

SENIOR CENTER GAZETTE

OCTOBER 2026

LIED SENIOR CENTER OF SEWARD

1010 Manor Drive W.
Seward, NE 68434
(402) 643-4466

HOURS

8:00 AM to 3:30 PM
Monday-Friday

SENIOR SHUTTLE

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HOURS

9:30 AM to 3:30 PM
Monday-Friday



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Coffee with Colleen with Nebraska SHIP

Friday, October 2nd 11 AM

Open Enrollment is coming! Between October 15th
and December 7th, it is important to check your
PART C Medicare Advantage and Part D
Prescription Drug Plans.



**Stop and visit with
Colleen with any questions**





Open Enrollment

is October 15-December 7th

***Are you ready to find the best Medicare
Plan for you for 2027?***

Individual appointments available with
Colleen by calling the Lied Senior Center
at 402-643-4466.

October 30th



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Omaha, NE 68127



Stan Mitchell will be the entertainment for the Birthday
& Anniversary Meal this month. Stan Mitchell has
played guitar since the 5th grade and plays a wide
range of music from the 60's, 70's and 80's.



Wed., Oct 14th • 1 PM



Blue River Cattle Trail

Wednesday, October 7th 1:00 pm

A father and son are working to bring official recognition to a
littleknown piece of Nebraska history: the Blue River Cattle Trail.
The Blue River Cattle Trail is considered an important part of Nebraska
history for two reasons: it was the first trail to bring the Texas beef
industry into central Nebraska, and it played a role in
post-Civil War reunification.



Events				
MON	TUES	WED	THURS	FRI
			1 9 AM Resistance Bands 10 AM Body Basic 1 PM Liverpool Rummy	2 8:30 or 9:30 AM Tai Chi 9 AM Donuts & Coffee 11 AM Coffee with Colleen with SHIP 1 PM Hand & Foot 2:30 PM Tai Chi
5 9 AM Yoga 1 PM Pitch 2:30 PM Tai Chi	6 9:00 A.M. Resistance Bands 10:00 A.M. Body Basic 1 PM Mahjong 1 PM Hand & Foot	7 9 AM QI Gong 1 PM Blue River Cattle Call 2 PM Pitch	8 9 AM Resistance Bands 10 AM Body Basic 1 PM Liverpool Rummy 1 PM Olli At UNL Take A Walk In The Clouds	9 8:30 or 9:30 AM Tai Chi 9 AM Donuts & Coffee 1 - 2 PM Flu Shot Clinic 2:30 PM Tai Chi
12 9 AM Yoga 1 PM Pitch 2:30 PM Tai Chi	13 9 AM Resistance Bands 10 AM Body Basic 1 PM Mahjong 1 PM Hand & Foot	14 BIRTHDAY/ANNIV MEAL 9 AM QI Gong 11:30 AM Blood Pressure 1 PM STAN MITCHELL	15 9 AM Resistance Bands 10 AM Body Basic 1 PM Liverpool Rummy 1 PM OLLI AT UNL ORPHAN TRAIN	16 8:30 or 9:30 AM Tai Chi 9 AM Donuts & Coffee 1 PM Hand & Foot 2:30 PM Tai Chi
19 9 AM Yoga 1 PM Pitch 2:30 PM Tai Chi	20 9 AM Resistance Bands 10 AM Body Basic 1 PM Mahjong 1 PM Hand & Foot	21 9 AM QI Gong 12:30 PM SEWARD COUNTY HISTORICAL SOCIETY 1 PM Pitch	22 9 AM Resistance Bands 10 AM Body Basic 11 AM – 1 PM POTATO BAKE	23 8:30 or 9:30 AM Tai Chi 9 AM Donuts & Coffee 1 PM Hand & Foot 2:30 PM Tai Chi
26 9 AM Yoga 12:30 PM BLUE RIVER HISTORICAL 1 PM Pitch 2:30 PM Tai Chi	27 9 AM Resistance Bands 10 AM Body Basic 1 PM Mahjong 1 PM Hand & Foot	28 9 AM QI Gong 10 AM - 2 PM AARP SAFETY DRIVING CLASS 1 PM Open Game Day	29 9 AM Resistance Bands 10 AM Body Basic 1 PM Liverpool Rummy	30 8:30 or 9:30 AM Tai Chi 9 AM Donuts & Coffee 1 PM HALLOWEEN PARTY MUSIC BINGO 2 PM Hand & Foot 2:30 PM Tai Chi