November 2020

La Vista Senior Newsletter

8116 Park View Blvd., La Vista, NE 68128 * 402-331-3455 * www.cityoflavista.org

The La Vista Community Center Current Hours of Operation:

Monday—Friday 8:30am-4:30pm
Saturday Closed
Sunday Closed

La Vista Community Center Staff

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La Vista Senior Center News

This past month has been a busy one here at the La Vista Senior Center! You may have noticed a few new friends sitting outside of the Community Center and City Hall. A very creative group of seniors got together this month to make two spooky scarecrows. It was more work than we all imagined but so much fun to come together for this project!

A group of ten seniors also took a FREE trip to the Omaha Henry Doorly Zoo, as well. We will be taking another trip to the Zoo on November, 12th at 1pm. Please sign up at the Community Center Front Desk! Or call 402-331-3455.

Special Services Bus

Available for senior citizens age 60 and older and the cities of La Vista and Ralston. The service operates Monday-Friday, 7 a.m. - 4:30 p.m. The service does not operate on City of La Vista declared holidays or when Papillion-La Vista or Ralston public schools are closed due to weather conditions.

For questions about service, fees, etc., please call the La Vista Recreation Department at 402-331-3455 or visit us online at www.cityoflavista.org.

Please call 402-657-3550 M-F for reservations. Due to prior scheduling, we may not be able to help everyone at their requested times.

During the Covid-19 crisis, we are making every effort to accommodate our customers the "day of.".

Masks are required while riding the special services bus to protect others and yourself from infection.

Masks will be supplied to if you don't have one of your own.

In order to serve more people, we ask that you have a starting and ending pick-up time for your appointments and trips.

ENOA/La Vista Senior Center Grab & Go Lunch

The Easter Nebraska Office on Aging (ENOA) has opened their Grab and Go Lunch Program to all seniors age 60 and over. Meal orders need to be called in by 12:00 noon, the workday prior to the day you are placing the order for. Meal orders can be done daily, or for one full week. Meal contributions are $4.00 for seniors age 60 and older. The menu will follow the ENOA Meals on Wheels program. Deli options are not available. **Meals will be served out of the north door at the La Vista Community Center.** If you are interested in participating in ENOA's Grab and Go Lunch program please contact Kaily Stanley at 402-331-3455 or kstanley@cityoflavista.org and you will be asked to complete an intake form.

November Birthdays

In astrology, those born from November 1–21 are Scorpio's scorpions. Scorpios are passionate and intense, yet you may never know given their calm demeanors. They value truth, loyalty, and justice in friends and family. Those born between November 22–30 are Archers of Sagittarius. The Archer's open mind, optimism, curiosity, and enthusiasm make them the travelers of the zodiac. They treasure freedom: freedom to roam, freedom of thought, and freedom to express themselves.

November Senior Birthdays

Suzanne F.	November 2
Jarra P.	November 2
Ruth A.	November 4
Jean W.	November 4
Doloris S.	November 6
Farm B.	November 7
Clara V.	November 8
Bob S.	November 10
Marilyn M.	November 11
Virginia B.	November 14
Larry G.	November 14
Brent B.	November 17
Lori D.	November 18
Bonnie L.	November 18
Richard K.	November 21
Dan L.	November 21
Jill S.	November 23
Richard H.	November 24
LeRoy V.	November 24
Thelma K.	November 26
Velma F	November 26

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What's Cookin' in the La Vista Cookbook

The City of La Vista is working to create a Community Cookbook. We are asking seniors to submit their favorite recipes to Kaily Stanley at kstanley@cityoflavista.org. We also ask that you submit of photo of your dish if possible. You can submit a recipe for breakfast, lunch, dinner, dessert, appetizer, side dish or a drink, then see your receipt at www.lavistacookbook.com. Plus, each entry sent in will automatically get you a ticket entered into a drawing for a gift card!

November 2020

La Vista Seniors Activities Calendar

2 9am Cardio Senior Exercise w/Angie-$5 2pm Balloon Hockey	3 11am Tai Chi- $2 2pm Activity Calendar Planning Advisory Committee ELECTION DAY	4 9am Quilting Club 10am Chair Exercise-Donation 10am Chair VB NO AFTERNOON ACTIVITIES	5 10am Bingo W/ UNMC Students–Free Prizees 11am Tai Chi- $2 1pm Durham Museum Outing–RSVP	6 9am Cardio Senior Exercise W/Angie-$5 10am Ageless Grace Mind and Body Exercise-$1 10am Chair VB 2pm Bingo-$1
9 9am Cardio Senior Exercise w/Angie-$5 2pm Donut Social Show and Tell	10 11am Tai Chi- $2 1:30pm "On the Basis of Sex" Movie & Popcorn (Movie about Ruth Bader-Ginsberg)	11 9am Quilting Club 10am Chair Exercise-Donation 10am Chair VB 2pm Happy Birthday Jingo-Free Prizes	12 11:00 Tai Chi- $2 1:00 Zoo Outing-RSVP	13 9am Cardio Senior Exercise W/Angie-$5 10am Ageless Grace Mind and Body Exercise-$1 10am Chair VB 2pm Bingo-$1
16 9am Cardio Senior Exercise w/Angie-$5 2pm Keno	17 11am Tai Chi- $2 2pm Dan Reynolds Musical Performance (Neil Diamond Impersonator)	18 9am Quilting Club 10am Chair Exercise-Donation 10am Chair VB NO AFTERNOON ACTIVITIES	19 11am Tai Chi- $2 1pm Sac Air & Space Museum-RSVP	20 9am Cardio Senior Exercise W/Angie-$5 10am Ageless Grace Mind and Body Exercise-$1 10am Chair VB 2pm Bingo-$1
23 9am Cardio Senior Exercise w/Angie-$5 2pm Those Were the Days Social Hour	24 11am Tai Chi- $2 1:30pm "Up" Movie & Popcorn	25 9am Quilting Club 10am Chair Exercise-Donation 10am Chair VB 2pm Thanksgiving Jingo-Free Prizes	26 Thanksgiving Holiday Center Closed Thanksgiving Day	27 Center Closed So Very Thankful
30 9am Cardio Senior Exercise w/Angie-$5 2pm Merrymakers presents Billy Troy	Happy Thanksgiving			

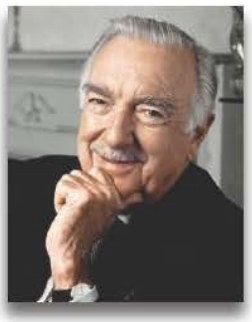
Eastern Nebraska Office on Aging
Grab & Go Menus
November 2020

Monday 11/2/2020	Tuesday 11/3/2020	Wednesday 11/4/2020	Thursday 11/5/2020	Friday 11/6/2020
BBQ Meatballs Potato Medley Mixed Vegetables WG Dinner Roll/Marg Fresh Orange 1% Milk	Baked Cod Loin in Sweet Basil Sauce Baked Sweet Potatoes Zucchini & Tomatoes WG Petite Roll/Marg Tropical Fruit Mix 1% Milk	Oven Fried Chicken Breast Whipped Potatoes with Chicken Gravy Green Beans WG Bread/Marg Banana Muffin Square 1% Milk	Meatloaf & Gravy Roast Diced Baby Reds Broccoli Cornbread Muffin/Marg Pear Slices 1% Milk	Sweet & Sour Chicken Breast Oriental Blend Veggies Cabbage & Carrots Cinn. Raisin Bread/Marg Pineapple Tidbits 1% Milk
Monday 11/9/2020	**Tuesday 11/10/2020**	**Wednesday 11/11/2020**	**Thursday 11/12/2020**	**Friday 11/13/2020**
All Beef Hot Dog with Chili Topping Seasoned Potato Wedges Corn WG Hot Dog Bun Fresh Orange 1% Milk	Baked Ham Broccoli Rice Casserole Honey Glazed Carrots WG Dinner Roll/Marg Fruit Cocktail 1% Milk	 **No Grab & Go Meal**	Beef Ravioli in Marinara Sauce Italian Blend Veggies Cinn. Applesauce Romaine Blend Salad Ranch Dressing PC WG Breadstick/Marg 1% Milk	BBQ Chicken Breast BBQ Baked Beans Cauliflower WG Hamburger Bun Diced Peaches 1% Milk
Monday 11/16/2020	**Tuesday 11/17/2020**	**Wednesday 11/18/2020**	**Thursday 11/19/2020**	**Friday 11/20/2020**
Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Brussels Sprouts 100% Wheat Bread/Marg Mandarin Oranges 1% Milk	Seafood Chowder Garlic & Butter Diced Reds California Blend Veggies WG Dinner Roll/Marg Ambrosia Salad 1% Milk	Sliced Roast Beef & Brown Gravy Whipped Potatoes Green Peas Rye Bread/Marg Butterscotch Pudding 1% Milk	Chicken Breast & Chicken Gravy Potato Medley Green Beans Heavy Hearth Roll/Marg Diced Pears 1% Milk	Beef & 3 Bean Chili Carrot Coins Fruit Crisp Cornbread/Marg 1% MIlk
Monday 11/23/2020	**Tuesday 11/24/2020**	**Wednesday 11/25/2020**	**Thursday 11/26/2020**	**Friday 11/27/2020**
Taco Joe Sandwich Augratin Potatoes Broccoli WG Hamburger Bun Pear Slices 1% Milk	Swedish Meatballs 1/2 Baked Potato Stewed Tomatoes Sour Dough Roll/Marg Strawberry Yogurt Cup Sour Cream PC 1% Milk	Turkey Breast & Gravy over Cornbread Dressing Whipped Potatoes Green Bean Casserole WG Petite Roll/Marg Pumpkin Dessert 1% Milk	 **No Grab & Go Meal**	**No Grab & Go Meal**
Monday 11/30/2020				
10 Grain Fish Corn O'Brien Broccoli Wheatberry Roll/Marg Diet Fruited Gelatin Tartar Sauce PC 1% Milk				

~~Final 8/24/2020~~

Revised 10/14/2020

Menus subject to change



Famous November Birthdays

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

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

A. Petula **CLARK**
B. Samuel **CLEMENS**
C. Walter **CRONKITE**
D. Marie **CURIE**
E. Tommy **DORSEY**
F. Sally **FIELD**
G. Edmund **HALLEY**
H. Burt **LANCASTER**
I. Claude **MONET**
J. George S. **PATTON**
K. Martin **SCORSESE**
L. Fernando **VALENZUELA**

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

1. Director ____
2. "Mark Twain" ____
3. Actress ____
4. Actor ____
5. TV journalist ____
6. Baseball pitcher ____
7. Singer ____
8. WWII general ____
9. Astronomer ____
10. Chemist ____
11. Painter ____
12. Big band leader ____

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