







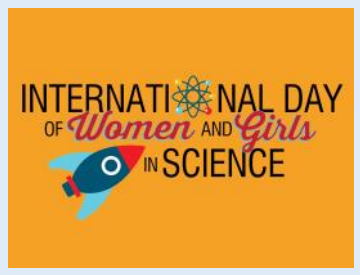







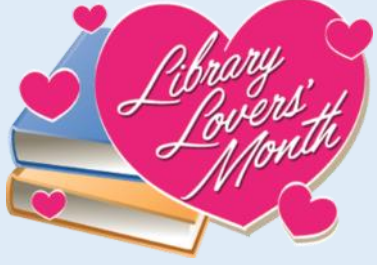








Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>American Heart Month</p>	<p>Daily 9:30 Exercise/Community Rm 12:00-12:15 Lunch (served) <i>Senior Center</i></p>	<p>Daily 9:30 Exercise/Community Rm 12:00-12:15 Lunch (served) <i>Senior Center</i></p>	<p>Daily 9:30 Exercise/Community Rm 12:00-12:15 Lunch (served) <i>Senior Center</i></p>	<p>Daily 9:30 Exercise/Community Rm 10:00 Coffee & Conversation 2:00-12:15 Lunch (served)</p>	<p>Daily 9:30 Exercise/Community Rm 12:00-12:15 Lunch (served) <i>Senior Center</i></p>	<p>Room Codes SC Senior Center MP Multipurpose Rm C Community Rm LEC Life Enrichment Ctr WC Wellness Center L Library</p>
<p>Seven Oaks Senior Center Serves (ENOA) Eastern Nebraska Office on Aging Lunch Program Lunch served at 12:00</p>	 <p>FEBRUARY</p>		<p>1 9:00 Grocery Trip 1:00 Group with Angel, Legacy Letter - LEC</p>	<p>2 Groundhog Day 10:00 Coffee & Conversation 10:30 Groundhog Hunt - SC 1:00 Stitches & Stories - SC</p>	<p>3 Wear Red for Heart Health 12:00-2:00 PM Saving Grace Food Pantry - MP 1:30 Heart Health Presentation Anne Harty, Creighton College of Nursing - SC</p> 	<p>4</p> 
<p>5</p> 	<p>6 1:30 Crafts with Mary - SC</p> 	<p>7 9:45 Meditation with Hailey 1:30 Current Events - SC</p> 	<p>8 9:00 Wal-Mart Trip 10:00 Trivia with Hailey - SC 1:00 Group with Angel, Life Transitions - LEC</p>	<p>9 Chocolate Kiss Day 10:00 Coffee & Conversation 1:00-3:00 Methodist Mobile Diabetes Center - LEC 1:30 Birthday Party and Merrymakers Concert with Johnny Fascianella - SC</p> 	<p>10 10:00 Understanding Aging - Julie Masters, PHD, Chair of Gerontology at UNO - SC 12:00-2:00 PM Saving Grace Food Pantry - MP 1:30 Movie "Hidden Figures" SC</p>	<p>11</p> 
<p>12 Random Acts of Kindness Week begins</p>	<p>13 1:30 Card Games, Board Games in the senior center or Ping Pong/Corn Hole in the life enrichment center</p> 	<p>14 Valentine's Day 10:00-10:15 ANB Bankers - SC 1:30 Current Events - SC 1:30 Community Healthcare Partners - WR</p> 	<p>15 9:00 Grocery Trip 10:00 Letter Writing to Military - Senior Center 12:00-2:00 PM Community Food Pantry - MP 1:00 Group with Angel, Love & Friendship LEC</p>	<p>16 10:00 Coffee & Conversation 10:30 Getting to know history making Black Americans - SC 1:00 Stitches & Stories - SC</p>	<p>17 10:15 Tai Chi - SC 12:00-2:00 PM Saving Grace Food Pantry - MP 1:30 Friday Afternoon Movie - "Grease" - SC</p> 	<p>18</p>
<p>19</p> 	<p>20 HAPPY PRESIDENT'S DAY No ENOA Lunch 10:00 Nebraska House Calls will give a presentation about the services they offer. Come have Donuts and coffee - SC 1:30 Crafts with Mary </p>	<p>21 9:45 Meditation with Hailey</p>  <p>2:00 Mardi Gras Party - SC</p>	<p>22 9:00 Grocery Trip Signup in Senior Center 10:00 Trivia with Hailey - SC 1:00 Group with Angel - LEC Remembering our Friends 1:00-2:30 HELP Walker/Wheel Chair Repair in Senior Center</p>	<p>23 Girl Scout Cookie Day 10:00 Coffee & Conversation 1:30 Trip to the Florence Library - Sign up</p>	<p>24 10:15 Tai Chi - SC 12:00-2:00 PM Saving Grace Food Pantry - MP Building 1 Multipurpose Room 2:00-3:00 Quarter Bingo - SC</p> 	<p>25</p> 
<p>26</p> 	<p>27 10:00 Who Am I? Famous People Born in February - SC 1:30 Undesign the Redline Exhibit at UNO - Trip</p>	<p>28 10:00 Loteria Bingo w Hailey - SC 1:30 Current Events - SC</p> 			 	
 <p>ENOA Nutrition Services Celebrating 50 Years</p>						