Senior Meals at La Vista Senior Center
Bring a friend or come join others for a home-cooked meal on Monday's, Wednesday's and Friday's at 11:30 a.m. The suggested donation amount for the meal is $3.50 for adults 60 yrs and older. For those under 60, the FEE is $9.25. To participate, all you need to do is reserve your meal by 12:00 Noon the business day before you intend to join us for lunch. Be sure to look at the other activities - you may want to come early or stay later! The meal program is sponsored by Eastern Nebraska on Aging, and catered by Valley. Remember to please call and cancel your meal if you are unable to attend.

Meal Assistant Volunteers
The La Vista Meal Program depends on our many volunteers to help prepare and serve our senior meals. We want to give a big “Thank You” to all those who have been volunteering, and to those who may be volunteers in the future. We are always looking for more! If interested, talk to Rich Carstensen.

La Vista/Ralston Special Services Van
The Special Services Unit operates Monday through Friday from 7:00 a.m. - 4:30 p.m. This service is available for all senior residents (age 60 and older) and all handicapped residents of La Vista and Ralston. The bus will take you to a variety of destinations including senior centers, shopping, appointments, etc. (Accommodation depends on prior commitments). Fares are $1.00 in city; $3.00 & $10.00 out of city; multiple stops are an additional $1.00. For further rules, questions and/or scheduling requests, please call 657-3550.

Special Event Registration
Registration is required for some of the special events at the Center. Sign-up sheets are in the back of the lunch sign-up book. Be sure to sign up for lunches and special events (just signing the special events sheet does not get you a meal!)

1. You may register by calling the Community Center at 331-3455 OR
2. Sign up in person (please sign up in the book personally, not by just telling someone).

When a special event is full, a waiting list will be started. Any openings that occur will be filled in the order of the waiting list. Fees will usually be paid at the event, but sometimes have to be paid in advance. We will let you know of this ahead of time. We normally have one van (holding 14 passengers), and occasionally will provide two vans. If needed, we will also carpool to events.

Tim Javorsky
performs a variety of music with lots of excitement and interaction with his audiences and takes great pride in his show for your entertainment. Come see Tim’s performance on **Friday, September 5** at 12:15pm as we celebrate Grand Parents Day at the La Vista Senior Activity Center.
MARK YOUR CALENDARS AND/OR TAKE NOTE!

- The La Vista Community Center will be CLOSED for Labor Day on Monday, September 1, 2014.

- The La Vista Community Center will switch from its Summer Hour Schedule to its Regular Schedule Hours on Tuesday, September 2, 2014. The Regular Hour Schedule is as follows: Monday-Friday 8:00am to 9:00pm. Saturday 8:00am to 6:00pm and Sunday 1:00pm to 9:00pm.

- One Sky, One World Fall Fly Kite Festival: Sunday, October 14th, 2014. At 12:00noon to 4:00pm. At the La Vista Sports Complex. The American Kite Flyers Association and the La Vista Recreation Department invite you to Go Fly a Kite! Come see some of the world’s largest and most creative kites at our upcoming festival. Bring the whole family and enjoy a day of kite flying. Kids may want to bring a bag for the Kite Candy Drop.

Happy Birthday

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Jean Tuttle</td>
<td>Sept 2nd</td>
</tr>
<tr>
<td>Ron Stoner</td>
<td>Sept 7th</td>
</tr>
<tr>
<td>Sharon Sells</td>
<td>Sept 9th</td>
</tr>
<tr>
<td>Michael Jones</td>
<td>Sept 10th</td>
</tr>
<tr>
<td>Carol Kolb</td>
<td>Sept 17th</td>
</tr>
<tr>
<td>Patricia Levene</td>
<td>Sept 20th</td>
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<tr>
<td>Darlene Miller</td>
<td>Sept 20th</td>
</tr>
<tr>
<td>Eugene Manzer</td>
<td>Sept 21st</td>
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<tr>
<td>Beverly Nenneman</td>
<td>Sept 23rd</td>
</tr>
<tr>
<td>Theresa Cavanaugh</td>
<td>Sept 27th</td>
</tr>
<tr>
<td>Leah Hobson</td>
<td>Sept 30th</td>
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</tbody>
</table>

Regular Activities and Events

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals (New Time)</td>
<td>Mon</td>
<td>12:00noon</td>
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<tr>
<td></td>
<td>Wed &amp; Fri</td>
<td>11:30am</td>
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<tr>
<td>Bingo</td>
<td>Mon</td>
<td>12:45pm</td>
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<tr>
<td></td>
<td>Fri</td>
<td>12:30pm</td>
</tr>
<tr>
<td>B-Day Celebration</td>
<td>2nd Wed</td>
<td>11:30am</td>
</tr>
<tr>
<td>Walking Club</td>
<td>M, W, F</td>
<td>10:30am - 11:30am</td>
</tr>
<tr>
<td>Remote Control Airplanes</td>
<td>Mon</td>
<td>11:30am- 1:30pm</td>
</tr>
<tr>
<td>Wii Bowling</td>
<td>Wed</td>
<td>10:30am- 11:30am</td>
</tr>
<tr>
<td>Chair Volleyball</td>
<td>M, W, F</td>
<td>10:30am- 11:15am</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Mon &amp; Thur</td>
<td>11:00am- 11:45am</td>
</tr>
<tr>
<td>Quilting/Sewing Social Hour</td>
<td>Wed</td>
<td>9:00am- 11:30am</td>
</tr>
<tr>
<td>Pinochle</td>
<td>1st Wed</td>
<td>12:15pm</td>
</tr>
</tbody>
</table>
Mon., September 1st  Labor Day...La Vista Community Center is Closed.
Wed., September 3rd  Sewing Social Hour at 9:00am Chair Volleyball at 10:30am. Wii Games at 10:30am. Lunch at 11:30am.
Thurs., September 4th  Senior Tai Chi Class at 11:00am-11:45am Deadline to Sign up for Picnic Palooza! 4:00pm!
Fri., September 5th  Chair Volleyball at 10:30am. Lunch at 11:30am. 25¢ Bingo Canceled. To Celebrate Grandparents day we will have a Musical Performance by Tim Javorsky at 12:00noon.
Sun., September 7th  Happy Grandparents Day!
Mon., September 8th  Senior Tai Chi Class at 11:00am-11:45am Eat at 12:00noon. 25¢ Bingo at 12:45pm
Wed., September 10th  Sewing Social Hour at 9:00am Chair Volleyball & Wii Games Canceled! No Regular Lunches Today. Picnic Palooza with the Omaha Park & Rec Dept. at Elmwood Park located at 802 S. 60th St. Activities start at 10:00am and will go through 1:30pm. Lunch is Provided. Deadline to sign-up is Thursday, September 4th at 4:00pm!
Thurs., September 11th  Senior Tai Chi Class at 11:00am-11:45am
Fri., September 12th  Chair Volleyball at 10:30am. Lunch at 11:30am 25¢ Bingo after lunch at 12:30pm. Movie choice made today for movie day on Wednesday, September 17th.
Mon., September 15th  Senior Tai Chi Class at 11:00am-11:45am Eat at 12:00noon. 25¢ Bingo at 12:45pm
Wed., September 17th  Sewing Social Hour at 9:00am Chair Volleyball at 10:30am. Wii Games at 10:30am. Lunch at 11:30am. Trip to the Movies after lunch. Movie announced on Friday, September 12th.
Thurs., September 18th  Senior Tai Chi Class at 11:00am-11:45am
Fri., September 19th  Sorry No Chair Volleyball or Bingo. Mayor Kindig’s Picnic at Central Park with Musical Entertainment by DeJa Blue from the Merry Makers. We will eat at 11:30pm. We will have Hamburgers, Hot Dogs, Beans, Chips, and all the fixings for a great picnic. Sign-up by Monday, September 15th to let us get a count for food items. Musical show by DeJa Blue will start after we eat.
Mon., September 22nd  Senior Tai Chi Class at 11:00am-11:45am Eat at 12:00noon. Sorry No Bingo Today! Nutrition Talk with Michaela Howard from ENOA; Topic is “Fixing Food For One” presentation will start at 12:00noon.
Wed., September 24th  Sewing Social Hour at 9:00am. Chair Volleyball and Wii Games are Canceled.
Picnic with the Papillion Senior Center at Walnut Creek Park Pavilion located on the South West Side of the Lake. Just above the boat dock entrance. (See Rich for details) Special Guest will be “Cowboy Dave” giving a performance once lunch is served. Lunch will be at 11:30am. Lunch will be Chicken, Potato Salad, and all the fixings. We ask that you make a desert to share with the others. Come enjoy the performance and great food. Sign-Up will be for the first 25 Seniors on our list.
Thurs., September 25th  Senior Tai Chi Class at 11:00am-11:45am
Fri., September 26th  Chair Volleyball at 10:30am. Lunch at 11:30am. 25¢ Bingo after lunch at 12:30pm. Methodist Nursing Students to stop by for Blood Pressure Checks and other health related questions. Stop by and see them from 11:00am to 12:00noon.
Mon., September 29th  Senior Tai Chi Class at 11:00am-11:45am Eat at 12:00noon. 25¢ Bingo at 12:45pm
## Eastern Nebraska Office on Aging
### Congregate Menu
#### September 2014

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td><strong>Labor Day Holiday</strong></td>
<td><strong>Senior Centers Closed</strong></td>
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</tr>
<tr>
<td></td>
<td>Pepper Beef Patty with Gravy Country Potatoes Lima Beans* Wheat Bread/Margarine Fresh Fruit 2% or Skim Milk</td>
<td>Turkey Breast with Gravy Whipped Potatoes Peas &amp; Carrots* Multi Grain Bread/Margarine Tropical Fruit 2% or Skim Milk</td>
<td>Chicken Enchilada Pie Tossed Salad/Drag Broccoli* Cornbread Muffin/Margarine Cinnamon Applesauce - 2% or Skim Milk</td>
<td>Breaded Fish* on a Bun Tartar Sauce Oven Roasted Potatoes Harvard Beets Brownie 2% or Skim Milk</td>
</tr>
<tr>
<td>Baked Chicken Breast w/ Orange Cranberry Sauce Baked Beans Parsley Carrots* Wheat Roll/Margarine Fresh Fruit 2% or Skim Milk</td>
<td>Italian Style Pork Rice Pilaf* Cauliflower* Multi Grain Bread/Margarine Peaches 2% or Skim Milk</td>
<td>Roast Beef w/ Brown Gravy Garlic Whipped Potatoes Zucchini &amp; Tomatoes* Dinner Roll/Margarine Birthday Cake 2% or Skim Milk</td>
<td>Sausage with Onions &amp; Peppers on a Bun Crispy Cube Potatoes* Green Peas* Strawberry Swirl Pudding or Diet Pudding 2% or Skim Milk</td>
<td>Meatball Florentine over Fettucini Noodles* Capri Vegetables* Wheat Bread/Margarine Chocolate Chip Cookie or Diet Cookies 2% or Skim Milk</td>
</tr>
<tr>
<td>Cheeseburger* on a Bun w/ Lettuce &amp; Tomato Tater Gems* Peach Crisp or Peaches 2% or Skim Milk</td>
<td>Creole Steak Au Gratin Potatoes Sliced Carrots* Wheat Roll/Margarine Fresh Fruit 2% or Skim Milk</td>
<td>Pork Cutlet w/ Tropical Citrus Sauce Baked Sweet Potatoes Cabbage Wheat Bread/Margarine Carnival Cookie 2% or Skim Milk</td>
<td>Vegetable Lasagna Tossed Salad/Drag Green Beans Garlic Bread Stick/Margarine Cinnamon Applesauce or Apple Slices 2% or Skim Milk</td>
<td>Chicken Picatta Breast Whole Kernel Corn California Vegetables* Multi Grain Bread/Margarine Mixed Fruit 2% or Skim Milk</td>
</tr>
<tr>
<td>Meatballs Jardine Twice Whipped Potatoes Broccoli with Peppers* Dinner Roll/Margarine Fresh Fruit 2% or Skim Milk</td>
<td>Crunchy Pollock* w/ Tartar sauce Ranch Potatoes Mixed Vegetables* Wheat Bread/Margarine Chewy Peanut Butter Bar or Diet Cookies 2% or Skim Milk</td>
<td>Soft Shell Beef Taco* w/ Shredded Cheese &amp; Lettuce &amp; Tomato Mexican Rice Fiesta Vegetables* Taco Sauce/Sour Cream Diced Pears 2% or Skim Milk</td>
<td>Oven Fried Chicken Breast* Baked Potato/Sour Cream Herbed Green Peas* Wheat Roll/Margarine Pineapple Tidbits 2% or Skim Milk</td>
<td>Pork Loin w/ Jezbel Apple Salsa Rosemary Potatoes Brussels Sprouts* Multi Grain Bread/Margarine Oatmeal Cookie 2% or Skim Milk</td>
</tr>
<tr>
<td>Monday 9/29/2014</td>
<td>Tuesday 9/30/2014</td>
<td></td>
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<td></td>
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<tr>
<td>Meatloaf w/ Onion Gravy Buttermilk Potatoes Stewed Tomatoes Dinner Roll/Margarine Fresh Fruit 2% or Skim Milk</td>
<td>BBQ Rib Patty on a Bun Coleslaw Parsley Carrots* Hot Glazed Fruit or Mixed Fruit 2% or Skim Milk</td>
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</tbody>
</table>
| Monday  
9/1/2014 | Tuesday  
9/2/2014 | Wednesday  
9/3/2014 | Thursday  
9/4/2014 | Friday  
9/5/2014 |
<table>
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<tbody>
<tr>
<td><strong>Labor Day Holiday</strong></td>
<td><strong>Senior Center Closed</strong></td>
<td><strong>Laborday Holiday</strong></td>
<td><strong>Senior Center Closed</strong></td>
<td><strong>Laborday Holiday</strong></td>
</tr>
</tbody>
</table>
| Sliced Turkey & Swiss on Wheat Bread (2) w/Lettuce & Tomato  
Italian Salad  
Fresh Fruit  
2% or Skim Milk | Ham & Mozz. Cheese  
Chef Salad/Drg  
Orange Juice  
Multi Grain Bread/Margarine  
Tropical Fruit  
2% or Skim Milk | Roast Beef & Swiss on a Bun  
w/Lettuce & Tomato  
Carrot Salad  
Cinnamon Applesauce  
2% or Skim Milk | Garden Cranberry Almond Salad  
Apple Juice  
Saltine Crackers  
Brownie or Diet Cookies  
2% or Skim Milk |
| Monday  
9/8/2014 | Tuesday  
9/9/2014 | Wednesday  
9/10/2014 | Thursday  
9/11/2014 | Friday  
9/12/2014 |
| Turkey Ham Salad  
Pickled Beets  
Broccoli Salad  
Wheat Roll/Margarine  
Fresh Fruit  
2% or Skim Milk | Turkey & Cheese  
Chef Salad/Drg  
Grape Juice  
Multi Grain Bread/Margarine  
Peaches  
2% or Skim Milk | Crabmeat Macaroni Salad  
Marinated Vegetable Salad  
Tomato Wedges  
Waverly Crackers  
Birthday Cake or Plain Cake  
2% or Skim Milk | Turkey & Cheese  
Chef Salad/Drg  
Apple Juice  
Saltine Crackers  
Strawberry Swirl Pudding or Diet Pudding  
2% or Skim Milk |
| **Friday**  
9/19/2014 | **Friday**  
9/12/2014 | **Friday**  
9/18/2014 | **Friday**  
9/25/2014 | **Friday**  
9/26/2014 |
| Sliced Turkey & Swiss Cheese Wrap  
w/Lettuce & Tomato  
Carrot and Raisin Salad  
Chocolate Chip Cookie or Diet Cookies  
2% or Skim Milk | Sliced Ham & Swiss on 1/2 Ciabatta Roll  
w/Lettuce & Tomato  
Potato Salad  
Mixed Fruit  
2% or Skim Milk | Sliced Ham & Swiss  
Chef Salad/Drg  
Orange Juice  
Dinner Roll/Margarine  
Cinnamon Applesauce  
2% or Skim Milk | Roast Beef & Swiss  
on a Hoagie Bun  
w/Lettuce & Tomato  
Grilled Corn Salad  
Oatmeal Cookie  
2% or Skim Milk |
| **Friday**  
9/29/2014 | **Friday**  
9/26/2014 | **Friday**  
9/25/2014 | **Friday**  
9/26/2014 | **Friday**  
9/28/2014 |
| **Friday**  
9/29/2014 | **Friday**  
9/26/2014 | **Friday**  
9/25/2014 | **Friday**  
9/26/2014 | **Friday**  
9/28/2014 |
| **Friday**  
9/29/2014 | **Friday**  
9/26/2014 | **Friday**  
9/25/2014 | **Friday**  
9/26/2014 | **Friday**  
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9/29/2014 | **Friday**  
9/26/2014 | **Friday**  
9/25/2014 | **Friday**  
9/26/2014 | **Friday**  
9/28/2014 |
| **Friday**  
9/29/2014 | **Friday**  
9/26/2014 | **Friday**  
9/25/2014 | **Friday**  
9/26/2014 | **Friday**  
9/28/2014 |

*Condiments and Salad Dressing available at the senior Center*
Johnny Ray Gomez gave us a great performance, even through his accordion was in the shop. Picture Above: Johnny gets the crowd of 40+ excited about the show. Picture Below: Ron and Sandy Stiverson listen to Johnny sing and reminisce about the importance of family.
## September 2014 Calendar of Events

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
</table>
|     | 1 LABOR DAY  | 2 SEWING SOCIAL HOUR 9:00AM
Wi GAMES 10:30AM
Chair Volleyball 10:30am
Senior Tai Chi Class 11:00am-11:45am | 3 SEWING SOCIAL HOUR 9:00AM
Wi GAMES 10:30AM
Chair Volleyball 10:30am
Senior Tai Chi Class 11:00am-11:45am | 4 Senior Tai Chi Class 11:00am-11:45am | 5 Chair Volleyball 10:30am
SORRY NO BINGO Tim Jarvoski Musical Performance At 12:00noon |
|     | Community Center Closed | 6                                                                 | 7 Happy Grandparents Day!                                                                                                                                                                           | 8 Chair Volleyball 10:30am
Senior Tai Chi Class 11:00am-11:45am | 9 Chair Volleyball 10:30am
Wi GAMES and Chair Volleyball Canceled
No Regular Lunches Picnic Palooza with Omaha Parks & Rec at Elmwood Park 10:00am-1:30pm | 10 SEWING SOCIAL HOUR 9:00AM
Wi GAMES 10:30AM
Chair Volleyball 10:30am
Senior Tai Chi Class 11:00am-11:45am | 11 Senior Tai Chi Class 11:00am-11:45am | 12 Chair Volleyball 10:30am
25¢ Bingo After Lunch Movie Decided at Lunch Today for Wed |
| 7   | Happy Grandparents Day! | 8 Chair Volleyball 10:30am
Senior Tai Chi Class 11:00am-11:45am | 9 Eat at 12:00noon 25¢ Bingo | 10 SEWING SOCIAL HOUR 9:00AM
Wi GAMES 10:30AM
Chair Volleyball 10:30am
Senior Tai Chi Class 11:00am-11:45am | 11 Senior Tai Chi Class 11:00am-11:45am | 12 Chair Volleyball 10:30am
25¢ Bingo After Lunch Movie Decided at Lunch Today for Wed |
| 14  | 15 Chair Volleyball 10:30am
Senior Tai Chi Class 11:00am-11:45am | 16 Chair Volleyball 10:30am
Senior Tai Chi Class 11:00am-11:45am | 17 SEWING SOCIAL HOUR 9:00AM
Wi GAMES 10:30AM
Chair Volleyball 10:30am
Trip to the Movies | 18 Senior Tai Chi Class 11:00am-11:45am | 19 SORRY NO CHAIR VOLLEYBALL or BINGO... Mayor’s Kindig’s Picnic at Central Park with Music from DeJa Blu from Merry Makers 11:30 am |
| 21  | Chair Volleyball 10:30am
Senior Tai Chi Class 11:00am-11:45am | 22 SORRY NO BINGO Nutrition Talk with Michelle from ENOA: “Cooking For One” 12:00noon | 23 SEWING SOCIAL HOUR 9:00AM
Wi GAMES and Chair Volleyball Canceled
Picnic with Papillion Senior Center Entertainment by “Cowboy Dave” Time: 11:30am Place: | 24 Senior Tai Chi Class 11:00am-11:45am | 25 SORRY NO BINGO Methodist Nursing Students 10:45AM to 11:45AM |
| 28  | Chair Volleyball 10:30am
Senior Tai Chi Class 11:00am-11:45am | 29 Eat at 12:00noon 25¢ Bingo | 30 Chair Volleyball 10:30am
25¢ Bingo After Lunch | 31 |

**September 2014 Calendar of Events**

- **1 LABOR DAY**: Community Center Closed
- **7 Happy Grandparents Day!**
- **14**
- **21**
- **28**
- **30**
**Pam Kragt** is a multi-talented performer who has lived in the Omaha area for 22 years. She grew up on a northwest Iowa dairy farm – yes, she is the farmer’s daughter. That is where she caught the bug for singing and acting at the age of eight. ”Entertainment is just part of me,” Pam says. “I love to encourage people to enjoy each chapter in their life. And as we all know, it may be a quick read! We need to cherish each day!” Pam has enjoyed performing stand-up comedy as the wise matronly “Grace Fully”, was a member of the Omaha based WWII singing group The AVI8ORS, professional floral designer, a soloist, pianist, and a mother of two great kids, Nikki and Matt. Pam has been married to her high school sweetheart Jon for 27 years. She enjoys her ‘day job’ working as an administrative assistant to the senior pastor at West Hills Church in Omaha, Ne. In her spare time she enjoys gardening and landscaping, decorating and having Nebraska Husker’s football parties at her home.

**Diane Thomas** began her singing career at the age of ten. She and her twin sister Karen began singing at county fairs and local churches, and continued on into their college years. They ultimately landed in Nashville after signing a recording contract as *Double Image*. In 2006, she became a member of the Omaha based WWII singing group, The AVI8ORS. Diane has also been an elementary school teacher for 27 years. Now, recently semi-retired from teaching, she keeps busy singing professionally at weddings and local charity events, and substitute teaches whenever she wants. Diane has been married to her husband John for six years.

**DeJa Blue from the Merry Makers**

will perform at 12:15pm at La Vista’s Central Park after the Mayor’s Picnic on Friday, September 19th. Sign-Up early for the event and come enjoy Hamburgers, Hot Dogs, and all the fixings.