

September Highlights



Intercultural
SENIOR CENTER

Health & Wellness



Wellness Visits: 9/3, 9/10, 9/11, 9/17, and 9/24

Awareness Presentations:

Stroke Awareness Presentation: 9/10

Fall Prevention Presentation: 9/11

Nutrition Class by UNL: 9/11 and 9/18

Atrial Fib Awareness Presentation: 9/24

Lead Poisoning Presentation: 9/20 and 9/24

Foot Care Clinic:

Weekly: 9/3, 9/13, 9/20, 9/27, and 9/30



Haircuts:

Weekly: 9/4, 9/9, 9/18, and 9/26

Financial Education: 9/19

Art & Culture



Grandparent's Day Activity: Sept. 6th at 10:30am

Combined Independence Day Celebration:
9/16 at 12:30pm

Merrymakers presents Kim Eames: 9/27 at
12:30pm

WhyArts: 9/12, 9/19, and 9/26



Around the World Presentation by IELI: 9/18

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: 3rd Tuesday; 10:30am-11:30am

Karen Support Group: 1st and 3rd Thursdays; 10:30am-11:30am

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

Spanish Support Group: 2nd and 4th Wednesdays of the month; 12:30pm-1:30pm

Grief's Journey: 4th Tuesday; 12:30pm-1:30pm

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



Community Outings

Grocery Shopping Trips: 9/6 and 9/23

Dollar Tree Outing: 9/17

Zoo Outings: 9/5 and 9/10

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