

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

## September 2025 Calendar

### Wellness Workshop - HomeFit with AARP



**Friday, September 5th at 11:00am**

Based on the free AARP HomeFit Guide, this presentation can help individuals and families make their current or future residence—or that of a loved one—their “lifelong home.” This presentation offers solutions that range from simple do-it-yourself fixes to improvements that require skilled expertise but can be well worth the expense.

### Free Friday

**Friday, September 5th**

You can try EngAge for free on the first Friday of each month. 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.



**EngAge Closing at 2:00pm  
Tuesday, September 9th**

### HIIT Class Research Results

**Tuesday, September 16th at 11:00am**

Come hear the results of our High-Intensity Exercise Class study!

Engage members took part in a 9-week circuit-based exercise program consisting of 8 functional movement exercises. The classes were led by students, faculty, and staff from Creighton's Physical Therapy and Exercise Science departments.

Join us to learn what the research uncovered and how these exercises can benefit you!



### Lunch Bunch

**Friday, September 19th from 12:00 - 1:30pm**

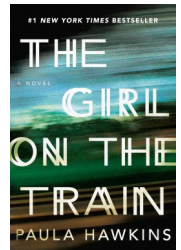
Join us for a good old-fashioned potluck!

Members are welcome to use our kitchen, including the fridge, before we set up for lunch. We have plenty of serving utensils available for everyone to use. During the meal, we'll also take a moment to celebrate all our members with September birthdays!

### Book Club Meeting

**Friday, September 26th at 11:00am**

This month we're reading *The Girl on the Train* by Paula Hawkins — a psychological thriller about a woman who becomes entangled in a missing persons investigation after witnessing something suspicious during her daily train ride. Stop by the front desk to grab your book and join the discussion!



### Falls Prevention Awareness Week

- **Monday, September 22 11:30am - 1:30pm**  
Mini Health Fair - hosted by UNMC's Aging Interest Group
- **Tuesday, September 23 at 11:00am**  
Walk the Block - learn helpful tips for safe outdoor walking while enjoying the fall weather with friends (instructor led walk on UNMC campus).
- **Wednesday, September 24 at 11:30am**  
Confident Recovery: What to Do If You Fall  
Join Josh Wilderman, Trauma Program Coordinator at Nebraska Medicine, for a practical workshop focused on what to do immediately after a fall. Learn strategies to help you stay calm, protect yourself, and recover safely and confidently.



A heartfelt thank you to everyone who generously donated to our food drive for Heartland Hope Mission.

Thanks to your kindness, we collected two overflowing barrels filled with much-needed items that will be distributed to community members in need.



If there are three apples and you took away two, how many do you have? –answer on page 4.

## Happy Birthday

<b>Deb H.</b>	09/01	<b>Kate M.</b>	09/17
<b>Irene S.</b>	09/01	<b>Almeda B.</b>	09/18
<b>Rosie V.</b>	09/01	<b>Cindy C.</b>	09/18
<b>Craig B.</b>	09/02	<b>Marcena H.</b>	09/18
<b>Gary F.</b>	09/02	<b>Susan D.</b>	09/19
<b>Nancy B.</b>	09/02	<b>Barbara Jean P.</b>	09/20
<b>Bob L.</b>	09/02	<b>Vic K.</b>	09/20
<b>Linda U.</b>	09/03	<b>Bob C.</b>	09/21
<b>Lisa B.</b>	09/04	<b>Cherie F.</b>	09/23
<b>Kathleen M.</b>	09/05	<b>Cheri V.</b>	09/23
<b>Karen O.</b>	09/06	<b>Rita Y.</b>	09/25
<b>Daryl H.</b>	09/07	<b>Mike R.</b>	09/26
<b>Kari P.</b>	09/11	<b>Pam B.</b>	09/28
<b>Miriam S.</b>	09/11	<b>Beth R.</b>	09/30
<b>Ellie A.</b>	09/13	<b>Judy A.</b>	09/30
<b>Kathleen P.</b>	09/13	<b>Sue S.</b>	09/30
<b>Kathy H.</b>	09/15		

Join us at Lunch Bunch 9/19/25  
so we can celebrate you!

## WELCOME ABOARD

A warm welcome to our new members who joined in August:

Eldon H.

Kathleen P.

Mary E.

Mike M.

Mike P.

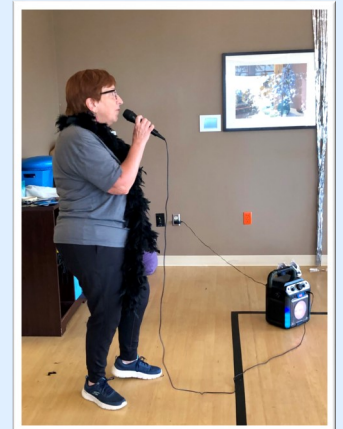
Thank you for choosing us to be part of your wellness journey!

## Member Spotlight

Congratulations to Sarah G! She recently completed the final section of the Appalachian Trail, officially finishing the entire hike! What an incredible achievement—way to go, Sarah!



## Member Memories



Totally Engaged class was full of energy and laughter during the Disco Sing-Along event! Members took the stage with a spirited performance as *The Supremes*, and Libby had everyone in stitches with her awesome costume. It was a fantastic time filled with music, memories, and so much fun! Thank you Rita for providing the decorations and refreshments.



**Stay strong.**

**Stay safe.**

**Stay on your feet.**

### **Did you know that 1 in 4 Americans aged 65 or older falls each year?**

While falling becomes more common with age, it's important to remember: Falling is *not* an inevitable part of aging. In fact, there's a lot you can do to lower your risk and stay independent.

- Stay active – regular movement strengthens muscles and improves balance.
- Get regular checkups – have your eyes, ears, and medications reviewed.
- Make your home safer – remove rugs and clutter, improve lighting, and install grab bars.
- Wear supportive shoes – avoid loose slippers or shoes with slick soles.

Falls can lead to serious injuries, but many are preventable. Taking action today can help you or your loved ones stay safe and confident.

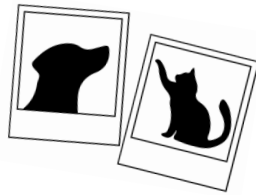
**Check out our Falls Prevention Week schedule of events on page 1!**



# UNLEASH



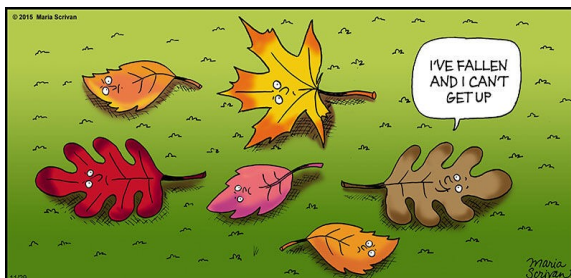
THE CUTENESS!



This month at EngAge Wellness we're celebrating your furry family members!

Send a photo of your pet(s), along with their name(s), to [engage@unmc.edu](mailto:engage@unmc.edu) and we'll print and display them for everyone to enjoy!

## First day of Fall is September 22nd!



## CONGRATULATIONS

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

**Lanny M.** - 100

**Linda P.** - 800

**Tom D.** - 200

**Hanna E.** - 900

**Mike W.** - 200

**Betty C.** - 1000

**Bob H.** - 300

**Maureen P.** - 1100

**Bev H.** - 500

**Bob B.** - 1200

**Mary Ann M.** - 500

**Kathleen M.** - 1300

**Susan H.** - 600

**Marcia M.** - 1900

**Marlene M.** - 800

## September Group Movement Schedule



Riddle answer: Two, because YOU took two.

Monday	Tuesday	Wednesday	Thursday	Friday
8:15am Stretching		8:15am Stretching		
9:00am Totally Engaged	9:00am Yoga	9:00am Totally Engaged	9:00am Yoga	9:00am Cardio Blast
10:00am Line Dancing	10:00am Circuit	10:00am Low Impact Aerobics	10:00am Circuit	
11:00am Stretching		11:00am Tai Chi	<div>Classes are included in your membership. Add a class to your workout routine!</div>	
2:00pm Cardio Blast		2:00pm Cardio Blast		

Visit us online

[www.unmc.edu/engage](http://www.unmc.edu/engage)



UNIVERSITY OF  
**Nebraska**  
Medical Center

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