

Community Stuff



LIVING WELL CLASS

Three Rivers Health will be offering a 6-week Living Well Class at Stanton Tower. *Living Well* is a class for people experiencing any kind of chronic condition or is a caregiver for someone with any chronic condition. Meeting for just one hour a week starting in Mid April.

Please watch your bulletin board for more information. Space is limited so please let the RSSC know if you are interested, RSSC@fremonthousing.org or 402-727-4848 ext. 109.

Lunch Connection Survey.

We want your opinion. Please stop at our table in the lobby to complete a survey and sample the treats from our meal program.

April 6 at 1pm at Gifford
April 8 at 1pm at Stanton



You may be eligible for assistance with the Lunch program. See the RSSC for help with the applications.

Warm weather brings out the walkers.

Join them on Mondays at 1:00 in front of Stanton.

Weather permitting on any day is a good day to get out and enjoy.



Events

April Fools Day! April 1

Pork Tenderloin Night Dinner at the Eagles

April 3 Friday

Last Fish Fry during Lent

City Wide Good Friday Prayer Breakfast at Midland 6:30 am

April 5—Happy Easter

April 11 - Saturday, 9am to 2pm

Spring Craft Fair at the YMCA

April 12—Sunday Survey

3Rivers Health Survey due today.

Scan flyer on bulletin Board to do online today!

April 16 - Thursday, 8am to 6pm

2026 Women's Summit at The Heights, 3605 N Somers Ave



Animals



Find and circle all of the animals hidden in the grid. The remaining letters spell the name of an additional animal.

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O R C A N T E E K A R A P B E A V E R
G G R H M A D L L E M M I N G O O S E
N I E O E O T U E M U I D O L P H I N
I X R L C D C U C S O S U R L A W M A
M N P A L T G K G K A N G A R O O P R
A Y W U F E O E I N R E K K O A L A C
L L Z E M F Z P H N A E W E W H A L E
F Z E B R A E A U O G R H Z Y R F A H
H A T E E H C L G S G B O T H Y F Y U
R A T T L E S N A K E P I I N B U B M
B L P D S T O R K T O G N R N A B A M
E A E E A H A N N R O O T I D L P N I
E M E E O B E A P R C A U M J L C T N
L P H R B K H O I E C G O A R A O E G
T R S I C P I L R B N U G R O W Y L B
R E T I E S L O O E S U O L B K O O I
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T C E E G D I R T R A P F N N Y E E D
    
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|----------|-------------|-------------|-------------|---------|
| ANTELOPE | ELEPHANT | JAGUAR | ORCA | SHREW |
| BAT | EMU | KANGAROO | PANTHER | STORK |
| BEAVER | FLAMINGO | KOALA | PARAKEET | TURTLE |
| BOBCAT | FROG | LAMPREY | PARTRIDGE | WALLABY |
| BUFFALO | GAZELLE | LEMING | PENGUIN | WALRUS |
| CHEETAH | GIRAFFE | LYNX | PORPOISE | WEASEL |
| CHICKEN | GOOSE | MARLIN | PUMA | WHALE |
| COYOTE | GORILLA | MOCKINGBIRD | RABBIT | YAK |
| CRANE | HEDGEHOG | MONKEY | RATTLESNAKE | ZEBRA |
| DEER | HORSE | MOUSE | RHINOCEROS | |
| DOLPHIN | HUMMINGBIRD | OCTOPUS | ROBIN | |
| DUCK | IMPALA | ORANGUTAN | SHEEP | |

Call RSSC with the correct answer at 402-727-4848 Ext 109 or email at RSSC@fremonthousing.org

Fremont Housing Agency
 2510 N. Clarkson St.
 Fremont, NE 68025
 (402) 727-4848
 (402) 727-4751 - fax
 www.fremonthousing.org

Resident Support Services
 Stanton Tower 205
 (402) 727-4848 ext. 109

IMPORTANT NUMBERS

Emergency - 911
Fremont Police Dept.
 (402) 727-2677
Fremont Fire Dept.
 (402) 727-2688
Fremont to Go - Transportation
 402-459-2845
Fremont Friendship Center
 (402) 727-2815
 Keene Library
 (402) 727-2694

Fremont Family Coalition
 Centralized Intake
 402 721-4157

Dodge County -General Assistance
 (402) 727-2731
 Veterans Association
 402-727-2719

Nebraska DHHS
 Economic Asst.(402) 595-1258
 Medicaid (402)595-1178
 APS/CPS (800) 652-1999

Salvation Army
 (402) 721-0930

**Northeastern Nebraska
 Community Action
 Partnership-NENCAP**
 (402) 385-6300

**Eastern Nebraska Office on
 Aging-ENOA**
 (402) 444-6444
 Meals on Wheels
 402-721-8262

Uniquely Yours (402) 727-8977

Fremont Lock Shop
 (402) 317-1983

BOOK MOBILE - Keene Memorial Library

Friday April 3rd

Stanton Tower 9:30 AM—10:30 AM

Gifford Tower 10:30 AM to 11:00 AM



Social Club meeting Wednesday, April 1 at 2pm at Gifford



Pizza Party April 25 at 2:00 please sign up!



Come celebrate Birthdays April 14th 1:00

Come and join the fun as we take a walk down memory lane with our residents who are celebrating each month.

This month, we will be getting together in The Gifford Community Room on Tuesday, April 14 at 1:00 pm.

Bingo

Every Friday at 2 to 4 pm
Birthday Bingo - April 10
Sandwich Bingo - April 24



PEST-TROL SERVICE

Floors 2 through 5 | Stanton Tower | April 1
Floors 2 through 5| Gifford Tower | April 15



Trivia

April 2 and 16 at 1:30pm
Gifford Community Room

Blood Pressure Clinic & Advanced Directives Info



By Angels Care Home Health
 Thursday April 23rd at 3:00pm
 Stanton Lobby



Fremont Housing Agency

Dwayne Bennett
Executive Director
Mindy Peterson
Housing Program Manager

RENT DUE

Checks or Money Orders Only!
NO CASH!

Rent is due and payable on the first day (1st) of each month. **Tenants who have failed to make full payment by 3:00 p.m. on the fifth (5th) day of the month, are considered delinquent and will be assessed a late fee.** If the 5th falls on Saturday, the rent is due by 3 p.m. on the Housing Agency's work day prior to the 5th. If the 5th falls on Sunday, the rent is due at 9:00 a.m. on the Housing Agency's next work day. Late payment charges will be applied as follows:

- \$30 will be assessed on the 6th of each month for payments made after the 5th of each month.
- An additional \$20 will be assessed on the 21st of each month for payments not made prior to 3:00 p.m. on the 20th of the month. The Agency does not accept partial payments of rent.

Please place in Drop box in hallway



For after hour Maintenance emergencies only! contact:
Ed: 402-720-1264



“Let’s Talk..”

April 2026

Scam and Fraud Presentation.

Sergeant Kurt Pafford

With the Fremont Police Dept.

1:00 Tuesday, April 7

Gifford Tower



“Our community works best when everyone feels safe, welcomed, and respected. We encourage residents to uplift one another and speak kindly. If you ever feel uncomfortable or need support, please reach out - your well-being matters.”



Fremont Housing Meals
 Please see what is offered each month on the calendar attached. To order meals pick up check off calendar in the office and return to office box.

Congratulations








to our recent RentWise Graduates, William and Susan, here at Gifford and our online students from Logan View High School.



FAIR HOUSING: IT'S NOT AN OPTION.

April 2026 Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 2:00– Resident Council and Social Club Meeting Pest-Trol Stanton Floors 2-5	2 1:30—2:30 Trivia	3 Keene Bookmobile 9:30 Stanton 10:30-Gifford 2-4 pm-Bingo Gifford	4 2-3 Coffee at Gifford Tower 
5	6 2-4-Art and Crafts at Gifford Tower 	7 1'00 Scam & Fraud Presentation Gifford	8	9	10 2-4 pm– Birthday Bingo 	11 2-3 Coffee and Birthday Cake at 
12	13 2-4 Art and Crafts at Gifford Tower	14 1:00-Medicare / Birthday Party	15 Pest-Trol Gifford Floors 2-5	16 1:30-2:30-Trivia	17 2-4 pm-Bingo 	18 2-3 Coffee 
19	20 2-4-Art and Crafts at Gifford Tower	21	22	23 3:00 Angels Care Blood Pressure Clinic	24 2-4 pm-Sandwich Bingo 	25 2-4 Pizza Party
26	27	28	29	30		



April 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Monthly menus are available at the Gifford & Stanton Tower offices. If you are interested in starting the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext. 109 or stop at the office during regular business hours. Please call the RSSC			1 Golden Beef Casserole Bread and Butter Mandarin Orange Jell-O	2 Pork Roast Mashed Potatoes with Gravy Veggies Cookie	3 Potato Soup Egg/Cheese Salad Sandwich Brownie	4 Ham and Scalloped Potatoes Cook's Choice Vegetable Fruit
5 Golden Beef Casserole Bread and Butter Mandarin Orange Jell-O	6 Scrambled Eggs Sausage Patty Toast	7 Pulled Pork Sandwich Cottage Cheese Pickles Peaches	8 Hamburger Potato Carrot Casserole Bread and Butter Vanilla Pudding	9 Lasagna Bread Stick Lettuce Salad Fruit	10 Chicken Alfredo Broccoli and Cheese Chocolate Chip Cookie	11 Hamburger Potato Carrot Casserole Green Beans Cookie
12 Blackened Chicken Alfredo Broccoli and Cheese Chocolate Chip Cookie	13 Fish Plank Cole Slaw Fried Potatoes Fruit	14 Fried Chicken Mashed Potatoes Carrots Bread and Butter Coconut Pudding	15 Homemade Hamburger Pizza Lettuce Salad Pineapple Fluff	16 Fried Pork Chop Stuffing and Gravy Green Bean Casserole Jell-O Poke Cake	17 Swiss Steak Mashed Potatoes Green Beans	18 Tuna Sandwich Chips Cake
19 Fried Pork Chop Stuffing and Gravy Green Bean Casserole Jell-O Poke Cake	20 Three Salad Plate Cookie	21 Breaded Chicken Sandwich Lettuce Salad Butterscotch Pudding	22 Goulash Green Beans Pineapple Fluff	23 Vegetable Beef Stew Bread and Butter Peach Crisp	24 Turkey Tetrazzini Jell-O Salad Cookie	25 Vegetable Beef Stew Bread and Butter Fruit
26 Turkey Tetrazzini Jell-O Salad Cookie	27 Ham and Bean Soup Mashed Potato Corn Peaches	28 Brais On A Bun Mashed Potato Corn Peaches	29 Cheeseburger Baked Beans Potato Salad Pears	30 Turkey Rubeen Chips Cookie		*SUBJECT TO CHANGE*

100 Random acts of Kindness

1. Pass on your Pound/Euro/Dollar when you go shopping
2. Buy someone homeless a hot drink
3. Chat to a mum whose child has a tantrum
4. Clean your elderly neighbours guttering
5. Buy extra food when you are out to feed the homeless
6. Donate to a local food bank
7. Donate to a local hospice
8. Give money to a busker
9. Give a stranger money when they are short
10. Give to a charity shop near you
11. Bake for a friend
12. Be kind online, and show someone you care
13. Send someone you know flowers
14. If you ever find anything, hand it in
15. Add a note to anything you sell
16. Leave notes in changing rooms with positive messages
17. Hold the door open, esp. for mums with buggies
18. If someone looks in trouble, help them
19. Donate your umbrella if it's raining to someone else
20. Encourage your children to give 50p to another child
21. Let people out at junctions
22. Stop for people needing to cross the road
23. Smile at a stranger
24. Give blood
25. Become an organ donor
26. Keep an eye on everyone else, and if they look like they need a smile or help; give them it
27. Offer to pay for someone's shopping
28. Hide money when out and about so people find it
29. Send a food shop to someone you know that needs it
30. Organise a collection to help someone in trouble
31. Help a parent travelling solo to entertain their kids
32. Post a book through a neighbour's letterbox with a note saying "Hi"
33. Give a stranger a compliment
34. Paint a message on a rock; leave it somewhere
35. Speak to a stranger
36. Buy someone in a coffee shop a drink, just because
37. Get up for the kids in the morning
38. Donate a book to the library
39. Leave a book on the train with a note passing it on
40. Call a friend you haven't spoken to Recently
41. Donate a toy to the local hospital
42. Be honest on social media - just once!
43. Encourage a stranger when they need it
44. Talk to someone on their own
45. Laugh hard with someone that needs it
46. Cry with someone that needs to
47. Give a flower to a stranger
48. Tell someone to keep the change
49. Leave a nice note on a colleague's desk
50. Buy a friend lunch
51. Listen hard
52. Visit an elderly neighbour
53. Share your lunch with a stranger
54. Buy pet food from the local animal shelter
55. Take biscuits/cookies to a neighbour
56. Thank your teacher/colleague for helping you
57. Leave money in a vending machine
58. Give something from your business out for free
59. Let someone go first in a queue before you
60. Help clean someone else's house
61. Recycle it
62. Give someone homeless a blanket/coat
63. Help someone else with their pets
64. Give a single parent friend a break by babysitting
65. Babysit for anyone!
66. Phone a friend
67. Don't say it, even if you feel it
68. Understand they are tired too
69. Take a photo of ur kids, send to someone they love
70. Give a bar of chocolate to someone in the queue
71. Say "Hello" when you walk past someone
72. Explain patiently to your kids even if you are tired
73. Share and encourage your kids to do the same
74. Speak up when you normally wouldn't
75. Forgive someone
76. Get that DvD and watch it with a friend
77. Go to a film with someone, and pay for it
78. Give them a hug and tell them you love them
79. Don't spread those rumours; challenge them
80. Write a letter
81. Tip generously
82. Pamper a friend with a beauty treatment
83. Carry someone's bag
84. Don't send that annoyed email
85. Wash up, or load the dishwasher even if u cooked
86. Put goodies in a shoebox and give as a gift
87. Arrange a playdate to help a mum/dad friend
88. Pick up that litter
89. Sponsor a child or an animal; or both!
90. Have a conversation with the delivery driver
91. Say "Have a nice day" and mean it
92. Do something to help raise money for charity
93. Praise someone's work, including your kids'
94. Plant a tree or a flower
95. Say thank you whenever you can
96. Help people who are lost
97. Say "sorry" when you need to
98. Give time to someone that needs it
99. Be kind to yourself
100. Don't expect anything in return

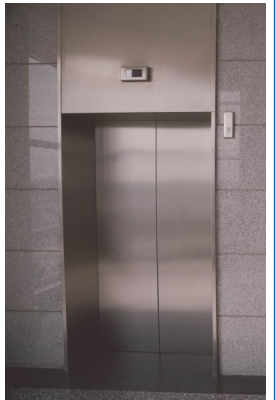
#52KindWeeks

Important Reminders:

Elevator Etiquette

Elevator etiquette consists of unspoken social rules for safe, efficient, and polite shared lift usage. Key practices include:

- don't stand in the doorway while having a conversation,
- letting passengers exit before boarding,
- standing aside, minimizing conversation,
- avoiding food/strong scents,
- keeping personal space,
- waiting for the next car if it is full.



Certain things often come to an end to create space for better things to emerge - don't be afraid to start again



Rest is productive, you can't pour from an empty cup - listen to your body, take time to recharge your mind, body, & soul



Change can be scary but necessary for growth & to allow yourself to blossom, trust the process

Spring Reminders



Treat yourself without guilt, have a self-care day, take a walk, make time for fun, eat dessert, watch a movie



It's ok to *not* be ok sometimes - be gentle with yourself, express feelings in a healthy way, & reflect on how far you've come



Surround yourself with people who lift your spirits, be present, & hold gratitude for the simple moments

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