

# August Highlights



## Health & Wellness

**Wellness Visits:** 8/27

**Awareness Presentations:**

**Heart Health Presentation:** 8/6

**Diabetes Awareness:** 8/23

**Nutrition Class by UNL:** 8/21 and 8/28

**Financial Education:**

**Financial Literacy by Lending Link:** 8/1

**Foot Care Clinic:**

Weekly: 8/6, 8/12, 8/23, and 8/26



**Haircuts:**

8/7 and 8/21



## Art & Culture

**Spanish Singing Club:** Every Monday at 12:30pm

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

**Merrymakers presents Paul Siebert:** 8/7 at 12:30pm

**WhyArts:** 8/8, 8/15, and 8/29

**Baking Club:** Every Friday at 9:30am



## Fitness

Daily Fitness Classes 9:15am-10:25am

**Tai-Chi:** Mondays & Tuesdays

**Zumba:** Wednesdays

**Salsa:** Thursdays

**Exercise with Weights:** Fridays



## Support Groups

**English Support Group:** 3<sup>rd</sup> Tuesday; 10:30am-11:30am

**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

**Alzheimer's Family Caregiver Support Group:** Third Monday; 9:00am-10:00am



## Community Outings

**Grocery Shopping Trips:** August 9th

**Dollar Tree Outing:** August 27th

## 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.

[www.interculturalseniorcenter.org](http://www.interculturalseniorcenter.org)