

# March 2020 Seven Oaks Senior Center Programs & Services

MON	TUE	WED	THU	FRI
9 Exercise 12-12:15 Lunch (Served) 3 Games with Friends	9 Exercise 10 Current Events 12-12:15 Lunch (Served) 3 Games with Friends	9 Exercise 12-12:15 Lunch (Served) 1 Groceries (Wal-Mart 2 <sup>nd</sup> ) 3 Games with Friends	9 Exercise 10 Coffee & Chat 12-12:15 Lunch (Served) 3 Games with Friends	9 Exercise 12-12:15 Lunch (Served) 3 Games with Friends
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>3 Senior Advisory Forum</b>		<u>11:30-12:30 Methodist National Diabetes Prevention Program</u> 1 Angels Care Home Health Chronic Conditions Information Session	5:30 Fish Fry
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
1:30 Trader Joe's/ Wheatfield's Outing	<u>1:30 Creighton School of Dentistry- Dental Anxiety Informational Session</u>	1 Walmart 5:45-6:15 Dinner (Served)	<u>11:30-12:30 Methodist National Diabetes Prevention Program</u> <u>1-3 Mobile Diabetes Clinic by NE Methodist College (WCR)</u>	1-2 Community Food Pantry 5:30 Fish Fry
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
12:30 Lunch & Learn Snack Attack Presentation	1 Colon Cancer Presentation with Prime Home Care/Hospice	<u>10-12 Fair Housing Counseling</u> <u>10-12 Medicare/Medicaid Assistance</u> <u>10-1 Heath Clinic (WCR)</u> 10-2 Community Food Pantry	<u>11:30-12:30 Methodist National Diabetes Prevention Program</u> 7pm Expand Your Horizon	12:30 Florence Home Care Booth 1-2 Community Food Pantry 5:30 Fish Fry
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
2 Quack Quest	1:30 Education on the Wellness Center Machine	<u>1:30 City of Omaha Human Rights and Relations Department</u>	<u>11:30-12:30 Methodist National Diabetes Prevention Program</u>	1-2 Community Food Pantry 5:30 Fish Fry
<b>30</b>	<b>31</b>			
1:30 Monthly Birthday Party Merrymakers with Joe Taylor		NEXT MONTH CALENDAR WILL BE PUT IN THE SENIOR CENTER LAST BUSNIESS DAY OF THE THIS MONTH	ALL ACTIVITIES ARE IN THE SENIOR CENTER UNLESS NOTED.  CALENDAR IS SUBJECT TO CHANGE	SEE FLYERS FOR MORE DETAILS  ALL OUTINGS ARE TO MEET AT THE NORTH DOOR AT THE TIME LISTED

Barbara's Programs & Services are underlined

Brenda's Program & Services are not underlined

ALL THAT IS LISTED ON THIS CALENDAR IS OPEN TO EVERYONE TO ATTEND AND/OR PARTICIPATE IN