



MEMBER BECOMES FITNESS INSTRUCTOR, ADVOCATE

Jan Moore has been a member for more than a year and never missed her fitness classes. Now, she's a fitness instructor and a passionate Kroc Center advocate, too.

"The Salvation Army has such a great reputation and the Kroc Center is close to home. It is an outstanding facility and the people are great," Jan said.

Originally from Canada, Jan had a long career with non-profit organizations including one in western North Carolina prior to moving to Omaha. Her commitment to community made her decision to be a part of the Kroc Center a natural choice.

Jan teaches several fitness classes including Step Aerobics, Ease-In Aerobics, Strength and Stretch. Recently she has earned a group fitness exercise certification and is looking forward to learning how to teach other types of fitness classes, too.

"I am happy to do whatever I can do to help and I always get back more than I can possibly give. If someone gets on a healthy journey, or even just needs a smile, I know I've made a difference."

Jan's fitness class participants agree with how Kiley Schwedhelm, Health and Fitness Coordinator sums it up: *"We're lucky to have her!"*



9/11 10th ANNIVERSARY REMEMBERED

More than 100 people, many with patriotic attire, attended The Salvation Army's 9/11 10th Anniversary Remembrance Service at the Kroc Center. They waved flags and bowed in prayer as the tragic event was remembered with song and remarks from dignitaries such as Mayor Jim Suttle and representatives from the Omaha Police and Fire departments.

Major Todd Thielke, senior Kroc Center officer, led the service saying, *"It is with sadness we remember our country's great loss and yet we pray for forgiveness and give thanks for an even stronger commitment to a better future."* The 9/11 Remembrance was also funded by a grant from GenerationOn, a division of the Points of Light Institute.



UPCOMING EVENTS

Celebrate Family Night
Friday, Oct. 14 at 6pm
FREE movie & popcorn!
Featuring the movie "Mars Needs Moms"

Café Kroc
Thursday, Oct. 20
5:30 - 8:30pm
Fellowship Hall
Sip coffee, meet friends and have fun!

Red Kettle Run
Saturday, Oct. 29
9am • Zorinsky Lake
Please bring either 10 food items or \$10 to help raise food for The Salvation Army Food Pantries

Pumpkin Patch Party
Monday, Oct. 31
5 - 7pm
See details below

Join Us on Sundays!
10am ... Sunday School
11am.... Worship, English
1pm Worship, Spanish
Newcomers Welcome



Pumpkin Patch PARTY

Monday, October 31 • 5-7pm
Free to Members • \$5 for Non-Members

Come in costume and celebrate Halloween!

- Games & prizes
- Hot dog, chips & drink
- Halloween photo of each child



CROWD TRIES IT ALL AT DISCOVERY DAY

The Kroc Center welcomed over 125 new members on Discovery Day. During the event, current members and non-members sampled a variety of arts, fitness, sports, and education activities. Congratulations to the prize winners and thanks to everyone for coming!

- Deanne Vosler (1 Year Membership)
- Eva Reyes (20 Visit Punch Pass)
- Brenda Montgomery (Bible)
- Isaac Cervantes (Swim Lesson)
- Kim Berley Hauschultz (Birthday Party)



Free to Members DROP-IN ACTIVITIES

KIDS, TEENS and ADULTS

- Cadet Boot Camp, *Ages 8+*
- Game Room
- Hip Hop Hustle®, *Ages 8+*
- KidzRide, *Ages 8-15*
- Open Art Studio, *Ages 10+*
- Open Computer Lab, *Ages 8+*
- Open Gym & Sports Fields
- Open Swim
- Wii Kroc Kids
- Zumbatomic®

TEENS

- Pick-Up Basketball, Volleyball, Soccer

ADULTS

- Aqua-Circuit
- Aquacize
- Aqua-Joints
- **NEW!** Aqua-Zumba
- Beginning Step
- Boot Camp
- Drop-in Soccer
- Ease-In Aerobics
- Functional Fitness Club, *Ages 50+*
- Fundamental Yoga
- Group Cycle
- Hip Hop Hustle®
- Hydro-Pump
- Kroc Center Senior Games
- Lunch Hour Pick-Up: Soccer, Basketball, Volleyball
- Step Aerobics
- Strength & Stretch
- Sunrise Splash
- TurboKick®
- Walking Club, *Ages 50+*
- Zumba®
- Zumba® Toning

WORSHIP ACTIVITIES

FREE & open to the public

- Bible Study, *English & Spanish*
- Men's Fellowship
- Women's Ministry
- Sunday Worship

Starting Soon! NEW CLASSES & ACTIVITIES

CLASSES FOR KIDS & TEENS

- 10/5 Kroc Teen IE, *ages 12-15*
- 10/8 Kroc Teen IE, *ages 12-15*
- 10/11 Pottery, Tuesday, *ages 10+*
- 10/15 Pottery, Saturday, *ages 10+*
- 11/2 Kroc Teen I.E.
- 11/5 Acting & Improv for Kids, *ages 7-10 & 11-13*
- 11/5 Beginning Ballet, *ages 5-9*
- 11/5 Kroc Teen IE, *ages 12-15*
- 11/5 Hip Hop Dance for Kids, *ages 8-14*
- 11/7 Teens in Training, *ages 16-19*
- 11/8 Pottery, Tuesdays, *ages 10+*
- 11/12 Pottery, Saturdays, *ages 10+*
- 11/28 Adventures in Art, *ages 7-9 & 10-14*

CLASSES FOR ADULTS

- 10/11 Collage, *ages 16+*
- 11/1 Advanced Computer
- 10/21 Spanish as a Second Language
- 10/25 English as a Second Language, Level 1
- 10/25 English as a Second Language, Level 2
- 10/31 Advanced Computer (Espanol)
- 11/28 Beginning Computer
- 11/29 Beginning Computer
- 11/29 Acrylic Painting, *ages 14+*

ONE DAY ONLY!

- 10/13 Jewelry Making for Adults, *ages 16+*
- 10/15 Scrapbooking: Hand-made Christmas Cards
- 11/17 Jewelry Making for Kids, *ages 8-16*

FOR DATES/TIMES, please check the Drop-In Schedule and Program Guide or www.OmahaKroc.org

Visit Us @



www.OmahaKroc.org

Motivated by love for God and mankind, The Salvation Army Ray and Joan Kroc Corps Community Center provides positive, life changing experiences for all who enter our doors of opportunity. For information on how you can enjoy the Kroc Center's programs and our state-of-the-art facility, please visit www.OmahaKroc.org.