



Partner Offers

Alzheimer's Association

(402) 502-4300 | (800) 272-3900

Navigating a Dementia Diagnosis

The purpose of this program is to help persons living with early stage dementia and their care partner. We hope you'll join us on Fri., June 21 from 11:30 a.m. – 1:30 p.m., to learn more about Alzheimer's Disease and other dementias, the nature of changing relationships, communication strategies and legal planning procedures. This series will take place both virtually and in person. For those attending in person, lunch will be provided. Please call the number above to register.

American Midwest Ballet

(712) 890-5591

Subscribe for Season 15!

You won't want to miss out on our must see 15th Anniversary Season! Our Flex Plan allows you to create your own subscription by customizing the number of tickets you purchase to each show. Subscriptions start at \$79 for a full season. Whatever options you choose, you get the best seats in your selected level and pay no box office fees! To subscribe, give Wesley a call at the number above.

Dee-sign Landscaping & Garden Shop

(402) 392-1444

Terrarium Building 101

Join Dee-sign Garden and Landscaping on Tues., June 25 for *Terrarium Building 101*. With guided instruction and supplies, you can design a glass terrarium with an assortment of small terrarium plants for \$35. We ask that you pre-register and pre-pay so we can have an accurate tally of attendees. Sign up and pre-pay via Facebook at Dee-sign Landscaping or call the number above.

Fontenelle Forest

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

Yoga at the Forest

Discover tranquility amidst the trees during *Yoga at the Forest* each Sunday in June, 9 – 10 a.m.! These Vinyasa-style yoga classes will incorporate a blend of mindful movement and breath work, all guided by experienced instructors. All five sessions will take place at the Nature Center, either outside on the lower plaza or inside the Forest Room. Yoga mats are not provided. The cost is \$5 for Fontenelle Forest members and \$25 for non-members. Call to register.

Homeschool Hikes

School might be out for summer, but we're always ready to learn at the Forest! Join us for a naturalist-led hike geared toward homeschoolers. We'll explore the Forest during the summer, discussing everything from deer to dung to decomposers! Make new friends and continue learning with a take-home craft or activity. With two available dates, June 5 and 19, the cost is \$8 for Fontenelle Forest members or \$8 plus paid daily admission for non-members.

Native Plant Sale

Fontenelle Forest is hosting the Nebraska Statewide Arboretum for their annual *Native Plant Sale* at Camp Brewster on Sat., June 15 from 9 a.m. – 12 p.m.! By planting native trees, shrubs, grasses and perennials from the Nebraska Statewide Arboretum, you are helping to keep our local environment healthy. This event is free and open to the public. No registration required.

Gloss Salon & Day Spa

(402) 502-1850

Summer Specials

For the month of June, Gloss Salon & Day Spa will offer over seven pampering options to fulfill your beauty needs. From body treatments that include a specialty massage to Head to Toe customized HydraFacial packages, they have the right product for you. View the listing of available services below and give Krisha a call to book your appointment.

- CBD Body Treatment + 1 hr. CBD Massage, \$160
- Moisture Drench Body Treatment + 1 hr. Nirvana Massage, \$160
- Sugar & Spice Body Treatment + 1 hr. Hot Stone Massage, \$160
- Clear & Calm Body Treatment + 1 hr. Blue Eucalyptus Massage, \$160
- Head to Toe Retexturizer... the Ultimate Exfoliation, \$160
- Head to Toe Glow... the Ultimate Skin Brightening, \$160
- Head to Toe Intense Hydration... the Ultimate Skin Hydration, \$160

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 Candoyce 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.

Hy-Vee Inc.

Hy-vee.com/healthnew/dietitians

FREE Omega-3 Screenings

Hy-Vee Dietitians will be offering FREE Omega-3 Index screenings at more than 100 Hy-Vee store locations during the month of June. Limited appointments are available on a first come, first served basis. Participants must be 18 years or older to test. These screenings are made possible through our generous sponsors: Nordic Naturals, GOED and our partnership with the Alzheimer's Association.

Kassebaum's Martial Arts

(402) 682-5425

Yoga

Start your yoga journey or refresh your skills with coach Abbey Boettcher-Davis on Saturdays in June. Improve flexibility, balance, reduce stress, promote better sleep, build strength and find community. All ability levels welcome. Wear comfortable clothes, bring your yoga mat or beach towel and join our free yoga sessions. To reserve your spot visit nebraskakma.com.

Omaha Farmers Market

(402) 345-5401 Ext. 115

The Market is Open

The Market is open so come and shop farm fresh, locally grown goods. Visit either the Old Market on Saturdays from 8 a.m. – 12:30 p.m. or Aksarben Village on Sundays from 9 a.m. – 1 p.m. All eligible vendors accept SNAP and Senior Farmers Market Nutrition Program (SFMNP) coupons as a form of payment. If you would like to apply to be a weekly vendor, applications are being accepted. Visit omahafarmersmarket.com for details.

Omaha Integrative Care

www.omahaic.com

The Art & Architecture of Teaching Yoga

In this weekend workshop, we will review the most common and fundamental poses in yoga through alignment, props, variations and cues. We'll explore considerations regarding sequencing, accessible options for beginners, prop usage, variations/modifications, cueing, alignment considerations and using Sanskrit. This workshop can either be attended in person, live via Zoom or via replays in our private Facebook group. This workshop is scheduled on Sat., June 22 and Sun., June 23 from 10 a.m. – 5 p.m. The cost is \$325.

MindFLOW

If you are looking for a traditional approach to yoga that includes meditation practices in every session, this is the class for YOU! Special attention will be given to balance, flexibility, strength, mindfulness and meditation practices that support longevity, wellness and healthy aging. Taught by Stephanie Watson Saturday mornings from 8 – 9 a.m. starting June 1, your first class is free! Visit omahaic.com to register or email s.watson@omahaic.com.

Omaha Pedalers Bicycle Club

Opbc.clubexpress.com

BRAN 42

For over 40 years, Bicycle Ride Across Nebraska (BRAN) riders have experienced epic cycling, while enjoying the small town hospitality and the beauty of the rolling terrain on the great plains through Nebraska. Join us June 2 - 8 for our upcoming ride from Valentine to Louisville, Nebraska over a six day period. Shorter rides are also available. For more information or to register, visit bran-inc.org.

Omaha Performing Arts

Ticketomaha.com | **(402) 345-0606**

Brad Williams: Tour '24

Pound for pound, Brad Williams is the funniest comedian in the country right now and has become one of the most in-demand comedians working today. Routinely selling out prestigious venues all over the country and world, Brad will be in Omaha for one night only, Sun., June 2 at 7 p.m. Performing at the Holland Performing Arts Center, ticket prices are \$29.50 - \$175.00.

2024 Nebraska Theater Academy Showcase

Celebrate the accomplishments of Nebraska's high school and middle school musical theater programs at the Tony Awards–inspired *Nebraska High School Theater Academy Showcase!* The red carpet ceremony will be hosted by Broadway star and Omaha native Kevyn Morrow and feature performances by hundreds of students from across the state. Performing at the Orpheum Theater on Thurs., June 13, ticket prices are \$10 - \$20.

Omni Inventive Care – Nutrition & Wellness Center

(402) 333-0898

Midweek Meditations

Are you seeking more calm and/or relaxation in your life? If your mind always seems busy and staying present is a challenge, this group might be just what you need! Join us for an opportunity to participate in weekly guided mediation sessions, designed to help you find your inner chill! Hosted at Omni on June 5, 12 and 19, session times are 12 -1 p.m. and 4 – 5 p.m. The cost is \$20 per class, per week. To register, give Katie Jones a call at the number above.

The Barre3

online.barre3.com/studio-locations/omaha-dundee

First Class Free!

Experience our efficient full-body workout that combines strength, cardio and mindfulness – totally free. Valid for new customers only. Visit the website listed above to claim your special offer!

The Bike Way

(402) 392-2390

Summer Mountain Bike Guide

Make the most of every mile. Whether it's your very first MTB (mountain trial bike) or an addition to the stable, outfitting yourself and your bike with the right cycling apparel, accessories, and parts makes it easy to jump on and tear up the trails. Call or visit for expert recommendations or shop online and pick up in store for free!

Nebraska Extension in Douglas-Sarpy Counties

(402) 444-7872

4-H Enrollment

The 4-H Youth Development Program of the University of Nebraska-Lincoln is an informal, practical, learn-by-doing educational program for boys and girls ages 5 to 18. The annual 4-H membership runs from October 1, 2024 – September 30, 2025. Please note the enrollment fee for Douglas-Sarpy counties is \$10 per member and is paid online. For more information or to become a member, call the number above.

Hatching Chicks

Douglas-Sarpy 4-H is inviting families to hatch baby chicks in their home this summer. Incubator, 12 eggs and supplemental materials will be provided for \$50. Pick-ups are on Mon., June 24 at the Nebraska Extension office, 8015 West Center Road, between 8 a.m. – 4 p.m. Only 50 spots available. For questions or to reserve your spot, email Megan Petsch at mpetsch3@unl.edu.

UNMC Engage Wellness

(402) 552-7210

Free Day Friday

Bring a friend and visit us on Fri., June 7 to try out Engage Wellness for FREE on the first Friday of every month! Use our state-of-the-art exercise equipment, join a group movement class, or try your hand at Pickleball. All are welcome! Engage Wellness is located on the UNMC Campus, 730 South 38th Avenue.

Wellness Workshop: Nutrition and Brain Health

Attend our free community presentation on nutrition and its role in brain health on Fri., June 14 from 12 – 1 p.m. Our presenter, Kimmie Sharp, MMN, RDN, LMNT, LD of Nebraska Medicine, will discuss the connection between what we eat and how it impacts our cognitive function, memory and overall mental wellbeing as well as learn how to incorporate brain-boosting foods into your diet. Call today reserve your spot!

YMCA Healthy Living Center

(712) 323-5995

Dance the Day Away

Do you have free time on your Saturday afternoons? Enjoy dancing and live music in our beautiful ballroom! Dance the day away at either of our two events on June 1 or June 22 from 2 – 4:30 p.m. Split the pot at each event and occasional raffles available. Free refreshments and snacks provided. The cost is \$10 for YMCA members and \$15 for non-members.

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