

# Fremont Friendship News

FEBRUARY 2017

ENTER AS OUR GUEST ...  
LEAVE AS OUR

**FRIEND!**

The Fremont Friendship Center is open Monday-Thursday, 9am-3pm and Fridays, 9am-1pm  
The Fremont Friendship Center continues to grow!  
Come for the daily activities: exercises, tai chi, games, chair volleyball, bingo, speakers, and card tournaments, coloring with Paulette or come for our special events listed below:



**Special Events for February:**

- Feb. 1-10am Hints with Home Instead followed with Wally on the piano.
- Feb. 2-10am Come listen to steps to Staying Young!
- Feb. 6-10:30am Slide show of "Antarctica" by Rich
- Feb. 7-10am Hearing Screening
- Feb. 8-10:30 come hear Billy Troy entertain followed by our Feb. birthday party.
- Feb. 9-10am "Using our Hands" Come listen to a presentation on Hand Therapy.
- Feb. 14-10:30am Valentine's Day Bingo! It is all about HEARTS!
- Feb. 15-10am News with Nye followed by great music With Tim Javorsky
- Feb. 16-10am "Preventing Falls" with Angels Home Health
- Feb. 22-10:30am Bring those dancin' shoes to hear Wayne Miller!
- Feb. 24-10am What's Up with ENOA? A presentation By Kay on Information and Assistance

**IMPORTANT NUMBERS:**

FEBRUARY BIRTHDAYS:

HAPPY BIRTHDAY TO ALL OF OUR SPECIAL FRIENDS!

- Feb. 2-Doris Boettner
- Feb. 3-Ken Smith
- Feb. 3-Dwaine Heitshusen
- Feb. 9-Paul Harms
- Feb. 9-Maria Luevane
- Feb. 16-Deborah Brookhouser
- Feb. 17- Dean Gerdts
- Feb. 17- Charles Stepanek
- Feb. 17- Joyce Thurston
- Feb. 17-Harold Miller
- Feb. 18-Beth Holland
- Feb. 20- Pat Young
- Feb. 25-Tom Goodwin



**WALKING CLUB NEWS:**

The Friendship Center and Fremont Health are pairing up to bring you School of Walk. This program, for anybody 60 or better, allows for safe, monitored walking at Christensen Field main arena! Christensen Field's main arena will be open on Tuesdays, Wednesdays and Thursdays from 9:00am – 3:00pm for daily walking. You will need to come through the Friendship Center doors, to access the main arena.

In addition to the scheduled walking days, there will be an 8 week Winter Walking program beginning, Feb. 8-March 29, every Wednesday. Come listen to speakers from Fremont Health, have coffee, and walk with friends. If you have any questions, call Nate Schwanke with the City of Fremont Parks and Recreation Department [402.727.2630](tel:402.727.2630) or Laurie Harms at the Friendship Center [402-727-2815](tel:402-727-2815).

Feb. 9, Feb. 28, March 1, March 2-you may walk at the YMCA on these dates as Christensen Field is rented out-this is free at the Y-just tell them you are with our walking program!

Kick off Wed. is Feb. 8<sup>th</sup>!



