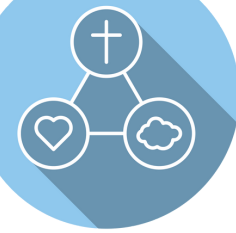


# SENIOR LIFE WEEKLY SCHEDULE



## NOV. 1

J.O.Y. CLUB  
10:15 AM- 11:15 AM

## NOV. 2

J.O.Y WELLNESS  
WEDNESDAYS WITH  
HUMANA  
10:45 AM- 11:45 AM  
J.O.Y. LEGO BUILDS  
12:30 PM- 1:30 PM

## NOV. 3

J.O.Y. SEWING LAB  
10:00 AM- 12:00 PM  
J.O.Y. GAME CLUB  
12:30 PM- 2:00 PM

## NOV. 4

J.O.Y. OPEN ART  
STUDIO  
11:00 AM- 12:00 PM  
J.O.Y. ICE CREAM  
SOCIAL  
12:30-1:30

## NOV. 7

J.O.Y. POTTERY  
10:45 AM- 12:00 PM  
J.O.Y. TECH TIME  
1:00 PM- 2:00 PM

## NOV. 8

J.O.Y. CLUB  
10:15 AM- 11:15AM  
HEALTHY LIVING  
FOR THE BRAIN AND  
BODY  
10:30 PM- 11:30 PM

## NOV. 9

J.O.Y. OPEN SEWING  
LAB  
10:00 AM- 12:00 PM  
J.O.Y. LEGO BUILDS  
12:30 PM- 1:30 PM

## NOV. 10

J.O.Y. SEWING LAB  
10:00 AM- 12:00 PM  
J.O.Y. GAME CLUB  
12:30 PM- 2:00 PM

## NOV. 11

J.O.Y. OPEN ART  
STUDIO  
11:00 AM- 12:00 PM

## NOV. 14

J.O.Y. POTTERY  
10:45 AM- 12:00 PM  
J.O.Y. TECH TIME  
1:00 PM- 2:00 PM

## NOV. 15

J.O.Y. CLUB  
10:15 AM- 11:15 AM  
HEALTHY FOR A  
LIFETIME  
10:30 PM- 11:30 PM

## NOV. 16

J.O.Y WELLNESS  
WEDNESDAYS WITH  
HUMANA  
10:45 AM- 11:45 AM  
J.O.Y. LEGO BUILDS  
12:30 PM- 1:30 PM

## NOV. 17

J.O.Y. SEWING LAB  
10:00 AM- 12:00 PM  
J.O.Y. GAME CLUB  
12:30 PM- 2:00 PM

## NOV. 18

J.O.Y. OPEN ART  
STUDIO  
11:00 AM- 12:00 PM

## NOV. 21

J.O.Y. POTTERY  
10:45 AM- 12:00 PM  
J.O.Y. TECH TIME  
1:00 PM- 2:00 PM

## NOV. 22

J.O.Y. CLUB  
10:15 AM- 11:15AM  
LAUGHTER YOGA  
10:30 PM- 11:30 PM

## NOV. 23

J.O.Y. OPEN SEWING  
LAB  
10:00 AM- 12:00 PM

## NOV. 25

J.O.Y. OPEN ART  
STUDIO  
11:00 AM- 12:00 PM

## NOV. 28

J.O.Y. POTTERY  
10:45 AM- 12:00 PM  
J.O.Y. TECH TIME  
1:00 PM- 2:00 PM

## NOV. 29

J.O.Y. CLUB  
10:15 AM - 11:15AM

## NOV. 30

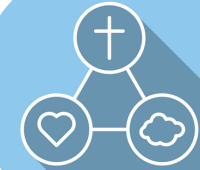
LUNCH AND LEARN  
WITH ELDER LAW OF  
OMAHA  
11:30 PM- 12:30 PM  
J.O.Y. LEGO BUILDS  
12:30 PM- 1:30 PM

For any questions or additional class  
information please see the  
Senior Life Specialist  
**402-905-3520**



# NOVEMBER 2022

## SENIOR LIFE HIGHLIGHTS



### LUNCH AND LEARN WITH ELDER LAW OF OMAHA



WEDNESDAY, NOVEMBER 30TH  
at 11:30AM  
Register at the Front Desk!



#### LUNCH AND LEARN

**Why do I need a Financial Power of Attorney? How often should I update my estate planning documents?**

In this presentation, an Elder Law of Omaha attorney will answer these questions and address other important estate planning issues that can affect everyone today. Now is the time to find out more about your options in regards to end of life planning and more. Lunch will be provided.

#### HEALTHY FOR A LIFETIME

Come join the talk on the benefits of whole-food, plant-based nutrition and its ability to prevent, treat, and even reverse many of the lifestyle chronic diseases. Register today!



#### HEALTHY FOR A LIFETIME



Tuesday, November 15th @10:30AM  
Register at the Front Desk!



#### J.O.Y ICE CREAM SOCIAL



JOIN US  
November 4th - 12:30-1:30PM



#### J.O.Y. ICE CREAM SOCIAL

Join us for our monthly J.O.Y. Social - this month on November 4th - an Ice Cream Sundae Social! Kroc will provide the ice cream. Bring your favorite topping to share! Please RSVP!

Flip over for our full weekly class schedule!



**KROC  
CENTER**  
OMAHA

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