

# January 2016

## 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](http://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 & Fran Cervantes Front Desk

### 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 contribution amount for the meal is \$3.50 for adults 60 yrs and older. For those under 60, a fee of \$9.25 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 **Wednesday, February 10, 2016** 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 Wednesday, February 3, 2016. 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 Thursday, December 31<sup>st</sup> and will be closed all day on Friday, January 1<sup>st</sup> for the New Year. We will open and have regular hours on Saturday, January 2<sup>nd</sup>.

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.

Tia Chi classes will take a week break for a bit. We will start back on Monday, January 4<sup>th</sup>!

# Regular Activities and Events



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

## January Birthdays

Bob Faust	Jan. 5 <sup>th</sup>
Ruby Stiers	Jan. 9 <sup>th</sup>
Mary Rezec	Jan. 12 <sup>th</sup>
Maxine Wilkins	Jan. 15 <sup>th</sup>
David McCord	Jan. 16 <sup>th</sup>
Virgina Hoffman	Jan. 24 <sup>th</sup>
Karen Dulany	Jan. 25 <sup>th</sup>
Meddil Gruidel	Jan. 31 <sup>st</sup>

A Late December Happy Birthday To:  
Joy E. Johnson Dec. 5<sup>th</sup>

# Special Activities and Events

**Tue., Dec. 29<sup>th</sup> Grillin-N-Chillin Early New Year's Celebration with The Jr's Band was postponed...** However we will now have the Grillin-N-Chillin...Ground Hogs Day Party held on Tuesday, February 2<sup>nd</sup>. Watch the Next Months Newsletter for more details.

**Thur., Dec. 31<sup>st</sup> The La Vista Community Center will close at 5:00pm for New Year's Eve.**

**Fri., Jan 1<sup>st</sup> The La Vista Senior Center will be closed today. La Vista Community Center will be open at its regular time on Saturday, January 2<sup>nd</sup>.**

**Mon., Jan 4<sup>th</sup> Tai Chi Classes start back up today.** Classes for 2016 will continue to 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 in the New Year!

**Wed., Jan 7<sup>th</sup>**

**Mon., Jan 12<sup>th</sup> Movie day after lunch, (weather permitting).** Movie chosen at lunch on Friday, January 9<sup>th</sup>. If it looks like the weather may be bad we will show a Video on the TV. **Sorry No Bingo Today.**

**Tues., Jan 13<sup>th</sup> Lunch Outing to China Star** located at 9527 "Q" Street. We will take 1-Bus (12-individuals) and drive to the restaurant. We will leave at 11:00am weather permitting.

**Wed., Jan 14<sup>th</sup> January Birthday Celebration. We will have BINGO TODAY!**

**Mon., Jan 19<sup>th</sup> MLK Day (Martin Luther King Day). The La Vista Community Center will be closed today.**

**Wed., Jan 21<sup>st</sup> Musical Performance by "The Links" from Merry Makers.** Show starts at 12:15pm! Come have lunch then enjoy show!

**Wed., Jan 28<sup>th</sup> Talk on "Fraud Prevention" from La Vista Officer Jamie Brown at 12:15pm.** This event is also sponsored by Joe Alfaro from Hillcrest Community Services and he will bring some nice treats for everyone who comes to the presentation.



## Good Bye 2015...Welcome in 2016!

**Thank You** to everyone that comes to the La Vista Senior Activity Center who eats, and participates in activities. Each one of you make our center what it is and I am thankful and always happy to see you all each day that the center is open! I do encourage everyone to continue to **eat lunches** and **do activities** in 2016...**especially eat lunches!!!**

I also want to thank all of you for your **support and prayers that everyone has had for me and my boys for this last year in 2016**. Also thank you all for the holiday cards and gifts that myself and the boys received. I am looking forward to 2016 to be an exceptional and exciting year! Come up to the La Vista Senior Activity Center and be a part of something great and let's have even more fun in 2016!!!







## Joy's Bio – Get ready for The BOOB Girls: The Musical

Joy Johnson, along with her late husband Dr. Marvin Johnson, founded two non-profits in Omaha, Nebraska. Centering Corporation is North America's oldest and largest bereavement resource center and Ted E. Bear Hollow is a center for grieving children. She has written or edited over 100 books on grief, many for children, and including a book for parents and caregivers – *Keys to Teaching Children about Death and Grief*, presently used as a textbook for nursing students. She also wrote an award-winning and very helpful children's book is *What Does That Mean – a dictionary of death and grief words for children* co-authored with Dr. Harold Ivan Smith.

Since her retirement seven years ago, Joy has written comedy mystery novels for seasoned women. *The BOOB Girls: the Burned Out Old Broads at Table 12* are laugh-out-loud novels featuring four retired widows in a retirement community in Omaha, Nebraska. She gives nearly 100 humorous BOOB Girl presentations annually. The series is presently being made into a musical by two Omaha artists and is being pitched in Los Angeles as *Table 12* for a possible television series. Joy lives in Omaha in a retirement community and has three children and six grandchildren as well as a tabby cat named Margaret Thatcher. Like her characters, she is a lively, interesting and courageous widow.



**Joy Johnson's  
Presentation is on  
Friday, January  
22<sup>nd</sup> at 12:15pm.  
Don't miss out!**