



the best care for Mom & Dad



"Happiness is enjoying the little things in life." This past month we took some time to enjoy a visit from Wildlife Encounters, a trip to Cracker Barrel, some polka music, and one of our favorites, a trip to Lake Wahoo.

enjoying the Lil' Things!



Healthy Aging Month

Staying active is key to maintaining our health as we age. Here are some tips to keep us motivated:

1. Find ways to fit exercise into your day; make it convenient.
2. Try new activities and find things you enjoy.
3. Exercise with a buddy.
4. If you have to take a break, gradually build back up to your previous level of activity.
5. Track your progress and reward yourself when you reach a goal!



To learn more, visit www.nia.nih.gov/exercise



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Making the Difference

♥ SUSAN MULLINNIX

HOMETOWN
Wahoo, Nebraska

JOB OVERVIEW
I am a CNA at SMC-Skilled & Long Term Care. I enjoy learning things each resident likes and helping them be as independent as possible as we assist with their care.

I SEE RESIDENTS SMILE MOST
when they reminisce about their past. I love talking with them and learning about their life.

FAMILY
I have been with my amazing husband for 9 years. He is my biggest cheerleader and supporter. I have 3 grown kids and 5 grandkids. They bring me more joy than I could have ever imagined!

GOAL
Win the lottery, buy an RV, and travel the U.S.

OUTSIDE INTERESTS
I love to finger crochet/knit, baby-sit my grandbabies, and play with my 4 dogs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2026						
Daily Perk 10:30am Mass on EWTN	6 Daily Perk 9:15am Morning Movers W/ Deanne 9:45am Rosary W/ Charlie 10:15am Worship with Pastor Emily Cannon United Methodist Church 2:30pm Bingo & Social	7 Daily Perk 9:15am Morning Movers W/ Deanne 9:45am Rosary W/ Charlie 10:15am Scrabble 1:30pm Pretty Nails 2:00pm Card Sharks	8 Daily Perk 9:15am Morning Movers W/ Deanne 10:00am Rosary W/ Charlie 10:15am Shut the Box 2:00pm Live Well Go Fish Boat Trip (Load by 1:30 pm) 6:45pm 10-Point Pitch	9 Daily Perk 9:15am Morning Movers W/ Deanne 10:00am Rosary W/ Charlie 10:15am Trivia 2:30pm Volleyball	10 Daily Perk 9:15am Morning Movers W/ Deanne 10:00am 5th Grade Visits 1:00pm Rosary W/ Charlie 1:30pm Activity with Deanne	11 Daily Perk 10:00am Card Sharks 6:00pm Nebraska Football vs Bowling Green CH 49-1
Daily Perk 10:30am Mass on EWTN	13 Daily Perk 9:00am Catholic Mass 9:30am Morning Movers W/Deanne 9:30am Rosary 2:30pm Bingo & Social	14 Daily Perk 9:15am Morning Movers W/ Deanne 10:00am Rosary W/ Charlie 10:15am Scrabble 1:30pm Pretty Nails 2:00pm Card Sharks	15 Daily Perk 9:15am Morning Movers W/ Deanne 10:00am Rosary W/ Charlie 1:30pm Resident Council 2:30pm Silly Crafters 5:00pm Supper Outing 6:45pm 10-Point Pitch	16 Daily Perk 9:15am Morning Movers W/ Deanne 10:00am Rosary W/ Charlie 10:15am Trivia 2:00pm Voices of Joy Club	17 Daily Perk 9:15am Morning Movers W/ Deanne 10:00am Rosary W/ Charlie 10:15am Men's Club with Heath Smith 1:30pm Afternoon Drive	18 Daily Perk 10:00am Card Sharks 6:15pm Nebraska Football vs North Dakota CH 66-1
National Grandparents Day						
Daily Perk 10:30am Mass on EWTN 1:30pm Worship with Pastor Zac Courie- Our Redeemer Lutheran Church	20 Daily Perk 9:00am Catholic Mass 9:30am Morning Movers W/Deanne 9:30am Rosary 2:30pm Bingo 3:00pm Apple Cider and Cookies	21 Daily Perk 9:15am Morning Movers W/Deanne 10:00am Merry Makers with Bill Chrasitil	22 Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:30am Football Ring Toss 2:00pm Live Well Go Fish Boat Trip (Load by 1:30 pm) 6:45pm 10-Point Pitch	23 Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:15am Fall Trivia 1:30pm Afternoon Devotion and Worship with Audrey 2:30pm World Travel	24 Daily Perk 9:15am Morning Movers W/Deanne 10:00am Busy Bakers 10:00am Rosary W/ Charlie 2:30pm Caramel Apple Bar	25 Daily Perk 10:00am Card Sharks 4:00pm Nebraska Football vs Michigan TBD
Daily Perk 10:30am Mass on EWTN 1:30pm Worship with Pastor Don White- Wahoo Bible Church	27 Daily Perk 9:00am Catholic Mass 9:30am Morning Movers W/Deanne 9:30am Rosary 2:30pm Birthday Bingo	28 Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:15am Scrabble 2:30pm Sunshine Club	29 Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 10:15am Scrabble 2:30pm Sunshine Club	30 Daily Perk 9:15am Morning Movers W/Deanne 10:00am Rosary W/ Charlie 2:00pm Wise and Wonderful Reminiscing 6:45pm 10-Point Pitch	Johnny Applesed Day	
Reminder Family Event October 1, 2026. Dinner served 5-6:30, music from 5:30-6:30. Please RSVP by September 17.						

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.



Saunders
MEDICAL CENTER
Skilled & Long Term Care