: Barb O'Connell, Jane Dobesh, CeCe Bechtel, Glayda Scofield, Dorothy Schultz, Bobbie Burgess, Ann Sabata, Keith & LeAnn Wisnieski, Jackie Masek, Marie Cunningham, David City Rotary, Connie Perry, Region V, St Joseph Villa/Court, David Place, VSSI, Vivian Harris, Donna Chemelka, Mary Lou Smith, Bill Andel, Jeanie Zegers, Butch Hain, Judy Vanis, Mary Lou Hilger, Sharon Reisdorff, Doris Stoll, Virgene Otte, Donna Steager, Aaron Steager, Lonnie Ratkovec, Jeanne & Dwight Rasp, Tony Dolezal, Bob, Jan, Ryan & Colette Palik, Kathy Machal, Kenny Remmers, Shirleen Kotil, Linda Robinson, Sharon Reisdorff, Diana McDonald, Diane Kozisek, Denise Marvin, Becky Fiscus and Joanna Brandenburgh. In memory of James Hladky from Jeanie Zegers, Dorothy Schultz, Bonnie Riha & Glayda Scofield,

A special Thank you to all who bring items for the Bake Sale and Potato Bake and all who purchase these items and attend our Fundraisers. What a great bunch of people we have supporting 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.

Bake Sale

September 3, 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



**Roast Beef, Mashed Potatoes & Gravy,
Carrots, Pears**

Just call by **9:00 am** to make a reservation 402-367-6131.

BUTLER COUNTY SENIOR SERVICES

592 D St. David City

9:00am – 12:00pm

Thank You for Your Continuous Support!

POTATO BAKE

592 D St. David City

BUTLER COUNTY SENIOR CENTER



Thursday, September 8, 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

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: September 8th, 11:15-12:45

Bingo: Every Tuesday after lunch we play Bingo.

Footcare: We are having Footcare clinics on **September 20th & October 11th**. 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.

Belton: will be seeing clients the 2nd Thursday of the Month. He is here between the hours of 2:00 - 4:00 p.m. **EAR CLEANING CLINIC: This will be on September 8th starting 10:00-3:30. This is a free clinic provided by Belton. Please call the Senior Center at 402-367-6131 for an appointment. Again, this is free of charge!! What a great service they are providing. Please take advantage of it!!**

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

Tuesday Afternoon Cards: We will continue with afternoon cards. **Tuesday Afternoon Cards will be from 2:00 - 4:00 p.m.**

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 **September 22nd**.

St. Joseph's Villa & Court



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8 BUTLER COUNTY SENIOR SERVICES



Happy Birthday! *September Birthdays*

4th Cheryl Slonecker
6th Marty Birkel
8th Peggy Kaufman
15th Rosie Stranik
19th Barb O'Connell
19th Sharrol Hladky
22nd Deb Pleskac
22nd Richard Bennett
29th John Smith



Beltone Hearing Aids is sponsoring a free ear cleaning clinic at the Senior Center on Thursday September 8th starting at 10:00 am. We have appointments every half hour with the last appointment being at 3:30 pm. You can make an appointment by calling the Senior Center at 402-367-6131. This is a great opportunity to have this service done free of charge. You don't want to miss out.

Butler County Senior Services

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