

Sunday

Monday

Tuesday

Wednesday

Thursday






Friday

Saturday

November 2023

Life Enrichment Calendar

SEVEN OAKS SENIOR CENTER

<p>10:00 Coffee After Mass – SC 12:30 Celebrate Monopoly Day by playing Monopoly – SC 2:30 Cheery Canvas Painting with Channa – SC</p> 	<p>9:00 Exercise - CR 10:00 Decorating Senior Center for Fall/Thanksgiving – SC 12-12:15 Lunch Served – SC 1:00 Better Balance - SC 1:30 Pinochle with Tom – SC 2:30 Quarter Bingo - SC 4:30 UNO vs. Illinois State University Women's Basketball Game at Baxter Arena</p>	<p>9:00 Exercise - CR 10:00 Bill Williams Patriotic Productions Remembering Our Fallen – SC 12-12:15 Lunch Served – SC 1:30 Genealogy Club with Sister Houston – SC 3:00 Over eaters Anonymous - CR</p>	<p>9:00 Grocery Trip 9:00 Exercise - CR 10:00 Activity Planning Meeting – SC 12-12:15 Lunch Served – SC 1-3 Stiches and Stories 1:30-2:30 Guest Speaker: Matt Holland on Fr. John Markoe's Fight Against Racism – SC 3:00 Resident Council meeting – SC</p>	<p>Light the World in Teal Wear the Color Teal Today for Alzheimer's Awareness 9:00 Exercise - CR 10:00 Coffee and Chat: Day of the Dead Celebration – SC 12-12:15 Lunch Served – SC 1:00 Game Day – SC 3:00 Travelogue Video: 25 Greatest Natural Wonders of the World - SC</p>	<p>The Wizard of Oz Anniversary 9:00 Exercise - CR 10:00 Expressive Art – SC 12-12:15 Lunch Served – SC 12:00-2:00 Savings Grace Pantry – MP 1:15 Wizard of Oz Movie – SC</p>	<p>9:00 Exercise – CR</p> 
<p>10:00 Military Battles That Changed History Discussion- SC 1:30 Wii Sports: Bowling – MP 3:00 How to Celebrate Diwali Handout (Read Individually or as a Group) – SC</p> <p>Diwali (Hindi)</p>	<p>9:00 Exercise - CR 10:00 Flowerpot Scarecrow Craft – SC 12-12:15 Lunch Served – SC 1:00 Better Balance - SC 1:30 Pinochle with Tom – SC 2:30 Bunco Dice Game – SC</p>	<p>9:00 Exercise - CR 10-10:15 ANB – SC 11:00 Pioneer Friends Thanksgiving Luncheon, Bingo, and Put-n-Take in Fort Calhoun 12-12:15 Lunch Served – SC 1:30 Birthday Celebration and Merrymakers Concert with Kim Eames – SC 3-4 Over eaters Anonymous - CR</p>	<p>9:00 Grocery Trip 9:00 Exercise - CR 12-12:15 Lunch Served – SC 12:00-2:00 Heartland Pantry - MP 1-3 Stiches and Stories – SC 1:30 10 Warning Signs of Alzheimer's presented by Julie Ehlers – SC 2:30 UNO Cards and UNO Dominos - SC</p>	<p>9:00 Exercise - CR 9:00 Waterfall Viewing in Missouri with Dwight Bus Ride & Lunch 10:00 Coffee and Chat – SC 12-12:15 Lunch Served – SC 1:00 Home Health Informational presented by Home Nursing with Heart – SC 2:30 Who, What, Where Trivia - SC</p>	<p>9:00 Exercise - CR 10:00 Expressive Art – SC 12-12:15 Lunch Served – SC 12:00-2:00 Savings Grace Pantry – MP 1:00-3:00 United Health Care with Arleda – CR 1:30 Nature Secrets with Debra: The Nebraska Phase Culture - SC</p>	<p>9:00 Exercise – CR 9:00-4:00 Resident Council Craft & Bake Sale – MP</p>  <p>Veterans Day Remembrance Day (Canada)</p>
<p>1:30 Wii Jeopardy – MP 3:00 Gather Together for Board Games – SC</p>	<p>9:00 Exercise - CR 10:00 Stained Glass Window Craft Part 1 - SC 12-12:15 Lunch Served – SC 1:00 Better Balance - SC 1:30 Pinochle with Tom – SC 2:30 Board Game Bingo – SC</p>	<p>9:00 Exercise - CR 10:00 Stained Glass Window Craft Part 2 - SC 12-12:15 Lunch Served – SC 1:00 Hancock Fabric Outing 3:00 Over eaters Anonymous - CR</p>	<p>9:00 Grocery Trip 9:00 Exercise - CR 10:00 Stained Glass Window Craft Part 3 - SC 12-12:15 Lunch Served – SC 1-3 Stiches and Stories – SC 2:30 54 Everyday Things You Never Knew Had Names – SC</p>	<p>Happy Thanksgiving!!</p>  <p>Thanksgiving Day (US)</p>	<p>9:00 Exercise - CR 11:00 Nebraska vs. Iowa Game</p> 	<p>9:00 Exercise – CR 1:00 Gather Together for Card Games – SC</p>
<p>10:00 Left, Right, Center Dice Game – SC 2:00-3:30 Resident Council Event: Dessert & Coffee – SC</p>	<p>9:00 Exercise - CR 10:00 Wii Wheel of Fortune – MP 12-12:15 Lunch Served – SC 1:00 Better Balance - SC 1:30 Pinochle with Tom – SC 2:30 Michael Lyon Musical Performance – SC</p>	<p>Giving Tuesday 9:00 Exercise - CR 10:00 Giving Tuesday Donuts, Coffee & Chat – SC 12-12:15 Lunch Served – SC 1:00 Omaha National Cemetery Bus Ride 3:00 Over eaters Anonymous - CR</p>	<p>9:00 Grocery Trip 9:00 Exercise - CR 10:00 Making Cinnamon Roll Cake in a Mug – SC 12-12:15 Lunch Served – SC 1-3 Stiches and Stories – SC 3:00-4:00 DrumFit Program with Becky – SC</p>	<p>9:00 Exercise - CR 10:00 Coffee and Chat – SC 12-12:15 Lunch Served – SC 1:00 National Hospice Month: Melissa from Endless Journey presenting on the Myths of Hospice – SC 2:30 Rorschach Ink Blots Test – SC 7:00-8:30 Resident Council Bingo - SC</p>	<p>Room Directory SC Senior Center MP Multipurpose Room CR Community Room LEC Life Enrichment Center WC Wellness Center</p>	<p>Activities in RED are bus outings that require residents to sign up.</p>

