2020
La Vista Community Center
Newsletter

Activities for Ages 55 and Up

ENOA Lunch, Tai Chi and Special Services Bus ages 60 and up.
Lunches Mondays through Fridays at 11:30 a.m.

Most other activities 55 and up!

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
La Vista Community Center, ENOA Meal Site (age 60 & up)

The La Vista Community Center offers lunch Monday through Friday at 11:30 a.m.

The suggested contribution amount for the meal is $4.00 for adults 60 years and older. **For those under 60, the cost of the meals is $10.00.** 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 the Eastern Nebraska Office on Aging, and catered by Treat America.

Remember to please call and cancel your meal if you are unable to attend.

We are trying to increase our participant numbers on Tuesdays/Thursdays so grab a friend and help us grow!

---

**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.

---

**La Vista Community Center day time Staff**

Scott Stopak, Recreation Director

David Karlson, Assistant Recreation Director

Ryan South, Operations Manager

Denny Dinan, Youth and Adult Sports Manager

Sue Tangeman, Administrative Assistant

Senior Services Manager, TBA
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. In order to serve more people we ask that you have a starting and ending pick up time for your appointments and trips.

March 2020

Mary C. 3/3  Rick W. 3/7  Sandy S. 3/9
Marge C. 3/10 Helen S. 3/11 Connie T. 3/13
Evelyn F. 3/18 Betty M. 3/29 Billy L. 3/31

HAPPY BIRTHDAY
# Regular Monthly Activities - Active Seniors on the Go!

## Meals
Weekdays at 11:30 a.m. Age 60 & up $4.00 contribution, if you are under age 60, $10.00. To reserve your meal call by 12:00 noon the business day before you intend to join us for lunch. 402-331-3455. Our monthly menu is listed on the last two pages of our newsletter.

**No lunch, Friday March 20.**

## Tai Chi
Tuesday/Thursday at 11:00 a.m. to 11:45 a.m. Age 60 and up. **No Class on Thursday, March 19 or Tuesday March 24.**

## Monthly Birthday
2nd Wednesday of the month, 11:30 a.m. Birthday Celebration Lunch. We celebrate all birthdays with cake after lunch, please remember to sign up for lunch. Age 60 and up.

## 25¢ Bingo
Monday/Friday, 12:30 p.m. (age 55/up). Four card limit. **No Bingo, Friday March 20.**

## Pinochle
First Wednesday, **12:30** p.m. (age 55/up).

## Pitch
Monday/Friday, following Bingo at 2:00 p.m., (age 55/up). Wednesdays, 1:00 p.m.

*When there is a speaker or performance, Bingo, pinochle and pitch will start after the event unless otherwise noted.*

## Chair Volleyball
Wednesday/Friday, 10:30-11:15 a.m. (age 55-up). **No Chair Volleyball on Friday, March 20.**

## Active 4 Life Exercise Classes
### Easy Breezy Fitness Class
Monday & Wednesday, 9-10 a.m. $5.00 per class.

### Sittercise Class
Monday's & Friday's, 10-10:45 a.m. Chair based fitness class, low intensity movements. Fee: $1.00 per class. Contact Angi, 402-659-6854.

## Quilting/Sewing/Knitting & Crochet Club
Wednesday, 9:00 a.m. (age 55/up). **No First Saturday of the month, until May.**

**Beginner's Crochet**
Wednesday's, 6:30-8 p.m. For more information email Karen at geeksidekick@gmail.com All ages.

## Cribbage
Wednesdays following lunch at 12:30 p.m. Drop in Cribbage Club. **No cribbage on Wednesday, March 11 or 25.**

## Yoga
Saturdays, 11a.m. and Sundays 3:00 p.m. $7 per class. For more
Take Note and Mark Your Calendars!

Unless listed, all activities are open to ages 55 and up.

- When the Papillion-La Vista Public Schools are closed due to inclement weather, senior lunches and activities will be canceled. 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.

- Methodist Student Nurses will present a health presentation following lunch on Friday, March 6 at 12:00 p.m.

- Merrymakers performer Joe Taylor will perform on Friday, March 11 at 12:00 p.m.

- **St. Patrick’s Day lunch Tuesday, March 17 11:30 a.m.** This is not an ENOA sponsored lunch. Registration required, fee $5.00. Hy Vee will cater corned beef & cabbage, potatoes/carrots, rye bread and a dessert. **Registration deadline Tuesday, March 10.**

- **Senior Care Clinic Wednesday, March 11, 18 & 25** from 8:45 to 12:00 p.m. Basic foot care and blood pressure, (toe nail trimming). **Appointments** are required and space is limited. $5.00 donation accepted.

- Sergeant Kraig Gomon of the La Vista Police Department will present a Fraud and Anti-Scam presentation following lunch at 12:00 p.m. on Wednesday, March 25.

- **Movie Outing Tuesday, March 31.** Departure time and Movie will be announced by 1:00 p.m. on Friday, March 27.
<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td><strong>2</strong>&lt;br&gt;11:30 a.m. Lunch 12:30 p.m. Bingo, Bridge 2:00 p.m. Pitch</td>
<td>3&lt;br&gt;11:00 a.m. Tai Chi 11:30 a.m. Lunch</td>
<td>4&lt;br&gt;9a.m. Quilting Club 10:30 a.m. Chair VB 11:30 a.m. lunch 12:30 p.m. Pinochle 12:30 p.m. Cribbage 1:00 p.m. Pitch</td>
<td>5&lt;br&gt;11:00 a.m. Tai Chi 11:30 a.m. Lunch</td>
<td><strong>6</strong>&lt;br&gt;10:30 a.m. Chair VB 11:30 a.m. Lunch 12:30 p.m. Bingo 2:00 p.m. Pitch</td>
</tr>
<tr>
<td><strong>8</strong>&lt;br&gt;11:30 a.m. Lunch 12:30 p.m. Bingo, Bridge 2:00 p.m. Pitch</td>
<td><strong>9</strong>&lt;br&gt;11:00 a.m. Tai Chi 11:30 a.m. Lunch</td>
<td><strong>10</strong>&lt;br&gt;11:00 a.m. Tai Chi 11:30 a.m. Lunch</td>
<td><strong>11</strong>&lt;br&gt;9a.m. Quilting Club 10:30 a.m. Chair VB 11:30 a.m. lunch, Birthday Celebration 12:00 p.m. Merrymakers 12:30 No Cribbage 1:00 p.m. Pitch</td>
<td><strong>12</strong>&lt;br&gt;11:00 a.m. Tai Chi 11:30 a.m. Lunch</td>
<td><strong>13</strong>&lt;br&gt;10:30 a.m. Chair VB 11:30 a.m. lunch 12:30 p.m. Bingo 2:00 p.m. Pitch</td>
</tr>
<tr>
<td><strong>15</strong>&lt;br&gt;11:30 a.m. Lunch 12:30 p.m. Bingo, Bridge 2:00 p.m. Pitch</td>
<td><strong>16</strong>&lt;br&gt;11:00 a.m. Tai Chi 11:30 a.m. St. Patricks Day Lunch</td>
<td><strong>17</strong>&lt;br&gt;11:00 a.m. Tai Chi 11:30 a.m.</td>
<td><strong>18</strong>&lt;br&gt;9a.m. Quilting Club 10:30 a.m. Chair VB 11:30 a.m. Lunch 12:30 p.m. Cribbage 1:00 p.m. Pitch</td>
<td><strong>19</strong>&lt;br&gt;No Tai Chi Today 11:30 a.m. Lunch</td>
<td><strong>20</strong>&lt;br&gt;10:30 a.m. No Chair VB 11:30 a.m. No Lunch 12:30 p.m. No Bingo 2:00 p.m. Pitch</td>
</tr>
<tr>
<td><strong>22</strong>&lt;br&gt;11:30 a.m. Lunch 12:30 p.m. Bingo, Bridge 2:00 p.m. Pitch</td>
<td><strong>23</strong>&lt;br&gt;No Tai Chi Today 11:30 a.m. Lunch</td>
<td><strong>24</strong>&lt;br&gt;9a.m. Quilting Club 10:30 a.m. Chair VB 11:30 a.m. Lunch 12:30 p.m. No Cribbage 12:00 p.m. Fraud Speaker 1:00 p.m. Pitch</td>
<td><strong>25</strong>&lt;br&gt;11:00 a.m. Tai Chi 11:30 a.m. Lunch</td>
<td><strong>26</strong>&lt;br&gt;11:00 a.m. Tai Chi 11:30 a.m. Lunch</td>
<td><strong>27</strong>&lt;br&gt;10:30 a.m. Chair VB 11:30 a.m. Lunch 12:30 p.m. Bingo 2:00 p.m. Pitch</td>
</tr>
<tr>
<td><strong>29</strong>&lt;br&gt;11:30 a.m. Lunch 12:30 p.m. Bingo, Bridge 2:00 p.m. Pitch</td>
<td><strong>30</strong>&lt;br&gt;11:00 a.m. Tai Chi 11:30 a.m. Lunch</td>
<td><strong>31</strong>&lt;br&gt;Movie outing TBA</td>
<td></td>
<td></td>
<td><strong>31</strong>&lt;br&gt;Movie outing TBA</td>
</tr>
</tbody>
</table>
## Eastern Nebraska Office on Aging
### Congregate Meals
#### March 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| **Pork Fritter**<sup>*</sup>  
**Mashed Potatoes & Gravy**  
**Brussels Sprouts**<sup>*</sup>  
**Marble Bread/Margarine**  
**Classic Fruit Salad**  
1% or Skim Milk | **Beef & Bean Chili**  
**Baked Potato/Sour Cream PC**  
**Romaine Salad/Dressing**  
**Cornbread/Margarine**  
**Tropical Fruit**  
1% or Skim Milk | **Cheese Omelet**<sup>*</sup>  
**Chef Mike's Cheese Sauce**  
**Baby Red Potatoes**  
**Vegetable Juice**  
**Raspberry Muffin Square**  
**Glazed Pineapple**  
1% or Skim Milk | **Ham & Scalloped Potatoes**  
**Winter Blend Vegetables**<sup>*</sup>  
**WG Dinner Roll/Margarine**  
**Cinnamon Apple Slices**  
1% or Skim Milk | **Breaded Fish**<sup>*</sup> Sandwich  
**on WG Hamburger Bun**  
**w/Lettuce,Tomato,Tartar Sauce**  
**Creamed Corn**  
**Carrot Coins**<sup>*</sup>  
**Fruited Gelatin**  
or **Diet Fruited Gelatin**  
1% or Skim Milk |
| **California Cheesy Chicken**  
& **Brown Rice Casserole**  
**Zucchini & Tomatoes**<sup>*</sup>  
**WG Dinner Roll/Margarine**  
**Diced Peaches**  
1% or Skim Milk | **Soft Shell Beef Taco**  
**Taco Meat**, **Shredded Cheese**  
**Shred Lettuce, Diced Tomato w/Flour Tortilla**  
**Fiesta Corn**<sup>*</sup>  
**Sour Cream & Taco Sauce PC**  
**Cinnamon Applesauce**  
1% or Skim Milk | **Turkey Breast & Gravy**  
**Potato Medley**  
**Green Beans**<sup>*</sup>  
**WG Dinner Roll/Margarine**  
**Decorated Birthday Cake or Plain Cake Square**  
1% or Skim Milk | **Breaded Chicken**<sup>*</sup> Sandwich  
**on WG Hamburger Bun**  
**w/Lettuce & Tomato**  
**Twice Baked Whipped Potatoes**  
**Mixed Vegetables**<sup>*</sup>  
**Cherry Vanilla Yogurt PC**  
or **Diet Pudding**  
1% or Skim Milk | **Potato Crunch Fish Filet**<sup>*</sup>  
**Baked Sweet Potato**  
**Oregon Blend Vegetables**<sup>*</sup>  
**WG Petite Roll/Margarine**  
**Pineapple Tidbits**  
**Tartar Sauce PC**  
1% or Skim Milk |
| **Chicken Tenders**<sup>*</sup>  
**BBQ PC**  
**Potato Medley**  
**Spinach Casserole**  
**WG Breadstick/Margarine**  
**Diced Peaches**  
1% or Skim Milk | **No ENOA Sponsored Lunch Today** | **Cheeseburger** on a  
**Wheat Hamburger Bun**  
**w/Leaf Lettuce, Tomato, Red Onions & Pickle Slices**  
**Baked Beans**  
**Chocolate Chip Muffin**  
1% or Skim Milk | **Beefy Mac Casserole**  
**with Cavatappi Noodles**  
**Romaine Blend Salad/Dressing**  
**Capri Blend Vegetables**<sup>*</sup>  
**100% Whole Grain Bread/Marg**  
**Mandarin Oranges**  
1% or Skim Milk | **10 Grain Fish Filet**<sup>*</sup>  
**Tartar Sauce PC**  
**Cheesy Mashed Potatoes**  
**Oven Roasted Vegetables**<sup>*</sup>  
**Italian Roll/Margarine**  
**Fruit Cocktail**  
1% or Skim Milk |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Ham & Northern Beans**  
**Roasted Baby Carrots**  
**Cornbread/Margarine**  
**Cherry Cobbler**  
or **Applesauce**  
1% or Skim Milk | **Chicken with Supreme Sauce**  
**Garlic Whisp Potatoes**<sup>*</sup>  
**Broccoli**<sup>*</sup>  
**Marble Rye/Margarine**  
**Oatmeal Raisin Cookie**  
or **Diet Cookies**  
1% or Skim Milk | **Teriyaki Meatballs**  
**Oriental Blend Vegetables**  
**Carrot Coins**<sup>*</sup>  
**Fortune Cookie**  
**Cinn. Raisin Bread/Marg**  
**Diced Peas**  
1% or Skim Milk | **Pizza Joe**<sup>*</sup> Sandwich  
**on WG Hamburger Bun**  
**Shredded Mozzarella Cheese**  
**Seasoned Potato Wedges**<sup>*</sup>  
**Italian Blend Vegetables**<sup>*</sup>  
**Pineapple Tidbits**  
1% or Skim Milk | **Cheese Ravioli in Marinara with Shredded Mozzarella**  
**Green Beans**<sup>*</sup>  
**Romaine Blend Salad**  
**Dressing PC**  
**WG Breadstick/Margarine**  
**Plum Halves**  
1% or Skim Milk |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Hawaiian BBQ Chicken**  
**Brown Rice Pilaf**  
**Winter Blend**<sup>*</sup>  
**Vienna Bread/Margarine**  
**Fruit Mix**  
1% or Skim Milk | **Sliced Roast Beef & Gravy**  
**Mashed Potatoes**  
**Glazed Diced Beets**  
**Heavy Hearth Roll/Margarine**  
**Frosted Brownie**  
or **Diet Cookies**  
1% or Skim Milk | **Happy St. Patrick’s Day**<sup>**</sup> | **ENOA** | **Items to be heated or microwaved at the centers**

* Menus subject to change

Final 12/12/19
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Pasta Salad over Romaine Salad Tomato Wedges</td>
<td>Turkey &amp; Cheddar with Leaf Lettuce &amp; Tomato on 1/2 Ciabatta</td>
<td>Greek Chicken Salad Diced Chicken, Cucumber &amp; Tomato over Romaine Blend w/Greek Feta Dressing Crackers (2pk)</td>
<td>Creamy Crab &amp; Baby Shrimp Macaroni Salad on Romaine Blend Salad Tomato Wedges Romaine Lettuce Blend Crackers (2pk) Cinnamon Apple Slices 1% Milk</td>
<td>Roast Beef &amp; Diced Egg</td>
</tr>
<tr>
<td>Tomato Wedges</td>
<td>Coleslaw</td>
<td>100% Fruit Punch Juice Glazed Pineapple 1% or Skim Milk</td>
<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
</tr>
<tr>
<td>Housemade Croutons Classic Fruit Salad 1% or Skim Milk</td>
<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>---------</td>
<td>---------</td>
<td>-----------</td>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td>Roast Beef &amp; Swiss on Marble Bread w/Lettuce &amp; Tomato</td>
<td>Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese &amp; Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Cinnamon Applesauce 1% or Skim Milk</td>
<td>Sliced Ham &amp; American on Wheat Bread w/Lettuce &amp; Tomato Coleslaw Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk</td>
<td>BLT Salad Chopped Bacon, Dice Tomato &amp; Romaine Lettuce Blend</td>
<td>Chicken Salad on Rye Bread w/Lettuce &amp; Tomato Tomato Cucumber &amp; Onion Salad Pineapple Tidbits</td>
</tr>
<tr>
<td>Marinated Vegetable Salad Diced Pears 1% or Skim Milk</td>
<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>---------</td>
<td>---------</td>
<td>-----------</td>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td>Deli Roast Beef &amp; Cheddar Cheese on W/Bread w/Lettuce &amp; Tomato Potato Salad Diced Peaches 1% or Skim Milk</td>
<td>No ENOA Lunch Today</td>
<td>Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese &amp; Grape Tomatoes Crackers (2pk) 100% Grape Juice Chocolate Chip Muffin 1% or Skim Milk</td>
<td>Pecan Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Marinated Vegetable Salad Mandarin Oranges 1% or Skim Milk</td>
<td>Creamy Cheese Tortellini over Romaine Blend Salad w/Grape Tomatoes &amp; Black Olives Crackers (2pk) Fruit Cocktail 1% or Skim Milk</td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>---------</td>
<td>---------</td>
<td>-----------</td>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td>Roast Beef &amp; Diced Egg Amer. Cheese &amp; Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice</td>
<td>Three Meat Hoagie Turkey, Ham, Roast Beef &amp; American Cheese on Wheat Hoagie Bun w/Lettuce &amp; Tomato Coleslaw</td>
<td>Chicken Caesar Salad w/Caesar Dressing Housemade Croutons Romaine Lettuce Blend 100% Grape Juice Diced Peas Oatmeal Raisin Cookie or Diet 1% or Skim Milk</td>
<td>Teriyaki Chicken Strips Shredded Carrots &amp; Chow Mein Noodles over Salad Mix with Asian Dressing Crackers (2pk)</td>
<td>Italian Sandwich Turkey, Ham, Pepperoni, Cheese, Peppers &amp; Red Onion on Vienna Bread Potato Salad Plum Halves 1% or Skim Milk</td>
</tr>
<tr>
<td>Amer. Cheese &amp; Grape Tomatoes Romaine Lettuce Blend Crackers (2pk)</td>
<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>---------</td>
<td>---------</td>
<td>-----------</td>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td>Ham &amp; American Cheese on W/Bread w/Lettuce &amp; Tomato</td>
<td>Deli Chicken &amp; American Cheese on Marble Bread w/Lettuce &amp; Tomato Potato Salad Fruit Mix 1% or Skim Milk</td>
<td>Deli Chicken &amp; American Cheese on Marble Bread w/Lettuce &amp; Tomato Tomato Raisin Salad Frosted Brownie or Diet Cookies 1% or Skim Milk</td>
<td>1% or Skim Milk</td>
<td>1% or Skim Milk</td>
</tr>
</tbody>
</table>

Menus subject to change

*Salad Dressing and Condiments available at senior center

Final 12/8/2019