

# SENIOR NEWSLETTER

## SEPTEMBER 2020

### BIRTHDAYS

3 Mary Apel  
4 John Carr  
12 Mary Joiner  
13 Frosty Bodine  
13 Ed Merlau  
13 Talma Miller  
13 Dee Palmer  
14 Clara Mae Brown  
15 Kathy Henry  
16 Marlene Brack  
16 Norma Hammeke  
17 Bob Button  
17 Myron Watkins  
19 Bob Kreutzer  
20 Sally Bateman  
20 Victoria Befort  
20 Sharon Lingreen  
21 Sandra Haun  
23 Nancy Williams  
26 Ruth Schmidt  
30 John Stoskopf

### ANNIVERSARIES

4 Frosty & Barbara Bodine  
7 Arlon & Sue Johnson  
9 Larry & Joella Schartz  
16 Marlene & Max Brock



# SEPTEMBER MENU 2020

## 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
	9/1	9/2	9/3	9/4
	Bierock Casserole Mixed Vegetables Cinnamon Apples	Fish of Choice Potato Wedges Cooked Carrots Fruit Cobbler Dinner Roll	Chicken Oven Fried Mashed Potatoes w/gravy Green Beans Pudding Dinner Roll	Chef Salad Cinnamon Roll Peaches
9/7	9/8	9/9	9/10	9/11
<b>CLOSED</b>  <b>Labor Day</b>	Tuna Salad Sandwich Toss Salad w/dressing Blushing Peaches	Turkey Yams Green Beans Pears Dinner Roll	Taco Salad Corn Salad Fruit Fling	Pork Loin Red Skin Potatoes Cauliflower w/cheese Applesauce
9/14	9/15	9/16	9/17	9/18
Hamburger w/lettuce & tomato Chips Baked Beans Ice Cream Cup	BBQ Chicken Breast Scalloped Potatoes Green Beans Peaches & Yogurt Dinner Roll	Ham Salad Sandwich Cottage Cheese Cinnamon Roll	Swiss Steak Baked Potato w/sour cream Brussel Sprouts Tropical Fruit Dinner Roll	Boneless Pork Chops Mashed Potatoes w/gravy Green Peas Poke Cake Dinner Roll
9/21	9/22	9/23	9/24	9/25
Goulash Broccoli Florets Mixed Fruit Dinner Roll	Chicken Salad Sandwich Pasta Salad Pineapples	Steak Fingers w/gravy Mashed Potatoes Peas Jell-O w/fruit Dinner	Chicken Parmesan Buttered Noodles Green Beans Dinner Roll Cookie	BBQ Pulled Pork on bun Baked Beans Creamy Coleslaw Banana Pudding
9/28	9/29	9/30		
Deli Sandwich w/cheese, tomato, lettuce & mayo Layered Pea Salad Strawberries & Pears	Bierock Casserole Mixed Vegetables Cinnamon Apples	Fish of Choice Potato Wedges Cooked Carrots Fruit Cobbler Dinner Roll		

**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.**

**Due to Shortages the menu may change without notice. We will do our best to keep it the same. Thank you for understanding.**

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



## Word Search

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

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

Created by Sue Lindlauf  
 Grand Forks Herald 2012

- |              |            |              |              |
|--------------|------------|--------------|--------------|
| 1. LABOR     | 5. WORK    | 9. SUMMER    | 13. AMERICAN |
| 2. DAY       | 6. LONG    | 10. NATIONAL | 14. MONDAY   |
| 3. HOLIDAY   | 7. WEEKEND | 11. USA      | 15. DAY      |
| 4. SEPTEMBER | 8. ENDING  | 12. TRAVEL   | 16. OFF      |

# 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.

## FRIENDSHIP MEALS & FROZEN DINNERS

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 eat, or reserve meals for a week! If you are not a regular, we love having 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.) and frozen meals are available also. We do not deliver.

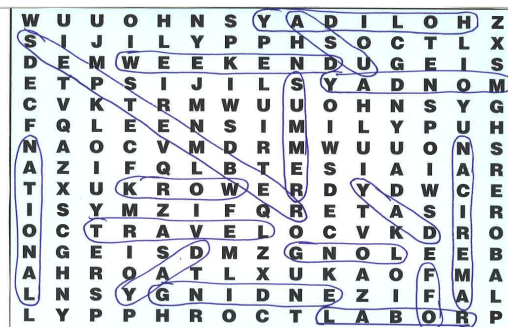
## SERVICES

\*COMMUNITY SERVICES

\*BUILDING RENTAL

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

## KEY



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

If you would like to schedule a program contact Megan at 793-3755.



### ONLINE INFO:

Visit [greatbendrec.com](http://greatbendrec.com) to find the latest monthly Senior Newsletter or to register for programs online!

# Senior Center Activities

## BIRTHDAYS & ANNIVERSARY CELEBRATION

September 17 - 1:00 pm

Come have cake and ice cream and help celebrate your friends at the Senior Center.



## MEXICAN TRAIN DOMINOES

Tuesday & Thursdays:  
September 1, 3, 8, 10, 15, 17, 22,  
24, 29

Come play a domino game that everybody can play and enjoy. Dominoes are played every Tuesday & Thursday at 1:00pm.



## CANASTA

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

Canasta is played at 1:00pm Tuesday, Wednesday, & Thursdays.

## Yarn Benders Crochet Club

September 14, 21, 28

Join us on Monday afternoons for a relaxing, informative and rewarding hobby. With an extensive supply of patterns, yarns, & accessories, whether you're a beginner or experienced stitcher, this group is for you.

There are no fees or registration required. For more information, contact Briana at 792-3906.

We can't wait to see you!

## WEDNESDAY NIGHT CARDS

September 2, 9, 16, 23, 30

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

## COFFEE & DONUTS



September 1, 8, 15, 22, 29

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

## Blood Pressure Checks & Presentation



September 22

Join Angel Care on the 4th Tuesday of each month as they do Blood Pressure Checks and present a Health Presentation. Blood Pressure Checks begin at 11:00am and Presentation is at noon.



# SEPTEMBER 2020

## SENIOR CENTER ACTIVITIES

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		9/1	9/2	9/3	9/4	9/5
				9:30 AM – Advisory Council		
9/6	9/7	9/8	9/9	9/10	9/11	9/12
		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		
9/13	9/14	9/15	9/16	9/17	9/18	9/19
		8:30 AM – Coffee & Doughnuts 1:00 PM -Dominoes 1:00 PM – Canasta	1:00 PM – Canasta 7:00 PM –Pitch	1:00 PM – Birthday & Anniversary Celebration 1:00 PM - Dominoes 1:00 PM – Canasta		
9/20	9/21	9/22	9/23	9/24	9/25	9/26
		8:30 AM – Coffee & Doughnuts 9:30 AM – Commission on Aging 11:00 AM – Angel Care Presentation & Blood Pressure Checks 1:00 PM -Dominoes 1:00 PM – Canasta	1:00 PM – Canasta 7:00 PM –Pitch	1:00 PM - Dominoes 1:00 PM – Canasta		
9/27	9/28	9/29	9/30			
		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		