


















Sun	Mon	Tue	Wed	Thu	Fri	Sat
Seven Oaks Senior Center Serves (ENOA) Eastern Nebraska Office on Aging Lunch Program Lunch served at 12:00	Daily 9:30 Exercise/Senior Center 12:00-12:15 Lunch (served) <i>Senior Center</i>	Daily 9:30 Exercise/Senior Center 12:00-12:15 Lunch (served) <i>Senior Center</i>	Daily 9:30 Exercise/Senior Center 12:00-12:15 Lunch (served) <i>Senior Center</i>	Daily 9:30 Exercise/Senior Center 10:00 Coffee & Conversation 2:00-12:15 Lunch (served)	Daily 9:30 Exercise/Community Rm 12:00-12:15 Lunch (served) <i>Senior Center</i>	Room Codes SC Senior Center MP Multipurpose Rm C Community Rm LEC Life Enrichment Ctr WC Wellness Center L Library
1 Resident Coffee after 9:00 Mass <i>Senior Center</i> <i>Ramadan Ends</i>	2 1:30 PM Current Events - SC 	3 1:30-2:30 PM Balance Clinic with Personal Health Care Services - SC	4 9:00 AM Grocery Trip Signup in Senior Center 3:00 Resident Council - SC	5 Cinco de Mayo 10:00 AM Coffee & Conversation - SC 1:00-2:00 Stitches & Stories Crochet & Embroidery Group in the Senior Center 3:00 PM - Wii Jeopardy - SC 7:00-8:30 PM Bingo for Residents - SC	6 Bubbles Day 12:00-2:00 PM Saving Grace Food Pantry <i>Under the North Portico</i> 1:30 Yearbook Signing Party & Mandy's Farewell - C 2:00 Ice Cream Sundaes on the Patio provided by Humana	7 Kentucky Derby 5:57 PM 
8 	9 1:30 PM Current Events - SC 	10 10:00 AM Banking Services with American National Bank - SC 10-4 Podiatry Services - WC Sign up in Senior Center 1:30 PM Wii Bowling - SC 7pm Prairie Rose Ensemble	11 9:00 AM Wal-Mart Trip Signup in Senior Center 1:30 PM Critter Close-Ups - SC Receptionist Day Thank you Lynn!	12 10:00 AM Coffee & Conversation - SC 1:00-3:00 PM Nebraska Methodist College Mobile Diabetes Center <i>Life Enrichment Center</i> 3:00 PM - Wii Jeopardy - SC	13 12:00-2:00 PM Saving Grace Food Pantry <i>Under the North Portico</i>	14 Florence Parade Begins at 1:00 But the NDH bus will leave Notre Dame at 11:45
15	16 Neighbor Day - Do something nice for a neighbor 1:30 PM Current Events - SC 	17  1:30 PM Durham Museum Trip Nelson Mandela Exhibit Signup in Senior Center	18 9:00 AM Grocery Trip Signup in Senior Center 12:00-2:00 PM Community Food Pantry <i>Under the North Portico</i> 7:00-8:30 PM Bingo for Residents - SC	19 10:00 AM Coffee & Conversation - SC 1:00-2:00 Stitches & Stories Crochet & Embroidery Group in the Senior Center 3:00 PM - Wii Jeopardy - SC	20 Happy Birthday Blue Jeans Wear Your Favorite Pair of Jeans 12:00-2:00 PM Saving Grace Food Pantry <i>Under the North Portico</i>	21 Preakness 5:50 PM 
22 Backyard Games Week 	23 1:30 PM Current Events - SC 	24  10:30 AM Learn how to play TENZI, a Group Dice Game - SC 1:30 PM Favorite Photo Day Bring your favorite photo to Share - SC	25 9:00 AM Grocery Trip Signup in Senior Center 2:00-3:00 Quarter Bingo - SC 	26 10:00 AM Coffee & Conversation - SC 1:30 Birthday Party with Tim Javorsky - Merrymakers - SC 3:00 PM - Wii Jeopardy - SC 	27 12:00-2:00 PM Saving Grace Food Pantry <i>Under the North Portico</i>	28
29 Indianapolis 500 10:00 AM on NBC 	30 Memorial Day 	31 1:30 PM Art/Craft Project - SC	Life Enrichment Calendar   NOTRE DAME HOUSING Opening doors to housing, health and hope.			ENOA Nutrition Services Celebrating  50 Years

May Life Enrichment Activities

Descriptions of Events in May

Happy May Day! Sunday, May 1st

Balance Clinic: Tuesday, May 3rd at 1:30 provided by Personal Health Care Services - Sign up

Resident Council: Wednesday, May 4th at 3:00 in the Senior Center.

Stitches & Stories: Thurs., May 5th from 1:00-2:00 in the Senior Center. Bring your crochet, embroidery or knitting project. Visit and learn from each other while you work.

Bingo: Thursday, May 5th at 7:00 in the Senior Center.

Yearbook Signing Party and Mandy's Farewell: May 6th at 1:30 in the Community Room.

Ice Cream Sundaes on the Patio: Friday, May 6th at 2:00 on the Patio by the Community Room.

American National Bank: Tuesday, May 10th from 10-10:30 in the Senior Center.

Podiatry Services: Tuesday, May 10th from 10:00 AM - 4:00 PM Signup in Senior Center

Wii Bowling: Tuesday, May 10th at 1:30 in the Senior Center.

Prairie Rose Ensemble Concert: Tuesday, May 10th at 7:00 PM in the Senior Center. This is the group that performed for us before Christmas.

Critter Close-Ups: Wednesday, May 11th at 1:30 in the Senior Center. Jodi will bring 6 animals (some exotic) for you to learn about, pet or hold.

Nebraska Methodist Mobile Diabetes Center: Thursday, May 12 from 1-3:00 in the Life Enrichment Center.

Durham Museum Trip to see the Nelson Mandela Exhibit: Tuesday, May 17th at 1:30 PM. Signup in the Senior Center.

Bingo: Wednesday, May 18th from 7:00 to 8:30 in the Senior Center.

Stitches & Stories: Thurs., April 21st from 1:00-2:00 in the Senior Center. Bring your crochet, embroidery or knitting project. Visit and learn from each other while you work.

Happy Birthday Blue Jeans: Friday, May 20th all day. Jacob Davis invented the copper rivets for jeans and Levi Strauss paid for the patent on May 20, 1873. Show off your favorite pair of jeans today.

Learn How to Play TENZI: Tuesday, 24th at 10:30. TENZI is a fast paced dice game where each player gets 10 dice. It's a fun, fast frenzy.

Quarter Bingo with Cheryl: Wednesday, May 25th from 2:00-3:00. Win quarters for bingos.

May Birthday Party with the Merrymakers' Tim Javorsky: Thursday, May 26th from 1:30 -2:30 in the Senior Center. Help us celebrate our residents with birthdays in May. Cake provided by Aetna & ice cream!

Weekly/Monthly Activities

Most Mondays at 1:30 - Current Events in the Senior Center

Wednesdays at 9:00 - Grocery trips to Bakers & Family Fare. Second Wed. trip to Walmart. Fifth Wed. trip to Aldi.

Third Wednesday of the month from 12-2:00 or when the food runs out Community Food Pantry **Under the North Portico**

Thursdays at 10:00 - Coffee and Conversation in the Senior Center

Thursdays at 3:00 - Wii Jeopardy in the Senior Center All residents are invited to play.

Fridays from 12:00 - 2:00 PM or until the food runs out - Saving Grace Food Pantry under the North Portico

Monday thru Friday 9:30 AM - Exercise in the Senior Center

First and Thursday of each month from 1:00 - 2:00 PM - Stitches and Stories: Crochet & Embroidery Group in the Senior Center.



Happy Mother's Day to
all of the mothers,
grandmothers and
great grandmothers at
Notre Dame Housing!

If you would like to receive e-mail reminders for activities please send your e-mail to cpoulin@ndhinc.org.