

# FRIENDSHIP NEWS

JANUARY 2021

1730 W. 16 FREMONT NE

402-727-2815

## January News:

Jan. 1-New Year's Day...Center is closed

Jan. 6-9:45 Movie: Polar Express with Marv's Marvelous Popcorn

Jan. 13-10:00am Special music with Billy Troy at 10am in the Main Arena at Christensen Field-Please bring your own chair!

Jan. 20-10:00am Come enjoy music with John Worsham at 10am in the Main Arena at Christensen Field-Please bring your own chair!

Jan. 27-10:00am Special music with Julie Couch at 10am in the Main Arena at Christensen Field-Please bring your own chair!

**Tai Chi Begins:** We are excited to announce that Tai Chi will start again in January. We will have class on Tuesday and Friday mornings from 9:15-10am. Our trained instructor will be Connie Heisler. The suggested donation for each class is .50. Tai Chi is an evidenced based class which has proven great benefits to seniors especially improving balance. We encourage you to come and commit to 6 weeks and see how it benefits you!

**Grateful...**we are so grateful that we have safely been open since Sept. 14, 2020. We are going to continue to move forward using the same schedule and check in methods we have used since reopening. We are hoping as spring arrives we will be able to return to being open our regular hours...but until then, we are so happy to be open and see those of you who are comfortable coming.

## Simple reminders...

- When you enter for morning or afternoon activities, your temperature will be taken and recorded. If staff is not at the desk, please ring the bell.
- Participation is at your own risk.
- We will continue to have group activities in the morning.
- There will be 4 seniors per table for meals and activities.
- Entertainment will continue on Wednesday mornings, in the main arena of Christensen Field. Please enter through the front doors at Christensen Field and remember to bring your own chair, bottled water or coffee.
- Please remember to stay home if you are sick and continue to wash your hands, wear your mask, use hand sanitizer and social distance!

**ENTER AS OUR GUEST ...**

**LEAVE AS OUR FRIEND!**



## JANUARY BIRTHDAYS:

Jan. 2-Jim Sweeney

Jan. 3-Donna Hale

Jan. 4-George Reese

Jan. 6-Carol Craven

Jan. 7-Dianne Cook

Jan.9-Jo E Schwanke

Jan. 10-Jerry Getzfrid

Jan. 11-Patty Harrison

Jan. 17-Neva Peters

Jan. 21-Jack Lingle

Jan. 23-Edith Reese

Jan.23-Esther Greunke

Jan.26-Steve Snelling

Jan. 26-Diane Berkland

Jan. 29-Janice Blowers

Jan. 29-Shirley Brown

Jan. 30-Victor Crane

Happy Birthday to ALL of our special friends!



Suggested donation for lunch is \$4. Please call by noon the day before for your reservation.

## Important Numbers:

Fremont Friendship Center  
402-727-2815

Email: [laurie.harms@fremontne.gov](mailto:laurie.harms@fremontne.gov)

Laurie Harms, Manager

Marv Steffensmeier,  
Assistant Manager

Laura Ueberrhein,

Recreation Assistant

Norma Hagerty

Recreation Assistant

## ENOA Office:

Meals on Wheels-402-721-8262

Rural Transportation-402-721-7770



