

STAFF APPRECIATION WEEK

November 10-14, 2025

A special thank you to our partners:

UNO Administration | UNO Alumni Association
UNO Faculty Senate | Hardy Coffee Co. | Eileen's Cookies
NU Extension | UNO College of Business Administration
The Maverick Store | UNO Dining & Catering Services provided by Sodexo

Monday, 11/10

11:30 AM - 12:30 PM

Wellness Workshop Series*
"Navigating Nutrition Trends:
Separating Fact from Fiction"
Zoom

1:00 - 2:00 PM

Wellness Workshop Series*
"Your Money, Your Future: A
Financial Game Plan"
Mammel Hall 121

3:30 - 4:30 PM

RecWell Group Fitness Class*
Pump It Up
H&K 143

Rotating Snack Cart

Dodge Campus

Tuesday, 11/11

7:00am - 3:00 PM

Starbucks Voucher Pick-up
Criss Library

8:30 - 9:30 AM

RecWell Group Fitness Class*
Yoga
Pep Bowl (Rain Location: H&K 143)

9:00 - 10:00 AM

Wellness Workshop Series*
"Your Money, Your Future:
A Financial Game Plan"
CEC 231

11:00 AM - 1:00 PM

Staff Veteran's Lunch*
MBSC Room 201

1:00 - 2:00 PM

Wellness Workshop Series*
"Healthy Eating on the Go"
Mammel Hall 122

2:30 - 3:30 PM

Wellness Workshop Series*
"Healthy Eating on the Go"
CEC 209

Rotating Snack Cart

Dodge Campus

Wednesday, 11/12

7:00 - 9:00 AM

Alumni Staff Coffee & Donuts
MBSC Ballroom

12:00 - 1:00 PM

RecWell Group Fitness Class*
Yoga
Pep Bowl (Rain Location: H&K 143)

1:00 - 2:00 PM

Wellness Workshop Series*
"Grocery Shopping for Your Health"
Mammel Hall 122

2:30 - 3:30 PM

Wellness Workshop Series*
"Grocery Shopping for Your Health"
CEC 201

Rotating Snack Cart

Dodge Campus

Thursday, 11/13

11:30 AM - 1:00 PM

All Staff Lunch
MBSC Ballroom

Rotating Snack Cart

Dodge Campus

Friday, 11/14

Rotating Snack Cart

Scott Campus

Week-Long Events!

\$5 Starbucks Voucher (Nov 11-17)

*Vouchers may be picked up on Tuesday
in Criss Library or at any in-person event*

**Fall-Themed
Goodie Bags**

**Hardy Coffee Co.
\$3 In-App Promo**

**20% off the
Maverick Store**

Eileen's Cookies

**Free Access to Campus
Recreation & Wellness**

Snack Cart
*Mon - Thurs on Dodge Campus
Friday on Scott Campus*

➔ ***Please RSVP to help us plan!** ➔

For more event information and to RSVP, visit
sac.unomaha.edu or contact us at unosac@unomaha.edu