


April 2019



Intercultural
SENIOR CENTER

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
8:00am Breakfast 9:30am Tai Chi 10:30am English Classes 10:30am Newspaper Talk 11:30am Lunch 12:00pm Walking Club 12:30pm Advanced Sewing 12:30pm English Citizenship 12:30pm Grocery Shopping(Aldi) 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		8:00am Breakfast 9:30am Haircuts with Maria 9:30am Tai Chi 10:30am English Classes 10:30am Newspaper Talk 10:30am Advanced Sewing 11:30am Lunch 12:30pm Dance It Up! 12:30pm Nepali Singing Club 12:30pm Men's Club 12:30pm English Citizenship 12:30pm Mental Health Awareness Presentation by UNMC 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		7:30am Yoga 8:00am Breakfast 9:30am Income Tax Preparation 9:30am Zumba 10:30am English Classes 10:30am Newspaper Talk 11:30am Lunch 12:00pm Walking Club 12:30pm English Citizenship 12:30pm Oral, Head, and Neck Cancer Awareness Presentation by Methodist 12:30pm Nutrition Class by UNL 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		8:00am Breakfast 9:30am Foot Care 9:30am Salsa 10:30am English Classes 10:30am Newspaper Talk 10:30am Karen Support Group 11:30am Lunch 12:00pm Advanced Sewing 12:30pm English Citizenship 12:30pm Combo Citizenship 12:30pm Disability Rights Nebraska 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		8:00am Breakfast 9:30am Exercise with Weights 10:30am English Classes 10:30am Newspaper Talk 10:30am English Conversation 11:30am Lunch 12:00pm Walking Club 12:30pm Coloring Corner 12:30pm English Citizenship 12:30pm Hooks and Needles 12:30pm Math! Sum It Up! 12:30pm Wii Bowling 12:30pm Healthy Mind Presentation 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed	
8		9		10		11		12	
8:00am Breakfast 9:30am Foot Care 9:30am Tai Chi 10:30am English Classes 10:30am Newspaper Talk 11:30am Lunch 12:00pm Walking Club 12:30pm Coloring Corner 12:30pm Advanced Sewing 12:30pm English Citizenship 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		8:00am Breakfast 9:30am Tai Chi 10:00am-12:00pm Grandparent Support Group 10:30am English Classes 10:30am Newspaper Talk 10:30am Advanced Sewing 11:30am Lunch 12:30pm Dance It Up! 12:30pm Nepali Singing Club 12:30pm Men's Club 12:30pm English Citizenship 12:30pm Disability Rights Nebraska 12:30pm Bingo 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		7:30am Yoga 8:00am Breakfast 9:00am Blood Pressure, Weight, and Glucose Checks 9:30am Haircuts with Maria 9:30am Zumba 10:30am English Classes 10:30am Newspaper Talk 10:30am Combo Citizenship 11:30am Lunch 12:00pm Walking Club 12:30pm English Citizenship 12:30pm English Conversation 12:30pm Spanish Support Group 12:30pm Health Presentation - Over the Counter Medications 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		8:00am Breakfast 9:30am Salsa 10:30am English Classes 10:30am Newspaper Talk 11:30am Lunch 12:00pm Advanced Sewing 12:30pm English Citizenship 12:30pm Combo Citizenship 12:30pm Allergy & Asthma Presentation by Angels Care Home Health 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		8:00am Breakfast 9:30am Exercise with Weights 10:30am English Classes 10:30am Newspaper Talk 10:30am English Conversation 11:30am Lunch 12:00pm Walking Club 12:30pm English Citizenship 12:30pm Hooks and Needles 12:30pm Math! Sum It Up! 12:30pm Cultural Performance by THRIVE Leadership Club 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed	
15		16		17		18		19	
8:00am Breakfast 9:30am English Classes 9:30am Newspaper Talk 9:30am Tai Chi 11:30am Lunch 12:00pm Walking Club 12:30pm Bingo 12:30pm Advanced Sewing 12:30pm English Citizenship 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		8:00am Breakfast 9:30am English Classes 9:30am Newspaper Talk 9:30am Advanced Sewing 9:30am Tai Chi 10:00am-12:00pm Grandparent Support Group 11:30am Lunch 12:30pm Dance It Up! 12:15pm English Support Group 12:30pm Nepali Singing Club 12:30pm Men's Club 12:30pm English Citizenship 12:30pm Disability Rights Nebraska 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		7:30am Yoga 8:00am Breakfast 9:30am Zumba 10:30am English Classes 10:30am Newspaper Talk 10:30am Combo Citizenship 10:30am Nepali Support Group 11:30am Lunch 12:00pm Walking Club 12:30pm English Citizenship 12:30pm English Conversation 12:30pm Nutrition Class by UNL 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		8:00am Breakfast 9:30am Salsa 9:30am Immigrant Legal Center 10:30am English Classes 10:30am Newspaper Talk 10:30am Karen Support Group 11:30am Lunch 12:00pm Advanced Sewing 12:30pm Easter Egg Hunt 12:30pm Coloring Corner 12:30pm English Citizenship 12:30pm Combo Citizenship 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		8:00am Breakfast 9:30am Haircuts with Maria 9:30am Foot Care 9:30am Exercise with Weights 10:30am English Classes 10:30am Newspaper Talk 10:30am English Conversation 11:30am Lunch 12:00pm Walking Club 12:30pm English Citizenship 12:30pm Hooks and Needles 12:30pm Math! Sum It Up! 12:30pm Grocery Shopping (Hy-Vee) 12:30pm Five Wishes 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed	
22		23		24		25		26	
8:00am Breakfast 9:30am Tai Chi 10:30am English Classes 10:30am Newspaper Talk 11:30am Lunch 12:00pm Walking Club 12:30pm Dance It Up! 12:30pm Coloring Corner 12:30pm Advanced Sewing 12:30pm English Citizenship 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		8:00am Breakfast 9:30am Foot Care 9:30am Tai Chi 10:00am-12:00pm Grandparent Support Group 10:30am English Classes 10:30am Newspaper Talk 10:30am Advanced Sewing 11:30am Lunch 12:30pm Nepali Singing Club 12:30pm Men's Club 12:30pm English Citizenship 12:30pm Grief's Journey 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		7:30am Yoga 8:00am Breakfast 9:30am Zumba 10:30am English Classes 10:30am Newspaper Talk 10:30am Combo Citizenship 10:30am Nepali Support Group 11:30am Lunch 12:00pm Walking Club 12:30pm English Citizenship 12:30pm English Conversation 12:30pm Spanish Support Group 12:30pm Merry-makers presents - Billy Troy 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		8:00am Breakfast 9:30am Haircuts with Maria 9:30am Salsa 10:30am English Classes 10:30am Newspaper Talk 10:30am Newspaper Talk 11:30am Lunch 12:00pm Advanced Sewing 12:30pm English Citizenship 12:30pm Combo Citizenship 12:30pm Disability Rights Nebraska 12:30pm Mental Health Awareness by UNMC 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed		8:00am Breakfast 9:30am Exercise with Weights 10:30am English Classes 10:30am Newspaper Talk 10:30am English Conversation 11:30am Lunch 12:00pm Walking Club 12:30pm English Citizenship 12:30pm Hooks and Needles 12:30pm Math! Sum It Up! 12:30pm Bingo 12:30pm Movie & Pretzels 1:30pm Pool and Table Games 1:30pm-4:30pm Community Groups Welcomed	
29		30		<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p>Space Available for Community Groups! 1:30pm-4:30pm For more information Call (402) 444-6529.</p> </div> <div style="text-align: center;">  </div> </div> <p style="text-align: center; margin-top: 20px;"> *One hour duration per event unless noted.* *Served Daily: Light Breakfast 8:00am-10:00am and Lunch 11:30am-12:30pm* *Calendar is subject to changes.* </p>					
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