

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

## March 2025 Member Updates:

### Group Movement Classes

- Tai Chi class is back! Sara is teaching Tai Chi on Wednesdays at 11:00am starting March 5th.
- Please note our attendance policy for group classes. We must have 3 participants to hold a class. We will not teach a class if only one or two members come. The Group Movement schedule will be reviewed on a monthly basis. If a class consistently has low attendance, it will be removed from the schedule.

### Facility/Staff

- Starting on Monday, March 3rd, 2025, our facility will be closing at 4:00pm instead of 5:00pm Monday through Thursday. **Our new hours of operation are Monday - Friday 7:00am – 4:00pm.** UNMC leadership has recognized the challenges of operating Engage Wellness with a small staff. For this reason, they have determined that our hours of operation will be adjusted based on member attendance. If you have any questions or would like to discuss your membership, please reach out to Lesley. Thank you for your understanding.
- We have a new staff member! Albert Flottmeyer, Outreach Associate, will be with us part-time through the end of June to help promote Engage. Welcome Albert!



**SAINT PATRICK'S DAY** MARCH 17

**8:15AM** A Wee Stretch  
"STRETCHING"

**9:00AM** Sweat of St. Pat  
"TOTALLY ENGAGED"

**10:00AM** Shamrock Shuffle  
"LINE DANCING"

**WEAR GREEN**

May your troubles be less.  
And your blessings be more.  
And nothing but happiness come through your door.

-Irish Blessing

WELCOME ABOARD

Anita J.

Chris A.

Gordon M.

Kate M.

Diana I.

Janet L.

Celesta J.

Gary F.

Rebecca B.

A warm welcome to our new members that joined Engage Wellness in the month of February!

# **March 2025 Calendar**

## **Mindfulness Workshop**

**Tuesday, March 4**

**1:00pm**

Presented by UNMC Occupational Therapy student, Sydney Fitzgibbons. Learn grounding strategies, breathing techniques and mindful activities to help reduce stress, improve focus, and promote balance.

## **Free Friday**

**March 7th**

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!

## **UNMC Food Drive**

**March 3 - 24**

Engage Wellness is a drop-off site for non-perishable food and hygiene product donations benefitting Food Bank for the Heartland, Maverick Food Pantry, and Clarkson College Cupboard and Closet. Thanks for your donations!

## **CyberCycle Madness 2025**

**Qualifying Round – Tuesday, March 11th  
& Wednesday, March 12th**

The roads are digital but the sweat is real!

Pick any roads or games on the CyberCycle and ride as many miles as you can for our team! Ride 10 miles or more and earn a Qualifier Badge next to your name. Make sure you sign in with your rider ID & see your name!! (If you ride as a 'Guest' the miles won't count). Let's see if Engage can make the Super Sixteen!



## **Pathway to Wellness: Making Lifestyle Changes**

**Wednesday, March 12 at 1:00pm**

Building a social support system

**Wednesday, March 26 at 1:00pm**

Increasing physical activity at home

Presented by Aubrey Hohensee, UNMC Occupational Therapy Student. Please RSVP to attend interactive group sessions that promote healthy lifestyle changes and habits.

## **Wellness Workshop**

**Friday, March 14th**

**11:00am**

Volunteers Assisting Seniors presents "Homestead Exemption: Everything You Need to Know". Held in our Group Movement Room, this workshop is open to the public. Please RSVP.

## **Lunch Bunch Potluck**

**Friday, March 21st**

**12:00 - 1:30pm**

Dress in green and join us for lunch! 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 serving utensils so no need to bring them. We will celebrate all our members with birthdays this month.

## **UNMC and Nebraska Medicine "For the Greater Good Fundraiser"**

**March 26-27**

The day of giving will start at noon on Wednesday, March 26 and conclude at noon on March 27. Visit [greatergoodgivingday.org](https://greatergoodgivingday.org) if you would like to make a donation to support Engage Wellness! Gifts totaling \$75 or more will receive a UNMC hat. Funds raised for Engage support our program and member scholarship program.

# CONGRATULATIONS

Great job to all our members that reached new attendance milestones in February. We are so proud of you!

Judy E. 1800	Lynn P. 1500	Don W. 1000	Penny D. 600	Kelly W. 400	Bob C. 200	Diane B. 100	Rudy E. 100
Chet M. 1600	Bob B. 1100	Linda L. 1000	Cindy S. 400	Arnie H. 300	Paul M. 100	Paul B. 100	Mike W. 100

## Member Fitness Reassessments:

We encourage all members to take 30 minutes to check in on your strength, cardiovascular, flexibility and balance progress. Sara and Libby are available to meet with you by appointment.

They can also reevaluate your workout program and help you set new goals for 2025!

# Mondays with Bethany

*Join the fun!*

UNMC Occupational Therapy student, Bethany, will be hosting activities and games in the coffee area on Mondays at 1:00pm!

**March 3** - Coloring

**March 10** - Card Games

**March 24** - Knitting/Crocheting (bring supplies)

**March 31** - Pictionary

**April 7** - Bingo





**March is National Nutrition Month**

**Eating healthfully *and* having an active lifestyle supports healthy aging!**

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber and low in sodium, or salt. Also, look for Vitamin D, an important mineral as we age.

National Council on aging, [www.ncoa.org](http://www.ncoa.org)



**Happy Birthday!**

- Barbara S. 03/01
- Kit D. 03/01
- Margaret N. 03/02
- Sharon W. 03/03
- Barbara P. 03/06
- Don W. 03/07
- Tom D. 03/07
- Betty E. 03/09
- Eleanor H. 03/11
- Terry F. 03/11
- Sue H. 03/11
- Gary B. 03/12
- Rich T. 03/12
- Roger E. 03/13
- Pam C. 03/15
- Mike R. 03/17
- Bud F. 03/19
- Debbie W. 03/19
- Mary Ellen D. 03/20
- Karen M. 03/20
- Bob B. 03/21
- Roberta W. 03/22
- Sarah M. 03/23
- Gail B. 03/23
- Mike M. 03/24

**Engage Wellness Staff**

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