




# September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
 <p>8:00am Breakfast &amp; Card Games 9:00am Wellness Visit (BP&amp;Weight) 9:15am-9:45am Tai Chi 9:30am Foot Care Clinic 9:30am Advanced Sewing 9:55am-10:25am Tai Chi 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 11:30am Lunch 12:30pm Dance It Up! 12:30pm Nepali Singing Club with Opera Omaha 12:30pm English Citizenship 12:30pm Coloring Corner 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:00am Wellness Visit (BP&amp;Weight) 9:15am-9:45am Tai Chi 9:30am Advanced Sewing 9:55am-10:25am Tai Chi 10:00am Zoo Outing (36 spots available) 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 11:30am Lunch 12:30pm Dance It Up! 12:30pm Nepali Singing Club 12:30pm English Citizenship 12:30pm Stroke Awareness Presentation by Creighton Nursing 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:00am Haircuts with Teresa 9:15am-9:45am Zumba 9:55am-10:25am Zumba 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Basic Computer 101 11:30am Lunch 12:30pm English Citizenship 12:30pm Combo Citizenship 12:30pm Loteria 12:30pm Walking Club 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:15am-9:45am Salsa 9:30am-11:30am 10-min Chair Massages 9:55am-10:25am Salsa 10:00am Zoo Outing (36 spots available) 10:30am Karen Support Group 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Spark Your Mind! 11:30am Lunch 12:30pm Advanced Sewing 12:30pm English Citizenship 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:15am-9:45am Exercise with Weights 9:30am Baking Club 9:55am-10:25am Exercise with Weights 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Let's Learn Spanish! 10:30am Grandparent's Day Activity 11:30am Lunch 12:30pm Grocery Shopping (Aldi) 12:30pm English Citizenship 12:30pm Wii Bowling 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>8:00am Breakfast &amp; Card Games 9:15am-9:45am Tai Chi 9:30am Haircuts with Maria 9:55am-10:25am Tai Chi 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Basic Computer 101 11:30am Lunch 12:30pm English Citizenship 12:30pm Spanish Singing Group 12:30pm Hooks and Needles 12:30pm Math! Sum It Up! 12:30pm Bingo 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:00am Wellness Visit (BP&amp;Weight) 9:15am-9:45am Tai Chi 9:30am Advanced Sewing 9:55am-10:25am Tai Chi 10:00am Zoo Outing (36 spots available) 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 11:30am Lunch 12:30pm Dance It Up! 12:30pm Nepali Singing Club 12:30pm English Citizenship 12:30pm Stroke Awareness Presentation by Creighton Nursing 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:00am Wellness Visit (BP&amp;Weight) 9:15am-9:45am Zumba 9:55am-10:25am Zumba 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Basic Computer 101 11:30am Lunch 12:30pm Nutrition Class by UNL 12:30pm Falls Prevention Awareness by Methodist Nursing 12:30pm Spanish Support Group 12:30pm English Citizenship 12:30pm Combo Citizenship 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:15am-9:45am Salsa 9:30am Hand Care 9:55am-10:25am Salsa 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Spark Your Mind! 11:30am Lunch 12:15pm WhyArts - Clay Class 12:30pm Advanced Sewing 12:30pm English Citizenship 12:30pm Walking Club 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:15am-9:45am Exercise with Weights 9:30am Foot Care Clinic 9:30am Baking Club 9:55am-10:25am Exercise with Weights 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Let's Learn Spanish! 10:30am Learn the Internet - Youtube, Google, and Yahoo 11:30am Lunch 12:30pm Movie &amp; Snack 12:30pm English Citizenship 12:30pm Coloring Corner 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>8:00am Breakfast &amp; Card Games 9:00am Alzheimer's Family Caregiver Support Group 9:15am-9:45am Tai Chi 9:55am-10:25am Tai Chi 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Basic Computer 101 11:30am Lunch 12:30pm English Citizenship 12:30pm Combined Independence Day Celebration (Mexico, Costa Rica, El Salvador, Guatemala, Honduras, &amp; Nicaragua) 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:00am Wellness Visit (BP&amp;Weight) 9:15am-9:45am Tai Chi 9:30am Advanced Sewing 9:55am-10:25am Tai Chi 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am English Support Group 11:30am Lunch 12:30pm Dance It Up! 12:30pm Nepali Singing Club 12:30pm English Citizenship 12:30pm Wii Bowling 12:30pm Dollar Tree Outing (13 spaces available) 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:00am Haircuts with Teresa 9:15am-9:45am Zumba 9:55am-10:25am Zumba 10:30am Nepali Support Group 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Basic Computer 101 11:30am Lunch 12:00pm Around the World Presentations from Creighton IELI 12:30pm Nutrition Class by UNL 12:30pm English Citizenship 12:30pm Combo Citizenship 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:15am-9:45am Salsa 9:30am Immigrant Legal Center 9:55am-10:25am Salsa 10:30am Spanish Reading Group 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Spark Your Mind! 11:30am Lunch 12:15pm WhyArts - Clay Class 12:30pm Financial Literacy by Lending Link 12:30pm Advanced Sewing 12:30pm English Citizenship 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:15am-9:45am Exercise with Weights 9:30am Foot Care Clinic 9:30am Baking Club 9:55am-10:25am Exercise with Weights 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Let's Learn Spanish! 11:30am Lunch 12:30pm Loteria 12:30pm English Citizenship 12:30pm Lead Poisoning Presentation by LFS 12:30pm Hooks and Needles 12:30pm Walking Club 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>8:00am Breakfast &amp; Card Games 9:15am-9:45am Tai Chi 9:55am-10:25am Tai Chi 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Basic Computer 101 11:30am Lunch 12:30pm English Citizenship 12:30pm Spanish Singing Group 12:30pm Dance It Up! 12:30pm Hooks and Needles 12:30pm Math! Sum It Up! 12:30pm Grocery Shopping (HyVee) 12:30pm Coloring Corner 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:00am Wellness Visit (BP&amp;Weight) 9:15am-9:45am Tai Chi 9:30am Advanced Sewing 9:55am-10:25am Tai Chi 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 11:30am Lunch 12:30pm Atrial Fib Awareness Presentation by Methodist Nursing 12:30pm Grief's Journey 12:30pm Nepali Singing Club 12:30pm English Citizenship 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:15am-9:45am Zumba 9:55am-10:25am Zumba 10:30am Spanish Reading Group 10:30am Nepali Support Group 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Basic Computer 101 11:30am Lunch 12:30pm Spanish Support Group 12:30pm English Citizenship 12:30pm Combo Citizenship 12:30pm Medicare Presentation by Humana 12:30pm Lead Poisoning Presentation by LFS 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:15am-9:45am Salsa 9:30am Hand Care 9:30am Haircuts with Maria 9:55am-10:25am Salsa 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Spark Your Mind! 11:30am Lunch 12:15pm WhyArts - Clay Class 12:30pm Advanced Sewing 12:30pm English Citizenship 12:30pm English Citizenship 12:30pm Alzheimer's and Dementia Presentation by Angels Care Home Health 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>	<p>8:00am Breakfast &amp; Card Games 9:15am-9:45am Exercise with Weights 9:30am Foot Care Clinic 9:30am Baking Club 9:55am-10:25am Exercise with Weights 10:30am English Literacy 10:30am Basic English 10:30am English Conversation 10:30am Let's Learn Spanish! 10:30am Intro to Social Media - Facebook, Messenger &amp; WhatsApp 11:30am Lunch 12:30pm English Citizenship 12:30pm Hooks and Needles 12:30pm Merrymakers presents - Kim Eames 1:30pm Pool and Table Games <b>1:30pm-4:30pm Community Groups Welcomed</b></p>
<b>30</b>	 <p><b>GRAND PARENTS DAY</b></p> <p>*Served Daily: Light Breakfast 8:00am-10:00am and Lunch 11:30am-12:30pm*</p>		 <p><b>Need a Meeting Room?</b></p> <p>*Cal .s.* *One hour duration per event unless noted.*</p>	<p><b>Space Available for Community Groups!</b> <b>1:30pm-4:30pm</b> <b>For more information call (402) 444-6529.</b></p>