La Vista Community Center
Senior Newsletter

La Vista Community Center
Hours of Operation:
Monday – Friday: 8:00 a.m. – 9:00 p.m.
Saturday: 8:00 a.m. – 6:00 p.m.
Sunday: 1:00 p.m. – 9:00 p.m.

8116 Park View Blvd., La Vista, NE 68128
www.cityoflavista.org, 402-331-3455

Active Seniors on the Go!
Senior Meals at La Vista Senior Center

Bring a friend or come join others for a wonderful catered meal on Monday/Wednesday/Friday 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 Office on Aging, and catered by Valley Food Services. 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 for lunch or an event by calling the Community Center at 402-331-3455 or sign-up in person.
2. Besides your spouse, please do not have someone else sign you up for lunches or events. We often have people left off the list because they thought someone else was going to sign them 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 you may need to pay in advance. We will let you know if you need to pay in advanced.

We normally have one van (holding 8 passengers). If needed please try to carpool.

La Vista Community Center Staff

Scott Stopak, Recreation Director
David Karlson, Assistant Recreation Director
Ryan South, Program Coordinator
Denny Dinan, Program Coordinator
Sue Tangeman, Administrative Assistant
Special Services Bus

Available for senior citizens age 60 and older and all special needs/handicapped residents residing in the cities of La Vista and Ralston. The service operates Monday-Friday, 7 a.m.- 4:30 p.m. The service does not operate on City of La Vista declared holidays or when Papillion-La Vista or Ralston schools are closed due to weather conditions. For questions about service, fees, etc., please call the La Vista Recreation Department at 402-331-3455 or visit us online at www.cityoflavista.org.

**For reservations, call 402-657-3550 at least 48 hours in advance, M-F only.** We make every effort to accommodate, but due to prior scheduling, we may not be able to help everyone at their requested times.

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**HAPPY BIRTHDAY!**

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**January**

Ruby S. 9th
JoAnn G. 15th
Maxine W. 15th
Karen D. 25th
Liama R. 28th
Mary R. 12th
Linda H. 15th
David M. 16th
Molly B. 27th
Lois B. 29th

Active Seniors
On the Go!
Regular Monthly Activities

Active Seniors on the Go!

Meals
Monday/Wednesday/Friday, 11:30 a.m.

Tai Chi
Tuesday/Thursday, 11:00 a.m.

Monthly Birthday Celebration Lunch
2nd Wednesday of the month, 11:30 a.m.

25¢ Bingo
Monday/Friday, 12:30 p.m.
There will be no bingo on days when there is a scheduled speaker or performance.

Pinochle
First and third Wednesday, 12:30 p.m.
When there is a speaker or performance, Pinochle and Pitch will start after the scheduled event. There is a Merrymakers performance on Wednesday December 7th, from 12-1 p.m., Pitch and Pinochle will follow.

Pitch
Monday/Friday following Bingo at 1:45 p.m., Wednesday 12:30 p.m.

Chair Volleyball
Wednesday/Friday, 10:30-11:20 a.m.

Quilting/Sewing/Knitting & Crochet Club
Wednesday, 9:00 a.m.

La Vista’s Red Hat Renegades
2nd Wednesday of the month from, 12:30 p.m.
Contact Bobbett at 402-290-0478 for more information.

Senior Care Clinics
Foot Care and Toe Nail Trimming, appointments are required and space is limited. 2nd Wednesday of each month, from 8:45-10:45a.m.

Basic Foot Care & Blood Pressure Clinics
$5.00 donation accepted.

Color-book Club
Monday, 10:30-11:15 a.m.
Take Note and Mark Your Calendars!

- When the Papillion-La Vista Public Schools are closed due to inclement weather, senior lunches will not be served. Watch the local news for weather-related school closings.
- The La Vista/Ralston Special Services Bus will not run if the Papillion/La Vista or Ralston Public Schools are closed for the day due to weather. If they have a late start, the bus will run a normal schedule.
- Wednesday, January 4th Post Noon Years Party with the band George and the Juniors performing after lunch from 12:15-1:15 p.m. Pinochle will start following the performance. Remember to sign up for lunch!
- **La Vista's Red Hat Renegades** Wednesday, January 11th, 12:30 p.m. Martial Arts Instructor Mark Goblosky will give a Self Defense presentation. Contact Bobbett at 402-290-0478 for more information.
- Fall Prevention Presentation Friday, January 13th, 12:00 p.m. following lunch.
- Monday, January 16th, the Senior Center/Community Center will be closed for Martin Luther King Day.
- Tuesday, January 17th, 9:30 a.m. Opening Ceremonies for our Senior Winter Olympics.
- Wednesday, January 18th, Olympic Games 9 a.m. to 11 a.m.
- Friday, January 20th, Olympic Games 9 a.m. to 10:30 a.m.
- Tuesday, January 24th, Afternoon Movie Outing, time TBA.
- Wednesday, January 25th, 12:00 p.m. Merrymakers performance by Billy Troy

**Remember to sign up for our Senior Valentines Lunch, date and time will be announced the first week of January.**
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<th>Sun</th>
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<td>Closed</td>
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<td>Post New Year's Eve Party! 11:30 a.m. lunch, Entertainment by George and the Jrs. Following lunch Pinochle and Pitch will follow the performance</td>
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<td>8:45-10:45 a.m. Foot Care Clinic 11:30 a.m. Monthly Birthday Celebration Lunch 12:30 p.m. Red Hats Renegades, self-defense presentation</td>
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<td>MLK Jr. Day Closed</td>
<td>9:30 a.m. Opening Ceremony, Sr. Olympic Games</td>
<td>9:00 a.m. Sr. Olympics Games 12:30 a.m. Pinochle and Pitch</td>
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<td>After Lunch Movie Outing time &amp; Movie TBA</td>
<td>Merrymakers performance with Billy Troy following lunch</td>
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Eastern Nebraska Office on Aging
Congregate Menu
January 2017

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<tr>
<th>Monday</th>
<th>Wednesday</th>
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<tr>
<td>1/2/2017</td>
<td>1/4/2017</td>
<td>1/6/2017</td>
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<tr>
<td><strong>New Year's Day Holiday</strong></td>
<td><strong>Broccoli Stew w/ Ham</strong>&lt;br&gt;Roasted Potatoes with Ham&lt;br&gt;Orange Juice&lt;br&gt;Blueberry Muffin/Margarine&lt;br&gt;Peaches&lt;br&gt;1% or Skim Milk</td>
<td><strong>Monday</strong>&lt;br&gt;1/9/2017</td>
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* Items to be heated or microwaved at the centers

Menus may be subject to change
<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Wednesday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>1/2/2017</td>
<td>New Year’s Day Holiday</td>
<td>Turkey &amp; Cheddar Cheese w/ Lettuce &amp; Tomato</td>
<td>Chicken Salad on a Croissant</td>
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<td></td>
<td>Senior Centers Closed</td>
<td>on a 1/2 Ciabatta Bun</td>
<td>Marinated Vegetable Salad</td>
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<td>Bring on the NEW YEAR!</td>
<td>Pasta Salad</td>
<td>Beet Salad</td>
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<td>Oatmeal Cookie</td>
<td>Peaches</td>
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<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
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<td>1/5/2017</td>
<td>Chicken Salad w/ Taco Vinaigrette</td>
<td>Chicken Cordon Bleu Salad w/ Salad Dressing</td>
<td>Ham &amp; Cheddar</td>
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<td>Apple Juice</td>
<td>Orange Juice</td>
<td>Chef Salad/Dressing</td>
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<td>Dinner Roll</td>
<td>Waverly Crackers (2 packs)</td>
<td>Grape Juice</td>
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<td>Fresh Fruit</td>
<td>Birthday Cake</td>
<td>Waverly Crackers (2 packs)</td>
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<td></td>
<td>or Plain Cake</td>
<td>Peanut Butter Cookie or Diet Cookies</td>
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<td>1/11/2017</td>
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<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
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<tr>
<td>1/16/2017</td>
<td>Martin Luther King Holiday</td>
<td>Greek Salad/Dressing</td>
<td>Chicken Club Salad w/ Salad Dressing</td>
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<td></td>
<td>Senior Centers Closed</td>
<td>Orange Juice</td>
<td>Apple Juice</td>
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<td>Saltine Crackers</td>
<td>Saltine Crackers (2 packs)</td>
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<td></td>
<td>Cinnamon Apples</td>
<td>Brownie or Diet Cookies</td>
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<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
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<tr>
<td>1/23/2017</td>
<td>Club Salad/Dressing</td>
<td>Roast Beef w/ Monterey Jack Cheese on Wheat</td>
<td>Oriental Chicken Salad w/ Asian Dressing</td>
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<td>Cranberry Juice</td>
<td>Bread Cheese</td>
<td>Orange Juice</td>
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<td>Wheat Roll/Margarine</td>
<td>Strawberry (2)</td>
<td>Saltine Crackers (2 packs)</td>
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<td>Chocolate Chip Cookie or Diet Cookies</td>
<td>or Feta on Wheat Bread</td>
<td>Peanuts or Diet Crackers</td>
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<td>1% or Skim Milk</td>
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<tr>
<td>1/30/2017</td>
<td>Turkey Garden</td>
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<td></td>
<td>Cranberry Salad</td>
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<td>Grape Juice</td>
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<td>Saltine Crackers (2 packs)</td>
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Senior Winter Olympic Games

La Vista 2017

Opening Ceremony

Tuesday, January 17th 9:30 a.m., La Vista Senior Center

Coffee and donuts provided for the opening ceremony!

Tuesday Events, 10:00 a.m. start time:

- Javelin
- Hot Wheels Racing
- Spelling Bee

Wednesday Events: 9:30 a.m. start time:

- Bean Bag Toss
- Free Throw Contest
- Timed Jigsaw Puzzle Challenge.

Friday Events: 9:30 a.m. start time:

- Team Chair Volleyball
  Round Robin format or best of 5 games depending on the number of teams.
- Olympic Bingo
  (same as our regular 25 cent bingo but with additional prizes included)
The La Vista Senior Center is located in the Community Center and offers friendship, food, fitness, filed trips and many more fun activities.


Meals at La Vista Senior Center
Monday/Wednesday/Friday  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 one day prior to joining us for lunch, we are closed on the weekend, Mondays meal must be ordered by noon on Friday.

Special Services Bus
Available for senior citizens age 60 and older and all special needs/handicapped residents residing in the cities of La Vista and Ralston. The service operates Monday-Friday, 7 a.m.-4:30 p.m. The service does not operate on City of La Vista declared holidays or when Papillion-La Vista or Ralston schools are closed due to weather conditions. For questions about service, fees, etc., please call the La Vista Recreation Department at 402-331-3455 or visit us online at www.cityoflavista.org. For reservations, call 402-657-3550 at least 48 hours in advance, M-F only. We make every effort to accommodate, but due to prior scheduling, we may not be able to help everyone at their requested times.

Please share this information with a friend!