





Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<p>Room Directory</p> <p>SC Senior Center MP Multipurpose Room CR Community Room LEC Life Enrichment Center WC Wellness Center HR Heritage Room</p> <p>Activities in RED are bus outings that require residents to sign up. Activities bolded in black are open to the public/community.</p>	<p style="text-align: right;">1</p> <p>9:00 Exercise – CR 10:00 International Black Women’s History Month: Influential Black Women 12:00 ENOA Lunch – SC 1:30 Quarter Bingo – SC 3:00-5:00 Acting Class with Patty Driscoll - SC <small>All Fools’ Day</small></p>	<p style="text-align: right;">2</p> <p>9:00 Exercise – CR 10:00 Boston College Magazine Reading - LEC 12:00 ENOA Lunch – SC 1:00 Easter Art Show at The Mormon Trail Center 2:30 Overeaters Anonymous - CR</p>	<p style="text-align: right;">3</p> <p>9:00 Grocery Trip 9:00 Exercise – CR 10:00 Activity Planning Meeting - LEC 12:00 ENOA Lunch – SC 1:00 Stiches & Stories – SC 3:00 Resident Council Meeting – SC</p>	<p style="text-align: right;">4</p> <p>9:00 Exercise – CR 10:00 Coffee & Chat – SC 12:00 ENOA Lunch – SC 1:00 A Beate’s Movie - LEC 3:00 Chair Yoga with McCall - LEC 7:00-8:30 Resident Council Bingo - SC</p>	<p style="text-align: right;">5</p> <p>9:00 Exercise – CR 9:30 Asian American, Native Hawaiian, and Pacific Islander Women’s Equal Pay Day Discussion – SC 12:00 ENOA Lunch – SC 12:00-2:00 Saving Grace Food Pantry – LEC 1:30 One Person Play: Baseball Preacher (True Story) performed by Bill Chvala - SC</p>	<p style="text-align: right;">6</p> <p>9:00 Exercise – CR 1:00 Watercolor Class with Sr. Mary Ann 2:00 NDH Movie Night: Nyad Documentary & Popcorn/Candy/Drinks– SC/LEC</p>	
<p style="text-align: right;">7</p> <p>1:00 4M’s Presentation: What Matters, Medication, Mind, and Mobility by UNMC Student Lauren - SC 3:00 Card Club - HR</p>	<p style="text-align: right;">8</p> <p>9:00 Exercise – CR 9:30 April Trivia – LEC 11:00 Golden Corral Lunch Outing: Lunch Cost \$11.97 (65+) or \$16.67 12:00 ENOA Lunch– SC 2:00 Left, Right, Center Game – SC</p>	<p style="text-align: right;">9</p> <p>9:00 Exercise – CR 10-10:15 ANB – SC 10:30 50’s Fashion - SC 12:00 ENOA Lunch – SC 1:30 Spool Craft - LEC 2:30 Overeaters Anonymous - CR</p>	<p style="text-align: right;">10</p> <p>9:00 Walmart Trip 9:00 Exercise – CR 10:00 Do You Know Your Neighbor Game – LEC 12:00 ENOA Lunch – SC 1:00 Stiches & Stories – SC 3:00 UNO – CR</p>	<p style="text-align: right;">11</p> <p>9:00 Exercise – CR 10:00 Coffee, Chat & Creighton Students Health Presentation– SC 12:00 ENOA Lunch – SC 12:00-2:00 Methodist Mobile Diabetes Clinic – CR 1:00 Kiewit Luminarium Outing 3:00 Pups with a Purpose - SC</p>	<p style="text-align: right;">12</p> <p>9:00 Exercise – CR 11:00 Haydn in Hungary Performance by Donna Gunn - SC 12:00 ENOA Lunch – SC 12:00-2:00 Saving Grace Food Pantry – LEC 1:00 Resident Talent Show - SC</p>	<p style="text-align: right;">13</p> <p>9:00 Exercise – CR 2:00 Notre Dame Players Present: Bottoms Dream The Play Within the Play from Shakespeare a Midsummer Night’s Dream</p>	
<p style="text-align: right;">14</p> <p>10:00 Coffee after Mass – SC 2:00 Notre Dame Players Present: Bottoms Dream The Play Within the Play from Shakespeare a Midsummer Night’s Dream</p>	<p style="text-align: right;">15</p> <p>9:00 Exercise – CR 10:00 Ping Pong/Shuffleboard 12:00 ENOA Lunch – SC 1:30 Quarter Bingo – SC 3:00 Today is Jackie Robinson Day Lets Celebrate by Watching the Movie: 42 – SC/LEC</p>	<p style="text-align: right;">16</p> <p>9:00 Exercise – CR 10:00 Stress Awareness Day Discussion/Activity - SC 12:00 ENOA Lunch – SC 1:00 Tour of Metro’s Fort Campus Digital Express Building 2:30 Overeaters Anonymous - CR</p>	<p style="text-align: right;">17</p> <p>9:00 Bakers Trip 9:00 Exercise – CR 10-2 Heartland Food Pantry - LEC 12:00 ENOA Lunch – SC 1:00 Stiches & Stories – SC 3:00 Spades – CR 6:15 Resident Council Event: Spring Picnic - SC</p>	<p style="text-align: right;">18</p> <p>9:00 Exercise – CR 10:00 Coffee & Chat – SC 12:00 ENOA Lunch – SC 1:30 Birthday Celebration & Merrymakers Concert with Billy Graves - SC 7:00-8:30 Resident Council Bingo - SC</p>	<p style="text-align: right;">19</p> <p>9:00 Exercise – CR 10:00 Expressive Art - LEC 12:00 ENOA Lunch – SC 12:00-2:00 Saving Grace Food Pantry – LEC 1:00 Classic 1950s Food – SC</p>	<p style="text-align: right;">20</p> <p>9:00 Exercise – CR 1:30 Board Games – SC 3:00 NDH Movie Night: Secondhand Lions & Popcorn/Candy/Drinks– SC/LEC 7:00 Resident Council Event: Karaoke – SC</p>	
<p style="text-align: right;">21</p> <p><u>Volunteer Appreciation Week Begins</u> 1:30 Wii Games – MP 3:00 Card Club – HR</p>	<p style="text-align: right;">22</p> <p>9:00 Exercise – CR 10:00 Passover Seder Star Craft – LEC 11:00-4:00 Foot Doctor 12:00 ENOA Lunch – SC 1:30 Recycling Presentation by Recycling Coordinator Matt O’Connell from the City of Omaha - SC <small>Passover Begins Sabbath Day</small></p>	<p style="text-align: right;">23</p> <p><u>Spanish Language Day</u> <u>World Book & Copyright Day</u> 9:00 Exercise – CR 10:00 Spanish Phrases - LEC 12:00 ENOA Lunch – SC 1:00 Sharing of Favorite Books, Poems, and Quotes - LEC 2:30 Overeaters Anonymous – CR</p>	<p style="text-align: right;">24</p> <p>9:00 Target Trip 9:00 Exercise – CR 10:00 Spring Craft - LEC 12:00 ENOA Lunch – SC 1:00 Stiches & Stories – SC 3:00 Ghost Towns in Nebraska – SC</p> <p style="text-align: center;"><small>Administrative Professionals Day</small></p>	<p style="text-align: right;">25</p> <p><u>Hairdresser Day</u> 9:00 Exercise – CR 10:00 Coffee & Chat – SC 12:00 ENOA Lunch – SC 1:00 Trader Joes/Wheatfields Outing 3:00 Pups with a Purpose - SC</p>	<p style="text-align: right;">26</p> <p>9:00 Exercise – CR 10:00 Forest Funnies - SC 12:00 ENOA Lunch – SC 12:00-2:00 Saving Grace Food Pantry – LEC 1:00 The Hidden Life of Trees Documentary - SC</p> <p style="text-align: center;"><small>Arbor Day</small></p>	<p style="text-align: right;">27</p> <p>9:00 Exercise – CR 11:00 Earth Day Omaha 2024 at Elmwood Park</p>	
<p style="text-align: right;">28</p> <p>1:30 Ping Pong/Shuffleboard - SC 3:00 Board Games – SC</p>	<p style="text-align: right;">29</p> <p>9:00 Exercise – CR 10:00 Making May Day Baskets - SC 12:00 ENOA Lunch – SC 1:00 Continuation of Making May Day Baskets – SC 3:00 Kings in the Corner – CR</p>	<p style="text-align: right;">30</p> <p>9:00 Exercise – CR 10:00 Travelogue Destination: Scottish Highlands – SC 12:00 ENOA Lunch – SC 1:00 Driver’s Choice Scenic Bus Ride 2:30 Overeaters Anonymous – CR</p>	<h1 style="font-size: 4em; margin: 0;">April 2024</h1> <p style="font-size: 1.5em; margin: 0;"><i>Life Enrichment Calendar</i></p>			 <p>ENOA</p>	 <p>NOTRE DAME HOUSING <small>Opening doors to housing, health and hope</small></p>





NOTRE DAME HOUSING
Opening doors to housing, health and hope.

Coordinator's Quarterlies

Service Coordinator, Theresia Dixon

OMG, we are into April 2024, where has the time gone. So much to do and so little time to do it in. Just wanted to give you an update as to what I am working on for the next three months. I am reaching out to vendors to come out on food pantry days to provide education and information for you all. This would allow you to get to know new companies and gain new education on many different topics, such as fall prevention, home health options, wellness, and other very valuable information. Please be mindful of how much you are putting in the top load washing machines. When they are packed full, they will overflow causing a big mess that could be avoided. Please only fill the washer halfway full. Clothes expand when water is added. If it is a matter of not having enough money to wash, please talk to Lynn and she will be able to help with additional quarters.

I also have received new books that will be added to the library soon. Please if you have books that you would like to part with and would like them to be added to the library, please bring them to my office. I will contact Connie LaBore. Connie helps the Service Coordinator with the library. She is the one who adds the new books and puts the books back that have been returned.

As always remember to give yourself grace and as well as others grace. We do not know what each person is going through and by giving them grace and allowing them to be human could make all the difference.

Life Enrichment Coordinator, Ariel Rathjen

Hard to believe we are already into the month of April. We have had so much fun on the outings lately and us staff love joining in on the fun. I appreciate how so many of you love the entertainers, speakers, and any learning opportunities we hold in the Senior Center. With that said I ask that we all be mindful of our side conversations or loud noises while those are happening. It is distracting to others and not fair to the person who has taken the time out of their day to perform or present for us. Once the Wi-Fi is in better working condition in the Enrichment Center, I plan to have most of these held more in there to decrease the noise factor but until then I please ask all residents and staff to be mindful of this.

The Life Enrichment Center is open 24 hours. I encourage people to utilize this space at any time. Feel free to come down and exercise, play cards with friends, or even watch movies on the nice comfy chairs in the back room. This space is open to all so please do not hesitate in using it.

ENOA lunch program policy reminded: please if you are going to cancel your meal let me know the day before by no later than 11am. ENOA is paying closer attention to cancellation rates. An updated policy on this from ENOA will be given to you during a meal for your reference.



Fish Fry

Staff, volunteers, and Brian from DP Management truly enjoyed attending the fish fry with all of you. The food was amazing, we could not beat the service provided to us all, and our fun was memorable. It is sad to think that they have already come to an end, and we must wait an entire year for the next one.

This year we attended the fish fry at St. John the Baptist Church in Fort Calhoun, NE. Keep staff up to date if next year you would like to try any other fish fries at other locations. Please try to tell us in advance so we have enough time to reach out to the appropriate place to see what they will be serving, pricing, parking, and all the other details that go along with setting this type of outing up.

Thank you to all that attended the fish fry, we truly had a great time! We hope you join us again next year Brian!

Sally's Salon

Sally Bos is our Notre Dame Housing hairstylist.

Hours of Operation: Every Thursday from 9:00am - 4:00pm

Forms of payment: Cash or check only.

Please call and make an appointment with Sally at 402-321-0343.



Activities subjected to change at any time.
Inclement weather could cause outings/bus rides to be cancelled or postponed.

ENOA Lunch Program

Served Monday-Friday at 12:00pm.
No ENOA Lunch served on holidays.

Contribution Cost:
60+: \$4.25
Under 60: \$11.00

We would love to have you join us for lunch!

Please call 402-451-4477 to reserve your lunch. All orders need to be called in 24 hours prior to the date joining for lunch.

Weekly/Monthly Ongoing Activities

Monday thru Saturday 9:00AM - Resident led exercise in the Community Room.

Tuesdays at 2:30 PM - Overeaters Anonymous in Community Room.

Second Tuesday 10:00 AM-10:15 AM – American National Bank in Senior Center.

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

Wednesdays from 1:00 PM-3:00 PM - Stitches and Stories in the Senior Center.

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

Second Thursday from 12:00 PM-2:00PM – Methodist Diabetes Clinic in Senior Center.

First Sunday at 10:00 AM – Coffee after Mass in Senior Center.

Fridays from 12:00 - 3:00 PM or until the food runs out - Saving Grace Food Pantry

Now in Life Enrichment Center

Third Wednesday of the month from 10:00-2:00 or until food runs out Community Food Pantry

Now in Life Enrichment Center