

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



May 2025 Calendar



Book Club Meeting

Friday, May 2nd
1:00pm

Come share your thoughts and participate in a lively discussion of this month's featured book, "In the Woods" by Tana French. Next month's selection will be chosen at the meeting. If you'd like to join in, free ways to obtain the book are through the public library and the Libby app.

Pathway to Wellness: Making Lifestyle Changes

Wednesday, May 7 at 1:00pm - with Sara

Motivation in Motion - learn ways to increase and maintain motivation through goal setting, group discussion, and activities.

Wednesday, May 21 at 1:00pm - with Libby

Mindful Moments - practice mindfulness techniques to manage stress and create a stress management plan.

Wednesday, June 4 at 1:00pm - with Libby

Sleep - Learn how to improve your sleep habits. Participate in group discussion and set goals.

Please RSVP to attend interactive group sessions that promote healthy lifestyle changes and habits.

Homestead Exemption Assistance

Thursday, May 8th
1:00 - 4:00pm



Homestead exemptions provide relief from property taxes. Volunteers Assisting Seniors (VAS) will be offering application assistance. Call VAS at 402-444-6617 to make an appointment. Walk-in appointments also available.

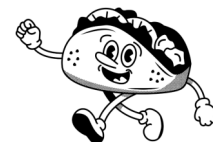
Sunday, May 11th

*HAPPY
Mother's Day*

Lunch Bunch - Taco's

Friday, May 16th
12:00 - 1:30pm

Engage member Pete P. will be cooking tacos for everyone to enjoy! Please sign-up by the front desk to bring a side dish, dessert or other item to help complete the meal.



Closed Memorial Day

Engage Wellness will be closed Monday, May 26th. Enjoy the holiday!



Heartsaver CPR Class

Friday, June 13th at 10:00am
\$50 fee*

Have you been thinking about learning CPR in case of an emergency?


This course is designed to train anyone with little or no medical training to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner.

An instructor from Clarkson College will be teaching the class at Engage Wellness in the Group Movement Room.

*fee can be paid in two installments if needed

congratulations!

Check out our participants who achieved special attendance milestones in April!

| | | | | |
|-------------------------|------------------------|-------------------------|-------------------------|---|
| Carol G. 2200 | Becky S. 700 | Connie R. 400 | Jim H. 200 | Georgia W. 100 |
| Pat M. 1100 | Liz F. 600 | Barb B. 400 | Howard M. 200 |  |
| Judy T. 1100 | Deb H. 500 | Chris K. 300 | Pat G. 100 | |

Happy Birthday



Joe P. 05/01
 Deb C. 05/04
 Kelli K. 05/04
 Chick M. 05/07
 Rick S. 05/07
 Seth V. 05/10
 Sheilah S. 05/12
 Tom L. 05/15
 Jewel K. 05/17
 Markel B. 05/22
 Jackson B. 05/24
 Catherine K. 05/25
 Maureen P. 05/29
 Nancy H. 05/29
 Randy S. 05/31

2025 Cyber Cycle Madness - Engage brought the heat!

Congrats to all our members that participated in this year's March Madness style riding competition. Engage made it all the way to the "Fearsome Four", riding over **1000 miles** on our two CyberCycle bikes over the course of 6 days.

We are so proud of you!

5 of our members made it to the top 15 of all riders across the nation:

- Dale K. #3
- Roger E. #6
- Mike R. #9
- Chris K. #10
- Penny D. #15



Skin Cancer Awareness Month

Check your
spots!

To effectively check for skin cancer, regular skin self-exams and annual professional exams are recommended.

Pay attention to new spots, changes in existing moles, and any sores that don't heal.



**1 in 5 Americans
develop skin cancer
by the age of 70!**



A warm welcome to our new members or previous members that rejoined Engage Wellness in the month of April!

Ann Marie K. Jewel K.
 Barbara S. JoAnn F.
 Bob G. Marianne G.
 Estell B. Richard K.

Visit us online
www.unmc.edu/engage



UNIVERSITY OF
Nebraska
 Medical Center

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