

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



April 2024 Calendar



Free Friday

April 5th

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 in Knitting

Tuesday, April 2nd

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.

Wellness Workshop

Friday, April 5th

11:00am

Presented by: Sarah Fischer, PhD, Psychology, Assistant Professor of Psychiatry, focusing on how to integrate mindfulness and meditation into daily life. Our presenter will share how meditation is an extremely powerful tool for healing the body and mind — accessible to you at any time, any place. Participants will learn relaxation exercises during the workshop.

Well Elderly Group Interventions

Wednesday, April 10th

1:00-3:15pm

Please join UNMC occupational therapy students as they lead free 30-minute group intervention sessions! We welcome you to join one or all sessions and provide a few minutes of valuable feedback to the students to help them become better practitioners. The group topics include:

Aging, Health, & Occupation: how meaningful activity can help you stay healthy as you age.

Social relationships: the importance of relationships and how we can create and maintain connection with others.

The Power of Occupation: how daily activities you want and need to do impact your happiness and wellbeing.

Box Hockey

Wednesday, April 17

11:30am

Box hockey is a fun and active version of hockey played inside with two players. It will test your reflexes and your competitive side! The game will be set up in the Group Movement Room. Come learn the rules and give it a try!

Lunch Bunch Potluck

Friday, April 19th

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 celebrate all our members with birthdays this month also.



Coming in May:

**Wellness Workshop -
Alzheimer's Association**
**Effective Communication
Strategies**
Friday, May 10th at 11:00am



Thank you for your contributions to another successful day of giving, and for allowing us to continue helping those on their journey into wellness. It was our first year participating in the For the Greater Good fundraiser and we appreciate everyone who spent the time spreading awareness about what we do or donating to help us meet



our goal. **We had a total of 34 donations and raised over \$2,800!**



Thanks to everyone who generously donated to the UNMC and Nebraska Medicine Food Drive. We collected **500 items** for local food banks!

CONGRATULATIONS

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

Carol G. 2000	Linda P. 700	Mike R. 300	Gary T. 200
Betty C. 900	Hanna E. 700	Rick S. 200	

Member Updates & Reminders:

- No changes to the Group Movement class schedule. The current schedule will go through the end of May.
- Please make sure to check-in at the front desk every time you attend. Thank you!

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



Harry G.	Malcolm R.	Mike N.
Janet R.	Mary C.	Peter B.
Judy G.	Mary T.	Sister Mary P.



Jane A.	04/01
Julie B.	04/01
Al G.	04/01
Pam H.	04/01
Judy E.	04/03
Dave F.	04/06
Penny D.	04/06
Jeanne C.	04/08
Gloria D.	04/10
Merryellen T.	04/10
Sue S.	04/11
Deb R.	04/11
Harry G.	04/14
Kathy G.	04/14
Dave F.	04/15
Jean S.	04/15
Rita H.	04/16
KT N.	04/17
Tim M.	04/19
Jim W.	04/20
Janet G.	04/23
Nikki Z.	04/24
Tom C.	04/29

THANK YOU FOR
LIFTING ME UP
WHEN I WAS DOWN!



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UNIVERSITY OF
Nebraska
Medical Center

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