

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



June 2024 Calendar



Free Friday

June 7th

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!



Engage Wellness is open regular hours on Juneteenth, Wednesday, June 19th.

Engage in Knitting

Tuesdays at 1:00pm

Share your love for the craft with other knitters like you! Come every Tuesday afternoon to enjoy friendly conversation while you work on your project. This is not an instructional class. All skill levels are welcome to attend.

Walk & Talk

Friday, June 21st

11:15am

Let's get outside and go for a walk together! As a group, we will leave Engage Wellness for an approximately 30 minute leisurely walk. Please wear appropriate shoes, and dress for the weather. We will be back in time for Lunch Bunch!

Wellness Workshop

Friday, June 14th

11:00am

Presented by Kimmie Sharp, MMN, RDN, LMNT, LD, learn the connection between what we eat and how it impacts our cognitive functions, memory, and overall mental wellbeing. Learn how to incorporate brain-boosting foods into your diet.

Lunch Bunch Potluck

Friday, June 21st

12:00 - 1:30pm

Bring a dish to share or bring a lunch for yourself if you'd prefer. Members are welcome to use our kitchen including the fridge before we setup for lunch. We have tons of utensils and serving dishes, so no need to bring them. We will also celebrate all our members with birthdays this month.



Coming in July:

Wellness Workshop - Alzheimer's Association
Managing Money - A Caregiver's guide to Finances
 Friday, July 26th at 11:00am



Sunday, June 16th

"A father's love: "It's a different kind of love. It's very pure. It's unconditional."

-John Legend



WELCOME

A warm welcome to our new members or previous members that rejoined Engage in May!

Beth M. Joyce M. Sheryl F.
 Emma W. Kitty R. Susan D.
 Jeff L. Seth V. Tess L.



Gordon V.	06/01
Bob C.	06/01
Ed Q.	06/01
Pat L.	06/03
Mary T.	06/03
Jim O.	06/04
Linda N.	06/06
Elizabeth Anne C.	06/08
Joyce V.	06/08
Mike N.	06/10
Pat B.	06/13
Bernie J.	06/14
Janet R.	06/15
Paul M.	06/27
Carol G.	06/27
Judy T.	06/29
Karen M.	06/29
Lou H.	06/29

Member Updates:

Engage Staff: We have two new staff members working at Engage for the summer. Please join us in welcoming Madison and Annie!



Annie

My name was Annie Diesen which you'll see on my ID badge, but it recently changed to Annie Tollison when I got married a month ago! My husband and I decided to move here from Utah so he could do door-to-door sales for the summer. We'll be going back to Utah in August so I can continue my studies in sociology at the University of Utah and hopefully get into Physical Therapy school soon after receiving my bachelor's degree.



Madison

I am originally from Texas, and have been in Omaha for 2 years. I went to college in New York and played volleyball while in school. I will be here until July, then I will be heading to Erie, Pennsylvania for medical school. A fun fact about me is that I am a triplet!

New Group Movement Schedule: As summer settles in, we're making some seasonal changes to our Group Movement schedule. This adjustment not only gives our instructors a chance to recharge, but allows our program to explore some new ideas. Class attendance is considered when determining our schedule, so if there is a class that you enjoy, we encourage you to attend regularly and to invite a fellow member to join you!

Please note we will not have live-streamed classes in our Facebook Group over the summer. All previously recorded classes will still be available for viewing.

Visit our website for current schedules and up-to-date information.

Congratulations to all the members who reached attendance milestones in May. We are so proud of you!



Pat B. 1700	Judy T. 1000	Penny D. 500
Lynette P. 1400	Linda L. 900	Mary Ann M. 300

Visit us online!
www.unmc.edu/engage

