

BELLEVUE COMMUNITY CENTER



Connecting Adults 55+



109 W. 22nd St. Bellevue, NE 68005 (402) 293-3041
Monday-Friday 8:00 am - 4:00pm

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Hello People!

Thank you to everyone who renewed their booster membership! We really appreciate your support .

July starts off with a BANG! Our celebration of America's 250 Birthday will be on Thursday, July 2nd at 10:15 am. This is a bit earlier of a start due to scheduling. Please RSVP by June 30th.

We hope your summer is going well. There is a lot to do outside but even more to do at the center! Invite a friend to join you for lunch or your favorite activity!

Cheers!
Kathy and Dawn

CENTER STAFF

Kathy Van Den Top,
ENOA, Manager

Dawn Jaixen
*ENOA, Assistant
Manager*

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JOIN IN THE FUN !



It's AMERICA'S 250th BIRTHDAY ! Help us celebrate this historic birthday in style! Wear your red, white and blue – from your head to your toes! This year we are having MUZICA - Larry and Mary Ann Marik will be putting on a show you won't forget! Mark your calendar now – The party will be **THURSDAY, JULY 2 @ 10:15 am (please note the earlier start time.** Sign up by June 30th.

Balloon Hockey is Back – Join us in this fast paced, fun filled game with the LaVista Senior Center! We use pool noodles and balloons to play hockey. Lots of laughs, lots of fun. They will be here on **Monday, July 13th at 1:00 pm.** Sign up for lunch too!



Set Your Alarm! Don't Be Late! You'll want Breakfast Pizza on your plate! That's right – our delicious pizza is topped with breakfast sausage gravy, eggs, mushrooms, onions and loaded with cheese! Call in by Tues. the 14th to reserve your spot on **Thursday, July 16th at 9:00 am** Stay for our Senior Advisory Meeting at 10:30. We'd love your input.

Big Bang Bingo! America's Birthday Celebration continues! Keep your Red, White and Blues going with a fun filled afternoon of bingo, prizes and snacks! Have lunch and keep the 250th birthday celebration rolling ! Lunch is at noon and bingo is at **1:00 pm on Wednesday, July 29th.** Sign up by Monday, July 27th.

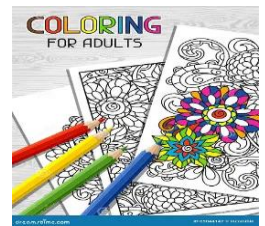


CHECK THIS OUT!



Games Galore! Do you get bored in the summer? We have a lot of games to check out. Poker, Mahjong, Bridge, Dominoes, Euchre, Hand Foot & Knee, SkipBo, King in a Corner, Bingo and Chair Volleyball! Never played one before but it sounds fun? Don't worry- we will teach you. Check out the daily calendar.

Coloring Contest - Bring out your creative side with adult coloring. The art room will be having a coloring contest so throw your picture in the ring! See Mert or Kathy in the art room for the design you will be coloring and more details.



Quilting Class – This class has really taken off! They will be offering classes on **Tuesday and Thursdays in July from 1:00 -3:00** . You must sign up in advance so everyone can get the proper attention and help while learning. They will be working on a new project and the cost is \$5.00 for the project.

Turtles on the Beach! We will be making adorable little turtles on a canvas using paint and clear stones. Fun and easy to make – and only \$3.00! The class will be **Monday the 13th at 9:30** and you must sign up by July 6th.



F	R	A	U	D
Credit/Debit Card Fraud	Print Fraud	Stolen Mail	PNC Security Center	Spyware/Virus
Phone Solicitation	Personal Security Image	Phishing	Identity Theft	Reimbursement Insurance
Bill Pay Guarantee	Identity Protect	FREE!	Check Scams	Missing Checks?
Security Incident Report	Fraudulent E-mails	Mail Fraud	Proactive Security Team	Privacy Guard
Pharming	PNC Alerts	Verified by Visa	Experian Equifax TransUnion	Reporting Card Fraud

First Interstate Bank– Fraud Bingo

Learn some new ways to keep your money safe while having fun. Join in on Tues. July 14 10:30 -11:30, and make plans to stay for lunch. Reps from First Interstate Bank will be presenting.



JULY BIRTHDAYS



- 1- Phyllis Timm
- 2- Trudy Berkey
- 3- Judy James
- 5- Phyllis Valentine & Kathy Parker
- 6- Lois Tobias & Albert Phillippon
- 10 – Delores Mahr & Chuck Miller
- 12 – Mert LeBreton
- 13- Lora Heath
- 15- Betty Shaw & Anne Nabors
- 16- Margaret Novak
- 17-Minnie Sasser
- 18-Joan Senter & Dawn Wetherell
- 20 – Mary Marchisello & JoEllen Hoefker
- 20- Mary Kay Grout & Patti Schonlau
- 21- Carol Gasko
- 22 – Brenda Elson
- 23- Andrea Kuhn & Marlys Dively
- 24- Marlene Head & Larry Stiverson
- 24- Julie Sturgeon
- 25- Jodie Wilson
- 26- Connie Miller & June Badillo



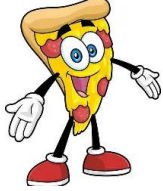
As Alan Jackson song goes: “There ain’t no cure for the summertime blues”. At the center that means that we have a hard time controlling the temperature in this big older building. Some rooms stay warmer than others, while at times it is freezing. Please bring a sweater, a jacket, boots, flip flops, sleeveless top and mittens along with your patience and understanding !



Winner Winner was Bev Noble! She took home \$137.00 and so did the center! Thank you to all who played!

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Chair Volleyball 9:00 Needle Crafters 9:30 Ceramics 10:15 – Tai Chi 12:30 Hand Foot Knee 12:30- Poker 1:00–Mahjong	9:30- Painting 10:00 – Exercise 12:15 -Bridge Groups 12:45- Dominoes 1:00 Quilting Class	9:00 – 3:00 Painting Group 10:15 – Tai Chi 12:30 – Poker 12:30 – Hand, Foot & Knee 1:00 Euchre	8:00 - Woodcarvers 10:00 -Bridge Groups 12:45 Bridge Groups 12:45 Dominoes 1:00 Quilting Class	8:30- Chair Volleyball 9:30 – Painting 9:30 – Skip Bo or Kings in a Corner 10:30 Bridge Class is the 17th of this month. 12:45 .25 BINGO

Activities for the Month of July

Monday Dunkin Donuts	Tuesday	Wednesday Panera Bread	Thursday	Friday Panera Bread
		1	2 	3 
6	7 	8	9 9:30 Lisa's Bingo 	10 10:00 Book Club 
13 9:30 – Turtle Art 1:00 Balloon & Noodle Hockey	14 10:30 – Fraud Bingo 	15 	16 9:00 Breakfast Pizza 	17 
20 7:00 Meeting 	21 	22	23 10:30 Hillcrest Bingo 	24 
27 	28	29 1:00 Big Bang Bingo 4TH OF JULY BINGO 	30	31

JULY HOT MENU

July FUN Facts At-a-Glance		Wednesday 7/1/2026	Thursday 7/2/2026	Friday 7/3/2026
July is National Ice Cream Month in the United States, as designated by President Ronald Reagan in 1984.		Salisbury Steak & Mushroom Gravy	BBQ Pork Rib Patty	
World Chocolate Day on July 7th celebrates chocolate's global cultural impact.		Mashed Potatoes	Potato Salad	
July 6th is National Fried Chicken Day in the United States, celebrating one of America's most popular comfort foods.		Green Beans	WG Hamburger Bun	
July 2nd is World UFO Day, commemorating the alleged UFO crash in Roswell, New Mexico in 1947.		WG Bread Slice/Marg	Apple Pie	
July 13th is National French Fry Day in the United States.		Butterscotch Pudding	or Diet Pudding	
		or Diet Pudding	1% or Skim Milk	Centers will be closed
		1% or Skim Milk		
Monday 7/6/2026	Tuesday 7/7/2026	Wednesday 7/8/2026	Thursday 7/9/2026	Friday 7/10/2026
National Fried Chicken Day	Potato Crusted Fish	Pork Chop with	Western Omelet w/ Ham,	Beef & Bean Burrito
Oven Fried Chicken Breast	w/ Tartar Sauce	Pork Gravy	Cheese, Peppers & Onion	with Cheese Sauce
Mashed Potatoes	Diced Sweet Potatoes	Winter Blend Vegetables	with Cheese Sauce	Spanish Rice
Brussels Sprouts	California Blend Vegetables	Green Bean Casserole	Potato O'Brien	Fiesta Corn
WG Breadstick/Marg	Vienna Bread/Marg	WG Dinner Roll/Marg	Mandarin Oranges	Sour Cream PC
Cinnamon Pears	Chocolate Chip Cookie	Decorated Birthday Cake	Chocolate Chip Muffin	WG Tostitos Scoops PC
1% or Skim Milk	or Diet Cookies	or Plain Cake Square	1% or Skim Milk	Strawberries & Pineapple
	1% or Skim Milk	1% or Skim Milk		1% or Skim Milk
Monday 7/13/2026	Tuesday 7/14/2026	Wednesday 7/15/2026	Thursday 7/16/2026	Friday 7/17/2026
Swedish Meatballs	National Mac & Cheese Day	All Beef Hot Dog with	Chicken Marsala	Spaghetti & Beef Sauce
Mashed Potatoes	WG White Mac & Cheese	Chili Sauce & Shred Cheese	Diced Sweet Potatoes	Mixed Greens Side Salad
Green Beans	Zucchini & Tomatoes	Diced Potatoes	Stewed Tomatoes	Dressing PC
100% Wheat Bread/Marg	Cauliflower	Broccoli	Heavy Hearth Roll/Marg	California Blend Veggies
Pineapple Tidbits	WG Petite Roll	WG Hot Dog Bun	Strawberries & Pears	WG Breadstick/Marg
1% or Skim Milk	Diet Fruited Jell-O	Snickerdoodle Cookie	1% or Skim Milk	Sliced Peaches
	1% or Skim Milk	or Diet Cookies		1% or Skim Milk
		1% or Skim Milk		
Monday 7/20/2026	Tuesday 7/21/2026	Wednesday 7/22/2026	Thursday 7/23/2026	Friday 7/24/2026
Chicken Breast in Creamy	Sloppy Joe Sandwich	Roast Beef with Brown	Shredded Pork &	Meatloaf in Tomato Gravy
Bacon Ranch Sauce	on WG Hamburger Bun	Gravy	Pineapple Salsa Taco	Baked Potato
Wild Rice	Augratin Potatoes	Mashed Potatoes	Brown Rice	Brussels Sprouts
Diced Carrots	Green Peas	Beets	Fiesta Bean Trio	WG Breadstick/Marg
WG Dinner Roll/Marg	Strawberries & Pineapple	WG Bread Slice	Flour Tortilla Shell	Sour Cream PC
Mandarin Oranges	1% or Skim Milk	Chocolate Pudding	Fresh Apple	Fruit Cocktail
1% or Skim Milk		or Diet Pudding	1% or Skim Milk	1% or Skim Milk
		1% or Skim Milk		
Monday 7/27/2026	Tuesday 7/28/2026	Wednesday 7/29/2026	Thursday 7/30/2026	Friday 7/31/2026
Mild Italian Sausage in	National Hamburger Day	Sliced Turkey & Gravy	Lasagna Cheese Roll	Asian Beef & Broccoli
Marinara	Classic Cheeseburger	Twich Baked Mash Potatoes	with Pink Sauce	Brown Rice
Potato Medley	on WG Hamburger Bun	Country Blend Vegetables	Mixed Greens Side Salad	Peas & Carrots
Carrot Coins	w/ Leaf Lettuce, Pickles,	WG Dinner Roll/Marg	Dressing PC	Cinn. Raisin Bread/Marg
WG Dinner Roll/Marg	& Sliced Tomatoes	Fresh Orange	Broccoli	Rice Krispy Treat
Strawberry Applesauce	Coleslaw	1% or Skim Milk	WG Breadstick/Marg	or Diet Cookies
1% or Skim Milk	Apricot Halves		Cinnamon Apples	1% or Skim Milk
	1% or Skim Milk		1% or Skim Milk	

JULY DELI MENU

July Facts At-a-Glance

When: Seventh month of the Gregorian calendar
Days: 31 **Birthstone:** Ruby
Flower: Larkspur and Water Lily
Zodiac Signs: Cancer (Jun 21 – Jul 22), Leo (Jul 23 – Aug 22)
Season: Summer in Northern Hemisphere, Winter in Southern Hemisphere
Notable Holidays: Independence Day (US, July 4), Bastille Day (France, July 14)

Wednesday 7/1/2026

Cranberry Chicken Salad
on Croissant
w/ Lettuce & Tomato
Potato Salad
Butterscotch Pudding
or Diet Pudding
1% or Skim Milk

Thursday 7/2/2026

BBQ Pork Rib Patty
Winter Blend Vegetables
Potato Salad
WG Hamburger Bun
Apple Pie
or Diet Pudding
1% or Skim Milk

Friday 7/3/2026

Independence Day



Centers will be closed

Monday 7/6/2026

Italian Sandwich
Turkey, Ham, Pepperoni
Swiss American Cheese,
Pepperoncini
on Vienna Bread
Coleslaw
Cinnamon Pears
1% or Skim Milk

Tuesday 7/7/2026

Egg Salad Sandwich
on Croissant
w/ Leaf Lettuce & Tomato
Potato Salad
Chocolate Chip Cookie
or Diet Cookies
1% or Skim Milk

Wednesday 7/8/2026

Roast Beef & Swiss on
on WG Bun
w/ Lettuce & Tomato
Broccoli Salad
Decorated Birthday Cake
or Plain Cake Square
1% or Skim Milk

Thursday 7/9/2026

Ranch Chicken Salad
on WG Bun
w/ Lettuce & Tomato
Three Bean Salad
Mandarin Oranges
1% or Skim Milk

Friday 7/10/2026

Ham Salad on
Rye Bread
w/ Lettuce & Tomato
Potato Salad
Strawberries & Pineapple
1% or Skim Milk

Monday 7/13/2026

Sliced Ham & American
Cheese on Hamburger Bun
w/ Lettuce & Tomato
Coleslaw
Pineapple Tidbits
1% or Skim Milk

Tuesday 7/14/2026

Tuna Salad
on WG Bread
w/ Lettuce & Tomato
Pea Salad
Diet Fruited Jell-O
1% or Skim Milk

Wednesday 7/15/2026

Classic Chef Salad
Ham, Turkey, Diced Egg
American & Grape Tomatoes
100% Fruit Punch Juice
WG Breadstick/Marg
Snickerdoodle Cookie
or Diet Cookies
1% or Skim Milk

Thursday 7/16/2026

Roast Beef & Cheddar
on Vienna Bread
w/ Lettuce & Tomato
Three Bean Salad
Strawberries & Pears
1% or Skim Milk

Friday 7/17/2026

Chicken Fajita Salad
Sliced Fajita Chicken with
Peppers & Onions & Corn
over Mixed Greens Salad
w/ Southwest Ranch Dressing
WG Breadstick
Sliced Peaches
1% or Skim Milk

Monday 7/20/2026

Turkey & Swiss on
WG Bread
w/ Lettuce & Tomato
Potato Salad
Mandarin Oranges
1% or Skim Milk

Tuesday 7/21/2026

Chicken Caesar Salad
w/ Caesar Dressing &
Croutons
over Mixed Greens Salad
100% Grape Juice
Strawberries & Pineapple
1% or Skim Milk

Wednesday 7/22/2026

Egg Salad on
Vienna Bread
w/ Lettuce & Tomato
Marinated Vegetable Salad
Chocolate Pudding
or Diet Pudding
1% or Skim Milk

Thursday 7/23/2026

Roast Beef Chef Salad
Roast Beef, Diced Egg
American & Grape Tomatoes
over Mixed Greens Salad
100% Grape Juice
Crackers(2pk)
Fresh Apple
1% or Skim Milk

Friday 7/24/2026

Classic Chef Salad
Ham, Turkey, Diced Egg
American & Grape Tomatoes
100% Apple Juice
WG Breadstick
Fruit Cocktail
1% or Skim Milk

Monday 7/27/2026

Roast Beef & Cheddar
on Vienna Bread
w/ Lettuce & Tomato
Potato Salad
Strawberry Applesauce
1% or Skim Milk

Tuesday 7/28/2026

Ham Chef Salad
Diced Ham, Diced Egg
Amer. Cheese & Grape Tomatoes
Mixed Greens Salad
Crackers(2pk)
100% Fruit Punch
Apricot Halves
1% or Skim Milk

Wednesday 7/29/2026

Sliced Turkey & Gravy
Twich Baked Mash Potatoes
Country Blend Vegetables
WG Dinner Roll/Marg
Fresh Orange
1% or Skim Milk

Thursday 7/30/2026

Ham & Cheddar
on Vienna Bread
w/ Lettuce & Tomato
Pea Salad
Cinnamon Apples
1% or Skim Milk

Friday 7/31/2026

Cranberry Chicken Salad
on Croissant
w/ Lettuce & Tomato
Coleslaw
Rice Krispy Treat
or Diet Cookies
1% or Skim Milk

Bellevue Community Center
109 W. 22nd Avenue
Bellevue, NE 68005



Over the past few years, the Bellevue Community Center has experienced tremendous growth. As we continue to grow, we are always looking for new ways to improve the center. We strive to add activities and events, provide services to our area seniors, and give the seniors who attend our center a chance to get involved and give back; all the while keeping the senior center's costs and overhead low. Continuing to grow while faced with today's economy is not always an easy task.

*Because of our growth, the Bellevue Community Center has created another opportunity for seniors and others to support us, **The Bellevue Community Center Booster Club**. The Booster Club is a **100% voluntary club** that supports the efforts of the center. The cost to belong to the Booster Club is **\$24 per year**. We pro-rate the cost if you sign up now to **ONLY \$2.00 a month!***

Please complete an enrollment form and take it to the Front Desk at the Bellevue Community Center. Your membership will be valid through June 30th, 2027