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 Stanley
Senior Services Manager
KStanley@CityofLaVista.org

Heather Buller
Recreation Director
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Sue Tangeman
Administrative Assistant
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LA VISTA SENIOR CENTER NEWS

Hello Seniors! It’s that time of year again where snow may delay or cancel programs. It is the policy of the La Vista Senior Center that if Papillion-La Vista Schools or ENOA closes, the Senior Center program and ENOA meals will also be canceled. Please direct your attention to the La Vista City Government Facebook page or a local news channel during times of impending weather.

Please also note, the Special Services Bus will be canceled if Papillion-La Vista or Ralston Schools close. If these districts declare a late start, the Bus Service will also start late and all rides during the late start period will be canceled. Additionally, if roads become unsafe throughout the day, bus rides will be canceled.

We are excited to announce that the Senior St. Patrick’s Luncheon will be back on Friday, March 15 at 11:30 a.m. at the La Vista Senior Center. Live music will be provided by Paul Siebert. Cost is $8, sorry no refunds. Registration ends March 6 or once 150 registrations are reached.

(Pictured above: Seniors dancing at Music Bingo; Pictured below left: Senior twins for the day, Rich and Jack; Pictured below right: Sew ‘n’ So’s Quilting Club members)
If you were born between February 1-18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. These energetic people have inquisitive minds and come up with creative solutions to problems.

Those born from February 19-29 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

SENIOR BIRTHDAYS

Lois V.   February 2
Darlene M.  February 3
Barbara B.  February 11
Thomas B.  February 11
Cynthia P.  February 15
Marla C.   February 21
Karen R.   February 22
Marie M.   February 27
Dennis T.  February 28

SPECIAL SERVICES BUS

The Special Services Bus is available for senior citizens ages 60 and older and all special needs/handicapped individuals 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.

We make every effort to accommodate, but sometimes due to prior scheduling, we may not be able to help everyone at their requested times.

For more information about service, fees, etc., please call the La Vista Recreation Department at 402.331.3455, or visit us at CityofLaVista.org.
## Congregate Menu

### Eastern Nebraska Office on Aging

**February 2024**

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<tr>
<th>Monday</th>
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<tbody>
<tr>
<td>2/5/2024</td>
<td>NO ENOA MEAL</td>
<td>NO ENOA MEAL</td>
<td>Roasted Pork Chop with Pineapple Mango Salsa Mashed Potatoes Green Beans Wheatberry Roll/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk</td>
<td>NO ENOA MEAL</td>
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<td>NO ENOA MEAL</td>
<td>NO ENOA MEAL</td>
<td>Beef Stew with Potatoes, Carrots &amp; Peas Mixed Greens Salad/Dress PC Mini Buttermilk Biscuit/Marg Strawberries &amp; Pears 1% or Skim Milk</td>
<td>NO ENOA MEAL</td>
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<tbody>
<tr>
<td>2/12/2024</td>
<td>Fat Tuesday</td>
<td>Valentine/Bday/Ash Wed.</td>
<td>Sweet &amp; Sour Meatballs Brown Rice Pilaf Broccoli Cuts Cinn. Raisin Bread/Marg Mandarin Oranges 1% or Skim Milk</td>
<td>NO ENOA MEAL</td>
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<tr>
<td>Cheeseburger on a WG Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions &amp; Pickle Slices Baked Beans Fresh Orange 1% or Skim Milk</td>
<td>Fat Tuesday Cajun Chicken Breast in Alfredo Sauce Potatoes O’Brien Peas &amp; Carrots Vienna Bread Slices/Marg Beignet or Diet Cookie 1% or Skim Milk</td>
<td>Valentine/Bday/Ash Wed. Baked Cod Loin in Lemon Garlic Sauce Diced Sweet Potatoes Stewed Tomatoes WG Petite Roll/Marg Decorated or Plain Cake 1% or Skim Milk</td>
<td>Cheese Ravioli in Marinara with Shredded Mozzarella Cauliflower Mixed Greens Side Salad Dressing PC WG Breadstick/Marg Cinnamon Diced Pears 1% or Skim Milk</td>
<td>NO ENOA MEAL</td>
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<td>Monday</td>
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<tr>
<td>2/19/2024</td>
<td>National Muffin Day</td>
<td>National Chili Day</td>
<td>Walking Taco!</td>
<td>10 Grain Fish Filet</td>
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<tr>
<td>Presidents’ Day</td>
<td>Turkey Breast &amp; Gravy Mashed Potatoes Zucchini &amp; Tomatoes WG Dinner Roll/Marg WG Blueberry Muffin 1% or Skim Milk</td>
<td>White Bean &amp; Chicken Chili Potato Medley Green &amp; Gold Beans Pumpernickel Bread/Marg Fruit Cocktail 1% or Skim Milk</td>
<td>Taco Meat, Shred Cheese Shredded Lettuce, Diced Tomato Fiesta Corn WG Nacho Doritos PC Sour Cream &amp; Taco Sauce PCs Applesauce Tartar Sauce PC 1% or Skim Milk</td>
<td>Oven Roasted Baby Reds Oven Roasted Vegetables Italian Roll/Marg Chocolate Chip Cookie or Diet Cookies Tartar Sauce PC 1% or Skim Milk</td>
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<tr>
<td>Senior Center Closed</td>
<td>National Muffin Day</td>
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<td>2/26/2024</td>
<td>Country Fried Steak Mashed Potatoes &amp; Gravy Brussels Sprouts Marble Bread/Marg Tropical Fruit Mix 1% or Skim Milk</td>
<td>Western Omelet in Cheese Sauce Breakfast Potatoes Peppers &amp; Onions WG Bread Slice/Marg Strawberry Yogurt Parfait or Diet Pudding 1% or Skim Milk</td>
<td>Liver w/ Onion Gravy Whipped Potatoes Green Beans Honey Wheat Bread/Marg Apricot Halves 1% or Skim Milk</td>
<td>Ham &amp; Scalloped Potatoes Winter Blend Vegetables WG Dinner Roll/Marg Cinnamon Apple Slices 1% or Skim Milk</td>
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<td>Western Omelet in Cheese Sauce Breakfast Potatoes Peppers &amp; Onions WG Bread Slice/Marg Strawberry Yogurt Parfait or Diet Pudding 1% or Skim Milk</td>
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<td>Meals</td>
<td>Turkey Chef Salad</td>
<td>Egg Salad on Croissant w/ Lettuce &amp; Tomato Pea Salad Beignet or Diet Cookies</td>
<td>Roast Beef Chef Salad Roast Beef &amp; Diced Egg Cheese &amp; Grape Tomatoes Mixed Greens Entrée Salad Crackers (2pk) 100% Apple Juice Decorated or Plain Cake 1% or Skim Milk</td>
<td>Chicken Caesar Salad w/ Caesar Dressing Croutons Mixed Greens Entrée Salad 100% Grape Juice Mandarin Oranges 1% Milk</td>
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<td>Dice Turkey, Diced Egg Amer. Cheese &amp; Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Fresh Orange 1% or Skim Milk</td>
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<thead>
<tr>
<th>Presidents’ Day</th>
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<tr>
<td>Senior Center Closed</td>
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<th>Monday 2/19/2024</th>
<th>Tuesday 2/20/2024</th>
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<th>Thursday 2/22/2024</th>
<th>Friday 2/23/2024</th>
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<tr>
<td>Meals</td>
<td>Sliced Ham &amp; American on Wheat Bread w/ Lettuce &amp; Tomato Carrot Raisin Salad WG Blueberry Muffin 1% or Skim Milk</td>
<td>Roast Beef &amp; Cheddar with Leaf Lettuce &amp; Tomato on 1/2 Ciabatta Coleslaw Fruit Cocktail 1% or Skim Milk</td>
<td>Greek Chicken Salad Diced Chicken, Cucumber &amp; Tomato over Mixed Greens w/ Greek Feta Dressing Crackers (2pk) 100% Fruit Punch Juice Applesauce 1% or Skim Milk</td>
<td>Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese &amp; Grape Tomatoes Crackers (2pk) 100% Grape Juice Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk</td>
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<tr>
<td>Meals</td>
<td>Chicken Pasta Salad over Romaine Blend Salad Tomato Wedges Croutons Tropical Fruit Mix 1% or Skim Milk</td>
<td>Turkey &amp; Cheddar with Leaf Lettuce &amp; Tomato on 1/2 Ciabatta Coleslaw Strawberry Yogurt Parfait or Diet Pudding 1% or Skim Milk</td>
<td>Greek Chicken Salad Diced Chicken, Cucumber &amp; Tomato over Mixed Greens w/ Greek Feta Dressing Crackers (2pk) 100% Fruit Punch Juice Apricot Halves</td>
<td>Crab Salad on Croissant w/ Leaf Lettuce &amp; Tomato Three Bean Salad Cinnamon Apple Slices 1% Milk</td>
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<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
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| **Note this change:** Signing up for outings will start on Thursday, February 1 at 2 p.m. Come to the Senior Center or call 402.331.3455. | Calendar is subject to changes at any time. If you can not attend an outing that you signed up for, please call us as we do have a waiting list. | **10:45 am Tai Chi-50¢**  
**11:30 am Lunch**  
12:30 pm Activity Calendar Planning, bring ideas for March | **10:45 am Tai Chi-50¢**  
**11:30 am Lunch**  
12:30 pm Activity Calendar Planning, bring ideas for March | **10:15 am Chair Volleyball**  
**11:30 am Lunch**  
1 pm Pitch  
1 pm Bingo-$1  
2 pm Various Cards |

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<th>MONDAY 5</th>
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<th>WEDNESDAY 7</th>
<th>THURSDAY 8</th>
<th>FRIDAY 9</th>
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| 9 am Golden Ballroom Dancing Exercise - On Stage  
**NO ENOA MEAL**  
12:30 pm Jimbo’s Lunch Outing-Meet at the restaurant-RSVP Limit 20 | **10:45 am Tai Chi-50¢**  
On Stage  
**NO ENOA MEAL** | **9 am Sew’n So’s Quilting Club - In Game Room**  
**9:30 am Square Donuts Outing - RSVP Limit 20**  
10:15 am Chair Volleyball  
**NO ENOA MEAL** | **10:45 am Tai Chi-50¢**  
On Stage  
**NO ENOA MEAL** | **10:15 am Chair Volleyball**  
**NO ENOA MEAL**  
11:30 am Senior Valentine’s Lunch at Papillion Landing-$8, RSVP (Sorry no refunds) Limit 75 registrations 1 pm Pitch |

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<th>MONDAY 12</th>
<th>TUESDAY 13</th>
<th>WEDNESDAY 14</th>
<th>THURSDAY 15</th>
<th>FRIDAY 16</th>
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| 9 am Golden Ballroom Dancing Exercise  
**11:30 am Lunch**  
12:45 pm Senior Crafts with Cheri | **10:45 am Tai Chi 50¢**  
**11:30 am Lunch**  
12:30 pm Merrymakers Presents “Mary Link”  
2 pm Various Cards | **9 am Sew’n So’s Quilting Club**  
10:15 am Chair Volleyball  
**11:30 am Lunch**  
12:30 pm Uno  
1 pm Hand & Foot Cards  
1 pm Love Song Jingo-  
**FREE PRIZES**  
2 pm Various Cards | **10:45 am Tai Chi-50¢**  
**11:30 am Lunch**  
12:30 pm Great Plains Black History Museum Outing-  
**RSVP- Donations accepted by the Museum** | **10:15 am Chair Volleyball**  
**NO ENOA MEAL**  
11:30 am Lunch  
1 pm Pitch  
1 pm Bingo w/ Phyllis, Karen and Cheri-$1  
2 pm Various Cards |

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<tr>
<th>MONDAY 19</th>
<th>TUESDAY 20</th>
<th>WEDNESDAY 21</th>
<th>THURSDAY 22</th>
<th>FRIDAY 23</th>
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| **SENIOR CENTER CLOSED** | **HAPPY PRESIDENTS DAY** | **9 am Sew’n So’s Quilting Club**  
**10:15 am Chair Volleyball**  
**11:30 am Lunch**  
12:30 pm General Crook House Museum Outing- Featuring The History of Baseball in Omaha Exhibit-  
**RSVP Limit 12- $9** | **10:45 am Tai Chi-50¢**  
**11:30 am Lunch**  
12:30 pm Famous African Americans Jingo - **FREE PRIZES** | **10:15 am Chair Volleyball**  
**11:30 am Lunch**  
1 pm Pitch  
1 pm Bingo-$1  
2 pm Various Cards |

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<tr>
<th>MONDAY 26</th>
<th>TUESDAY 27</th>
<th>WEDNESDAY 28</th>
<th>THURSDAY 29</th>
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</table>
| 9 am Golden Ballroom Dancing Exercise  
**11:30 am Lunch**  
1 pm Blackjack - **FREE MONEY** | **10:45 am Tai Chi-50¢**  
**11:30 am Lunch**  
12 pm Various Cards  
1 pm “Leap Year” Movie & Popcorn | **9 am Sew’n So’s Quilting Club**  
**10:15 am Chair Volleyball**  
**11:30 am Lunch**  
12:30 pm Bunco-$1 RSVP  
1 pm Hand & Foot Cards  
2 pm Various Cards | **10:45 am Tai Chi-50¢**  
**11:30 am Lunch**  
12:30 pm Famous African Americans Jingo - **FREE PRIZES** |

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.
Famous February Birthdays

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

A. Mario **ANDRETTI**
B. Jack **BENNY**
C. Erma **BOMBECK**
D. Cindy **CRAWFORD**
E. Fats **DOMINO**
F. Mia **FARROW**
G. Steve **IRWIN**
H. Michael **JORDAN**
I. Jack **PALANCE**
J. Norman **ROCKWELL**
K. John **STEINBECK**
L. Levi **STRAUSS**

Bonus: Match the person to the correct clue.

1. Renowned painter ____
2. Author ____
3. Actress ____
4. Denim jeans inventor ____
5. Vaudeville comedian ____
6. Race car driver ____
7. NBA great ____
8. Supermodel ____
9. Rock singer and pianist ____
10. “Crocodile Hunter” ____
11. *City Slickers* actor ____
12. Columnist ____