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 contribution amount for the meal is $3.50 for adults 60 yrs and older. For those under 60, the cost for 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 Foods. Remember to please call and cancel your meal before 12:00 noon the day before 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

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. Please do not ask someone else to sign you up).

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 8 passengers), and occasionally will provide two vans. If needed, we will also carpool to events.
TAKE NOTE & MARK YOUR CALENDARS!

- The Community Center is Closed on Friday & Saturday July 3rd and 4th in observance of the 4th of July weekend. Have a fun and safe 4th of July Weekend!

- Monday’s Lunches will be moved back to 11:30am because there is no Tai Chi. Eat 11:30am Monday’s!!!

- La Vista Scrappers Walking Group…come join the Papillion Stollers on Wednesday, July 8th at the La Vista Senior Center that day for music by Joe Taylor. We will treat the Papillion Team to a victory celebration. We all did Great with our walking so come celebrate!

- Tai Chi Class will be taking a break during the month of July. We will postpone class for a bit and starting back up in August. When we start class back up will be posted in the August Senior Newsletter. For your exercise needs come join our Chair Volleyball group on Monday, Wednesday, and Friday at 10:30am.

- Christmas in July at the Papillion Masonic Temple at 84th & Centennial Rd. Meet at the Temple at 11:45 a.m. Lunch will be served at 12:00 Noon. Note: You must sign-up in advance and get a ticket for the luncheon. No Ticket, No Lunch! Plan on staying an hour or so for some fun games & activities!

### Regular Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals</td>
<td>Mon</td>
<td>12:00noon</td>
</tr>
<tr>
<td></td>
<td>Wed &amp; Fri</td>
<td>11:30am</td>
</tr>
<tr>
<td>B-Day Celebration</td>
<td>2nd</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>Bingo</td>
<td>Mon &amp; Fri</td>
<td>12:45pm</td>
</tr>
<tr>
<td></td>
<td>Fri</td>
<td>12:30pm</td>
</tr>
<tr>
<td>Remote Control Airplanes</td>
<td>Mon</td>
<td>11:30am-1:30pm</td>
</tr>
<tr>
<td>Wii Bowling</td>
<td>W</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 Class/Sewing Hr</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>

### Happy Birthday

- Eunice Kelly, July 1st
- Ron Rezac, July 4th
- Bev Pippitt, July 4th
- Irene Roberts, July 7th
- Betty Tollander, July 13th
- Beverly Sadler, July 15th
**Special Activities & Events**

**Thurs., July 2**

**Pre – 4th of July Day Lunch Outing to Petrow's Restaurant.** We will take one bus and go to Petrow’s at 60th & Center Street. We will leave at 10:45am. **Remember to wear you Red, White, and Blue!**

**Fri., July 3**

**Community Center/Senior Center is Closed** for the 4th of July Holiday Weekend!

**Sat., July 4**

**Community Center/Senior Center is Closed** for the holiday. **Happy 4th of July!**

**Mon., July 6**

**Sign-Up Deadline for Christmas in July.** To Sign-up please see Rich...today is the deadline!

**Wed., July 8**

**Papillion Strollers to come Celebrate our walking challenge with us and Musical performance by Joe Taylor from Merry Makers.** Joe will perform at 12:15pm. Today we will also celebrate our July Birthday's. Happy Birthday to all July Birthdays!

**Thurs., July 9**

**Christmas in July at the Papillion Masonic Temple at 84th & Centennial Rd.** Meet at the Temple at 11:45 a.m. Lunch will be served at 12:00 Noon. Note: You must sign-up in advance and get a ticket for the luncheon from Rich! **No Ticket, No Lunch!** Plan on staying an hour or more for some fun games & activities!

**Fri., July 10**

**Movie Choice** will be made today at 11:30am **before we serve lunch. Sorry No Bingo,** however, we will have a **Black Jack Tournament** starting at 12:30pm.

**Sun., July 12**

**La Vista Pool Splash Bash. 1:00-4:00pm.** Free swimming, music, hotdogs, pop and chips.

**Mon., July 13**

**White Elephant Prize Bingo.** Dust off that gift that you really didn't want and give it away as a prize at our "White Elephant Bingo Day". Prizes should be wrapped or at least put in a bag so we don't know what it is. Please keep prize value at $10 or below. Questions: please ask Rich.

**Wed., July 15**

**Movie Day:** we will go to the movies after lunch. Cost will be around $3.50 to $5.00 depending on which movie and movie theater we go to. Movie and time will be announced on Friday, July 10th. We will take 1-vans (14 individuals).

**Tues., July 28**

**Lunch Outing to Pizza Ranch in Papillion.** Please meet at the La Vista Community Center if you want to ride on the van, we will leave the center at 11:00am. Or meet us at Pizza Ranch in Papillion at 11:10am. We will plan on getting the buffet.

---

**Did You Know: An Early Stars and Stripes?**

During the Revolutionary War, several patriots made flags for our new Nation. Among them were Cornelia Bridges, Elizabeth (Betsy) Ross, and Rebecca Young, all of Pennsylvania, and John Shaw of Annapolis, Maryland. Although Betsy Ross, the best known of these persons, made flags for 50 years, there is no proof that she made the first Stars and Stripes. It is known that she made flags for the Pennsylvania State Navy in 1777. The flag popularly known as the "Betsy Ross flag," which arranged the stars in a circle, did not appear until the early 1790's.

The claims of Betsy Ross were first brought to the attention of the public in 1870 by one of her grandsons, William J. Canby. In a paper he read before the meeting of the Historical Society of Pennsylvania, Canby stated:

"It is not tradition, it is report from the lips of the principal participator in the transaction, directly told not to one or two, but a dozen or more living witnesses, of which I myself am one, though but a little boy when I heard it. . . . Colonel Ross with Robert Morris and General Washington, called on Mrs. Ross and told her they were a committee of Congress, and wanted her to make a flag from the drawing, a rough one, which, upon her suggestions, was redrawn by General Washington in pencil in her back parlor. This was prior to the Declaration of Independence. I fix the date to be during Washington's visit to Congress from New York in June, 1776 when he came to confer upon the affairs of the Army, the flag being no doubt, one of these affairs."
### Eastern Nebraska Office on Aging
### Congregate Menu
### July 2015

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese Lasagna Rollup w/ Beef Spaghetti Sauce Garden Vegetables* Green Peas*</td>
<td>Swedish Meatballs over Pasta Broccoli* Wheat Roll/Margarine Cantaloupe 2% or Skim Milk</td>
<td>Roast Beef w/ Onion Gravy Whipped Potatoes Brussels Sprouts* Wheat Roll/Margarine Birthday Cake or Plain Cake 2% or Skim Milk</td>
<td>Ham Loaf Baked Potato w/ Sour Cream Club Spinach Cornbread Muffin/Margarine Fruit Cup 2% or Skim Milk</td>
<td>Almond Dijon Chicken Breast Roasted Potato Medley Green Beans Multi Grain Bread/Margarine Chocolate Pudding or Diet Pudding 2% or Skim Milk</td>
</tr>
<tr>
<td>7/13/2015</td>
<td>7/14/2015</td>
<td>7/15/2015</td>
<td>7/16/2015</td>
<td>7/17/2015</td>
</tr>
<tr>
<td>Apple Glazed Pork Cutlet O' bottled Potatoes* Green Peas* Multi Grain Bread/Margarine Fresh Fruit 2% or Skim Milk</td>
<td>Swiss Steak w/ Tomato Gravy Diced Redskin Potatoes Country Vegetables* Wheat Roll/Margarine Strawberry Shortcake Cookie or Diet Cookie 2% or Skim Milk</td>
<td>Turkey Breast with Gravy Garlic Whipped Potatoes Glazed Carrots Dinner Roll/Margarine Peaches, Pears, and Oranges 2% or Skim Milk</td>
<td>Oven Fried Chicken Breast* Cheesy Rice Green Beans Wheat Bread/Margarine Raspberry Cheesecake Pudding or Diet Pudding 2% or Skim Milk</td>
<td>Cheeseburger on a Bun* w/ Lettuce and Tomato Baked Beans Whole Kernel Corn* Fruit Cocktail 2% or Skim Milk</td>
</tr>
<tr>
<td>Sweet and Sour Chicken Fried Rice Japanese Vegetables* Wheat Bread/Margarine Pineapple Tidbits 2% or Skim Milk</td>
<td>BBQ Beef on a Bun Potato Salad Harvard Beets Fresh Fruit 2% or Skim Milk</td>
<td>Spaghetti Casserole Italian Vegetables* Tossed Salad/Margarine Garlic Breadstick Hot Applesauce 2% or Skim Milk</td>
<td>Potato Crusted Fish* w/ Tartar Sauce Scalloped Potatoes Green Peas* Multi Grain Bread/Margarine Peanut Butter Cookie or Diet Cookies 2% or Skim Milk</td>
<td>Chicken Cibbread Casserole w/ Gravy Parmesan Tomatoes Cabbage Wheat Roll/Margarine Mandarin Oranges 2% or Skim Milk</td>
</tr>
<tr>
<td>Country Fried Steak* w/ Country Gravy Whipped Potatoes French Green Beans Wheat Roll/Margarine Sugar Cookie or Diet Cookie 2% or Skim Milk</td>
<td>Sliced Ham with Pineapple Glaze Lyonnaise Potatoes Mixed Vegetables* Biscuit/Margarine Peaches and Pineapple 2% or Skim Milk</td>
<td>Pork Loin w/ Pork Gravy Delmonico Potatoes Broccoli/Cauliflower* Rye Bread/Margarine Fresh Fruit 2% or Skim Milk</td>
<td>Teriyaki Meatballs Chow Mein Noodles Whole Kernel Corn* Scandinavian Vegetables* Multi Grain Bread Brownie or Plain Cake 2% or Skim Milk</td>
<td>Salisbury Beef with Gravy Garlic Whipped Potatoes Lima Beans* Wheat Bread/Margarine Diced Peaches Brownie or Plain Cake 2% or Skim Milk</td>
</tr>
</tbody>
</table>

*Items to be heated or microwaved at the centers

Menus are subject to change.
**Eastern Nebraska Office on Aging**  
**Deli Menu**  
**July 2015**

<table>
<thead>
<tr>
<th>Monday 7/6/2015</th>
<th>Tuesday 7/7/2015</th>
<th>Wednesday 7/8/2015</th>
<th>Thursday 7/9/2015</th>
<th>Friday 7/10/2015</th>
</tr>
</thead>
</table>
| Ham, Turkey, Egg & Cheese  
Chef Salad/Drag  
Apple Juice  
Garlic Breadstick  
Cinnamon Applesauce  
2% or Skim Milk | Asian Pork Salad/Drag  
Orange Juice  
Waverly Crackers (2 packs)  
Cantaloupe  
2% or Skim Milk | Tuna Macaroni Salad  
Tomato Wedges  
Butter Salad  
Wheat Roll/Margarine  
Birthday Cake  
or Plain Cake  
2% or Skim Milk | Chicken Cordon Bleu Salad  
Grape Juice  
Cornbread Muffin/Margarine  
Fruit Cup  
2% or Skim Milk | Roast Beef & Cheddar  
on 1/2 Ciabatta Bun  
Potato Salad  
Peaches  
Chocolate Pudding  
or Diet Pudding  
2% or Skim Milk |

<table>
<thead>
<tr>
<th>Monday 7/13/2015</th>
<th>Tuesday 7/14/2015</th>
<th>Wednesday 7/15/2015</th>
<th>Thursday 7/16/2015</th>
<th>Friday 7/17/2015</th>
</tr>
</thead>
</table>
| Turkey & Monterey Jack Cheese  
Chef Salad/Drag  
Grape Juice  
Waverly Crackers (2 packs)  
Fresh Fruit  
2% or Skim Milk | Chicken Salad on a Croissant  
W/ Lettuce & Tomato  
Green Pea Salad  
Strawberry Shortcake Cookie  
or Diet Cookie  
2% or Skim Milk | Ham & Provolone Cheese Wrap  
W/ Lettuce & Tomato  
Pasta Salad  
Peaches, Pears, and Oranges  
2% or Skim Milk | Krab Macaroni Salad  
Broccoli Salad  
Fruit Cocktail  
Wheat Roll/Margarine  
Raspberry Cheesecake Pudding  
or Diet Pudding  
2% or Skim Milk | Garden Cranberry Turkey Salad/Drag  
Pineapple Juice  
Salad Crackers (2 packs)  
Fruit Cocktail  
2% or Skim Milk |

<table>
<thead>
<tr>
<th>Monday 7/20/2015</th>
<th>Tuesday 7/21/2015</th>
<th>Wednesday 7/22/2015</th>
<th>Thursday 7/23/2015</th>
<th>Friday 7/24/2015</th>
</tr>
</thead>
</table>
| Roast Beef & Cheddar Cheese  
Chef Salad/Drag  
Orange Juice  
Saltine Crackers (2 packs)  
Pineapple Tidbits  
2% or Skim Milk | Tuna Macaroni Salad  
Corn Relish Salad  
Tomato Wedges  
Waverly Crackers (2 packs)  
Fresh Fruit  
2% or Skim Milk | Smoked Turkey & Monterey Jack Wrap  
in a Garlic Herb Tortilla  
California Salad  
Carrillu Salad  
Applesauce  
2% or Skim Milk | Chicken Caesar Salad/Drag  
Pineapple Juice  
Waverly Crackers (2 packs)  
Peanut Butter Cookie  
or Diet Cookies  
2% or Skim Milk | Roast Beef & Swiss  
on a Kaiser Roll  
W/ Lettuce and Tomato  
Broccoli and Potato Salad  
Mandarin Oranges  
2% or Skim Milk |

|------------------|------------------|--------------------|-------------------|------------------|
| Ham & Provolone Cheese  
Chef Salad/Drag  
Apple Juice  
Wheat Roll/Margarine  
Sugar Cookie  
or Diet Cookies  
2% or Skim Milk | Chicken Salad with Taco Vinaigrette  
Grape Juice  
Saltine Crackers (2 packs)  
Peaches and Pineapple  
2% or Skim Milk | Egg Salad on Rye Bread (2)  
Marinated Vegetable Salad  
Tomato & Cucumber Salad  
Fresh Fruit  
2% or Skim Milk | Ham, Turkey & Cheese Wrap  
Lettuce and Tomato  
in a Honey Wheat Tortilla  
Fruit Cup  
Brownie  
or Plain Cake  
2% or Skim Milk | Turkey Nicoise Salad  
Pineapple Juice  
Waverly Crackers (2 packs)  
Diced Peaches  
2% or Skim Milk |

* Salad Dressing and Condiments available at senior center

Menus are subject to change
Pamela Sue from the Merry Makers gave us an outstanding performance! We enjoyed her Stories, Singing, Humor, and Patriotism towards the Good Old USA!
<table>
<thead>
<tr>
<th></th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>9:00 Quilting/Sewing</td>
<td>10:30 Wii Bowling</td>
<td>10:30 Chair Volleyball</td>
<td>11:30 Lunch</td>
<td>12:30 Pinochle Craft Rm</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Pre-4th of July Lunch Outing</td>
<td></td>
<td></td>
<td>2:00</td>
<td>Pre-4th of July Lunch Outing to Petrow's Restr. At 60th &amp; Center Leave 10:45am.</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Community Center Closed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>For 4th of July Weekend.</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>10:30 Chair Volleyball</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>11:30 Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>12:45 25¢ Bingo</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9:00 Quilting/Sewing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Christmas in July</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Christmas in July at the PAPILLION MASONIC TEMPLE 12:00 NOON</td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>La Vista Pool Splash Bash</td>
<td>10:30 Chair Volleyball</td>
<td>12:00 Lunch</td>
<td>12:45 White Elephant</td>
<td>10:30 Chair Volleyball</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>1:00pm-4:00pm</td>
<td>11:30 Lunch</td>
<td>12:45 White Elephant Bring Prizes!</td>
<td>11:30 Lunch</td>
<td>10:30 Lunch Served</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>9:00 Quilting/Sewing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Movie Day! MOVIE AND TIME TBA</td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>10:30 Chair Volleyball</td>
<td>11:30 Lunch</td>
<td>12:45 25¢ Bingo</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>11:30 Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>12:45 25¢ Bingo</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>9:00 Quilting/Sewing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>10:30 Chair Volleyball</td>
<td>11:30 Lunch</td>
<td>12:45 25¢ Bingo</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>11:30 Lunch Served</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Lunch Outing to Pizza Ranch</td>
<td>10:30 Chair Volleyball</td>
<td>12:00 Lunch</td>
<td>10:30 Chair Volleyball</td>
<td>10:30 Chair Volleyball</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>in Papillion</td>
<td>11:30 Lunch</td>
<td>11:30 Lunch</td>
<td>11:30 Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>9:00 Quilting/Sewing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

July 2015 Special Events Calendar