

May 2019

Seven Oaks Senior Center Programs & Services

Mon	Tue	Wed	Thu	Fri	Sat & Sun
9 Exercise with Joe 3 Games with Friends	9 Exercise with Joe 2:30 Walking Club 3 Games with Friends	9 Groceries 9 Exercise with Joe 3 Games with Friends	9 Exercise with Joe 2:30 Walking Club 3 Games with Friends	9 Exercise with Joe 3 Games with Friends	CLOSED ON SATURDAYS & SUNDAYS
		1	2	3	4
<i>Calendar is subject to change</i>	<i>All activities are in the Senior Center unless noted</i>	2 Senior Advisory Forum	1:30 Stamping Class	2:30 Diabetes Self-Management Workshop	CLOSED
					5
					CLOSED
6	7	8	9	10	11
1:30 Ryan Roenfeld Presentation	10-12 Fair Housing Counselor (WCR)	5:45 Chicken Dinner 7:15 Promise Land Bingo	1:30 Welcoming Party	12:30 Prime Home Care Booth 1 Food Pantry 2:30 Diabetes Self-Management Workshop	12noon Florence Day Parade
					12
					CLOSED
13	14	15	16	17	18
1:30 Being Mortal Documentary	10 Banking Services 11-5 Podiatrist 1:30 Get Help for Depression & Anxiety	10-2 North Omaha Area Health (WCR) 10-12 Medicare/Medicaid Assistance 10-2 Food Pantry	7 Expand Your Horizons	12:30 Florence Home HealthCare Booth 1 Food Panty	CLOSED
					19
					CLOSED
20	21	22	23	24	25
12:30 Lunch & Learn-Fire Safety	11:45 Fire Drill	1:30 Monthly Birthday Party Merrymakers w/ Tim Javorsky	1:30 Memorial Day Ice Cream Social	1 Food Pantry	CLOSED
					26
					CLOSED
27	28	29	30	31	
CLOSED Memorial Day	10 Banking Services 1:30 Coloring Class	9:30 Coffee & Chat	1:30 Quack Quest		<i>Meals provided by Eastern Nebraska Office on Aging (Monday-Friday)</i>