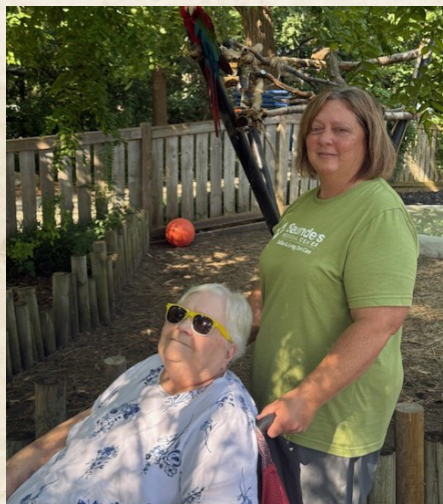


the *Best Care* for *Mom Et Dad*



ZOO TIME!

Residents and staff enjoyed a visit to the Lincoln Children's Zoo. The weather was perfect. We fed the giraffes, visited the parrots and penguins and found plenty of shade to rest under. It was interesting to find out that some of us had never visited the zoo! On the way home we were able to stop for some lunch at Culvers!



Let's Keep Everyone Healthy this Flu Season!

1. Get a flu vaccine.
2. Stay home if you are under the weather.
3. Cover your mouth and nose when you cough or sneeze.
4. Clean your hands often with soap and water or hand sanitizer.
5. Avoid touching your eyes, nose, and mouth.
6. Take care of YOU- get plenty of rest, drink fluids, eat a variety of fruits and veggies, exercise regularly.

SOURCE [redcross.org](https://www.redcross.org)



Saunders
MEDICAL CENTER
Skilled & Long Term Care



Making The Difference

♥ **SONYA LUDVIK**

HOMETOWN

Wahoo, Nebraska

JOB OVERVIEW

I am a nursing support manager. I schedule residents' appointments, work on the nursing department's monthly schedules, and perform other nursing clerical duties. I also work with the life enrichment department!

BEST PART OF MY JOB

The relationships I build with residents, their families, and team members.

FAMILY

I have three kids and one grandbaby—Colin (21), Carlee (20), Taylor (16), and my grandson Samson (1). Our family is very close and our favorite thing to do is travel!

GOALS

My goal while working at SMC LTC is to improve the quality of life for our seniors by enhancing their physical, mental, and emotional well-being.

INTERESTS

When I am not at work, I enjoy spending time outdoors and reading!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER 2025		Activities and start times are subject to change without notice. Please see the markerboard in the front entrance for updated changes.	1 8:30 Daily Perk 9:15 Morning Movers with Deanne 10:15 Scrabble 6:45 10-Point Pitch	2 8:30 Daily Perk 9:15 Morning Movers with Deanne 10:15 Trivia 2:00 MerryMakers Presents: Kim Eames 	3 8:30 Daily Perk 9:15 Morning Movers with Deanne 10:00 Busy Bakers 1:30 Pretty Nails 6:45 10-Point Pitch	4 8:30 Daily Perk 10:00 Card Sharks 3:00 Husker Football VS Michigan State (H) 
5 8:30 Daily Perk 10:30 Mass on EWTN 1:30 Worship 	6 8:30 Daily Perk 9:00 Catholic Mass 9:30 Morning Movers with Deanne 2:30 Bingo	7 8:30 Daily Perk 9:15 Morning Movers with Deanne 12:15 Food Committee Meeting 2:00 Card Sharks	8 8:30 Daily Perk 9:15 Morning Movers with Deanne 10:15 Board Games 1:30 Resident Council 5:00 Oktoberfest: Family Event	9 8:30 Daily Perk 9:15 Morning Movers with Deanne 10:15 Trivia 2:00 Activity with Deanne	10 8:30 Daily Perk 9:15 Morning Movers with Deanne 1:30 Pretty Nails 6:45 10-Point Pitch	11 Husker Football VS. Maryland (A) 8:30 Daily Perk 10:00 Card Sharks 
12 8:30 Daily Perk 10:30 Mass on EWTN 1:30 Worship 	13 8:30 Daily Perk 9:00 Catholic Mass 9:30 Morning Movers with Deanne 2:30 Bingo	14 8:30 Daily Perk 9:15 Morning Movers with Deanne 12:30 Wildlife Safari (load at 12:30p)	15 8:30 Daily Perk 9:15 Morning Movers with Deanne 10:15 Scrabble 2:00 Crazy Crafters 6:45 10-Point Pitch	16 8:30 Daily Perk 9:15 Morning Movers with Deanne 10:15 Trivia 1:30 Afternoon Worship and Devotions With Audrey 2:00 Card Sharks 	17 8:30 Daily Perk 9:15 Morning Movers with Deanne 1:30 5th Grade Visits 6:45 10-Point Pitch 7:00 Husker Football VS. Minnesota (A) 	18 8:30 Daily Perk 10:00 Card Sharks
19 8:30 Daily Perk 10:30 Mass on EWTN 1:30 Worship 	20 8:30 Daily Perk 9:00 Catholic Mass 9:30 Morning Movers with Deanne 2:30 Bingo	21 8:30 Daily Perk 9:15 Morning Movers with Deanne	22 8:30 Daily Perk 9:15 Morning Movers with Deanne 2:00 Music with Colin Roberts 6:45 10-Point Pitch 	23 8:30 Daily Perk 9:15 Morning Movers with Deanne 1:15 Trivia 2:00 Card Sharks	24 8:30 Daily Perk 9:15 Morning Movers with Deanne 10:00 Busy Bakers 1:30 Pretty Nails 6:45 10-Point Pitch	25 Husker Football VS Northwestern 8:30 Daily Perk 10:00 Card Sharks 
26 8:30 Daily Perk 10:30 Mass on EWTN 1:30 Worship 	27 8:30 Daily Perk 9:00 Catholic Mass 9:30 Morning Movers with Deanne 2:30 Birthday Bingo	28 8:30 Daily Perk 9:15 Morning Movers with Deanne 2:00 Card Sharks	29 8:30 Daily Perk 9:15 Morning Movers with Deanne 10:15 Scrabble 6:45 10-Point Pitch	30 8:30 Daily Perk 9:15 Morning Movers with Deanne 10:15 Trivia 2:00 Crazy Crafters	31 8:30 Daily Perk 9:00 Trick or Treating with the Kindergarteners 1:00 Morning Movers with Deanne 1:30 Pretty Nails 6:45 10-Point Pitch 	Happy Birthday Marian C. - 7th Kathy H. - 16th Shirley C. - 29th 

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.