

# LA VISTA SENIOR NEWSLETTER



## September 2025



8116 Park View Blvd., La Vista, NE 68128 | 402.331.3455

[CityofLaVista.org/Seniors](http://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](mailto:KSummerlin@CityofLaVista.org)

##### Heather Buller

Recreation Director

[HBuller@CityofLaVista.org](mailto:HBuller@CityofLaVista.org)

##### David Karlson

Assistant Recreation Director

[DKarlson@CityofLaVista.org](mailto:DKarlson@CityofLaVista.org)

##### Sue Tangeman

Administrative Assistant

[STangeman@CityofLaVista.org](mailto:STangeman@CityofLaVista.org)



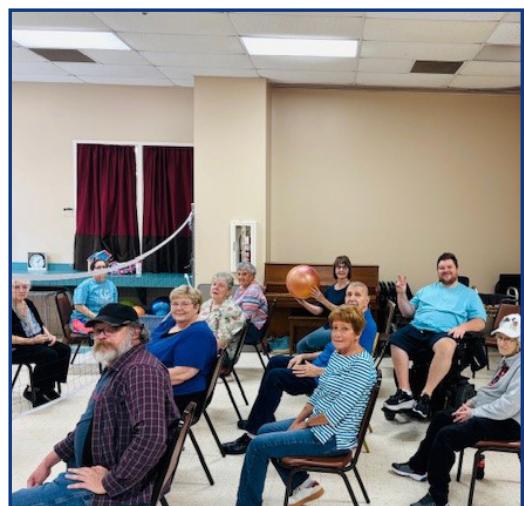
### LA VISTA SENIOR PROGRAM NEWS

Hello, Seniors!

This past month was full of fun and laughter! Twelve of our seniors joined us for an outing to the Bellevue Senior Center, where we enjoyed a lighthearted, non-competitive game of chair volleyball. The room was filled with smiles, friendly banter and plenty of giggles. We had such a great time that we're already planning to do it again soon!

We also enjoyed a special Bring-a-Kid Suncatcher Craft led by our talented senior volunteer, Cheri Heller. Many participants brought their grandchildren, and together they created beautiful suncatchers while sharing stories and laughter. It was heartwarming to see the joy and connection across generations.

As a reminder, the Senior Carnival returns Wednesday, October 22 at 10 a.m.—but be sure to register by October 15, as space is limited! Enjoy games, balloon animals, face painting, treats and great prizes. We're collecting donations of new stuffed animals, personal care items, household goods, gift cards or monetary contributions for prizes. Don't miss the fun!



## HOROSCOPES

In astrology, those born between the 1st and 22nd of September are Virgos. Virgos are industrious, efficient, and pay close attention to details, which is why they tend to get the job done right on the first try.



Those born between September 23rd and 30th balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players who are tactful and polite at soothing those embroiled in argument.

## SENIOR BIRTHDAYS



Nancy P. 9/2  
Frances S. 9/7  
Karen R. 9/8  
Randy H. 9/11  
Kathy H. 9/12  
Edward T. 9/14  
Susan K. 9/15

Karen C. 9/16  
Carol K. 9/17  
Jane R. 9/17  
Sally M. 9/21  
JoAnna L. 9/21  
Elaine C. 9/22  
Joyce B. 9/22



## IN MEMORIUM

Eleanore Tex



## 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 Sue Tangeman or Kaily Summerlin at **402.331.3455**, or visit us at [CityofLaVista.org](http://CityofLaVista.org).



SEPTEMBER 2025  
CONGREGATE MENU

## EASTERN NEBRASKA OFFICE ON AGING

ALL MENUS ARE SUBJECT TO CHANGE

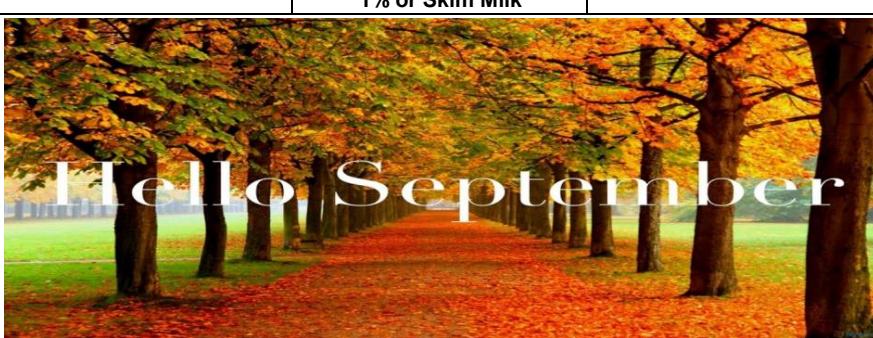
Monday 9/1/2025	Tuesday 9/2/2025	Wednesday 9/3/2025	Thursday 9/4/2025	Friday 9/5/2025
<b>Labor Day</b> Senior Centers are Closed 	Chicken Broccoli Alfredo with WG Penne Peas Diced Carrots WG Dinner Roll/Marg Mandarin Oranges 1% or Skim Milk	Meatloaf with Tomato Gravy Baked Potato/Sour Cream PC Mixed Vegetables Hearth Roll/Marg Macadamia Nut Cookie or Diet Cookies 1% or Skim Milk	NO ENOA MEAL	Potato Crusted Fish w/ Tartar Sauce Potato Medley California Blend Vegetables WG Petite Roll/Marg Pineapple Tidbits 1% or Skim Milk
Monday 9/8/2025	Tuesday 9/9/2025	Wednesday 9/10/2025	Thursday 9/11/2025	Friday 9/12/2025
Pork Fritter with Gravy Ranch Mashed Potatoes Peas & Carrots WG Breadstick/Marg Cinnamon Apples 1% or Skim Milk	All Beef Chicago Dog Jumbo Frank, Sliced Tomato Pickle Spear, Diced Onion on a WG Hot Dog Bun Potato Wedges Fruit Cocktail 1% or Skim Milk	Open Faced Roast Beef Sandwich on WG Bread Mashed Potatoes & Gravy Diced Beets Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	NO ENOA MEAL	Sloppy Joe Sandwich Cheesy Hashbrowns Broccoli Florets WG Hamburger Bun Fudge Round or Diet Cookies 1% or Skim Milk
Monday 9/15/2025	Tuesday 9/16/2025	Wednesday 9/17/2025	Thursday 9/18/2025	Friday 9/19/2025
Chicken Marsala Diced Sweet Potatoes Zucchini & Tomatoes Heavy Hearth Roll/Marg Apricot Halves 1% or Skim Milk	Soft Shell Beef Taco Taco Meat, Shred Lettuce Diced Tomato, Shred Cheese Fiesta Corn 8" Flour Tortilla Shell Sour Cream & Taco Sauce PC Peaches & Strawberries 1% or Skim Milk	Salisbury Steak in Brown Gravy Cheesy Mashed Potatoes Peas & Carrots WG Bread Slice/Marg Mandarin Oranges 1% or Skim Milk	National Cheeseburger Day NO ENOA MEAL	Butterscotch Pudding Day 10 Grain Fish Twice Baked Mash Potatoes Green Beans WG Dinner Roll/Marg Butterscotch Pudding or Diet Pudding Tartar Sauce PC 1% or Skim Milk
Monday 9/22/2025	Tuesday 9/23/2025	Wednesday 9/24/2025	Thursday 9/25/2025	Friday 9/26/2025
Cheeseburger Macaroni w/ WG Elbow Noodles Broccoli Florets Cauliflower WG Breadstick/Marg Fruit Cocktail 1% or Skim Milk	NO ENOA MEAL	Pulled Pork Sandwich on Kaiser Bun Scalloped Potatoes Carrot Coins Strawberries & Pears 1% or Skim Milk	Sliced Turkey & Gravy Mashed Potatoes Broccoli Florets WG Dinner Roll/Marg Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Western Omelet with Cheese Sauce Potatoes O'Brien Strawberry Applesauce Iced Donut 1% or Skim Milk
Monday 9/29/2025	Tuesday 9/30/2025			
**These meals may contain the following allergens: peanuts, tree nuts, seafood, shellfish, soy, eggs, milk, wheat, and sesame seeds**				

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SEPTEMBER DELI  
DELI MENU

## Eastern Nebraska Office on Aging

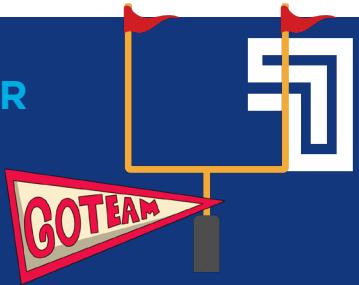
ALL MENUS ARE SUBJECT TO CHANGE

Monday 9/1/2025	Tuesday 9/2/2025	Wednesday 9/3/2025	Thursday 9/4/2025	Friday 9/5/2025
<b>Labor Day</b> <b>Senior Centers are Closed</b> 	Ham & Swiss on Vienna Bread w/ Lettuce & Tomato Coleslaw Mandarin Oranges 1% or Skim Milk	Tuna Salad on Croissant w/ Lettuce & Tomato Pea Salad Macadamia Nut Cookie or Diet Cookies 1% or Skim Milk	NO ENOA MEAL	Roast Beef & Cheddar on Vienna Bread w/ Lettuce & Tomato Potato Salad Pineapple Tidbits 1% or Skim Milk
<b>Monday 9/8/2025</b>	<b>Tuesday 9/9/2025</b>	<b>Wednesday 9/10/2025</b>	<b>Thursday 9/11/2025</b>	<b>Friday 9/12/2025</b>
Egg Salad on Vienna Bread w/ Lettuce & Tomato Coleslaw Cinnamon Apples 1% or Skim Milk	Chicken Philly Cheesesteak Salad Chicken, Peppers Onions, Shred Cheese over Mixed Greens Salad 100% Grape Crackers(2pk) Fruit Cocktail 1% or Skim Milk	Ham Salad on WG Bread w/ Lettuce & Tomato Coleslaw Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	NO ENOA MEAL	Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Three Bean Salad Fudge Round or Diet Cookies 1% or Skim Milk
<b>Monday 9/15/2025</b>	<b>Tuesday 9/16/2025</b>	<b>Wednesday 9/17/2025</b>	<b>Thursday 9/18/2025</b>	<b>Friday 9/19/2025</b>
Ham & American on Vienna Bread w/ Lettuce & Tomato Marinated Vegetable Salad Apricot Halves 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Mixed Greens Salad Crackers(2pks) 100% Apple Juice Peaches & Strawberries 1% or Skim Milk	Turkey & Swiss on WG Bread with Lettuce & Tomato Three Bean Salad Mandarin Oranges 1% or Skim Milk	NO ENOA MEAL	<b>Butterscotch Pudding Day</b> Cranberry Chicken Salad on Croissant w/ Lettuce & Tomato Potato Salad Butterscotch Pudding or Diet Pudding 1% or Skim Milk
<b>Monday 9/22/2025</b>	<b>Tuesday 9/23/2025</b>	<b>Wednesday 9/24/2025</b>	<b>Thursday 9/25/2025</b>	<b>Friday 9/26/2025</b>
Ham Salad on Marble Bread w/ Lettuce & Tomato Cowboy Caviar Fruit Cocktail 1% or Skim Milk	NO ENOA MEAL	Black & Bleu Salad Roast Beef, Blue Cheese Caramelized Red Onion Mixed Greens Salad Crackers(2pk) 100% Apple Juice Strawberries & Pears 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg American & Grape Tomatoes Mixed Greens Salad 100% Apple Juice WG Breadstick Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	Roast Beef & Cheddar on WG Bun w/ Lettuce & Tomato Three Bean Salad Strawberry Applesauce 1% or Skim Milk
<b>Monday 9/29/2025</b>	<b>Tuesday 9/30/2025</b>			
Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Coleslaw Strawberries & Peaches 1% or Skim Milk	Roast Beef Chef Salad Roast Beef, Diced Egg American & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Cinnamon Apples 1% or Skim Milk			

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# LA VISTA SENIOR PROGRAM CALENDAR

## SEPTEMBER 2025



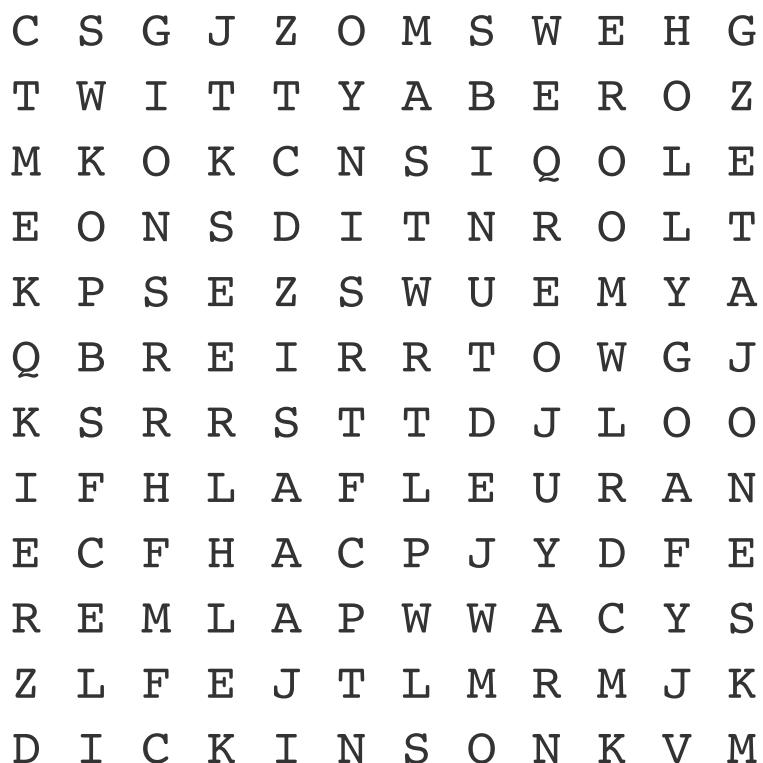
MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Happy Labor Day! Community Center Closed 	10:45 am TaiChi- 50¢ 11:30 am Lunch 12 pm Various Cards 12:30 pm Activity Calendar Planning- Bring Ideas for October 1 pm Hand, Knee & Foot Cards	9 am Sew 'n' So's Quilting Club 10:15 am Chair Volleyball 11:30 am Lunch 12:30 pm UNO cards 1 pm Hand & Foot Cards 1 pm "Rudy" Movie and Popcorn 2 pm Various Cards	10:45am Tai Chi- 50¢ NO ENOA MEAL 12:30 pm Golden Apple Restaurant- Meet at the Restaurant-RSVP	10:15 am Chair Volleyball 11:30 am Lunch 1 pm Pitch 1pm Bingo -\$1 Contribution- Limit 1 Card 2 pm Various Cards
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
9 am Golden Ballroom Dancing Exercise 11:30 am Lunch 12:45 pm Bring Your Own Craft and a snack to share	10:45 am Tai Chi- 50¢ 11:30 am Lunch 12 pm Various Cards 1 pm Hand, Knee & Foot Cards <b>1 pm Available</b> Eastern Nebraska Office on Aging Programs Presentation	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 <b>FREE PRIZES</b> 2 pm Various Cards	10:45 am Tai Chi- 50¢ NO ENOA MEAL <b>11 am Bring a Friend/</b> <b>Family Member</b> <b>Picnic Lunch Outing</b> <b>to Central Park</b> <b>w/yard games &amp;</b> <b>free food - RSVP -</b> <b>Register by Sept. 8</b>	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 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
9 am Golden Ballroom Dancing Exercise 11:30 am Lunch <b>1 pm Amazing Lindy Magic Show</b> 3:30 pm Senior Pickleball Class w/Jess	10:45 am Tai Chi- 50¢ 11:30 am Lunch 12 pm Various Cards 1 pm Hand, Knee & Foot Cards 1 pm Sign Language Class w/Carol	9 am Sew 'n' So's Quilting Club 10:15 am Chair Volleyball 11:30 am Lunch 12:30 pm UNO cards 1 pm Hand & Foot Cards 1 pm Let's Play September Jeopardy 2 pm Various Cards	10:45 am Tai Chi-50¢ NO ENOA MEAL 12:30 pm Pizza Ranch Outing - Meet at the Restaurant <b>RSVP</b>	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 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
9 am Golden Ballroom Dancing Exercise 11:30 am Lunch 12:30 pm Merrymakers Presents "Tim Javorsky"	10:45 am Tai Chi- 50¢ NO ENOA MEAL 12 pm Various Cards 1 pm Hand, Knee & Foot Cards <b>1 pm Football Pizza Party w/</b> <b>games-RSVP by 9/18. FREE</b> <b>PIZZA. Bring a dessert or</b> <b>appetizer to share.</b>	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 2 pm Various Cards	10:45 am Tai Chi-50¢ 11:30 am Lunch 12:30 pm Bakers Candies Outing - <b>RSVP - Limit 12</b>	10:15 am Chair Volleyball 11:30 am Lunch 1 pm Pitch 1 pm Bingo-\$1 Contribution- Up to <b>2 cards</b> 2 pm Various Cards
MONDAY 29	TUESDAY 30	<b>Signing up for outings will start on Tuesday, September 2 at 2 p.m. Come to the La Vista Community Center or call 402-331-3455.</b>	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.
9 am Golden Ballroom Dancing Exercise 11:30 am Lunch 12:45 pm Making Scarecrow Pots to donate to a local nursing home	10:45 am Tai Chi- 50¢ 11:30 am Lunch 12 pm Various Cards 1 pm Hand, Knee & Foot Cards 1 pm "Practical Magic" Movie & Popcorn			



## Famous September Birthdays

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

- A. Samuel **ADAMS**
- B. Agatha **CHRISTIE**
- C. Angie **DICKINSON**
- D. Buddy **HOLLY**
- E. Guy **LAFLEUR**
- F. Clayton **MOORE**
- G. Grandma **MOSES**
- H. Jesse **OWENS**
- I. Arnold **PALMER**
- J. Colonel **SANDERS**
- K. Conway **TWITTY**
- L. Catherine **ZETA-JONES**



**Bonus:** Match the person to the correct clue.

1. Country singer _____	7. <i>Lone Ranger</i> actor _____
2. Olympic track star _____	8. Singer / musician _____
3. Painter _____	9. Welsh actress _____
4. <i>Rio Bravo</i> actress _____	10. Golfer _____
5. Mystery writer _____	11. Revolutionary war leader _____
6. KFC founder _____	12. NHL hockey player _____