





















Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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
2 	3 10:00 WISE Program - SC Diversity - bring an item from your culture or generation to share 1:30 Wii Bowling - SC 	4 Yom Kippur  1:30 Current Events - SC 	5 Skutt Student Volunteers at NDH 9:00-2:00 9:00 Grocery Trip 1:00 Cards & Board Games – SC 	6 10:00 Coffee & Conv - SC 10:00 UNMC Nursing Students 1:00 Stitches & Stories - SC	7 Denim Day - Wear Denim 10:00 World Smile Day Fun - SC Snacks, drinks & games 12:00-2:00 PM Saving Grace Food Pantry <i>Building 1 Multipurpose Room</i>	1 8
9	10 Indigenous Peoples' Day 10:00 WISE Program - SC Medication Safety with nurses from Nebraska Poison Control Center 1:30 PM Wills & Estate Plan- ning presentation by Massih Law - SC	11 10:00 ANB Bankers - SC 10:30 Trip to Wenninghoff's Market 1:30 Current Events - SC 	12 9:00 Wal-Mart Trip 1:30 Hearing Loss, Symptoms & Causes: Presentation by Custom Hearing Solutions - SC	13 10:00 Coffee & Conversation - SC 1:00-3:00 Methodist Mobile Diabetes Center - LEC 1:30 Presentation on Medicare/ Medicaid new plans for 2023	14 10:00 Walking Club - meet in Senior Center 12:00-2:00 PM Saving Grace Food Pantry <i>Building 1 Multipurpose Room</i> 1:30 Ditmar's Orchard Trip	15 
16 	17 Sim Chat Torah 10:00 WISE Program - C Dr. DeSimone, Pharmacy Prof. will talk about addiction 1:30 Fall Craft Project - SC	18 1:30 Current Events - SC 3:00 Make Halloween Candy Bags for the Florence School Children 	19 9:00 Grocery Trip 12:00-2:00 PM Community Food Pantry - <i>Building 1 Multipurpose Room</i> 1:00-2:00 Getting to Know You With Angel - SC	20 10:00 Coffee & Conversation - SC 1:00 Stitches & Stories - SC	21 Wear Pink Day for Breast Cancer Awareness 10:00 Walking Club 12:00-2:00 PM Saving Grace Food Pantry <i>Building 1 Multipurpose Room</i> 1:30 Loteria Bingo - SC	22
23	24 10:00 WISE Program - C Nebraska Humane Society 1:30 Birthday Party and Merrymakers Concert with Ben Thomasello 	25 1:30 Current Events - SC 	26 National Senior Health & Fitness Day 9:00 Grocery Trip Signup in Senior Center 9:00-2:00 Methodist Flu Clinic - Life Enrichment Center 3:00 Florence School Children Costume Parade - SC	27 10:00 Coffee & Conversation - SC 1:30 Longevity Tips from the Blue Zones - SC	28 10:00 Walking Club 12:00-2:00 PM Saving Grace Food Pantry <i>Building 1 Multipurpose Room</i> 2:00-3:00 Quarter Bingo - SC	29 
30	31 2:00 Halloween Party - SC 			Life Enrichment Calendar   		ENOA Nutrition Services Celebrating  50 Years