

**FOR IMMEDIATE RELEASE:** November 10, 2016

## **SENIORS INVITED TO PARTICIPATE IN AGING PARTNERS EVENTS**

Aging Partners invites senior citizens and the general public to attend a variety of senior-focused activities and classes in Lincoln and Lancaster County November 14 through 20 (addresses follow this schedule):

### Monday, November 14

- Contemporary Yoga, Cotner Center Condominium – 9 a.m.
- Tai Chi (Continuing 24 Form), Cotner Center Condominium – 10:30 a.m.
- Holiday meal, Firth Senior Center – 11:30 a.m.
- BINGO, Firth Senior Center – 12:30 p.m.
- Dynamic Movement class, Cotner Center Condominium – 2 p.m.
- Stepping On fall prevention class, Savannah Pines – 2 p.m.

### Tuesday, November 15

- Chair Tai Chi, Aging Partners Health and Fitness Center – 9:45 a.m.
- Stepping On fall prevention class, Madonna ProActive – 9:30 a.m.
- BINGO, Lake Street Senior Center – 10 a.m.
- Holiday meals, Belmont Senior Center and Northeast Senior Center – 11:30 a.m.
- Holiday meal, Bennet Senior Center – noon
- BINGO, Belmont Senior Center – 11:30 a.m.

### Wednesday, November 16

- Blood pressure screening, Northeast Senior Center – 9 a.m.
- Vermeer House Senior Health Promotion Center UNMC Health Clinic – 9:30 a.m. to 1:30 p.m.
- Traditional Tai Chi (24 Form), Auld Recreation Center – 9:30 a.m.
- BINGO, Northeast Senior Center – 10 a.m.
- BINGO, Downtown Senior Center – 10:30 a.m.
- Holiday meals, Asian Senior Center and Hickman Senior Center – 11:30 a.m.
- BINGO, JoAnn Maxey Senior Center – 11:30 a.m.
- BINGO, Hickman Senior Center – 12:30 p.m.
- Mindfulness Meditation class, Gere Library – 1:30 p.m.

### Thursday, November 17

- Aging Partners Information and Resource Fair, East Lincoln Christian Church – 9 a.m. to noon
- Beginners Tai Chi (Basic 8 Form), Auld Recreation Center – 9 a.m.
- Downtown Senior Health Promotion Center Health Clinic – 9:30 a.m. to 1:30 p.m.
- "Surfing the Internet" introductory class, Northeast Senior Center – 9:30 a.m.
- Holiday meals, Downtown Senior Center and Lake Street Senior Center – 11:30 a.m.
- Holiday meal, Bennet Senior Center – noon

### Friday, November 18

- Holiday meals, JoAnn Maxey Senior Center and Waverly Senior Center – 11:30 a.m.
- Stepping On fall prevention class, Eastmont Towers – 2 p.m.

For more information, visit [lincoln.ne.gov](http://lincoln.ne.gov) (keyword: My Center News) or call 402-441-7070.

Location addresses:

Aging Partners Health and Fitness Center, 233 S. 10th St.

Asian Senior Center, 144 N. 44th St.

Auld Recreation Center, 1650 Memorial Dr.

Belmont Senior Center, 1234 Judson St.

Bennet Senior Center, 970 Monroe St.

Cotner Center Condominium, 1540 N. Cotner Blvd.

Downtown Senior Center, 1005 "O" St.

East Lincoln Christian Church, 7001 Edenton Road

Eastmont Towers, 6315 "O" St.

Firth Senior Center, 311 Nemaha St.

Gere Library, 2400 S. 56th St.

Hickman Senior Center, 300 E. Third St.

JoAnn Maxey Center, 2032 "U" St.

Lake Street Senior Center, 2400 S. 11th St.

Madonna ProActive, 7111 Stephanie Lane

Northeast Senior Center, 6310 Platte Ave.

Savannah Pines, 3900 Pine Lake Road

Vermeer House Senior Health Promotion Center, 4000 S. 84th St.

Waverly Senior Center, 14410 Folkestone St.