

LA VISTA SENIOR NEWSLETTER

January 2026

8116 Park View Blvd., La Vista, NE 68128 | 402.331.3455
CityofLaVista.org/Seniors



THE LA VISTA COMMUNITY CENTER

Fall/Winter Hours:

Monday-Friday: 8 a.m.-9 p.m.

Saturday: 8 a.m.-6 p.m.

Sunday: 1-9 p.m.

Community Center Staff

Kaily Summerlin

Recreation Manager - Seniors
KSummerlin@CityofLaVista.org

Kimmy Ludwick

Administrative Specialist
KLudwick@CityofLaVista.org

Heather Buller

Recreation Director
HBuller@CityofLaVista.org

David Karlson

Assistant Recreation Director
DKarlson@CityofLaVista.org

Denny Dinan

Recreation Manager - Athletics
DDinan@CityofLaVista.org

Jared Gast

Assistant Events Coordinator
JGast@CityofLaVista.org



LA VISTA SENIOR PROGRAM NEWS

We're excited to share that we are once again partnering with the Papillion 55+ Club to host the Valentine's Senior Luncheon! This year's event will be held at Papillion Landing on Friday, February 13 at 11:30 a.m. You may register at Papillion Landing or the La Vista Community Center. The cost is \$8, due at the time of registration. Please note that no refunds will be offered. Registration closes on Tuesday, February 3, or earlier if we reach the limit of 150 participants, whichever comes first. We hope to see you there!

We have officially reached the cold days of winter and I'd like to remind everyone that the Senior Program will close on days Papillion - La Vista Schools OR the Eastern Nebraska Office on Aging are closed. The Special Service Bus Service will close on days Papillion - La Vista Schools OR Ralston Schools are closed. If Papillion - La Vista Schools OR Ralston Schools are delayed, rides during the delayed time frame will be canceled. Please reference the City of La Vista Government Facebook page for all closures.



Check out these photos showing some of the fun we had recently: Santa delivered stuffed animals to a local children and a nursing home and Elvis was even in the building!!!



HOROSCOPES

In astrology, if you were born between January 1-19, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized. They make good multitaskers and politicians.

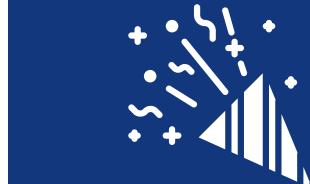


Those born between January 20-31 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity.

SENIOR BIRTHDAYS

Please note that only Senior Program Members that actively attend the Senior Program will be featured in this section

Ranaldo L.	1/4	Marilyn G.	1/19
Richard S.	1/5	Karen D.	1/25
Larry S.	1/6	Joanne D.	1/26
Gayle M.	1/9	Flo M.	1/28
Marie S.	1/15	Helena Z.	1/30
David M.	1/16	Cheri H.	1/31
Jean E.	1/18		



SPECIAL SERVICES BUS

The Special Services Bus is available for senior citizens ages 60 and older and all individuals who have special needs residing in the cities of La Vista & Ralston.

The service operates Mon.-Fri., 7 a.m.-4:30 p.m. and does not operate on City of La Vista holidays or when Papillion/La Vista or Ralston Public Schools are closed due to weather conditions.

For reservations call 402.657.3550 at least 48 hours in advance.

The Special Services Bus prioritizes work and medical related rides. We make every effort to accommodate, but sometimes due to prior scheduling, we may not be able to accommodate every requested ride. Please call 211 for alternative transportation resources. For more information about service, fees, etc., please call Kaily Summerlin or Kimmy Ludwick at **402.331.3455**, or visit us at CityofLaVista.org.



JANUARY 2026**Top January Facts!!**

January is the first month of the year in both the Gregorian and Julian calendars. National Spinning and Weaving Week includes Distaff Day celebrations on January 7. King Cake with a Lucky Bean another traditional Epiphany dessert on January 6. The first Super Bowl held on January 15 1967. Epiphany Tart a traditional dessert for Epiphany on January 6.

National Hangover Day on January 1.

**Thursday
1/1/2026****Friday
1/2/2026****New Year's Day****Senior Center Closed**

BBQ Chicken Breast Sandwich
Diced Potatoes
Zucchini & Tomatoes
WG Hamburger Bun
Fresh Apple
1% or Skim Milk

**Monday
1/5/2026****Tuesday
1/6/2026****Wednesday
1/7/2026****Thursday
1/8/2026****Friday
1/9/2026****Straw. & Whip Cream Day**

Pot Roast over Mashed Potatoes
Mixed Vegetables
Waffle Biscuit with Strawberries & Whip Cream Topping
1% or Skim Milk

Breaded Chicken Sandwich on WG Hamburger Bun w/ Leaf Lettuce & Sliced Tomato

Potato Salad
Cinnamon Applesauce
1% or Skim Milk

Walking Beef Taco!
Taco Meat, Shred Cheese
Shred Lettuce, Diced Tomato
Fiesta Corn
WG Nacho Doritos PC
Sour Cream & Taco Sauce PCs
Oatmeal Cream Pie
1% or Skim Milk

NO ENOA MEAL

Apricot Day
Potato Crunch Fish Filet
Diced Sweet Potatoes
Green Beans
Pumpernickel Bread/Marg
Tartar Sauce PC
Apricot Halves
1% or Skim Milk

**Monday
1/12/2026****Tuesday
1/13/2026****Wednesday
1/14/2026****Thursday
1/15/2026****Friday
1/16/2026**

Salisbury Steak with Garlic Mushroom Gravy
Whipped Potatoes
Country Blend Vegetables
Wheatberry Roll/Marg
Fresh Orange
1% or Skim Milk

WG Spaghetti in Meat Sauce
Broccoli
Cauliflower
Italian Roll/Marg
Pineapple Tidbits
1% or Skim Milk

Sliced Roasted Beef & Gravy
Baked Potato/Sour Cream
Carrot Coins
WG Breadstick/Marg
Decorated Birthday Cake or Plain Cake Square
1% or Skim Milk

NO ENOA MEAL

Fig Newton Day
Chicken a la King over WG Biscuit
Green Beans
Diced Carrots
Fig Newton
1% or Skim Milk

**Monday
1/19/2026****Tuesday
1/20/2026****Wednesday
1/21/2026****Thursday
1/22/2026****Friday
1/23/2026**

**Martin Luther King Jr.
Holiday
Senior Center Closed**

Turkey Breast & Gravy
Mashed Potatoes
Brussels Sprouts
WG Dinner Roll/Marg
Sliced Pears
1% or Skim Milk

Cheeseburger on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, & Pickle Slices
Diced Potatoes
Fudge Round or Diet Cookies
1% or Skim Milk

Meatballs in Brown Gravy
Diced Sweet Potatoes
Green Beans
WG Breadstick/Marg
Pineapple Tidbits
1% or Skim Milk

Oven Fried Chicken Breast with Country Gravy
Garlic Mashed Potatoes
Mixed Vegetables
Cornbread Muffin Square
Honey PC
Mandarin Oranges
1% or Skim Milk

**Monday
1/26/2026****Tuesday
1/27/2026****Wednesday
1/28/2026****Thursday
1/29/2026****Friday
1/30/2026**

Chicken Breast with Jerusalem Sauce
Wild Rice
Stewed Tomatoes
WG Dinner Roll/Marg
Sliced Peaches
1% or Skim Milk

Sloppy Joe Sandwich on WG Hamburger Bun
Cheesy Hashbrowns
California Blend Veggies
Fruit Cocktail
1% or Skim Milk

Ham & Northern Beans
Winter Blend Vegetables
Cornbread/Marg
Cinnamon Apple Slices or Plain Apple Slices
1% or Skim Milk

Tortilla Chicken Breast
Spanish Rice
Mixed Vegetables
WG Tostitos Scoops PC
Vannia Pudding or Diet Pudding
1% or Skim Milk

Beefy WG Mac Casserole
Garlic Diced Reds
Honey Glazed Carrots
Vieanna Bread/Marg
Strawberries & Pears
1% or Skim Milk

****These Meals may contain the following allergens: Peanut, Tree Nuts, Seafood, Shellfish, Soy, Eggs, Milk, Wheat, and Sesame Seeds****

JANUARY 2026**Interesting Facts about this month....**

The January birth flower is the snowdrop, a white flower that blooms in the coldest months of winter.

National Oatmeal Month January is celebrated as National Oatmeal Month.

National Soup Month January is celebrated as National Soup Month.

Bubble Wrap Appreciation Day last Monday in January.

Hoppin' John for Good Luck a traditional New Year's Day dish on January 1.

Z Day January 1 is for those whose last name begins with Z to go first instead of last

**Thursday
1/1/2026****Friday
1/2/2026****New Year's Day****Senior Center Closed**

Turkey Pesto Club
on Vienna Bread
w/ Lettuce & Tomato
Three Bean Salad
Fresh Apple
1% or Skim Milk

**Monday
1/5/2026****Tuesday
1/6/2026****Wednesday
1/7/2026****Thursday
1/8/2026****Friday
1/9/2026****Straw. Whip Cream Day**

Egg Salad on
Croissant
w/ Lettuce & Tomato
Carrot Raisin Salad
Strawberries & Whip
Cream over Waffle Biscuit
1% or Skim Milk

Ham BLT Salad
Diced Ham, Chopped
Bacon & Diced Tomatoes
over Mixed Greens Salad
Croutons
100% Grape Juice
Cinnamon Applesauce
1% or Skim Milk

Turkey Chef Salad
Diced Turkey, Diced Egg
Amer. Cheese & Grape Tomatoes
Crackers (2pk)
100% Fruit Punch Juice
Oatmeal Cream Pie
1% or Skim Milk

NO ENOA MEAL

Apricot Day
Greek Chicken Salad
Diced Chicken, Cucumber
& Tomato over Mixed Greens
w/ Greek Feta Dressing
100% Apple Juice/Crackers
Apricot Halves
1% or Skim Milk

**Monday
1/12/2026****Tuesday
1/13/2026****Wednesday
1/14/2026****Thursday
1/15/2026****Friday
1/16/2026**

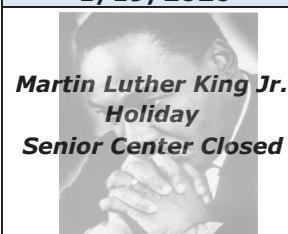
Turkey & Cheddar
with Leaf Lettuce & Tomato
on a Bun
Marinated Vegetable Salad
Fresh Orange
1% or Skim Milk

Sliced Ham & American
on Wheat Bread
w/ Lettuce & Tomato
Coleslaw
Pineapple Tidbits
1% or Skim Milk

Classic Chef Salad
Turkey, Ham, Diced Egg
Amer. Cheese & Grape Tomatoes
over Mixed Greens Salad
Crackers (2pk)
100% Apple Juice
Birthday Cake or Plain Cake
1% Milk

NO ENOA MEAL

Fig Newton Day
Turkey Chef Salad
Diced Turkey, Diced Egg
Amer. Cheese & Grape Tomatoes
Crackers (2pk)
100% Grape Juice
Fig Newton
1% or Skim Milk

**Monday
1/19/2026****Tuesday
1/20/2026****Wednesday
1/21/2026****Thursday
1/22/2026****Friday
1/23/2026**

**Martin Luther King Jr.
Holiday
Senior Center Closed**

Ham & American Cheese
Cheese on Vienna Bread
w/ Lettuce & Tomato
Carrot Raisin Salad
Sliced Pears
1% or Skim Milk

Chicken Caesar Salad
w/ Caesar Dressing
Croutons
Mixed Greens Entrée Salad
100% Grape Juice
Fudge Round
or Diet Cookies
1% or Skim Milk

Three Meat Hoagie
Turkey, Ham, Roast Beef &
American Cheese on
Wheat Hoagie Bun
w/ Leaf Lettuce & Tomato
Coleslaw
Pineapple Tidbits
1% or Skim Milk

Ham Chef Salad
Diced Ham, Diced Egg
Amer. Cheese & Grape Tomatoes
Crackers (2pk)
100% Grape Juice
Mandarin Oranges
1% or Skim Milk

**Monday
1/26/2026****Tuesday
1/27/2026****Wednesday
1/28/2026****Thursday
1/29/2026****Friday
1/30/2026**

Creamy Crab Salad on
WG Mini Hoagie Bun
w/ Lettuce & Tomato
Coleslaw
Sliced Peaches
1% Milk

Classic Chef Salad
Turkey, Ham, Diced Egg
Amer. Cheese & Grape Tomatoes
Mixed Greens Entrée Salad
Crackers (2pk)
100% Apple Juice
Fruit Cocktail
1% or Skim Milk

Roast Beef Chef Salad
Roast Beef & Diced Egg
Amer. Cheese & Grape Tomatoes
Mixed Greens Entrée Salad
Crackers (2pk)
100% Apple Juice
Cinnamon or Plain Apple Slices
1% or Skim Milk

Turkey & Cheddar
Cheese on WG Bread
w/ Leaf Lettuce & Tomato
Potato Salad
Vannila Pudding or
Diet Pudding
1% or Skim Milk

Egg Salad on
Croissant
w/ Lettuce & Tomato
Three Bean Salad
Strawberries & Pears
1% or Skim Milk

****These Meals may contain the following allergens: Peanut, Tree Nuts, Seafood, Shellfish, Soy, Eggs, Milk, Wheat, and Sesame Seeds****

LA VISTA SENIOR PROGRAM CALENDAR

JANUARY 2026



Signing up for outings will start on Friday, January 2 at 2 p.m. Come to the La Vista Community Center or call 402-331-3455.

Calendar is subject to changes at any time. To RSVP for an event call 402-331-3455. If you can not attend an outing that you signed up for, please call us to cancel as we do have a waiting list.

THURSDAY
1

FRIDAY
2

Community Center
Closed
Happy New Year!



10:15 am Chair Volleyball
11:30 am Lunch
1 pm Pitch
1 pm Bingo- \$1
Contribution- Limit 1
Card
2 pm Various Cards

MONDAY
5

TUESDAY
6

WEDNESDAY
7

THURSDAY
8

FRIDAY
9

9 am Golden Ballroom Dancing Exercise
11:30 am Lunch
12:45 pm Bring Your Own Craft & a Snack to Share

10:45 am Tai Chi-50¢
11:30 am Lunch
12 pm Various Cards
1 pm Hand, Knee and Foot Cards
12:30 pm Activity Calendar Planning- Bring Ideas for February

9 am Sew 'n' So's Quilting Club
10:15 am Chair Volleyball
11:30 am Lunch
1 pm Hand & Foot Cards
1 pm Merrymakers Presents "Ben Tomasello"
2 pm Various Cards

10:45 am Tai Chi-50¢
NO ENOA MEAL
12:30 pm Shirley's Diner Outing- **Limit 12-RSVP**

10:15 am Chair Volleyball
11:30 am Lunch
1 pm Pitch
1 pm Bingo- \$1
Contribution- Limit 1
Card
2 pm Various Cards

MONDAY
12

TUESDAY
13

WEDNESDAY
14

THURSDAY
15

FRIDAY
16

9 am Golden Ballroom Dancing Exercise
11:30 am Lunch
12:30 pm Outing to Bellevue Senior Center to play Chair Volleyball-**RSVP-Limit 12**

10:45 am Tai Chi-50¢
11:30 am Lunch
12 pm Various Cards
1 pm Hand, Knee and Foot Cards

9 am Sew 'n' So's Quilting Club
10:15 am Chair Volleyball
11:30 am Lunch
1 pm Hand & Foot Cards
1 pm Happy Birthday Jingo-FREE PRIZES
2 pm Various Cards

10:45 am Tai Chi-50¢
NO ENOA MEAL
11:30 am Duckpin Bowling and Lunch at Smashpark-**RSVP-Limit 12- \$6 for bowling- Lunch is additional**

10:15 am Chair Volleyball
11:30 am Lunch
1 pm Pitch
1 pm Bingo- \$1
Contribution- **Up to 2 Cards**
2 pm Various Cards

MONDAY
19

TUESDAY
20

WEDNESDAY
21

THURSDAY
22

FRIDAY
23

Community Center Closed
Happy Martin Luther King Jr. Day!



10:45 am Tai Chi-50¢
11:30 am Lunch
12 pm Various Cards
1 pm Hand, Knee and Foot Cards
1 pm "While You Were Sleeping" Movie & Popcorn

9 am Sew 'n' So's Quilting Club
10:15 am Chair Volleyball
11:30 am Lunch
1 pm Hand & Foot Cards
1 pm Meditation and Tea W/ David
2 pm Various Cards

10:45 am Tai Chi-50¢
11:30 am Lunch
1 pm Those Were The Days Social

10:15 am Chair Volleyball
11:30 am Lunch
1 pm Pitch
1 pm Bingo- \$1
Contribution- Limit 1
Card
2 pm Various Cards

MONDAY
26

TUESDAY
27

WEDNESDAY
28

THURSDAY
29

FRIDAY
30

9 am Golden Ballroom Dancing Exercise
11:30 am Lunch
12:45 pm Love T-shirt Craft W/ Cheri

10:45 am Tai Chi-50¢
11:30 am Lunch
12 pm Various Cards
1 pm Hand, Knee and Foot Cards
1 pm "Notting Hill" Movie & Popcorn

9 am Sew 'n' So's Quilting Club
10:15 am Chair Volleyball
11:30 am Lunch
1 pm Hand & Foot Cards
1 pm Bunco-\$1 Contribution-**RSVP**
2 pm Various Cards

10:45 am Tai Chi-50¢
11:30 am Lunch
12:30 pm Horseshoe Casino Outing-**RSVP-Limit 12**

10:15 am Chair Volleyball
11:30 am Lunch
1 pm Pitch
1 pm Bingo- \$1
Contribution- Limit 1
Card
2 pm Various Cards



Famous January Birthdays

The following people were born in January. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. David **BOWIE**
- B. George **BURNS**
- C. Carol **CHANNING**
- D. Ben **FRANKLIN**
- E. Crystal **GAYLE**
- F. Martin Luther **KING** Jr.
- G. Kenny **LOGGINS**
- H. Mary Lou **RETTON**
- I. Paul **REVERE**
- J. Nolan **RYAN**
- K. J. R. R. **TOLKIEN**
- L. Oprah **WINFREY**



Bonus: Match the person to the correct clue.

1. "Footloose" singer _____	7. MLB pitcher _____
2. Inventor, statesman, writer _____	8. Gold medal gymnast _____
3. English singer, songwriter, actor _____	9. <i>Lord of the Rings</i> author _____
4. Talk show host _____	10. Actress, comedian, singer _____
5. Revolutionary midnight rider _____	11. Country singer _____
6. Comedian and actor _____	12. Civil rights activist _____