

# Engage Wellness is the medically-based way to get and stay healthier



## January 2026 Calendar

### Free Day Fridays

**Friday, January 2 & 9**

You can try Engage for free on the first Friday of every month. We added a second Friday because of the holidays. It's open to all adults in the community, so bring a friend and join the fun! Virtual members are also welcome to come in and work out at the facility.



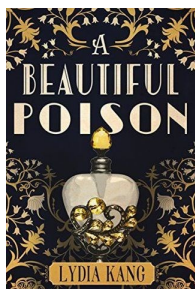
### Lunch Bunch

**Friday, January 16th at 12:00pm**

All members are invited and encouraged to attend a potluck lunch every month on the 3rd Friday. Please bring a dish of your choice to share with the group and enjoy a variety of delicious food and friendly company. Serving utensils are provided, so there is no need to bring your own. Everyone is welcome!

### Book Club & Meet the Author

**Friday, January 23rd at 11:00am**



The author of this month's selection, Lydia Kang will be joining the meeting to discuss her book!

Synopsis: A young socialite searches for answers when her close circle of friends start to die under mysterious circumstances. Is the Spanish influenza to blame, or is a different malevolent cause responsible?

There are no Book Club Kits available this month. Signed copies are available at the Bookworm for \$14.95. Mention the Book Club when purchasing to get the discounted price. The book is available at the public library.

### Fitness & Balance Re-assessment Week

**January 26-30**

Start the New Year off right by discovering your current fitness and balance levels! Meeting with our fitness staff for a yearly reassessment is important to track your progress and identify areas that may need extra focus. Regular check-ins help ensure your program stays safe, effective, and aligned with your goals. Take advantage of this time of year to challenge yourself and see how far you've come. Re-assessments take about 30 minutes. Sign up by the front desk.





# WELCOME

A warm welcome to all who joined Engage Wellness in December. We are so glad to have you as a part of our community!

Frank K. Pat P.  
Jeanne H. Tim C.  
Melissa G.

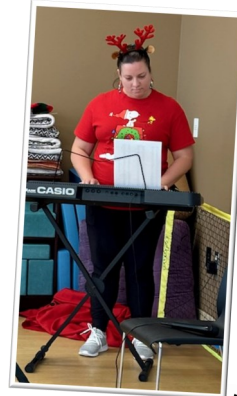


## Happy Birthday



Carolyn J.	01/01	John C.	01/21
Steve M.	01/04	Dave M.	01/24
Molly R.	01/07	Mark M.	01/24
Curt M.	01/07	Joan H.	01/25
Tess L.	01/08	Sue S.	01/26
Betty C.	01/11	Rae B.	01/27
Joannie H.	01/11	Trish N.	01/27
Bev H.	01/12	Karen P.	01/27
Carol H.	01/13	Mike P.	01/28
Pat W.	01/14	Candy M.	01/28
Paul M.	01/16	Janna P.	01/31
Nancy M.	01/17	Melissa G.	01/31
Tony A.	01/17	Mark W.	01/31
Michelle P.	01/18		
Ivar T.	01/20		

### Totally Engaged Class Holiday Sing-along on 12/17/25



Festive fun was had by all. Check out the special musical guest, Sara, on the keyboard!



## Winter Word Scramble

### Challenge

Unscramble the letters to reveal each word.



Answers on page 4!

# Congratulations!

Look at the members who achieved special attendance milestones in December:



**Pat B. — 1600**

**Betty W. — 1300**

**Mary Beth B. — 1000**

**Peggy L. — 200**

**Paul B. — 200**



GBDNAROSNIWO \_\_\_\_\_  
TFOBRSITE \_\_\_\_\_  
CETMENILN \_\_\_\_\_  
NHAIBETER \_\_\_\_\_  
HWSOOINGSEN \_\_\_\_\_  
NRCYROSSOUNT \_\_\_\_\_  
GLNISOMOBNIW \_\_\_\_\_  
IIDTEWRNE \_\_\_\_\_  
CLAGRIE \_\_\_\_\_  
DERNEREEI \_\_\_\_\_  
EGBRICE \_\_\_\_\_  
ESMEOLTTI \_\_\_\_\_  
KNSAFGITERU \_\_\_\_\_  
AACABALVL \_\_\_\_\_  
HCNLIILWD \_\_\_\_\_  
NRGEEERVE \_\_\_\_\_  
PMTPEPERNI \_\_\_\_\_  
WISSNOUT \_\_\_\_\_  
LRSWAU \_\_\_\_\_



## Member News:



- **Group Movement Classes** - no changes to the schedule this month. Make sure to attend the classes you like! We need 3 members to hold a class. If attendance is consistently low that class may be removed from the schedule. If you have a suggestion for a new class you'd like to see offered at Engage, please let us know by filling out a comment card at the front desk.
- **Parking** - reminder that if the West lot is full, parking is available on the North lot (2nd floor entrance to the building). In either lot, please park in visitor/Engage Member parking only.
- **Membership** - We know many of you have had to make changes to your insurance plan this year. If your fitness benefits are changing or ending, please reach out to Lesley to update your account, [lwadhams@unmc.edu](mailto:lwadhams@unmc.edu).
- **Winter Weather Policies** - We have been really lucky so far this winter! If we do get some snow, please bring a clean pair of shoes for exercising to prevent tracking in salt from the sidewalk. Help us keep our workout areas, equipment, and carpets clean. If Engage is open, Group Movement classes will be going on as scheduled.

**If the weather is bad,  
how do you know if  
Engage Wellness is open?**

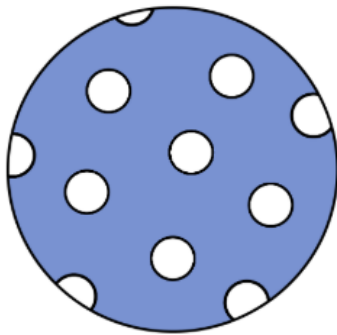
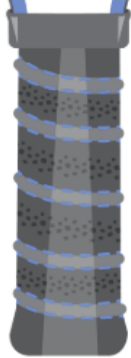
- Check your email
- Check our Facebook and Instagram pages
- Call and listen to the voicemail message, 402-552-7210



Ready to learn  
the fastest-growing  
sport around?

**Come to Beginner  
Pickleball Class  
Fridays at 9:30am.**

No experience  
needed, just come  
learn, laugh,  
and have fun!



**A LITTLE  
PROGRESS  
EACH DAY  
ADDS UP TO  
BIG RESULTS.**

### **Engage Wellness Staff**

**Sara Huebert, B.S.**

Wellness Specialist  
402-552-7229

**Libby Guenther, M.S.**

Wellness Specialist  
402-552-3218

**Lesley Wadhams, M.Ed.**

Operations Assistant  
402-552-7210

**Lyssa White, B.F.A.**

Customer Service Assistant  
402-552-7210

### **Answer Key**

SNOWBOARDING  
FROSTBITE  
INCLEMENT  
HIBERNATE  
SNOWSHOEING  
CROSSCOUNTRY  
SNOWMOBILING  
WINTERTIDE  
GLACIER  
REINDEER  
ICEBERG  
MISTLETOE  
FIGURE SKATING  
BALACLAVA  
WINDCHILL  
EVERGREEN  
PEPPERMINT  
SNOWSUIT  
WALRUS



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UNIVERSITY OF  
**Nebraska**  
Medical Center

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