

January 2014

LA VISTA SENIOR ACTIVITY CENTER



La Vista Senior Activity Center

La Vista Community Center
8116 Park View Blvd.
La Vista NE 68128
402-331-3455

Hours for Community Center:

Monday-Friday 8 am - 9 pm
Saturday 8 am - 6 pm
Sunday 1 pm - 9 pm

www.cityoflavista.org

Your online source for information about the City and your Community

La Vista Community Center Staff

Scott Stopak, Director
Ryan South, Program Coordinator

Dave Karlson, Asst. Director
Sue Tangeman, Admin. Assist.

Rich Carstensen, Program Coordinator
Preston Sears & Jay Failla Front Desk Staff

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. We eat at 12:00noon on Monday's and at 11:30am on Wednesday's and Friday's. The suggested donation amount for the meal is \$3.00 for adults 60 yrs and older. For those under 60, a fee of \$7.00 will be charged. 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 Office on Aging, and catered by Valley. Remember to please call and cancel your meal if you are unable to attend.

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.

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 402-657-3550.



The Annual Senior Valentine's Day Luncheon

will be held **Friday, February 14, 2014** at the La Vista Community Center. The La Vista and Papillion Recreation Departments will be hosting the event for Senior's in the surrounding communities. Doors open and entertainment starts at 11:00 am, with lunch being served at 11:30 am. Purchase your ticket(s) at the front desk for \$5.00 per person.

Deadline for purchasing tickets is Friday, February 7, 2014. Tickets will not be sold after this date.

MARK YOUR CALENDARS AND/OR TAKE NOTE!



The La Vista Community Center will be closing at 5:00pm on Tuesday, December 31st and will be closed all day on Wednesday, January 1st for the New Year. We will open and have regular hours on Thursday, January 2nd.

Remember, when the Omaha and/or Papillion-La Vista Public Schools are closed due to inclement weather, senior lunches will not be served, and also our Special Services Van will not run as scheduled. Watch the local news for weather-related school closings, and closings for the Community Center.



Chair Volleyball will now be played on Monday's, Wednesday's, and Friday's. Warm-ups will start at 10:30am with games to follow. We will play till 11:20am most days. Come enjoy the great exercise and laughter!

Tia Chi classes will take a week break on Monday, December 30th and also on Thursday, January 2nd. We will start back on Monday, January 6th!

Regular Activities and Events

Meals (New Time)	Mon	12:00noon
	Wed & Fri	11:30am
B-Day Celebration	2 nd Wed	11:30am
Walking Club	M,W,F	10:30am -11:30am
Bingo	Mon & Fri	1:00pm 12:15pm
Remote Control Airplanes	Mon	11:30am-1:30pm
Wii Bowling	W	10:30am-11:30am
Chair Volleyball	M,W,F	10:30am-11:15am
Tai Chi	Mon & Thur	11:00am-11:45am
Quilting Class/Sewing Hr	Wed	9:00am- 11:30am
Pinochle	1 st Wed	12:15pm



January Birthdays

Ruby Stiers	Jan. 9 th
Mary Rezek	Jan. 12 th
Maxine Wilkins	Jan. 15 th
David McCord	Jan. 16 th
Virgina Hoffman	Jan. 24 th
Karen Dulany	Jan. 25 th
Meddil Gruidel	Jan. 31 st

A Late December Happy Birthday To:
Sharon Bailey Dec. 16th

Special Activities and Events

- Mon., Dec. 30th** **2014 New Year's Celebration!** Come celebrate an end to 2013 and bring in 2014. To help celebrate the New Year we will have Entertainment by Patrick Langdon & Denell Danner. Don't miss out on this fun day! **Sorry...No Tai Chi Today or this Week!**
- Tue., Dec. 31st** The La Vista Community Center will close at 5:00pm for New Year's Eve.
- Wed., Jan 1st** The La Vista Community Center is closed for New Years Day. Happy New Year!
- Thur., Jan 2nd** No Tai Chi Today!
- Mon., Jan 6th** **Tai Chi Classes start back up today.** They will again be on Monday's and Thursday's at 11:00am-11:45am. Class fees are only \$1.00 per week! It's a great way to start or keep exercising for the New Year!
- Wed., Jan 8th** **Pinochle Group will meet today after lunch.** Come play or learn!
January Birthday Celebration. Happy Birthday to all who have birthdays in January!
- Tue., Jan 14th** **Lunch Outing to Mahoney State Park** where we will eat at the **Mahoney Grill.** Then we will back track to **Nebraska Crossing Outlet Stores** for some shopping. We will take one bus (14 seniors). We leave at 10:45am and plan on returning back to the community center between 3:30pm-4:00pm. Lunch menu can be seen at the Senior Center, most items cost between \$8 to \$12.
- Wed., Jan 15th** **Musical Performance by Merry Makers own Physia.** Show starts at 12:30pm! Come have lunch then enjoy show!
- Mon., Jan 20th** **MLK Day (Martin Luther King Day).** The La Vista Community Center will be closed today.
- Thur., Jan 23rd** **Lunch Outing to Corrigan Senior Center.** We will take one bus (14 seniors). We will leave at 10:00am. At 10:30 we will play "Wheel-a-Fortune" game and then play Chair Volleyball at 11:00am. We will stay and eat lunch at 12:00noon then come back to the La Vista Community Center. Please call into the Corrigan Senior Center to reserve your lunch before/by 11:00am on Wednesday, January 22nd. Corrigan Senior Center phone number is 402-731-7210.
- Fri., Jan 24th** Movie Choice Made.
- Wed., Jan 29th** **Movie day after lunch, (weather permitting).** Movie chosen at lunch on Friday, January 24th. If it looks like the weather may be bad we will show a Video on the TV.

January 2014 Special Events Calendar

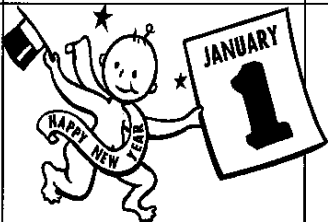
Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 10:30am Chair Volleyball <u>No Tai Chi Class this Week!</u> 12:00noon Lunch New Year's Celebration with Entertainment at 12:00noon!	31 LA VISTA COMMUNITY CENTER CLOSES AT 5:00PM FOR NEW YEAR'S EVE	1 NEW YEARS DAY  COMMUNITY CENTER IS CLOSED	2 <u>No Tai Chi Class this Week!</u>	3 10:30 Chair Volleyball 11:30 Lunch Served 12:30 25¢ BINGO	4
5	6 10:30am Chair Volleyball 11:00am Tai Chi  12:00noon Lunch 1:00pm 25¢ Bingo Bingo will have to be called by someone!	7	8 9:00 Quilting/Sewing 10:30 Wii Bowling 10:30 Chair Volleyball 11:30 Lunch <u>Pinochle Card Group to play after lunch.</u> <u>December Birthday Celebration.</u>	9 11:00am Tai Chi 	10 10:30 Chair Volleyball 11:30 Lunch Served 12:30 25¢ BINGO	11
12	13 10:30am Chair Volleyball 11:00am Tai Chi  12:00noon Lunch 1:00pm 25¢ Bingo	14 LUNCH OUTING TO MAHONEY STATE PARK THEN TO NEBRASKA CROSSING OUTLETS LEAVE AT 10:45 AM 	15 9:00 Quilting/Sewing 10:30 Wii Bowling 10:30 Chair Volleyball 11:30 Lunch Merry Makers Singer: Physia at 12:30pm 	16 11:00am Tai Chi 	17 10:30 Chair Volleyball 11:30 Lunch Served 12:30 25¢ BINGO	18
19	20 LA VISTA COMMUNITY CENTER IS CLOSED FOR MLK DAY 	21	22 9:00 Quilting/Sewing 10:30 Wii Bowling 10:30 Chair Volleyball 11:30 Lunch	23 11:00am Tai Chi  LUNCH OUTING TO CORRIGAN SENIOR CENTER LEAVE AT 10:00 AM 	24 10:30 Chair Volleyball 11:30 Lunch Served <u>11:30 Movie Choice Made</u> 12:30 25¢ BINGO	25
26	27 10:30am Chair Volleyball 11:00am Tai Chi  12:00noon Lunch 1:00pm 25¢ Bingo	28	29 9:00 Quilting/Sewing 10:30 Wii Bowling 10:30 Chair Volleyball 11:30 Lunch <u>Trip to Movies</u> 	30 11:00am Tai Chi 	31 10:30 Chair Volleyball 11:30 Lunch Served 12:30 25¢ BINGO	

**Eastern Nebraska Office on Aging
Home Delivered Menus
January 2014**

		Wednesday 1/1/2014	Thursday 1/2/2014	Friday 1/3/2014
			H Meatballs with Gravy H Brown Rice	H Cheezy Lasagna Rollup H Whole Kernel Corn
		New Years' Day Holiday	H Diced Beets C Multi Grain Bread/Margarine C Butterscotch Pudding C 1% Milk	H Capri Vegetables C Garlic Breadstick C Peaches C 1% Milk
		Holiday Meal by reservation only.		
Monday 1/6/2014	Tuesday 1/7/2014	Wednesday 1/8/2014	Thursday 1/9/2014	Friday 1/10/2014
H Crunchy Pollock H Delmonico Potatoes H Broccoli C Multi Grain Bread/Margarine C Mandarin Oranges C 1% Milk C Tartar Sauce	H Honey Baked Chicken Patty H Scalloped Potatoes H Sliced Carrots C Wheat Bread/Margarine C Fresh Fruit C 1% Milk	H Roast Beef w/ Brown Gravy H Garlic Whipped Potatoes H Mixed Vegetables C Dinner Roll/Margarine C Birthday Cake C 1% Milk	H Western Pork Patty H Baked Beans H Whole Kernel Corn C Wheat Roll/Margarine C Fruit Cocktail C 1% Milk	H Beef w/ Mushroom Gravy H Oven Roasted Potatoes H Green Beans C Wheat Bread/Margarine C Carnival Cookies C 1% Milk
Monday 1/13/2014	Tuesday 1/14/2014	Wednesday 1/15/2014	Thursday 1/16/2014	Friday 1/17/2014
H Turkey Breast with Gravy H Cheesy Potatoes H Green Peas C Wheat Roll/Margarine C Fruited Gelatin C 1% Milk	H Herbed Pork Loin w/Gravy H Au Gratin Potatoes H Stewed Tomatoes C Dinner Roll/Margarine C Strawberry Cupcake C 1% Milk	H Taco Meat H Fiesta Rice H Mexican Corn C Cheese, Lettuce & Tomato C Flour Tortilla C Fresh Fruit C 1% Milk C Taco Sauce	H Beef Italiano H Parslied Potatoes H Green Beans C Wheat Bread/Margarine C Cranapplesauce C 1% Milk	H Ham & White Beans H Harvard Beets H Sliced Carrots C Corn Muffin/Margarine C Pineapple Tidbits C 1% Milk
Monday 1/20/2014	Tuesday 1/21/2014	Wednesday 1/22/2014	Thursday 1/23/2014	Friday 1/24/2014
Martin Luther King Holiday	H Meatballs in Marinara Sauce H Rotini Pasta H Cauliflower C Garlic Breadstick C Emerald Pears C 1% Milk	H Sausage with Peppers & Onions H Crispy Cube Potatoes H Whole Kernel Corn C Bun C Fresh Fruit C 1% Milk	H Cranberry Dijon Chicken Patty H Confetti Rice H Club Spinach C Wheat Roll/Margarine C Chocolate Chip Cookie C 1% Milk	H Hamburger Patty H Tater Tot Casserole H Peach Crisp C Lettuce & Tomato C Hamburger Bun C 1% Milk
Holiday Meal by reservation only.				
Monday 1/27/2014	Tuesday 1/28/2014	Wednesday 1/29/2014	Thursday 1/30/2014	Friday 1/31/2014
H BBQ Rib Patty H Lima Beans H Potato Wedges C Hamburger Bun C Fresh Fruit C 1% Milk	H Chicken Pot Pie with Vegetables H Brussels Sprouts H Biscuit C Oatmeal Creme Pie C 1% Milk	H Pepper Beef Patty w/ Brown Gravy H Twice Whipped Potatoes H California Vegetables C Multi Grain Bread/Margarine C Tropical Fruit C 1% Milk	H Chili con carne H Baked Potato H Broccoli C Dinner Roll/Margarine C Marble Pudding C 1% Milk C Sour cream	H Apple Glazed Pork Patty H Mashed Spiced Yams H Cabbage C Wheat Bread/Margarine C Fruited Gelatin C 1% Milk

Eastern Nebraska Office on Aging

**Deli Menu
January 2014**

		Wednesday 1/1/2014	Thursday 1/2/2014	Friday 1/3/2014
		New Years' Day Holiday Senior Centers Closed	Chicken Salad on Multi Grain Bread (2) Carrot and Raisin Salad Tomato Wedges Butterscotch Pudding or Diet Pudding 2% or Skim Milk	Ham, Turkey, Ch & Egg Chef Salad/Drsg Orange Juice Garlic Bread Stick Peaches 2% or Skim Milk
Monday 1/6/2014	Tuesday 1/7/2014	Wednesday 1/8/2014	Thursday 1/9/2014	1/10/2014
Sliced Ham & Swiss on Multi Grain Bread(2) w/ Lettuce & Tomato California Salad Mandarin Oranges 2% or Skim Milk	Crab Salad Three Bean Salad Cucumber and Tomato Salad Wheat Bread/Margarine Fresh Fruit 2% or Skim Milk	Ham, Turkey, Mozz Ch & Egg Chef Salad/Drsg Grape Juice Dinner Roll/Margarine Birthday Cake or Plain Cake 2% or Skim Milk	Roast Beef & Swiss on Wheat Bread (2) Lettuce & Tomato Potato Salad Fruit Cocktail 2% or Skim Milk	Ham & Mozzarella Chef Salad/Drsg Cranberry Juice Saltine Crackers Carnival Cookie or Diet Cookies 2% or Skim Milk
Monday 1/13/2014	Tuesday 1/14/2014	Wednesday 1/15/2014	Thursday 1/16/2014	Friday 1/17/2014
Tuna Macaroni Salad Green Bean Salad Coleslaw Wheat Bread/Margarine Fruited Gelatin or Diet Fruited Gelatin 2% or Skim Milk	Chicken Cordon Bleu Salad Apple Juice Dinner Roll/Margarine Strawberry Cup Cake 2% or Skim Milk	Sliced Ham & Swiss on Multi Grain Bread(2) Lettuce & Tomato Beet Salad Fresh Fruit 2% or Skim Milk	Turkey & Cheese Chef Salad/Drsg Orange Juice Club Crackers Cranapplesauce 2% or Skim Milk	Honey Mustard Chicken Salad Pasta Salad Country Tomatoes Corn Muffin/Margarine Pineapple Tidbits 2% or Skim Milk
Monday 1/20/2014	Tuesday 1/21/2014	Wednesday 1/22/2014	Thursday 1/23/2014	Friday 1/24/2014
Martin Luther King Holiday ENOA Closed	Chicken Caesar Salad Grape Juice Garlic Breadstick Emerald Pears 2% or Skim Milk	Ham, Turkey & Cheese Chef Salad/Drsg Cranberry Juice Saltine Crackers Fresh Fruit 2% or Skim Milk	Tuna Salad on Wheat Bread (2) Ranch Tomatoes Corn Relish Salad Chocolate Chip Cookie or Diet Cookies 2% or Skim Milk	Turkey & Cheddar Cheese Chef Salad/Drsg Orange Juice Club Crackers Peach Crisp or Peaches 2% or Skim Milk
Monday 1/27/2014	Tuesday 1/28/2014	Wednesday 1/29/2014	Thursday 1/30/2014	Friday 1/31/2014
Ham, Turkey, Ch & Egg Chef Salad/Drsg Apple Juice Wheat Roll/Margarine Fresh Fruit 2% or Skim Milk	Roast Beef & Swiss on Wheat Bread (2) Lettuce & Tomato Broccoli Salad Oatmeal Creme Pie or Oatmeal Cookie 2% or Skim Milk	Zesty Baja Chicken Salad Macaroni Salad Waldorf Salad Multi Grain Bread/Marg Tropical Fruit 2% or Skim Milk	Sliced Ham & Swiss on Wheat Bread (2) Lettuce & Tomato Mediterranean Salad Marble Pudding or Diet Pudding 2% or Skim Milk	Ham, Turkey, Mozz Ch & Egg Chef Salad/Drsg Orange Juice Club Crackers Fruited Gelatin or Diet Fruited Gelatin 2% or Skim Milk

* Condiments and Salad Dressing available at the Senior Centers

Menus may be subject to change.