

PILGRIM HEIGHTS

JANUARY

2026



A MONTH OF FRESH STARTS
AND QUIET INTENTIONS.
LET THE COLD AIR REMIND
YOU THAT EVEN IN
STILLNESS, LIFE IS
PREPARING TO BLOOM.
STEP INTO THE YEAR WITH
COURAGE AND CLARITY.

Suggestions
or Grievance



MON	TUE	WED	THU	FRI	SAT	SUN
			01 Happy New Years!	02	03	04 National Trivia Day
05 	06	07 	08	09 	10	11
12	13	14 National Dress Up Your pet Day 	15	16 Tech & Resource Help 2-common area	17 	18
19 Martin Luther King Jr. Day	20	21 National Hugging Day Give a hug or nice note to neighbor 	22	23	24	25
26	27 National Chocolate Cake Day 	28	29 National Puzzle Day 	30 Game Day! 4:30-common area	31 National Hot Chocolate Day 	

CONTACT NOLA WITH ANY QUESTIONS AT (402) 218-4600

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COMMUNITY CONNECTIONS

“WE ARE NOT JUST CAREGIVERS, WE ARE EXTENDED FAMILY. WE SUPPORT OUR CLIENTS, EACH OTHER, AND THE FAMILIES WE SERVE. WE ARE IMPACTING THE WORLD PIECE BY PIECE, LEAVING OUR MARK OF KINDNESS.” - NANA’S HOME HEALTHCARE



ACTIVITIES DESCRIPTIONS

GAME NIGHT

A SOCIAL HOUR FILLED WITH LAUGHTER, & FRIENDLY COMPETITION. NO EXPERIENCE NEEDED – JUST COME AS YOU ARE AND ENJOY THE FUN. PRIZES AND LIGHT REFRESHMENTS SERVED.

TECH & RESOURCE HELP

NEED HELP WITH YOUR PHONE OR FINDING HELPFUL COMMUNITY RESOURCES?
GET ONE-ON-ONE ASSISTANCE WITH BASIC TECH QUESTIONS AND HELPFUL TOOLS.
BRING YOUR QUESTIONS, WE’RE HAPPY TO HELP!

We may cancel due to weather . We will post cancellations on on our social media and contact the Property Manager.

SENIOR CENTERS

***St. Martin de Porres Community Center (Sazzy Seniors)**
2111 Emmet Street, Omaha, NE 68110 | 402-554-0520
Monday–Friday | 9:00 a.m. – 1:00 p.m.
Daily lunch, programs, and activities

***Intercultural Senior Center**
5545 Center Street, Omaha, NE 68106 | 402-444-6529
Monday–Friday | 9:00 a.m. – 4:00 p.m.
Daily meals, transportation, classes, activities and outings

FOOD PANTRIES

***Intercultural Senior Center** -provides food assistance for adults 50+ through local partners. Call 402-444-6529 to request pickup or delivery.

***Meals on Wheels Home**-delivered meals for adults 60+ who need help preparing food. Meals are delivered weekdays. Call 402-444-6536 to learn more or request service.

***Heart Ministry Center**-Free grocery-style food pantry. Shop for fresh foods and pantry items. 2222 Binney St., Omaha | 📞 402-451-2321
Open Tues, Wed & Fri 10am–1pm • Sat 10am–12pm (Drive-Thru) • Senior Day: Tues 10am–1pm

IN-HOME SUPPORT

***ENOA-** Free, confidential help connecting you to services and supports. Call 402-444-6444 for guidance and resources.

***Nana’s Home Healthcare-** Compassionate care including bathing support, meal preparation, light housekeeping, deep cleaning, errands, pet care transportation and companionship all designed to help clients stay safe and comfortable at home. Call or text 402-218-4600 for more information.

VOLUNTEER OPPORTUNITIES

***ENOA-** Give back by helping older adults in your community through meaningful volunteer opportunities Call 402-444-6536 to learn how to get involved.

***Heart Ministry Center**-Help support your community! Sign up online or call 402-702-2261.