

Sept. 2019

FREMONT FRIENDSHIP CENTER
1730 W. 16th Fremont NE

402-727-2815

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|---|--|---|
| 1  | 2  CENTER IS CLOSED | 3 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Coloring w/ Paulette 10:00 Bunco 12:30 Bingo 1:30 Open Games Salisbury Steak Chicken Salad on Croissant | 4 9:00 Line Dancing 9:00 Exercises 10:00 Getting to know you! 10:30 Special Music WALLY ON THE PIANO 12:30 Pitch Tournament Chicken Piccata Roast Beef Chef Salad | 5 9:15 Tai Chi 9:15 Exercises 10:00 Elite-"What do those numbers mean?" 10:30 Bingo 12:30 Sheepshead 12:30 Pinochle BBQ Meatballs Ham and Cheese Sandwich | 6 9:00 Hand and Foot 9:30 Chair Volleyball 10:00 UNO Attack 10:00 Bohemian Pitch 10:30 Group Game of Catch Phrase Center closes at 1pm Grilled Chicken Sandwich Chef Salad | 7 Huskers vs. Colorado 2:30PM-away  <i>Huskers Volleyball 9pm</i> |
| 8 Happy Grandparents Day | 9 9:00 Rummikub 9:30 Chair Volleyball 10:00 Board Game Monday 10:30 UNO Attack 10:30 Bunco 12:30 Double Pot Pitch Chicken Fried Rice Ham Chef Salad | 10 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Coloring w/ Paulette 10:00 Bunco 12:30 Bingo w/ Shalimar 1:30 Bohemian Pitch 1:30 Open Games Beef and Bean Burrito Creamy Cheese Tortellini | 11 9:00 Line Dancing 9:00 Exercises 9:30 Hand and Foot 10:00 Special Music with THE LINKS 11:30 Monthly Birthday Party 12:30 Pitch Tournament Oven Fried Chicken Breast Ham and Swiss Vienna Bread |  12 9:00 Rummikub 9:15 Tai Chi 9:15 Exercises 10:00 "Snack Attack" Presentation from Michaela, Registered Dietician 10:30 Mystery Bingo 12:30 Sheepshead/Pinochle Cheeseburger Chef Salad | 13 9:00 Rummikub 9:30 Chair Volleyball 10:00 Scrabble 10:00 Dominoes 10:30 Bingo with Pro-Med Care Center closes at 1pm Spaghetti and Meatballs Ranch Chicken Salad on Kaiser Bun | 14 Huskers vs. Northern Illinois 7PM-Home  <i>Huskers Volleyball-1pm</i> |
| 15 | 16 9:00 Rummikub 9:00 Exercises 9:30 Bohemian Pitch 9:30 Movie Monday with Marv's Mavelous Popcom 12:30 Double Pot Pitch Roast Beef and Gravy Tuna Salad Sandwich | 17 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Coloring w/ Paulette 10:00 UNO Attack 10:00 Bunco 12:30 Bingo w/ Mosaic 1:30 Open Games Beef Chicago Dog Chicken and Cheese Sandwich | 18 8:45 Homemade Rolls from Nye 9:00 Line Dancing 9:30 Exercises 10:00 Hand and Foot 10:30 Special Music with PAM KRAGT 12:30 Pitch Tournament Pork Fritter with Gravy Roast Beef Chef Salad | 19 9:15 Tai Chi 10:30 Bingo 12:30 Sheepshead 12:30 Pinochle 5:30 Supper Club Cost: \$4 plus a side dish 6:30 Nashville singer TERRY SMITH Cheesy Broccoli Chicken Italian Sandwich | 20 9:00 Rummikub 9:30 Chair Volleyball 10:00 Scrabble 10:00 Dominoes 10:30 Bingo with Fremont Therapy & Wellness Center closes at 1pm Cod Loin in Manhattan Red Sauce Turkey & Cheese on a Bun | 21 Huskers vs. Illinois TBA-Away  <i>Huskers Volleyball-TBA</i> |
| 22  | 23 9-1 AARP DRIVER'S CLASS 9:30 Chair Volleyball 10:00 Board Game Monday 10:30 Bunco 12:30 Double Pot Pitch BBQ Pork Sandwich Chicken Caesar Salad | 24 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Coloring w/ Paulette 10:00 Open Games 12:30 Bingo w/ Pathfinder 1:30 Open Games Chicken Marsala Philly Cheesesteak Salad | 25 9:00 Line Dancing 9:15 Board Meeting 9:30 Exercises 10:30 Special Music with KIM EAMES 12:30 Pitch Tournament Soft Shell Beef Taco BLT Supreme Salad | 26 9:15-Tai Chi 9:15 Exercises 10:00 Medicare 2020 10:30 Poker Bingo 12:30 Sheepshead 12:30 Pinochle 10 Grain Fish Chicken Salad on Croissant | 27 9:00 Rummikub 9:00 Farkle 9:00 Scrabble 9:30 Chair Volleyball 10:30 Group Game Catch Phrase Center closes at 1pm Mini Turkey Corn Dogs R. Beef & Bleu Cheese Salad | 28 Huskers vs. Ohio TBA-Home  <i>Huskers Volleyball-7pm</i> |
| 29 | 30 9:00 Rummikub 9:00 Exercises 9:30 Bohemian Pitch 9:30 Movie Monday with Marv's Mavelous Popcom 12:30 Double Pot Pitch Diced Turkey and Gravy Ham Salad on Marble Bread |  | | Center Hours: M-Thurs. 9-3, Fri.9-11 Lunch served at 11:30 M-F Suggested lunch donation-\$4.00 Transportation: \$3 each way Like us on Facebook: Fremont Friendship Center |  | |