

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

July 2025 Calendar



Holiday Hours:

Thursday, July 3 - **closed**

Friday, July 4 - **closed**

Free Friday

July 11th

Any adult in the community can come try EngAge Wellness for free on the first Friday of each month. Tell your friends! Virtual members are welcome to workout in the facility too!

Wellness Workshop

“Skin through the Ages”

Tuesday, July 15th

12:30pm

This seminar will be led by UNMC Dermatologist Dr. Ronald Sulewski. He'll take you through how aging affects your skin and how to best to care for it!

Lunch Bunch Potluck

Friday, July 18th

12:00 - 1:30pm



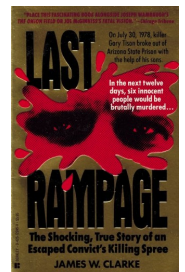
EngAge member Pete P. is cooking up some hamburgers and hot dogs for the group. Please sign-up by the front desk to bring a side dish, dessert or other item to help complete the meal. We will be celebrating July birthdays too!

Book Club Meeting

Friday, July 25th

11:00am

Come share your thoughts and participate in a lively discussion of this month's featured book, “The Last Rampage”. Next month's selection will be chosen at the meeting. If you'd like to join in, there is still plenty of time to read the book. Copies are available to borrow at EngAge.



Take a look the members who achieved special attendance milestones in June: Keep going!

Dale K.	1200	Kari P.	500	Frank H.	200
Betty W.	1200	Peg N.	500	Leonard R.	100
Nancy M.	1100	Jim O.	400	Sheryl F.	100
Pete P.	1000	Karen O.	400	Pam B.	100
Diana K.	1000	Kathy H.	300	Joyce M.	100
Mary Beth B.	900	Cheryl A.	200	Pam C.	100
Rebecca S.	700	Mike P.	200		

Welcome

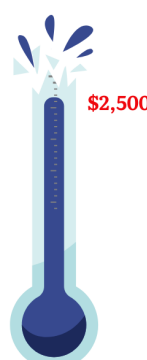
A warm welcome to our new members EngAge Wellness in June!

Betsy H.	Margo B.
Carolyn J.	Mary Beth H.
Deb G.	Nan K.
Don M.	Rita P.
Douglas D.	Vonnetta B.
Loretta E.	



Eleanor Foral
KEEP 'Er MOVIN
Fundraiser Results

Thanks so very much to everyone who generously donated! We are thrilled to announce that we surpassed our \$1000 goal and received the matching funds. The total amount raised for the EngAge scholarship program was just over **\$2,500!**



◆ — ◆

David S. Deb H. Don & Martha M. Don M. Gary T. Hanna E. Janet G.	Jim & Joan H. Jorja S. Judy & Roger E. Judy T. Kari P. Kit R. Leonard R.	Linda P. Mary Ann M. Mary Ellen D. Mary J. Mike & Penny R. Miriam S. Nancy M.	Paul & Karen M. Peg N. Peggy L. Rita Y.
--	--	---	--


Thank you!

Member Updates

- We have interviewed potential candidates for the open customer service position. We hope to have a new member of the staff team starting soon!
- If you are interested in volunteering at EngAge Wellness there are two opportunities: Ambassadors and Outreach. More information about how you can get involved coming soon.
- There will be temporary changes to the Group Movement class schedule this month because of staff vacation schedules. Members will be notified by email and the information will be posted in the facility and on social media.
- Make sure to follow our Facebook or Instagram pages to stay up to date on EngAge news!

**"Motivation is what gets you started.
Habit is what keeps you going"**

- Jim Ryan

Arnie H. 07/01	Jo T. 07/14	Kitty R. 07/18	Gloria R. 07/24	Marialyce W. 07/31
Frank H. 07/05	Pat G. 07/15	Terry M. 07/19	Bob C. 07/25	Cole W. 07/31
Terry O. 07/05	Gene W. 07/15	Carla A. 07/19	Rebecca B. 07/25	
Rudy E. 07/07	Gary B. 07/16	Larry L. 07/20	Kit R. 07/28	
Linda L. 07/07	Cheryl A. 07/16	Kelly W. 07/20	Sarah G. 07/29	
Becky S. 07/09	Beth M. 07/16	John K. 07/21	Dale K. 07/29	
Betty W. 07/10	Connie R. 07/18	Rich N. 07/23	Loretta E. 07/30	
Merrilee M. 07/11	Barbara B. 07/18	Brigid H. 07/23	Mary C. 07/30	

Visit us online
www.unmc.edu/engage



UNIVERSITY OF
Nebraska
Medical Center