



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 years 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

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 402-331-3455 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!



- Farmers Market Coupon Registration Date: June 9th 10:30 a.m. La Vista Community Center.
- June 14th, Flag Day
- Happy Father's Day June 19th!

Senior Farmer's Market Coupons

The Senior Farmer's Market Nutrition Program is once again about to begin. All seniors who qualify must be at least 60 years old, and as an individual not exceed an annual gross income of \$21,978; or, \$29,637 annual gross income for a two-person household.

Each senior must complete a Participant Application Form which verifies eligibility. All who qualify will either watch a DVD on the Nutrition Education or be give a handout on the information.

THE COUPONS WILL BE GIVEN ALL AT ONCE, AT THE SAME TIME. **Thirty (30) Qualified individuals** will receive one set of coupons valued at \$48.00 (sixteen \$3-coupons) for the season, allowing only one set per household. A Proxy Form may be used for those individuals that need it.

Notice: Thursday June 9th at 10:30 am will be sign-up time for coupons!

Please be present at the La Vista Senior Center to fill out paperwork.

If we have more than 30 seniors who qualify for coupons we will have a lottery drawing.

Those who do not receive coupons from the La Vista Senior Center will be put on a waiting list. Questions: Call David Karlson, La Vista Senior Center at 402-331-3455.

Please do not come early for sign-ups! Everyone who makes the 10:30 am registration time, and qualifies, will be eligible to receive Farmers Market coupons.



Wyoma Mathis	June 2nd
Barb Muller	June 6 th
Charles Erhart	June 10 th
Larry Bailey	June 15 th
Joan White	June 19 th
Bobbie Petri	June 19 th
Rex Pippitt	June 19 th
Karlene Steere	June 27 th

Special Activities and Events for June 2016

Wednesday June 1 st	Quilting 9am, Chair Volleyball 10:30am and Lunch at 11:30am. Pinochle at 12:15pm.
Thursday June 2 nd	Tai Chi 11am.
Friday June 3 rd	Chair Volleyball 10:30-11:15am, Lunch 11:30am, 25¢ Bingo 12:30pm.
Monday June 6 th	Tai Chi 11am, Lunch 12noon, 25cent Bingo 12:45 p.m.
Wednesday June 8 th	Quilting 9am, Chair Volleyball 10:30am and Lunch 11:30 am. Birthday Celebration 11:30am
Thursday June 9 th	Farmers Market coupons 10:30 a.m. for qualified participants. 11:00am Tai Chi
Friday June 10 th	Chair Volleyball 10:30-11:15am, Lunch at 11:30am, 25¢ Binge 12:30pm
Monday June 13 th	Tai Chi 11am, Lunch 12:00pm, Bingo 12:45pm.
Tuesday June 14 th	Flag Day!
Wednesday June 15 th	Quilting 9am, Chair Volleyball 10:30am and Lunch 11:30 am. Pinochle at 12:15pm.
Thursday June 16 th	Tai Chi 11am.
Friday June 17 th	Chair Volleyball 10:30-11:15am, Lunch 11:30am, 25¢ Bingo 12:30pm.
Sunday June 19 th	Father's Day
Monday June 20 th	Tai Chi 11am, Lunch 12:00pm, Bingo 12:45pm.
Tuesday June 21 st	Trip to Russell Stover's Candies and Ice Cream Shop. We'll take one van (8 people). Leave at 1:30 pm and return around 3pm. The store is located at 721 S. 72 Street.
Wednesday June 22 nd	Quilting 9am, Chair Volleyball 10:30am and Lunch 11:30 am.
Thursday June 23 rd	Tai Chi 11am.
Friday June 24 th	Chair Volleyball 10:30-11:15am, Lunch 11:30am, 25¢ Bingo 12:30pm.
Sunday June 26 th	Splash Bash! Free Swim Day at the La Vista Public Pool! 1pm.
Monday June 27 th	Tai Chi 11am, Lunch 12:00pm, Bingo 12:45pm.
Wednesday June 29 th	Quilting 9am, Chair Volleyball 10:30am and Lunch 11:30 am.
Thursday June 30 th	Tai Chi 11am.

Friday July 1st

Chair Volleyball 10:30-11:15am, Lunch 11:30am, 25¢ Bingo 12:30pm.

Regular Activities and Events for June 2016



Meals	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	12:45pm
	Fri	12:30pm
Remote Control Airplanes	Mon	11:30am-1:30pm
X-Box Games	Mon	10:30am-11:30am
Chair Volleyball	Wed & Fri	10:30am-11:15am
Tai Chi	Mon & Thur	11:00am-11:45am
Quilting/Sewing/Knit-Crochet	Wed	9:00am- 11:30am
Pinochle	1 st & 3 rd Wed	12:15pm



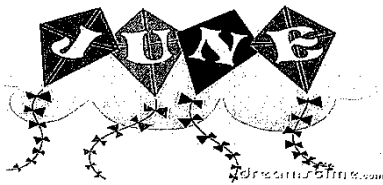
In the United States, Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States, which happened on that day in 1777 by resolution of the Second Continental Congress.

**Chair Volleyball
Players
Needed!!**

June 2016 Special Events Calendar



Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 9AM QUILTING/SEWING 10:30AM CHAIR VOLLEYBALL 11:30AM LUNCH 12:15PM PINOCHLE	2 11am Senior Tai Chi Class	3 10:30am Chair Volleyball 11:30 am Lunch 12:30pm Bingo	4
5	6 11am Senior Tai Chi 12:00pm Lunch 12:45pm Bingo	7	8 9AM QUILTING/SEWING 10:30AM CHAIR VOLLEYBALL 11:30AM LUNCH 11:30AM BIRTHDAY CELEBRATION	9 10:30AM FARMER MARKET COUPONS 11am Senior Tai Chi Class	10 10:30am Chair Volleyball 11:30 am Lunch 12:30pm Bingo	11
12	13 11am Senior Tai Chi 12:00 pm Lunch 12:45pm Bingo	14 Flag Day!	15 9AM QUILTING/SEWING 10:30AM CHAIR VOLLEYBALL 11:30AM LUNCH 12:15PM PINOCHLE	16 11am Senior Tai Chi Class	17 10:30am Chair Volleyball 11:30 am Lunch 12:30pm Bingo	18
19 Father Day 	20 11am Senior Tai Chi 12:00 pm Lunch 12:45pm Bingo	21 Ice Cream Trip to Russel Stover's	22 9AM QUILTING/SEWING 10:30AM CHAIR VOLLEYBALL 11:30AM LUNCH	23 11am Senior Tai Chi Class	24 10:30am Chair Volleyball 11:30 am Lunch 12:30pm Bingo	25
26 Splash Bash Free Swim at the Pool	27 11am Senior Tai Chi 12:00pm Lunch 12:45pm Bingo	28	29 9AM QUILTING/SEWING/KNIT-CROCHET 10:30AM CHAIR VOLLEYBALL 11:30AM LUNCH	30 11am Senior Tai Chi Class	1 10:30am Chair Volleyball 11:30 am Lunch 12:30pm Bingo	2

**Eastern Nebraska Office on Aging
Deli Menu
June 2016**

		Wednesday 6/1/16	Thursday 6/2/16	Friday 6/3/16
		Roast Beef & Swiss on a Kaiser Roll w/ Lettuce & Tomato Green Pea Salad Hot Sliced Apples 1% or Skim Milk	Egg Salad on Wheat Bread (2) w/ Lettuce & Tomato Carrot Raisin Salad Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Chicken Club Salad w/ Dressing Grape Juice Wheat Roll/Margarine Banana Pudding or Diet Banana Pudding 1% or Skim Milk
Monday 6/6/16	Tuesday 6/7/16	Wednesday 6/8/16	Thursday 6/9/16	Friday 6/10/16
Tuna Salad on Wheat Bread (2) w/ Lettuce & Tomato Garden Cottage Cheese Salad Fresh Fruit 1% or Skim Milk	Roast Beef & Provolone on Rye Bread (2) w/ Lettuce & Tomato Pickled Beets Pineapple Tidbits 1% or Skim Milk	Ham, Turkey, Egg & Cheese Chef Salad/Dressing Grape Juice Wheat Roll/Margarine Birthday Cake or Plain Cake 1% or Skim Milk	Krab Macaroni Salad Green Pea Salad Tomato Wedges Garlic Bread Fruit Cocktail 1% or Skim Milk	Garden Cranberry Turkey Salad/Dressing Apple Juice Saltine Crackers (2 packs) Strawberry Shortcake Cookie 1% or Skim Milk
Monday 6/13/16	Tuesday 6/14/16	Wednesday 6/15/16	Thursday 6/16/16	Friday 6/17/16
Ham & Cheddar Cheese on Wheat Bread (2) w/ Lettuce & Tomato Beet Salad Pears 1% or Skim Milk	Chicken Caesar Salad Apple Juice Waverly Crackers (2 packs) Oatmeal Cookie 1% or Skim Milk	Tuna Macaroni Salad Corn Relish Salad Tomato Wedges Garlic Breadstick Ambrosia Salad or Diet Ambrosia 1% or Skim Milk	Turkey & Provolone on 1/2 Ciabatta Bun w/ Lettuce & Tomato Coleslaw Mixed Fruit 1% or Skim Milk	Roast Beef & Cheddar Chef Salad/Dressing Orange Juice Dinner Roll/Margarine Peach Crisp or Peaches 1% or Skim Milk
Monday 6/20/16	Tuesday 6/21/16	Wednesday 6/22/16	Thursday 6/23/16	Friday 6/24/16
Tuna Salad in a Pita Pocket w/ Lettuce & Tomato Broccoli Tomato Salad Fresh Fruit 1% or Skim Milk	Oriental Chicken Salad w/ Asian Salad Dressing Apple Juice Wheat Roll/Margarine Sugar Cookie or Diet Cookies 1% or Skim Milk	Ham & Cheese in 1/2 Honey Wheat Tortilla w/ Lettuce & Tomato Herbed Potato Salad Peaches 1% or Skim Milk	Turkey & Monterey Jack Chef Salad w/ Dressing Orange Juice Saltine Crackers (2 packs) Pineapple 1% or Skim Milk	Roast Beef & Provolone Chef Salad w/ Dressing Grape Juice Waverly Crackers (2 packs) Warm Lemon Cake or Diet Cookies 1% or Skim Milk
Monday 6/27/16	Tuesday 6/28/16	Wednesday 6/29/16	Thursday 6/30/16	
Chicken Salad w/ Taco Vinaigrette Orange Juice Saltine Crackers (2 packs) Mixed Fruit Crisp or Mixed Fruit 1% or Skim Milk	Smoked Turkey & Swiss on 1/2 Garlic Herb Tortilla w/ Lettuce & Tomato Coleslaw Applesauce 1% or Skim Milk	Ham & Monterey Jack on 1/2 Ciabatta Bun w/ Lettuce & Tomato Broccoli Tomato Salad Peaches & Mandarin Oranges 1% or Skim Milk	Roast Beef & Cheddar Chef Salad w/ Dressing Apple Juice Dinner Roll/Margarine Brownie or Diet Cookies 1% or Skim Milk	

* Menus may be subject to change

**Eastern Nebraska Office on Aging
Congregate Menu
June 2016**

		Wednesday 6/1/16 Turkey Ham and White Beans Harvard Beets Cornbread Muffin/Margarine Hot Sliced Apples 1% or Skim Milk	Thursday 6/2/16 Spanish Beef Patty Garlic Whipped Potatoes Cauliflower w/ Red Peppers* Wheat Bread/Margarine Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Friday 6/3/16 Swedish Meatballs Bow Tie Pasta* Broccoli* Wheat Roll/Margarine Banana Pudding or Diet Banana Pudding 1% or Skim Milk
		Monday 6/6/16 Catalina Chicken Macaroni & Cheese Green Beans Wheat Bread/Margarine Fresh Fruit 1% or Skim Milk	Tuesday 6/7/16 Homestyle Turkey Ham Casserole Carrots Broccoli* Rye Bread/Margarine Pineapple Tidbits 1% or Skim Milk	Wednesday 6/8/16 Roast Beef w/ Brown Gravy Whipped Potatoes Mixed Vegetables* Wheat Roll/Margarine Birthday Cake or Plain Cake 1% or Skim Milk
Monday 6/13/16 Baked Chicken Breast w/ Mushroom Gravy Mashed Red Potatoes Green Bean Casserole Cornbread Muffin/Margarine Pears 1% or Skim Milk	Tuesday 6/14/16 Soft Shell Beef Taco* w/ Shredded Cheese & Lettuce & Tomato Mexican Rice Mixed Beans Sour Cream & Taco Sauce Oatmeal Cookie 1% or Skim Milk	Wednesday 6/15/16 Potato Crusted Fish* w/ Tartar Sauce Au gratin Potatoes Green Peas* Wheat Bread/Margarine Ambrosia Salad or Diet Ambrosia Salad 1% or Skim Milk	Thursday 6/16/16 Spaghetti Casserole Tossed Salad/Drsg Italian Mixed Vegetables* Garlic Breadstick Mixed Fruit 1% or Skim Milk	Friday 6/17/16 Father's Day BBQ Pork on a Bun Baked Beans Coleslaw Peach Crisp or Peaches 1% or Skim Milk
Monday 6/20/16 Country Fried Steak* w/ Country Gravy Mashed Red Potatoes Baby Carrots* Wheat Bread/Margarine Fresh Fruit 1% or Skim Milk	Tuesday 6/21/16 Baked Ham* Baked Sweet Potatoes Lima Beans* Wheat Roll/Margarine Sugar Cookie or Diet Cookies 1% or Skim Milk	Wednesday 6/22/16 Broccoli Strata Hashbrown Casserole Apple Juice Biscuit/Margarine Hot Sliced Peaches 1% or Skim Milk	Thursday 6/23/16 Meatloaf w/ Tomato Gravy Whipped Potatoes Broccoli* Wheat Bread/Margarine Pineapple 1% or Skim Milk	Friday 6/24/16 Fried Chicken Breast* Whipped Potatoes/Gravy Three Bean Salad Multi Grain Bread/Margarine Warm Lemon Cake or Plain Cake 1% or Skim Milk
Monday 6/27/16 Pork Cutlet w/ Sesame Sauce Scalloped Potatoes German Coleslaw Dinner Roll/Margarine Mixed Fruit Crisp or Mixed Fruit 1% or Skim Milk	Tuesday 6/28/16 Salisbury Beef w/Gravy Baked Potato/Sour Cream Tossed Salad/Drsg Wheat Bread/Margarine Hot Applesauce 1% or Skim Milk	Wednesday 6/29/16 Poppy Seed Chicken Casserole Zucchini & Tomatoes* French Green Beans Wheat Bread/Margarine Peaches and Mandarin Oranges 1% or Skim Milk	Thursday 6/30/16 Crunchy Pollock* w/ Tartar Sauce Au Gratin Rotini Diced Beets* Dinner Roll/Margarine Brownie or Diet Cookies 1% or Skim Milk	 * Items to be heated or microwaved at the centers

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