

SENIOR NEWSLETTER

JANUARY 2019



BIRTHDAYS

- 1 Joyce Weis
- 2 Coralie Button
- 7 Vi Black
- 7 Melva Reisbig
- 10 Darlene Fleischman
- 12 Ruth Lowry
- 13 Iva Behrens
- 16 Jim Jergensen
- 20 Lee Kelly
- 21 Sara Reed
- 23 Margaret Harris
- 23 Darlene Mathers
- 27 James Sickbert
- 28 Alice Walters
- 28 Birl Williams

January 2019 Menu

Great Bend Senior Center

(You MUST call for reservations by 5:00 PM the day before)

IF YOU ARE SIGNED UP FOR LUNCH EVERYDAY & CAN'T COME, PLEASE CALL & CANCEL BY 10 AM.

Monday	Tuesday	Wednesday	Thursday	Friday
	1/1	1/2	1/3	1/4
CLOSED New Year's Eve	CLOSED New Year's Day	Fish Au Gratin Potatoes Green Peas Dinner Roll Pears & Apricots	Spaghetti w/meat sauce Green Beans Vanilla Pudding Garlic Bread	Roasted Pork Loin Brussel Sprouts Yams w/cinnamon butter Dinner Roll Rosy Applesauce
1/7	1/8	1/9	1/10	1/11
Chicken & Noodles Carrots Dinner Roll Diced Peaches	Taco Salad Mexican Rice Fruit Fling	Pork Chop w/mushroom gravy Au Gratin Potatoes Green Peas Dinner Roll Diet Gelatin	Chicken Strips w/mashed potato & gravy Green Beans Bread Fruit Crisp	Sloppy Joe on Bun Red Skin Potatoes Side Salad Deluxe Fruit Salad
1/14	1/15	1/16	1/17	1/18
Hamburger w/lettuce, tomato, & bun Potato Chips Baked Beans Ambrosia	Tilapia w/ lemon Butter Steamed Rice Vegetable Blend Bread Berry Cobbler	Chicken Oven Fried Mashed Potatoes w/gravy Harvard Beets Dinner Roll Sliced Peaches	Ham & Beans Buttered Broccoli Cornbread Cinnamon Apples	Turkey Seasoned Stuffing Green Beans Dinner Roll Pears
1/21	1/22	1/23	1/24	1/25
Beef Stroganoff Egg Noodles Buttered Cabbage Dinner Roll Apricot Halves	Baked Ham Whipped Sweet Potatoes Green Peas Dinner Roll Citrus Banana Cup	Bread Chicken w/lettuce, tomato, & bun Zucchini & Tomatoes Cake	Meatloaf Potatoes w/gravy Mixed Vegetables Dinner Roll Tropical Fruit	Chuckwagon Steak Potatoes w/gravy Green Beans Bread Pears
1/28	1/29	1/30	1/31	
Seasoned Chicken Breast Cornbread Dressing Broccoli & Cauliflower Dinner Roll Diced Peaches	Ground Beef Vegetable Stew w/crackers Muffins Fruit Cocktail	Fish Au Gratin Potatoes Green Peas Dinner Roll Pears & Apricots	Spaghetti w/meat sauce Green Beans Vanilla Pudding Garlic Bread	

New Policy: Coffee, Tea & Hot Chocolate is not included in your suggested contribution for your meal. We accept Donations. You may call for reservations until 5:00 PM the day before you want to eat – 792-3906. Please leave a message if you get the machine. Leave your name and the day you want to eat!! Persons 60 years of age and older, the **suggested contribution for lunch is \$3.50.** Under the age of 60, the cost of lunch is \$5.75.

For Weather Cancellations, listen to KVGB AM 1590. Menus are Subject to Change.

Great Bend Senior News

SENIOR CENTER: 792-3906

GREAT BEND REC: 793-3755

FRIENDSHIP MEALS: 792-3906

GENERAL PUBLIC TRANSPORTATION: 792-3859

RSVP: 792-1614

ELDER CARE: 792-1241

MEALS ON WHEELS: 792-1833

COTTONWOOD EXTENSION: 793-1910



WINTER WORD SEARCH



Created by
Sue Lindlauf
Grand Forks Herald
2019

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |

Senior Center Services & Organizations

GENERAL PUBLIC TRANSPORTATION

Mini-Bus 792-3859

Mon.-Fri. 6:30 A.M.-6:30 P.M.

\$1.50 - one way

\$3.00 - round trip

Pre-schedule rides 24 hours in advance for elderly, handicapped and general public.

You can call Catch A Ride at -- 792-7797 by 3:00 PM the day before if you want evening and weekend transportation.



SERVICES

***COMMUNITY SERVICES**

***BUILDING RENTAL**

For more information, contact the Great Bend Senior Center at 792-3906. 2005 Kansas Ave, Great Bend KS 67530.

Megan Hammeke
Senior Enrichment Director
Great Bend Recreation Commission
provides enrichment programs at the Senior Center.

If you would like to schedule a program at the Senior Center, contact Megan at 793-3755.

FRIENDSHIP MEALS & FROZEN DINNERS

The Great Bend Senior Center meal site has been experiencing a slight drop in noon attendance over our numbers for last year. It is important for us to keep our daily lunch count up so we can continue to receive full funding available to us through the Friendship Meals program. If you have friends or neighbors who are not taking advantage of our wonderful meals, invite them to come with you! There is not a better meal in town! And the price is so reasonable -- a suggested contribution of \$3.50. Tell your friends to call us at 792-3906 before 5 pm on the day before you can eat, or reserve meals for a week! If you are not a regular, we appreciate hearing from you when you can join us. We also have carry out meals (with reservations by 5 P.M. the day before and pick up after 11:30 A.M.) (**we do not deliver**) and frozen meals are available also. Thanks for helping us accomplish this goal.

KEY TO PUZZLE

WINTER WORD SEARCH



January Activities

BIRTHDAYS & ANNIVERSARY CELEBRATION

1st Monday - 12:00 noon

Come celebrate your birthday or anniversary with your friends at the Senior Center.



MEXICAN TRAIN DOMINOES

Tuesday & Thursdays:

January 3, 8, 10, 15, 17, 22, 24, 29, 31

Come play a domino game that everybody can play and enjoy. Dominoes are played every Tuesday & Thursday at 1:00pm at the Senior Center. Chicken foot played on Tuesdays and Mexican Train Dominoes on Thursdays.



CANASTA

January 1, 2, 3, 8, 9, 10, 15, 16, 17, 22, 23, 24, 29, 30, 31

Canasta is played at 1:00pm Tuesday, Wednesday, & Thursday at the Senior Center.

SENIOR CENTER POTLUCK DINNER

Tuesday, January 8th 5:30 PM

Bring a covered dish and enjoy the evening's entertainment with your friends at the Senior Center Potluck dinner. There will be a \$3.00 charge for the Soup.



ICE CREAM SOCIAL

January 17th

Come to the Senior Center on the third Thursday and enjoy ice cream and conversation at 3:00pm.



WEDNESDAY NIGHT CARDS

January 2, 9, 16, 23, 30

If you like to play Pitch, come to the Senior Center on Wednesday at 7:00pm for a card playing good time.

COFFEE & DONUTS

Tuesdays - January 8, 15, 22, 29

Enjoy conversation, coffee and donuts every Tuesday morning at 8:00am at the Senior Center.



NEW

CROCHET CLUB

January 7, 14, 21, 28

Are you wanting to learn to crochet or experienced in crocheting? This group is for you. This fun social group will be a great place to share patterns, ask questions, and work on ongoing projects. The club will meet at 1:00pm on Mondays at the Great Bend Senior Center.

For more information call 792-3906.

January 2019

SENIOR CENTER ACTIVITIES

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1/1	1/2	1/3	1/4	1/5
		GBRC AND SENIOR CENTER CLOSED New Year's Day	1:00 PM - Canasta 7:00 PM -Pitch	9:30 AM - Advisory Council 1:00 PM Dominoes 1:00 PM - Canasta		
1/6	1/7	1/8	1/9	1/10	1/11	1/12
	12 NOON - Birthday's & Anniversary's 1:00 PM - Crochet Club	8:30 AM - Coffee & Doughnuts 1:00 PM - Dominoes 1:00 PM - Canasta 5:30 PM - Potluck	1:00 PM - Canasta 7:00 PM -Pitch	1:00 PM Dominoes 1:00 PM - Canasta		
1/13	1/14	1/15	1/16	1/17	1/18	1/19
	1:00 PM - Crochet Club	8:30 AM - Coffee & Doughnuts 9:30 AM - Commission on Aging 1:00 PM - Dominoes 1:00 PM - Canasta	1:00 PM - Canasta 7:00 PM -Pitch	1:00 PM - Dominoes 1:00 PM - Canasta 3:00 PM - Ice Cream Social		
1/20	1/21	1/22	1/23	1/24	1/25	1/26
	1:00 PM - Crochet Club	8:30 AM - Coffee & Doughnuts 1:00 PM - Dominoes 1:00 PM - Canasta	1:00 PM - Canasta 7:00 PM -Pitch	1:00 PM - Dominoes 1:00 PM - Canasta		CLOSED
1/27	1/28	1/29	1/30	1/31		
	1:00 PM - Crochet Club	8:30 AM - Coffee & Doughnuts 1:00 PM - Dominoes 1:00 PM - Canasta	1:00 PM - Canasta 7:00 PM -Pitch	1:00 PM - Dominoes 1:00 PM - Canasta		