

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

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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!!!



*Happy
New Year!*

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**.



Congregate January

Eastern Nebraska Office on Aging ** Menu Items are Subject to Change**

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

New Year's Day

Senior Center Closed

Friday
1/2/2026

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

Monday
1/5/2026

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

Tuesday
1/6/2026

Breaded Chicken Sandwich
on WG Hamburger Bun
w/ Leaf Lettuce & Sliced Tomato
Potato Salad
Cinnamon Applesauce
1% or Skim Milk

Wednesday
1/7/2026

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

Thursday
1/8/2026

NO ENOA MEAL

Friday
1/9/2026

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

Monday
1/12/2026

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

Tuesday
1/13/2026

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

Wednesday
1/14/2026

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

Thursday
1/15/2026

NO ENOA MEAL

Friday
1/16/2026

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

Monday
1/19/2026

Martin Luther King Jr.
Holiday
Senior Center Closed



Tuesday
1/20/2026

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

Wednesday
1/21/2026

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

Thursday
1/22/2026

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

Friday
1/23/2026

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

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

Tuesday
1/27/2026

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

Wednesday
1/28/2026

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

Thursday
1/29/2026

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

Friday
1/30/2026

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

New Year's Day

Senior Center Closed

Friday
1/2/2026

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 Merry-makers 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**

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| C | P | S | N | I | L | K | N | A | R | F | E |
| E | X | A | E | W | H | O | S | Q | G | C | I |
| K | Y | J | N | W | N | B | G | N | R | T | W |
| R | A | N | J | Z | R | K | A | G | R | S | O |
| T | O | L | K | I | E | N | Y | Y | I | U | B |
| N | Q | G | D | H | E | S | L | E | M | N | B |
| Y | O | G | R | R | M | Q | E | R | N | T | S |
| J | E | T | E | G | N | I | K | F | Y | A | B |
| S | I | V | T | H | F | Q | D | N | Q | J | X |
| P | E | K | X | E | Y | T | W | I | A | A | H |
| R | T | U | H | G | R | F | F | W | L | M | H |
| C | H | A | N | N | I | N | G | L | B | L | A |

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 _____ |