

September 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 10 Current Events 3 Games with Friends	9 Groceries (Wal-Mart 2 nd) 9 Exercise with Joe 3 Games with Friends	9 Exercise with Joe 10 Coffee & Chat 2 Coloring Class 3 Games with Friends	9 Exercise with Joe 3 Games with Friends	CLOSED ON SATURDAYS & SUNDAYS
2	3	4	5	6	7
Labor Day Closed		3 Senior Advisory Forum	<u>1:30 Table Tennis Toppling</u>		CLOSED
					8
					CLOSED
9	10	11	12	13	14
1:30 Trader Joe's/ Wheatfield's Trip <u>1:30 Plate Toss</u>	10 Banking Services 1:30 Angel's Care Home Health-Staying Healthy During Cold & Flu Season	9 Wal-Mart 5:45 Dinner Meal 7:15 Promise Land Bingo	1-3 Methodist College Diabetes Screening (WCR) 1:30 Creighton Dental Presentation	12:30 Prime Home Care Booth 1 Food Pantry	CLOSED
					15
					CLOSED
16	17	18	19	20	21
12:30 Lunch & Learn – Senior Center Speaker	11-5 Podiatrist <u>1:30 Bouncing Basket Ball</u>	10-12 Fair Housing Counselor 10-12 Medicare/Medicaid Assistance 10-2 Food Pantry 10-1 North Omaha Area Health (WCR)	1:30 Monthly Birthday Party Merrymakers w/ Paul S. 7 Expand Your Horizon	12:30 Florence Home HealthCare Booth 1 Food Pantry	CLOSED
					22
					CLOSED
23	24	25	26	27	28
<u>1:30 Saran Wrapped Ball</u>	10 Banking Services	8:30-1 Zoo trip	1:30 Quack Quest	1 Food Pantry	CLOSED
					29
					CLOSED
30					
		<i>Meals provided by Eastern Nebraska Office on Aging (Monday-Friday)</i>	<i>Calendar is subject to change</i>	<i>All activities are in the Senior Center unless noted</i>	