



Olson Center Educational Offerings

AI: Your Holiday Planning Companion

Tues., Nov. 19, 2024

12 – 1 p.m. CDT (Zoom)

Eric Bloomquist, UNMC Faculty Development

AI: Your Holiday Planning Companion

Do you feel like the Artificial Intelligence (AI) train has left the station, leaving you behind on the platform? AI technology has gone mainstream in record speed, so it's high time we all catch up! Join the next Olson Center Brown Bag as Eric Bloomquist puts attendees in the front seat. Geared for those completely new to AI, this session will provide a safe, fun, exploratory introduction. With the holiday season around the corner, we'll consider how AI tools can be used to eliminate common stressors this time of year. Free to attend and hosted via Zoom, this brown bag will not provide nursing credit. To register, email the Olson Center at OlsonWHRC@unmc.edu or call (402) 559-6345.

Partner Offerings

American Midwest Ballet

(712) 890-5591

The Nutcracker

Enjoy a charming story, visual splendor and brilliant classical dancing at the American Midwest Ballet's version of the world's favorite holiday ballet, *The Nutcracker*. Fresh, lively and thoroughly entertaining, this redemption highlights the versatility of AMB's cast of professional artists, backed by a polished ensemble of student dancers. Due to popular demand we've added extra performances this season. Performing at the Hoff Family Arts and Culture Center, show dates are Sat., Nov. 23 and Sun., Nov. 24. Ticket prices are \$29 - \$71. Visit the website above to book your seats!

Dee-sign Landscaping & Garden Shop

(402) 392-1444

Painting Birdhouses / Birdfeeders

For Dee-sign Landscaping's last class project of 2024, they are offering a painting bonanza! You can create a special gift or a fun piece for yourself of selected birdhouses or birdfeeders. For \$20 you will receive all supplies, guided instruction and your paints. The event will be held on Tues., Nov. 26, starting at 6:30 p.m. To register, give Margo a call at the number above.

Group Events

Do you have a fun group of hobby-driven individuals who enjoy the creative nature and artistic adventure

of DIY projects? Dee-sign Landscaping and Garden Shop would like to host a group event for you. Select your hobby from an assortment of event options and the Dee-sign Landscaping team will supply the materials and guided instruction. Available group event times are weekdays or weekends. Give Anna a call for more information.

Dreams MedSpa

surgeryvp.com/specials

Holiday Sale

Save on your favorite services and get great discounts on fillers and injectables from November 1 - 8. All products are 20% off when you shop in person. Enjoy complimentary h'orderves, coffee and smoothies while you shop on Thurs., Nov. 7 from 2 – 7 p.m. During your visit, talk with skin care experts, take advantage of additional in-house specials and enter for your chance to win amazing prizes! For more information or to book your service, call your dream team at (402) 596-4000.

Fontenelle Forest

FontenelleForest.org/calendar | (402) 731-3140

Toxic Tales: The Science of Venomous Snakes

Join Dan Fogell, Life and Human Sciences Instructor at Southeast Community College, for an informative lecture about venomous snakes found in Nebraska and around the world. In this engaging session, you'll learn about the mechanics of snake venom and uncover the truth behind common myths and misconceptions surrounding these mysterious reptiles. Intended for adults and children 8 and older, this program is Sat., Nov. 9 from 6 – 7:30 p.m. Ticket prices are \$10 for Fontenelle Forest members and \$20 for non-members. Visit the website above to book your spot.

Winter Wellness

Beat the winter blues and embrace the season of self-care at Fontenelle Forest's *Winter Wellness Series!* November's session is called *Rooted Reflections!* Scheduled on Sun., Nov. 10 from 1 – 2:30 p.m., join us and ground yourself in nature with gratitude. Session includes a guided Forest walk that embraces mindful breathing, expressions of thankfulness and tree hugging. Geared for adults 18 and older, ticket prices are \$10 for Fontenelle Forest members and \$18 for non-members. Visit the website to make your purchase.

Twigs and Twine

Bring a friend or loved one and get crafty! Whether you're a seasoned crafter or a first-time weaver, we welcome you to join us for an evening full of fun on Sat., Nov. 16 from 6 – 8 p.m. We'll be using both native and invasive natural materials, and dried flowers to create a wreath that you will take home with you. Attendees are welcome to bring a personal item to complete their masterpiece. The cost is \$20 for Fontenelle Forest members and \$28 for non-members, visit the website to purchase your ticket.

Give Blood. Save A Life.

Kick your holiday season off by scheduling a blood donation. Fontenelle Forest is proud to partner with the American Red Cross to host a day of donation on Fri., Nov. 22 from 10 a.m. – 3:30 p.m. Donors will receive one free day pass to Fontenelle Forest (redeemable at any time for up to one year) and a \$5 off coupon to TreeRush Adventures. Visit the website above to book your visit.

Hy-Vee Inc.

[Hy-Vee.com/healthnew/dietitians](https://www.hy-vee.com/healthnew/dietitians)

KidsFit in the Kitchen

Join our *KidsFit in the Kitchen* virtual class this month and learn how to make *Turkey Tetrazzini* and *Pumpkin Chocolate Chip Energy Cookies!* Can't attend the live viewing on Wed., Nov. 13 at 4:30 p.m.? No problem, all registered participants will receive a recording of the class. *KidsFit in the Kitchen with Hy-Vee Dietitians* is intended for children between 5 – 12 years of age and parental supervision is required. Visit the website above to register.

Jazzercise

(402) 680-6136

Cyber Sale

Available at the West Omaha, Center Street and 90th and Maple locations, enjoy 40% off your first month with a reoccurring EFT sign-up. Whether you attend in person or virtually, the Jazzercise community is an uplifting space geared to have your pulse-pounding with its unique style of beat-pumping fitness! Give Terri a call at the number above to select your location and begin your journey.

2 Weeks for \$59

Ready to step into your power and feel both flexible and strong? At Jazzercise, you can energize your routine with the perfect pairing of dance and fitness everyday of the week! For the month of November, enjoy two full weeks for \$59. To claim your special, give Terri a call.

Kassebaum's Martial Arts

[nebraskakma.com](https://www.nebraskakma.com)

Trial Workout

Congratulations on taking the first steps to defend yourself as well as start crushing your fitness goals! Experience the semi-private lessons and bring a complimentary guest with no commitment or payment required. To get started visit the website above and fill out your free trial workout form by selecting the location, day and time that best works for you. For more information, give Mike a call at (402) 682-5425.

Omaha Performing Arts

[o-pa.org/performances/](https://www.o-pa.org/performances/)

KIDZ BOP Live 2024

Kids are taking over at *KIDZ BOP Live 2024* on Fri., Nov. 1 starting at 7 p.m. New songs, new choreography, special effects and more are all included! Make memories that will last a lifetime while you sing and dance along. Diamond and Gold VIP meet and greet packages are available. Performing at the Orpheum Theater, ticket prices are \$39.50 - \$204.50. Visit the website above to book your one of a kind experience.

Funny Girl

Welcome to musical comedy heaven! This bittersweet comedy is the story of the indomitable girl from the Lower East Side who dreamed of a life on the stage. Everyone told Fanny Brice that she'd never be a star, but then something funny happened – she became one of the most beloved performers in history, shining brighter than the brightest lights of Broadway. Hosted at the Orpheum Theater on Tues., Nov. 12 – Sun., Nov. 17, show times vary. Ticket can be purchased at the website above and vary from \$35 - \$125.

Nebraska Extension in Douglas-Sarpy Counties

(402) 444-7872

Master Gardener - Information Meeting

The Nebraska Master Gardener program is a horticulture-related volunteer training program based in many counties throughout the state. It has been part of UNL Extension since 1976. Trained by UNL Extension faculty and staff, Master Gardeners volunteer working through their local Extension office to provide horticulture-related information to their community. Participants are required to complete 40 hours of training and 40 hours of volunteer service. Informational sessions are available on Fri., Nov. 15 from 6:30 – 8 p.m. and Sat., Nov. 16 from 9:30 – 11 a.m. Interested parties should call (402) 444-7804 for more information or to register.

From Garden to Bowl

You have planted, grown, harvested and preserved a bounty of fresh produce from your garden this summer. Now it's time to find a few new, healthy tasty recipes to use it in! Join Cindy Brison as she discusses everything that involves making soup. With four varieties to sample at this in-person class, please come hungry! Hosted at the Nebraska Extension Douglas-Sarpy Counties office on Tues., Nov. 26 from 6 – 7:30 p.m., registration is required. This cost is \$20.

Know a great business for the OWE?

We are seeking OWE member nominations for new business partners! Send your ideas for great Omaha metro area wellness businesses to Candyece Dunlap at cdunlap@unmc.edu.

Wellness businesses can include salons, spas, fitness facilities and coaches, health food stores, nonprofits, cultural institutions, etc. We welcome creative ideas to diversify our partner list.

Thinking of Others This Thanksgiving Season

With the holiday season right around the corner, we want to take the time to recognize that there might be circumstances that can hinder individuals and families alike from cherishing their time with loved ones. Economic hardships, natural disasters, illnesses or injuries can all be adversities that cripple optimism, create disconnect emotionally and fester an unpleasant sense of misfortune.

The Olson Center for Women's Health would like to provide aid to readers who seek assistance. We end our OWE Update with resources for food, shelter and care.

Food Bank of the Heartland
(402) 331-1213
info@foodbankheartland.org

Food Bank for the Heartland is committed to providing emergency and supplemental food to neighbors in Nebraska and western Iowa. Their mission is to eliminate hunger in the Heartland by ensuring consistent access to healthy foods through community partnerships. If you're struggling to afford the food that you and your family need, Food Bank for the Heartland is here to help. Visit foodbankheartland.org and click on 'Food Resources' to access the interactive map to find food resources near you.

Open Door Mission
2828 N 23 Street
(402) 422-1111

The Open Door Mission provides free services, emergency shelter and professional guidance to individuals and families with a mission to save lives. This holiday season they are sponsoring the Turkey n Fixins program. This program provides a free turkey and sides dishes for a Thanksgiving meal to be prepared and enjoyed in their home. Contact the number above for event details and to register.

The Salvation Army
3738 Cumings Street
(402) 553-5694

The Salvation Army serves nearly 100,000 individuals in the Omaha metropolitan area. From food and housing assistance to after-school programs, mental health support and a variety of other services, they are there every step of the way to meet the physical, emotional and spiritual needs of all people. Their mission, their doors are open to anyone seeking hope, help and healing. For assistance or to volunteer your service, call the number above.

Together Omaha
812 S 24 Street
(402) 345-8047

The Together Omaha mission envisions a community of prosperity where everyone experiences safe, affordable housing, food security, health and wellness. This holiday season visit either the Omaha or Council Bluffs area pantry to receive a Thanksgiving pantry filled with essentials for a wonderful meal with your loved ones. Call the number above for pantry hours and other program resources. Together Omaha is also a proud partner of the Nebraska Diaper Bank.



Feature Recipe on Back