

Fremont Housing Agency

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

IMPORTANT NUMBERS**Fremont Police Dept.**

(402) 727-2677
Emergency - 911

Fremont Fire Dept.

(402) 727-2688
Emergency - 911

Fremont Transit.

(402) 459-2845
General Assistance
(402) 727-2731

Health & Human Services

(402) 727-3200

Fremont Family Coalition

Central Intake
(402) 721-4157

Salvation Army

(402) 721-0930

**Northeastern Nebraska
Community Action**

Partnership-NENCAP
(402) 721-0619

**Eastern Nebraska Office on
Aging-ENOA**

(402) 721-7770

Senior Center

(402) 727-2815

Uniquely Yours

(402) 727-8977

Keene Library

Friday October 2

Stanton at 9:30 Gifford at 10:30

Come get at library card or check out books

Diabetic Outreach

Tuesday October 20 at 9am

To get fitted for shoes, call RSSC to register.

Celebrate October Birthdays

With Lilly October 13 at 1: 00

Get your Medicare/Medicaid

questions ready

Stanton Community Room

**Seeking Victory Bible Study**

Help making it through the tough times.

Mondays at 2:00 at Gifford

3:30 at Stanton



Get your Blood Pressure checked

with Angel Care - **Thursday**

October 29 at 3:00 at Stanton.

Heath information on Breast

Cancer.

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**FAIR HOUSING:
IT'S NOT AN
OPTION.
IT'S THE LAW.**



**Fremont Housing
Agency**

Dwayne Bennett

Executive Director

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 workday 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 workday.

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.

**“Let’s Talk...”
October 2026**



**Stanton Annual Inspections will
be held the week of November 16.**

**October 9-12
Offices will be
closed**



Flu Shots by 3 Rivers
October 5 at 1:30pm
Stanton Community Room
Health Forms are available in
the RSSC office in Stanton
Call 402-727-4848 Ext 109

Midland University
MOVE week Oct 5-9.

Exercise Tues. October 6 at 10am
in the Stanton Community Room

Music by Midland's Clef Dweller acapella group

Thurs, October 8 at 10:45
in the Stanton Community Room



Resident Support Service Coordinator - Sharon West
If you need help please contact me at 402-727-4848
Ext 109. I will have hours again at the Gifford Office
from 10 – 11am Tuesdays Starting on October 13.

A Note from Office

- The mail service has requested that mail in your box that does not belong to you be placed in the mail slot without comments written added to it so it can be forwarded or returned.
- Please be respectful of your neighbors by doing your part to keep everyone safe, and our building clean.

Pest-Trol
Pest treatment in all apartments on the follow date and floors:

October 14th
Stanton Floors 2-5

October 28th
Gifford Floors 2-5

A Note from Maintenance

- Please keep your trash secured in bags that go down the trash chute.
- All boxes should be broken down before being placed in outside trash cans.
- Disposal of furniture must be paid for in the office before bringing it down to the trash area.

Social Club Activities

- Oct 14 Wednesday - 2:00 Resident Council and Social Club Meeting – come with your ideas for things to do at Stanton Community room (moved due to office closing)
- Oct. 1 & 15 Thursdays 1:30 Trivia , Free Fun with Prizes do at Stanton Community room
- Every Friday 2-4:00 Bingo,
 - 9th Birthday Bingo free if born in October
 - 23 Snack (Sandwich) Bingo
- Every Monday 3-5 - Arts and Crafts at Gifford
- Every Wednesday 2-45 - Arts and Crafts at Stanton
- Every Saturday 2-3 Coffee at Gifford. Rolls on the 17th.

Social Club Elections
Are you interested in serving in the Club?
Nominations at the October 14 Meeting.
Elections at November11 meeting.

Dance crazes

Find and circle all of the dance crazes that are hidden in the grid.
The remaining letters spell a secret message.

Z	E	Z	U	M	B	A	T	S	I	W	T	E	H	T	D	D	Y	T
T	A	L	R	P	E	T	S	O	W	T	S	A	X	E	T	O	M	A
L	K	V	Y	O	R	N	H	C	I	I	N	C	E	E	B	O	C	N
A	R	O	T	T	B	E	G	E	S	T	H	I	L	L	A	W	A	G
W	E	G	I	H	S	O	L	U	R	A	O	T	E	I	L	Y	M	O
L	J	U	N	O	S	M	T	L	R	U	S	R	C	N	L	L	A	S
I	E	E	O	K	B	A	A	L	I	U	N	T	T	E	R	L	C	P
N	H	C	P	E	W	M	E	N	H	R	P	N	R	X	O	O	A	Y
D	T	N	M	Y	C	S	I	E	G	O	H	H	I	U	O	B	R	L
Y	E	A	U	P	T	H	H	L	H	N	S	T	C	N	M	F	E	A
H	M	D	J	O	B	T	A	Y	O	I	A	A	S	G	G	B	N	C
O	O	N	N	K	D	Y	N	C	N	M	S	G	L	H	N	M	A	W
P	D	E	A	E	Y	N	D	G	H	G	E	O	I	S	I	I	A	F
C	E	K	E	Y	U	A	L	O	M	A	U	R	D	M	A	M	W	N
P	R	C	L	B	D	E	C	O	E	B	S	B	E	R	A	M	M	S
O	N	I	E	I	L	N	O	C	S	I	D	L	R	N	I	M	B	Y
H	R	H	P	A	E	N	S	U	Z	I	E	Q	I	E	G	V	B	A
P	T	C	D	M	W	H	A	N	D	J	I	V	E	D	T	U	E	O
I	A	I	A	A	S	Q	U	A	R	E	D	A	N	C	E	T	E	R
H	E	L	L	T	I	N	G	F	O	O	T	L	O	O	S	E	I	L
S	F	K	P	A	T	P	E	T	S	K	C	I	U	Q	I	F	E	J

BALLROOM	HAND JIVE	QUICKSTEP	TEXAS TWO-STEP
BOLLYWOOD	HIP HOP	RIVER	THE BUNNY HOP
CALYPSO	HOKEY POKEY	ROBOT	THE HUSTLE
CHA CHA SLIDE	JITTERBUG	RUMBA	THE JERK
CHARLESTON	JUMP ON IT	SALSA	THE RUNNING MAN
CHICKEN DANCE	LIMBO	SAMBA	THE TWIST
DA DIP	LINDY HOP	SHIMMY	THRILLER
DISCO	LINE	SINGLE LADIES	VOGUE
ELECTRIC SLIDE	MACARENA	SQUARE DANCE	WALTZ
FLAMENCO	MAMBO	SUZIE Q	WATUSI
FOOTLOOSE	MERENGUE	SWING	YMCA
FOXTROT	MODERN	TANGO	ZUMBA
GANGNAM STYLE	MOONWALK	TAP	

Would you Rather...

- Would you rather be caught singing in the shower or dancing in front of the mirror?
- Would you rather accidentally send a flirty text to your boss or your parents?
- Would you rather enter a meeting with food in your teeth or toilet paper on your shoe?
- Would you rather trip and fall in public or spill food all over yourself?
- Would you rather show up to a formal event wearing pajamas or show up to a casual event in a full tuxedo/ball gown?
- Would you rather get caught wearing your shirt inside out or your pants backward?
- Would you rather have your most embarrassing text messages accidentally published in a local newspaper or have a video of your worst dance moves go viral online?
- Would you rather send a screenshot of a private conversation to the wrong person or back to the person it was about?
- Would you rather read aloud your last five DMs or show the group the last five pictures in your camera roll?

Questions About Personal Preferences

- Would you rather read the book or watch the movie?
- Would you rather live without music or without movies?
- Would you rather live in a cave or a treehouse?
- Would you rather cuddle with a panda or a koala?
- Would you rather give up heating or air conditioning?
- Would you rather go out only during the day or only at night?
- Would you rather have unlimited free flights or unlimited free food for life?
- Would you rather swim in a pool of melted chocolate or a pool full of maple syrup?
- Would you rather get trapped in the middle of a food fight or a water balloon fight?
- Would you rather have a personal chef or a personal assistant?
- Would you rather lose your phone or your keys?
- Would you rather have the ability to fly or the ability to read minds?
- Would you rather be able to alter time or the weather?
- Would you rather be the worst player on the winning team or the best player on the losing team?
- Would you rather have hands for feet or feet for hands?
- Would you rather be 12 feet or 12 inches tall?
- Would you rather eat only extremely bland food or extremely spicy food for the rest of your life?
- Would you rather watch only rom-coms or only horror movies for the rest of your life?

Questions About Life and Death

- Would you rather have more time or more money?
- Would you rather have fame or fortune?
- Would you rather have a rewind button or a fast-forward button for your life?
- Would you rather die at 20 with no regrets or live to 100 with lots of regrets?
- Would you rather be remembered for something terrible or be forgotten completely after you die?
- Would you rather know when you’re going to die or how you’re going to die?

Questions That Are Kind of Gross

- Would you rather wear the same underwear or the same socks for a month?
- Would you rather drink water from a toilet bowl or a litter box?
- Would you rather find a rat in your kitchen or a lizard in your bed?
- Would you rather have permanent bedhead or permanent bad breath?
- Would you rather burp loudly or fart thunderously during a quiet moment in a meeting?
- Would you rather be pooped on or puked on by your celebrity crush?
- Would you rather have a perpetually runny nose or a permanent itch you can never scratch?

What’s up in Fremont?

- **Nebraska Dozer Day 2026** is happening on Sat., Oct 10, 2026, from 10:00 AM onwards at Christensen Field Fremont Ne – Family fun day. Get up close to the big machinery \$12
- **Fall Gallery Walk** is happening on Sat., Oct 3, 2026, from 11:00 AM onwards at 152 E 6th St, Suite 104, Fremont, NE, United States, Nebraska 68025 Free. High Heel Concert 7-9pm
- **Halloween Hysteria** is happening on Thur., Oct 15, 2026, from 5:00 PM onwards at 152 E 6th St, Suite 104, Fremont, NE, United States, Nebraska 68025. Trick or Treat Downtown businesses.
- **Drive-Through Nail Trims \$15 & Microchipping \$30** is happening on Sun., Oct 4, 2026, from 2:00 PM onwards at 925 West 6th Street, Fremont, NE, United States, Nebraska 68025
- **Gotcha Covered Returns to Southern Style!!!** is happening on Sat., Oct 3, 2026, from 9:00 PM onwards at Southern Style, Fremont
- **Fremont Fire Department Open House** is happening on Sun., Oct 4, 2026, from 1:00 PM onwards at 400 E. Military Ave., Fremont, NE, United States, Nebraska 68025
- **Tim Zach Live @ Southern Style** is happening on Sat., Oct 3, 2026, from 9:00 PM onwards at Southern Style, Fremont
- **Stitch & Spark: An NQC Machine Experience** is happening on Sat., Oct 3, 2026, from 9:00 AM onwards at Nebraska Quilt Company, Fremont Try out new sewing machines. Sew for fun.
- **Fremont Toy Run** is happening on Sun., Oct 11, 2026, from 12:00 PM onwards at Fremont, Nebraska Walmart Parking lot. See Santa Clause and firetruck parade to Cedar Bluffs. Donate new unwrapped presents for the Salvation Army’s toys for kids at Christmas.



Lunch Bunch Menu October 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Subject to change without notice			1 BQ Pork Sandwich Baked Beans Coleslaw Butterscotch Pudding	2 Tuna Casserole Green Beans Bread / Butter Fruit	3 Beef Stew Applesauce Biscuits
4 Tuna Sandwich Chips Pickle Jell-O Salad	5 Chicken Fried Steak Mashed Potatoes Gravy / Corn Chocolate Cake	6 Roast Beef Potatoes & Gravy Carrots Dinner Roll	7 Fish Plank Coleslaw Fried Potatoes Fruit	8 Swiss Steak Baked Potato Peas Jell-O with Fruit	9 Kitchen Closed Offices Closed	10 Fish Plank Coleslaw Cookie
11 Ham Sandwich Chips Fruit	12 Kitchen Closed Columbus Day	13 Cheeseburger Potato Salad Baked Beans Brownie	14 Ham & Scalloped Potatoes Casserole Mixed Vegetables Bread & Butter Fruit	15 Turkey & Dressing Green Beans Casserole Apple Crisp	16 Chef Salad Bread Stick Cookie	17 Cheeseburger Potato Salad Brownie
18 Ham Slice Scalloped Potatoes Green Beans Mandarin Orange	19 Vegetable Soup Dell Turkey Vanilla Pudding	20 Breaded Chicken Breast Hash Brown Casserole Corn Cranberry Sauce	21 Lasagna Garlic Stick Salad	22 Rueben Fries Pickle	23 3 Plate Salad Crackers Cherry Crisp	24 Vegetable Soup Turkey Sandwich Pudding
25 Chicken Sandwich Chips Fruit	26 Hamburger, Potato, & Carrot Casserole Bread & Butter Cookie	27 Pork Roast Mashed Potatoes & Gravy Cream Corn	28 Deli Sub Sandwich Macaroni Salad Peaches	29 Liver & Onions Mashed Potatoes Carrots	30 Chili Crackers Cheese Sandwich Pickle	31 Hamburger, Potato, & Carrot Casserole Bread & Butter

October Social Activities 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1:30-2:30-Trivia	2Keene Bookmobile 9:30 Stanton 10:30-Gifford	3 2-3 Coffee at Stanton Tower NE vs Maryland TBA
4	5 Three Rivers 1:30- 2:30 Flu Shots 2-4-Art and Crafts at Gifford Tower	6 10:00 Exercise with Midland Students in the Stanton Community Room	7 Pest-Trol Stanton Floors 2-5	8 10:45 Midland Singers Stanton community room	9 2-4 pm– Birthday Bingo at Stanton Tower Office Closed	10 2-3 Coffee at Stanton Tower NE vs Indiana TBA
11	12 2-4-Art and Crafts at Gifford Tower Office closed No meals will be served.	13 1:00-Medicare / Birthday Party with Lilly Walker Stanton Tower 10-11 RSSC at Gifford	14 2:00– Resident Council and Social Club Meeting Pest-Trol Gifford Floors 2-5 2-4-Art and Crafts at Stanton Tower	15 1:30-2:30-Trivia	16 2-4 pm-Bingo at Stanton Tower 2-4 pm-Bingo at Stanton Tower	17 2-3 Coffee and Rolls at Stanton Tower NE at Oregon TBA
18	19 2-4-Art and Crafts at Gifford Tower	20 9am Diabetic Outreach Gifford 10-11 RSSC at Gifford	21 2-4-Art and Crafts at Stanton Tower	22	23 2-4 pm-Sandwich Bingo at Stanton Tower	24 2-3 Coffee at Stanton Tower
25	26 2-4-Art and Crafts at Gifford Tower	27 10-11 RSSC at Gifford	28 11:30-FHA Board Meeting-Gifford Tower 2-4-Art and Crafts at Stanton Tower	29 3:00-Angels Care Blood Pressure Clinic Breast Cancer information	30 2-4 pm-Halloween Bingo at Stanton Tower	31 Happy Halloween Candy pass out in Lobby NE vs Washington TBA