


















Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Seven Oaks Senior Center Serves (ENOA)</b> Eastern Nebraska Office on Aging Lunch Program Lunch served at 12:00	<b>Daily</b> 9:30 Exercise/Senior Center 12:00-12:15 Lunch (served) <i>Senior Center</i>	<b>Daily</b> 9:30 Exercise/Senior Center 12:00-12:15 Lunch (served) <i>Senior Center</i>	<b>Daily</b> 9:30 Exercise/Senior Center 12:00-12:15 Lunch (served) <i>Senior Center</i>	<b>Daily</b> 9:30 Exercise/Senior Center 10:00 Coffee & Conversation 2:00-12:15 Lunch (served)	<b>Daily</b> 9:30 Exercise/Community Rm 12:00-12:15 Lunch (served) <i>Senior Center</i>	<b>Room Codes</b> SC Senior Center MP Multipurpose Rm C Community Rm LEC Life Enrichment Ctr WC Wellness Center L Library
<b>ENOA Nutrition Services</b>  Celebrating 50 Years	 		<b>1</b> 9:00 AM Grocery Trip Signup in Senior Center 1:30 Adult Coloring - SC	<b>2</b> 10:00 AM Coffee & Conversation - SC 1:00-2:00 Stitches & Stories Crochet & Embroidery Group in the Senior Center	<b>3 Donut Day</b>  10:00 Coffee & Donuts in the Multipurpose Room in Bldg 1 12:00-2:00 PM Saving Grace Food Pantry Under the North Portico	<b>4</b>
<b>5</b>	<b>6</b> 1:30 PM Current Events - SC 	<b>7</b> 9:30-10:00 Exercise Class with Caitlin from Personal Health Care Services - SC 1:30-3:00 Wellness Equipment Lessons - 30 minute sessions Sign up in senior center	<b>8</b> 9:00 AM Wal-Mart Trip Signup in Senior Center 1:15-4:30 Fishing Trip to Lake Wanhoo by Wahoo  a	<b>9</b> 10:00 AM Coffee & Conversation - SC 1:00-3:00 PM Nebraska Methodist College Mobile Diabetes Center Life Enrichment Center	<b>10</b> 12:00-2:00 PM Saving Grace Food Pantry Under the North Portico 2:30 PM Root Beer Floats on the patio sponsored by Humana 	<b>11</b>
<b>12</b>	<b>13</b> 10:00 AM Getting to Know You - Bring your wedding photos to share 1:30 PM Current Events - SC 	<b>14 FLAG DAY</b> 9:30-10:00 Exercise Class with Caitlin - SC 10:00 AM Banking Services with American National Bank - SC 1:30 PM Wii Bowling - SC	<b>15</b> 9:00 AM Grocery Trip Signup in Senior Center 12:00-2:00 PM Community Food Pantry-Portico 12:50-3:00 Senior Spiritual Concert Series at Covenant Presbyterian Church	<b>16 US Open &amp; College World Series Begins</b> 10:00 AM Coffee & Conversation - SC 1:00-2:00 Stitches & Stories Crochet & Embroidery Group in the Senior Center	<b>17</b>  12:00-2:00 PM Saving Grace Food Pantry Under the North Portico	<b>18</b>
<b>19</b> 	<b>20</b> 1:30 PM Current Events - SC 	<b>21</b> 9:30-10:00 Exercise Class with Caitlin - SC 1:15 Trip to the Zoo 	<b>22</b> 9:00 AM Target Trip Signup in Senior Center 1:00-2:30 HELP Walker/Wheel Chair repair - LEC	<b>23 Pink Day</b> Wear Something Pink 10:00 AM Coffee & Conversation - SC	<b>24</b>  10:00 AM "Get Setup" Training - SC Learn how to use this free virtual class program 12:00-2:00 PM Saving Grace Food Pantry Under the North Portico	<b>25</b>
<b>26</b>	<b>27</b> 1:30 PM Current Events - SC 	<b>28</b> 9:30-10:00 Exercise Class with Caitlin 1:30 PM Art/Craft Project - SC 	<b>29</b> 9:00 AM Grocery Trip Signup in Senior Center 2:00-3:00 Quarter Bingo - SC 	<b>30</b>  10:00 AM Coffee & Conversation - SC 1:30 Birthday Party with the Links- Merrymakers - SC	