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 contribution amount for the meal is $3.50 for adults 60 yrs and older. For those under 60, the cost of the meals 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 Food Services. 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 402-657-3550.
National Public Gardens Day  Trip to Lauritzen Garden's at 12:30pm!

Friday, May 8, 2015
9 a.m. to 5 p.m.

Lauritzen Gardens, along with many other public gardens across the United States, will celebrate National Public Gardens Day. It is viewed as the unofficial beginning of the gardening season.

National Public Gardens Day was founded by the American Public Gardens Association to raise awareness of America's public gardens and their role in promoting environmental stewardship and education in communities nationwide. As many as 500 member institutions will participate by offering special events and activities for visitors.

Visitors to Lauritzen Gardens on this day will enjoy free admission and an opportunity to learn about the various offerings the garden provides throughout the year.

TAKE NOTE & MARK YOUR CALENDARS!

- La Vista’s Salute to Summer starts Thursday, May 21st and runs through Sunday, May 24th. Please watch for flyers coming soon for events and activities.
- The La Vista Community Cookout and Fireworks show will be at the City Hall/Community Center starting a 6:00pm on Friday, May 22nd. Other events are also planed for that evening.
- The La Vista Parade is Saturday, May 23rd at 1:00 p.m.
- Memorial Day is Monday, May 25th. The Community Center will be closed.

Hillbilly Hal
Merry Makers
Performer

Wednesday, May 6, 2014
12:00 Noon
La Vista Community Center
Friday, May 1st  
Happy May Day!!! Sorry No Lunches Today. Community Center is Open!

Sunday, May 3rd  
La Vista Spring Kite Fly at the La Vista Sports Complex. 12:00noon-4:00pm

Monday, May 4th  
Chair Volleyball at 10:30am, Tai Chi at 11:00am, Lunch served at 12:00noon, 25¢ Bingo at 12:45pm

Wednesday, May 6th  
Quilting/Sewing at 9:00am, Wii Bowling at 10:30am, Chair Volleyball at 10:30am, Lunch served at 11:30am. **Musical Performance by Hillbilly Hal from Merry Makers at 12:00noon.**

Thursday, May 7th  
Tai Chi at 11:00am. **Meet and Eat with the La Vista Jr. High Band and Singers.** We will leave at **10:45am** to go up to the La Vista Jr. High. We will watch a performance from the LV Jr High Blues Band and then watch the LV Jr. High Show Choir Perform. After that we will eat lunch with the students at the School Cafeteria. Cost of the meal will be given at a later date. Please sign-up and join us!

Friday, May 8th  
Chair Volleyball at 10:30am, Lunch served at 11:30am, Sorry No Bingo Today! We will be going to **Lauritzens Gardens after lunch at 12:30pm.** We will take one Bus (14 people) and go to the gardens. There is no cost for the garden’s today due to it being National Public Gardens Day. We will return to the center around 3:30pm-4:00pm. Please note there will be some walking on this trip!

Sunday, May 10th  
Happy Mother’s Day!

Monday, May 11th  
Chair Volleyball at 10:30am, Tai Chi at 11:00am, Lunch served at 12:00noon, 25¢ Bingo at 12:45pm

Wednesday, May 13th  
Quilting/Sewing at 9:00am, Wii Bowling at 10:30am, Chair Volleyball at 10:30am, Lunch at 11:30am. **May Birthday Celebration with Cake!**

Thursday, May 14th  
Tai Chi at 11:00am, **Spring Fling Pot Luck Picnic at Central Park!** We will meet at 12:00noon and try to eat just after 12:00noon at the Central Park Metal Shelter. The La Vista Community Center will bring the main course and we ask that each individual bring a salad or desert that would serve at least 20 people. Please sign-up in the book to let us know if you plan on attending. If the weather is questionable we will move the picnic to the La Vista Community Center.

Friday, May 15th  
**Walking Challenge Final Day!** Total up your minutes and let’s see where we are at with our time. Complements on all who put their best foot forward, and Walked! Chair Volleyball at 10:30am, Lunch served at 11:30am, 25¢ Bingo at 12:30pm.

Saturday, May 16th  
**Step Out For Seniors Walk-a-thon** at Benson Park at 7028 Military Ave. Walk-a-thon starts at 10:00am with Chair Volleyball Tournament to follow at 11:00am. See Rich for more details!

Monday, May 18th  
Chair Volleyball at 10:30am, Tai Chi at 11:00am, Lunch served at 12:00noon, 25¢ Bingo at 12:45pm
Wednesday, May 20th
Quilting/Sewing at 9:00am, Wii Bowling at 10:30am, Chair Volleyball at 10:30am, Lunch at 11:30am

Thursday, May 21st
Tai Chi at 11:00am. Start of La Vista’s Salute to Summer. Hot Wheels Races 7:00pm.

Friday, May 22nd
No Senior Lunches due to La Vista’s Salute to Summer Community Cook Out Preparation.
Community Center is open for activities. La Vista Community Cook Out starts at 6:00pm.

Saturday, May 23rd
La Vista’s Salute to Summer Parade at 1:00pm.

Sunday, May 24th
Family Pool Day at the La Vista Swimming Pool 3:00-5:00pm

Monday, May 25th
Memorial Day – Community Center is closed.

Wednesday, May 27th
Quilting/Sewing at 9:00am, Wii Bowling at 10:30am, Chair Volleyball at 10:30am, Lunch at 11:30am

Thursday, May 28th
Tai Chi at 11:00am

Friday, May 29th
Chair Volleyball at 10:30am, Lunch served at 11:30am, 25¢ Bingo at 12:30pm

Wednesday, April 22nd
we enjoyed Johnny Ray Gomez from Merry Makers as he once again entertained us with his music and hilarious sense of humor! We look forward to having him back in the near future!

**Regular Activities and Events for May 2015**

<table>
<thead>
<tr>
<th>Meals</th>
<th>Mon</th>
<th>12:00noon</th>
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<tbody>
<tr>
<td></td>
<td>Wed &amp; Fri</td>
<td>11:30am</td>
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<tr>
<td>B-Day Celebration</td>
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<td>Walking Club</td>
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<td>Bingo</td>
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<td>Remote Control Airplanes</td>
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<td>Wii Bowling</td>
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<td>10:30am-11:30am</td>
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<tr>
<td>Chair Volleyball</td>
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<td>10:30am-11:15am</td>
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<td>Tai Chi</td>
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<td>11:00am-11:45am</td>
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<td>Quilting Class/Sewing Hr</td>
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<td>9:00am- 11:30am</td>
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<td>Pinochle</td>
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<td>Spring Kite Fly La Vista Soccer Complex</td>
<td>10:30 Chair Volleyball</td>
<td>11:00 Tai Chi 🧘🏻</td>
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<td>12:00 Lunch</td>
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<td>11:00 Tai Chi 🧘🏻</td>
<td>9:00 Quilting/Sewing</td>
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<td>12:00 Lunch</td>
<td>12:45 25¢ Bingo</td>
<td>10:30 Wii Bowling</td>
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<tr>
<td>24</td>
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<tr>
<td>Family Pool Day Party at the La Vista Pool</td>
<td>CLOSED FOR MEMORIAL DAY</td>
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<td>3:00pm-5:00pm</td>
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<tr>
<td>30_2015_Special Events Calendar</td>
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</tbody>
</table>
### Eastern Nebraska Office on Aging

**Congregate Menu**

**May 2015**

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* Items to be heated or microwaved at the centers

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**Monday**  
5/4/2015  
Potato Crusted Fish*  
w/ Tartar Sauce  
Macaroni and Cheese  
Brownie  
or Plain Cake  
2% or Skim Milk

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</table>
| Potato Crusted Fish*  
w/ Tartar Sauce  
Macaroni and Cheese  
Brownie  
or Plain Cake  
2% or Skim Milk | Soft Shell Beef Tacos * (2)  
w/ Shredded Cheese & Lettuce and Tomato  
Taco Sauce/Sour Cream  
Mexican Rice  
Mixed Beans  
Sugar Cookie  
or Diet Cookies  
2% or Skim Milk | Glazed Ham*  
Scalloped Potatoes  
Winter Blend*  
Dinner Roll/Margarine  
Fresh Fruit  
2% or Skim Milk | Beef Spaghetti Casserole  
Tossed Salad/Dressing  
Italian Vegetable Blend *  
Garlic Bread Stick  
Hot Spiced Fruit  
2% or Skim Milk | Mother’s Day Holiday Meal  
Cranberry Dijon Chicken Breast  
Roasted Potato Medley  
Glazed Carrots  
Dinner Roll/Margarine  
Strawberry Cheesecake Pudding  
or Diet Pudding  
2% or Skim Milk |

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**Monday**  
5/11/2015  
Country Fried Steak*  
w/ Country Gravy  
Mashed Red Potatoes  
Green Beans  
Biscuit/Margarine  
Fresh Fruit  
2% or Skim Milk

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</table>
| Country Fried Steak*  
w/ Country Gravy  
Mashed Red Potatoes  
Green Beans  
Biscuit/Margarine  
Fresh Fruit  
2% or Skim Milk | BBQ Chicken  
on a Bun  
Baked Beans  
Cole slaw  
Peach Crisp  
or Peaches  
2% or Skim Milk | Pork Loin  
w/ Pork Gravy  
Roasted Potato Medley  
Garden Vegetables*  
 Wheat Roll/Margarine  
Frosted Birthday Cake  
or Plain Cake  
2% or Skim Milk | Baked Chicken Breast  
w/ Orange Cranberry Sauce  
Brown Rice  
Parsley  
Multi Grain Bread/Margarine  
 Applesauce  
2% or Skim Milk | Meatloaf  
w/ Onion Gravy  
Whipped Potatoes  
Cauliflower w/ Peppers*  
Wheat Bread/Margarine  
Fruited Gelatin  
or Diet Fruited Gelatin  
2% or Skim Milk |

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**Monday**  
5/18/2015  
Parmesan Chicken*  
Au Gratin Potatoes  
Club Spinach  
Garlic Bread Stick  
Fruit Cocktail  
2% or Skim Milk

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<th>Monday</th>
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</thead>
</table>
| Parmesan Chicken*  
Au Gratin Potatoes  
Club Spinach  
Garlic Bread Stick  
Fruit Cocktail  
2% or Skim Milk | Open faced Roast Beef Sandwich on Wheat Bread  
w/ Brown Gravy  
Whipped Potatoes  
Mixed Vegetables*  
Rocky Road Pudding  
or Diet Pudding  
2% or Skim Milk | Oven Fried Chicken Breast  
Baked Potato w/ Sour cream  
Green Beans  
Wheat Roll/Margarine  
Fresh Fruit  
2% or Skim Milk | Cheeseburger* on a Bun  
w/ Lettuce and Tomato  
Baked Beans  
Who’s Kettle Corn  
Strawberry Shortcake Cookie  
or Diet Cookies  
2% or Skim Milk | Macaroni & Cheese w/ Ham  
Stewed Tomatoes  
Broccoli*  
Dinner Roll/Margarine  
Pineapple Tidbits  
2% or Skim Milk |

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**Monday**  
5/25/2015  
Closed for Holiday

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</table>
| Closed for Holiday | Crunchy Pollock*  
w/ Tartar Sauce  
Rice Florentine  
Harvard Beets  
Dinner Roll/Margarine  
Brownie  
or Plain Cake  
2% or Skim Milk | Pork Cutlet w/ Mushroom gravy  
Whipped Potatoes  
Lima Beans*  
Corn Muffin/Margarine  
Fresh Fruit  
2% or Skim Milk | Chicken Supreme  
Zucchini & Tomatoes*  
Cabbage  
Multi Grain Bread/Margarine  
Mandarin Oranges  
2% or Skim Milk | Spanish Beef Patty  
Oven Roasted Potatoes  
Spring Vegetable Blend*  
Wheat Bread/Margarine  
Peaches and Pineapple  
2% or Skim Milk | Revised 3/13/15 |

* Menus may be subject to change
# Eastern Nebraska Office on Aging
## Deli Menu
### May 2015

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<tr>
<td>Turkey and Provolone cheese on 1/2 Ciabatta Bun w/ Lettuce and Tomato Coleslaw Brownie or Plain Cake 2% or Skim Milk</td>
<td>Sliced Ham and Cheddar on Wheat Bread (2 slices) w/ Lettuce and Tomato Beef Salad Sugar Cookie or Diet Cookies 2% or Skim Milk</td>
<td>Chicken Club Salad Apple Juice Dinner Roll/Margarine Fresh Fruit 2% or Skim Milk</td>
<td>Tuna Macaroni Salad Corn Relish Salad Tomato Wedges Garlic Bread Stick Hot Spiced Fruit 2% or Skim Milk</td>
<td>Ham &amp; Mozzarella Cheese Chef Salad/Dressing Orange Juice Saltine Crackers (2 packs) Strawberry Cheesecake Pudding or Diet Pudding 2% or Skim Milk</td>
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<tr>
<td>Tuna Salad on Wheat Bread (2 slices) Pasta Salad Broccoli Salad Fresh Fruit 2% or Skim Milk</td>
<td>Roast Beef &amp; Monterey Jack on a Kaiser Roll w/ Lettuce and Tomato Coleslaw Peach Crisp or Sliced Peaches 2% or Skim Milk</td>
<td>Chicken Cordon Bleu Salad Apple Juice Wheat Roll/Margarine Frosted Birthday Cake or Plain Cake 2% or Skim Milk</td>
<td>Ham &amp; American Cheese Wrap in 1/2 Honey Wheat Tortilla w/ Lettuce and Tomato Potato Salad Applesauce 2% or Skim Milk</td>
<td>Turkey &amp; Mozzarella Cheese Chef Salad/Dressing Orange Juice Saltine Crackers (2 packs) Fruited Gelatin or Diet Gelatin 2% or Skim Milk</td>
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<tr>
<td>Krab Macaroni Salad Green Pea Salad Tomato Wedges Wavafy Crackers (2 packs) Fruit Cocktail 2% or Skim Milk</td>
<td>Ham, Turkey, Cheese &amp; Egg Chef Salad/Dressing Grape Juice Wheat Roll/Margarine Rocky Road Pudding or Diet Pudding 2% or Skim Milk</td>
<td>Ham &amp; Provolone Cheese on Wheat Bread (2 slices) w/ Lettuce and Tomato Beef Salad Fresh Fruit 2% or Skim Milk</td>
<td>Cranberry Almond Turkey Salad Apple Juice Saltine Crackers (2 packs) Strawberry Shortcake Cookie or Diet Cookies 2% or Skim Milk</td>
<td>Chicken Salad on 1/2 Ciabatta Bun w/ Lettuce and Tomato Three Bean Salad Pineapple Tidbits 2% or Skim Milk</td>
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<tr>
<td>Closed for Holiday</td>
<td>Turkey &amp; Cheddar Cheese Chef Salad/Dressing Apple Juice Dinner Roll/Margarine Brownie or Plain Cake 2% or Skim Milk</td>
<td>Chicken Salad with Taco Vinaigrette Orange Juice Saltine Crackers (2 packs) Fresh Fruit 2% or Skim Milk</td>
<td>Sliced Roast Beef and Cheddar Wrap in 1/2 Tomato Basil Tortilla w/ Lettuce and Tomato Broccoli Salad Mandarin Oranges 2% or Skim Milk</td>
<td>Tuna Salad in a Pita Pocket Tomato Wedges Corn Relish Salad Peaches and Pineapple 2% or Skim Milk</td>
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*Salad Dressing and Condiments available at senior center*
5.16.2015
STEP OUT FOR SENIORS WALKATHON

The Eastern Nebraska Office on Aging (ENOA) Nutrition Division and the City of Omaha Parks and Recreation are proud to sponsor this event.

The walkathon is a fundraiser to help update programming and services at the 28 senior centers in the Eastern Nebraska area. All ages are welcome at the walkathon. Sign-in begins at 9:00am and the walk will start at 10:00am. There will also be a Lifestyle Exposition showcasing a wide variety of products and services.

Register NOW until May 8th to receive the Early Bird Special of $15 per registration.

Registration forms can be obtained at any senior center or online at stepoutforseniors.weebly.com.

Benson Park
7028 Military Avenue
Omaha, NE

stepoutforseniors.weebly.com

Saturday, May 16th @10:00am