

# April Highlights



**Intercultural**  
SENIOR CENTER

## Health & Wellness

### Awareness Presentations:

**Mental Health:** 4/2 & 4:25

**Oral, Head, & Neck Cancer:** 4/3

**Healthy Mind:** 4/5

**Over-the-counter (OTC) Medications:** 4/10

**Allergy and Asthma:** 4/11

**Five Wishes:** 4/19



### Foot Care Clinic:

Weekly: 4/4, 4/8, 4/19, and 4/23



### Haircuts:

Weekly: 4/2, 4/10, 4/19, 4/25, and 4/29



## Art & Culture

**Nepali Singing Club:** Every Tuesday at 12:30pm

**Dance It Up!:** Every Tuesday at 12:30pm

**Cultural Performance by THRIVE Leadership Club:** 4/12 at 12:30pm

**Merrymakers presents Billy Troy:** 4/24  
12:30pm



## Fitness

Daily Fitness Classes 9:30am-10:30am

**Tai-Chi:** Mondays & Tuesdays

**Zumba:** Wednesdays

**Salsa:** Thursdays

**Exercise with Weights:** Fridays

**Early Morning Yoga:**

Every Wednesday; 7:30am-8:30am



## Support Groups

**English Support Group:** 3<sup>rd</sup> Tuesday; 12:15pm-1:15pm

**Karen Support Group:** 1<sup>st</sup> and 3<sup>rd</sup> Thursdays; 10:30am-11:30am

**Nepali Support Group:** 2 last Wednesdays of the month; 10:30am-11:30am

**Spanish Support Group:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month; 12:30pm-1:30pm

**Grief's Journey:** 4<sup>th</sup> Tuesday; 12:30pm-1:30pm



## Intercultural Senior Center

5545 Center Street Omaha, NE 68106

(402) 444-6529

Enter parking lot on west side of the building.

Plenty of parking towards the back.

Enter building through our main door near Center street.