

JULY 2026



the best care for Mom & Dad



Making the Difference

♥ KATIE GEARY

HOMETOWN
Battle Creek, Nebraska

JOB OVERVIEW
I joined the Skilled & Long Term Care Team as the Social Service Coordinator in May. My goal is to be the best support and advocate for our residents and families and help enhance their quality of life.

FAVORITE ACTIVITY WITH RESIDENTS
Visiting about our days and what crazy thing my dog did.

FAMILY
My dad, Mike, was a truck driver throughout his career and my mom, Janie, has worked in physical therapy for 45 years. My older brother, Cole, has blessed me with four nieces. I am a pet mama to a lab/golden retriever mix named Daisy Mae and 2 cats- Dexter and Milo.

OUTSIDE INTERESTS
All things sports! I played college softball. I love watching my Kansas City Chiefs and Royals and all Husker sports! I recently found a new love—playing golf! I really enjoy baking cookies and cakes!

Want to **get moving?**
Try different types of exercise!



Aerobic

Aerobic exercises improve the health of your heart, lungs, and circulatory system.



Muscle-strengthening

Muscle-strengthening exercises can help you stay independent and prevent fall-related injuries.



Balance

Balance exercises help prevent falls and can improve stability.

To learn more about older adults and exercise, visit: www.nia.nih.gov/exercise.



LTC@smcne.com 402 443-4685
1760 County Road J, Wahoo, NE 68066

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 8:30am Daily Perk 10:30am Mass on EWTN 1:30pm Worship with Pastor Don White Wahoo Bible Church	5 8:30am Daily Perk 9:00am Catholic Mass 9:30am Morning Movers with Deanne 9:30am Rosary 2:30pm Bingo & Social 	7 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:15am Scrabble 12:15pm Food Committee Meeting 1:30pm Pretty Nails 2:00pm Card Sharks 2:00pm Sunshine Club	1 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:15am 4th of July Themed Bingo 2:00pm Sunshine Club 6:45pm 10-Point Pitch 4th of July Scavenger Hunt Residents and Staff July 1-3.	2 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:15am America and 4th of July Trivia 2:30pm Patriotic Sing-along and Fruit Pizza 6:30pm 4th of July Celebration	3 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Busy Bakers 10:00am Rosary W/ Charlie 2:00pm Patriotic Music and Root Beer Floats on the Patio 6:45pm 10-Point Pitch 	4 8:30am Daily Perk 10:00am Card Sharks
12 8:30am Daily Perk 10:30am Mass on EWTN	6 8:30am Daily Perk 9:00am Catholic Mass 9:30am Morning Movers with Deanne 9:30am Rosary 2:30pm Bingo & Social 	14 8:30am Daily Perk 9:15am Morning Movers W/Deanne 9:45am Rosary W/ Charlie 10:15am Worship with Pastor Emily Cannon United Methodist Church 2:00pm The Hammermill Combo	15 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:15am Shut the Box 1:30pm Art Show with Tiffany 6:45pm 10-Point Pitch	16 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:15am Trivia 2:00pm Voices of Joy Club 	17 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Busy Bakers with Breanna 10:00am Rosary W/ Charlie 1:30pm Afternoon Drive 6:45pm 10-Point Pitch	18 8:00am Ashland Parade (Load by 8:00) 10:00am Card Sharks
19 10:30am Mass on EWTN	20 8:30am Daily Perk 9:00am Catholic Mass 9:30am Morning Movers with Deanne 9:30am Rosary 1:30pm Worship with Pastor Bob Hayden Bethlehem Lutheran Church 2:30pm Bingo & Social	21 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:15am Sunshine Club 11:00am Picnic at Lake Wanaahoo 2:00pm Card Sharks 2:00pm Pretty Nails	22 8:30am Daily Perk 9:00am Live Well Go Fish 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 1:30pm Resident Council 2:00pm Activity with Deanne 6:45pm 10-Point Pitch	23 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:15am Trivia 1:30pm Afternoon Devotion and Worship with Audrey 2:30pm World Travelers 	24 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 2:30pm Pina Colodas on the Patio 6:45pm 10-Point Pitch	25 8:30am Daily Perk 10:00am Card Sharks
26 8:30am Daily Perk 10:30am Mass on EWTN	27 8:30am Daily Perk 9:00am Catholic Mass 9:30am Morning Movers with Deanne 9:30am Rosary 2:00pm Merry Makers with David Berman 	28 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:15am Sunshine Club 2:30pm Birthday Bingo	29 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:15am Granny Pants Game with Staff 2:00pm Tasting Table 6:45pm 10-Point Pitch	30 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:15am Trivia 5:00pm Saunders Co. Fair Parade (Load at 3:45)	31 8:30am Daily Perk 9:15am Morning Movers W/Deanne 10:00am Busy Bakers 10:00am Rosary W/ Charlie 2:00pm Accordion Music with Marcene 2:00pm Mails with Ashley and her Mom 6:45pm 10-Point Pitch	 Helen - 24th Charles R. - 27th Joyce - 30th

Covid-19 Note—

Covid-19 continues to spread throughout the community. Please consider and discuss the new Covid vaccine with your physician. Please protect our residents by not visiting if you have ANY symptoms of Covid or have tested positive for Covid recently.

