

SENIOR NEWSLETTER

AUGUST 2021

BIRTHDAYS

1 BILL KING	8 LINDA SWINDLER	17 MARILYN SHEPARD
1 GERALDINE MENGES	11 CHUCK SCHOENBERGER	19 DELORES SCHNEIDEWIND
2 DORIS GOAD	12 STEVE DAYTON	29 VAUGHN DUNCAN
4 JODI BYBEE	12 LEONA DUFT	31 ROSE MURPHY
5 ELKE ANDRASEK	13 LELAND BEFORT	31 BONNIE WEST
5 POLLY BLAIR	14 CHARLENE KREUTZER	31 ARLEEN WHITTAKER
5 MOLLY BLAIR	15 HOWARD BOSLEY	
5 DAVE CHANDLER	15 LEE CANFIELD	
6 DELORES GROSE	15 SCOTT THEIN	
7 KAREN PRICE	16 MIKE KULTGEN	

ANNIVERSARIES

21 BLACKIE & DIXIE HEJNY
26 RICHARD & NITA MOHR



AUGUST MENU 2021

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.

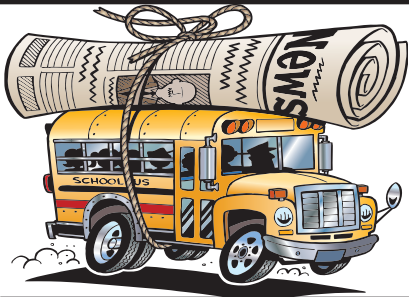
Monday	Tuesday	Wednesday	Thursday	Friday
8/2	8/3	8/4	8/5	8/6
Deli Sandwich w/cheese, lettuce, tomato Pea Layer Salad Strawberries & Bananas	Bierock Casserole Side Salad w/dressing Vanilla Pudding	Potato Fish Potato Wedges Cooked Carrots Fruit Cobbler Dinner Roll	Chicken Oven Fried w/mashed potatoes & gravy Green Beans Cinnamon Apple Slices Dinner Roll	Chef Salad Cinnamon Roll Apricots
8/9	8/10	8/11	8/12	8/13
Spaghetti w/meat sauce Peas & Carrots Mandarin Oranges w/marshmallows Bread Sticks	Tuna Salad Sandwich Summer Slaw Blushing Peaches	Turkey Yams Green Beans Pears Dinner Roll	Taco Salad Corn Salad Fruit Fling	BBQ Riblet Red Skin Potatoes Cauliflower w/cheese Applesauce Dinner Roll
8/16	8/17	8/18	8/19	8/20
Hamburger w/lettuce & tomato Potato Wedges Carrot & Raisin Salad Ice Cream Cup	BBQ Chicken Breast Scalloped Potatoes Green Beans Peaches & Yogurt Dinner Roll	Ham Salad Spread Sandwich Cottage Cheese Cinnamon Roll	Swedish Meatballs w/buttered noodles Brussel Sprouts Pudding Dinner Roll	Boneless Pork Chops Mashed Potatoes w/gravy Green Peas Poke Cake Dinner Roll
8/23	8/24	8/25	8/26	8/27
Goulash Broccoli Florets Mixed Fruit Bread	Chicken Salad Sandwich Pasta Salad Pineapples	Steak Fingers w/gravy Mashed Potatoes Peas Jello w/fruit Dinner Roll	Chicken Parmesan Buttered Noodles Green Beans Dinner Roll Cookie	BBQ Pulled Pork on bun Baked Beans Creamy Coleslaw Banana Pudding
8/30	8/31			
Deli Sandwich w/cheese, lettuce, tomato Pea Layer Salad Strawberries & Bananas	Bierock Casserole Side Salad w/dressing Vanilla Pudding			

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



Back to School Word Search

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

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 2011

- 1. STUDENTS
- 2. SCHOOLS
- 3. BOOKS
- 4. COMPUTERS

- 5. LEARNING
- 6. NEWSPAPERS
- 7. BUS
- 8. TEACHERS

- 9. GRADES
- 10. PRINCIPAL
- 11. EDUCATION
- 12. CLASSES

- 13. READING
- 14. WRITING
- 15. MATH
- 16. LIBRARY

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, handi-capped 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

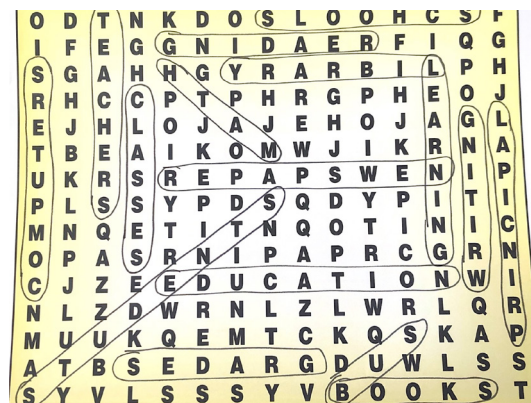
If you have friends or neighbors who are not taking advantage of our wonderful meals, invite them to come with you! There is not a better meal in town! And the price is so reasonable -- a suggested contribution of \$3.50. Tell your friends to call us at 792-3906 before 5 pm on the day before you eat, 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 to find the latest monthly Senior Newsletter or to register for programs online!

Senior Center Activities

BIRTHDAYS & ANNIVERSARY CELEBRATION

August 19 - 1:00 pm

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



MEXICAN TRAIN DOMINOES

August 3, 5, 10, 12, 17, 19, 24, 26, 31

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

CANASTA

August 3, 4, 5, 10, 11, 12, 17, 18, 19, 24, 25, 26, 31

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

Yarn Benders Crochet Club

August 2, 9, 16, 23, 30

Join us on Monday afternoons at 1:00pm 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.



Blood Pressure Checks & Presentation

August 24th

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.

WEDNESDAY NIGHT CARDS

August 4, 11, 18, 25

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

COFFEE & DONUTS

August 3, 10, 17, 24, 31



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



MEGA KITE FESTIVAL

AUGUST 14, 2021

Watch for MEGA KITES in the air mid-morning!



August 2021

SENIOR CENTER ACTIVITIES

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
8/1	8/2	8/3	8/4	8/5	8/6	8/7
	1:00 PM - Yarn Benders	8:30 AM - Coffee & Doughnuts 1:00 PM - Dominoes 1:00 PM - Canasta	1:00 PM - Canasta 7:00 PM -Pitch	9:30 AM - Advisory Council 1:00 PM - Dominoes 1:00 PM - Canasta		
8/8	8/9	8/10	8/11	8/12	8/13	8/14
	1:00 PM - Yarn Benders	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		
8/15	8/16	8/17	8/18	8/19	8/20	8/21
	1:00 PM - Yarn Benders	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 - Birthday & Anniversary Celebration 1:00 PM - Dominoes 1:00 PM - Canasta		
8/22	8/23	8/24	8/25	8/26	8/27	8/28
	1:00 PM - Yarn Benders	8:30 AM - Coffee & Doughnuts 11:00 AM - 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		
8/29	8/30	8/31				
	1:00 PM - Yarn Benders	8:30 AM - Coffee & Doughnuts 1:00 PM - Dominoes 1:00 PM - Canasta	1:00 PM - Canasta 7:00 PM -Pitch			