



COMMUNITY HEALTH EDUCATION PROGRAMS

For more information on any of the Health and Fitness programs or to register, call 402-441-7575.

Aging Partners Health and Fitness programs focus on disease and injury prevention. Individuals are encouraged to take measures that decrease risk, promote optimum health and encourage independent living.

The fitness center at 233 S. 10th St., also provides exercise classes and fitness equipment.

For most classes, there is a \$4 per class suggested contribution for age 60 and over or a \$5 per class fee for under age 60. Punch cards are available. Preregistration is required for all classes.

Certified Personal Trainer

A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m. to 2 p.m., or by appointment. There is a \$10 suggested monthly donation for age 60 and over and a \$15 fee for under age 60.

Physical activity programs on-line at 5 CITY-TV and 10 Health

Programs on these channels are Exercise for a Lifetime, Yoga: Refresh and Renew, Pilates, Forever Strong, Tai Chi: Modified 8 Form, Tai Chi: 24 Form, and Tai Chi: Moving for Better Balance.

Health Education Programs

Staff is available to conduct 30- to 60-minute health education programs for community, church and social groups. A variety of programs have been developed relating to: Illness and injury, prevention, physical activity, nutrition and mental wellness.

Chair Tai Chi

Aging Partners
Health and Fitness Center
233 S. 10th St., Suite 101
Tuesdays, 9:45 to 10:30 a.m.

This ongoing program is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants are taught simple movements they can practice sitting or standing near a chair.

Dynamic Movement Classes

(eight-week sessions)

Each one-hour class focuses on stretching, breathing and a unique combination of exercises and dance steps that will isolate muscle groups, enhance flexibility, increase heart rate and improve strength. Most routines are done from a chair or standing near a chair.

◆ St. Marks United Methodist Church

8550 Pioneers Blvd. (gymnasium)
Tuesdays, 3:30 to 4:30 p.m.
March 21 through May 9
Thursdays, 3:30 to 4:30 p.m.
March 16 through May 4

◆ Cotner Center Condominium

1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
March 27 through May 15
May 22 through July 17
(no class May 29)

◆ Gateway Vista (eight-week session)

225 N. 56th St.
Tuesdays, 6 to 7 p.m.
May 9 through June 27

Chair Yoga (eight-week sessions)

Chair yoga is one of the most gentle forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done while sitting or using the chair for support during standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners are welcome.

◆ Vermeer Education Center

4000 S. 84th St., (located north of St. Mark's)
Wednesdays, 3 to 4 p.m.
March 15 through May 3
June 7 through July 26

◆ East Lincoln Christian Church

7001 Edenton Road
Fridays, 11 a.m. to noon
March 24 through May 12
June 2 through July 21

Contemporary Yoga

(eight-week sessions)

This renewing practice uses body postures, breathing and relaxation to bring about a sound and healthy body. Movements consist of a variety of positions and poses that have strengthening and restorative benefits.



◆ Cotner Center Condominium

1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 9 to 10 a.m.
March 27 through May 15
May 22 through July 17 (no class May 29)

Movement and Music (eight-week sessions)

Join us in this new movement and music class that explores elements of dance in a no-pressure, social environment in which music energizes, enriches and empowers. All levels of mobility are welcome. No dance experience necessary. The class is at a comfortable pace. Research has shown that dance reduces stress and depression, improves flexibility, strength, balance and endurance, and reduces the risk of dementia.

♦ Auld Recreation Center, 1650 Memorial Drive

Mondays, 10:30 to 11:45 a.m.

March 27 through May 15

Thursdays, 10:30 to 11:45 a.m.

March 30 through May 18

Tai Chi – Continuing 24 Form

(eight-week sessions)

This class is suggested for those who have completed the 24 Form instructional classes.

♦ Auld Recreation Center, 1650 Memorial Drive

Fridays, 10:15 to 10:45 a.m.

March 24 through May 12

♦ Cotner Center Condominium, 1540 Cotner Blvd.

Mondays, 10:30 to 11 a.m.

March 27 through May 15

May 22 through July 17 (no class May 29)

Beginners Tai Chi for Balance and Fall Prevention Class – Basic 8 Form

(eight-week session)

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

♦ Auld Recreation Center, 1650 Memorial Drive

Thursdays, 9 to 10 a.m.

March 30 through May 18

Traditional Tai Chi – 24 Form

(eight-week sessions)

Tai Chi has been shown to reduce stress, enhance core strength and balance, and stimulate mental clarity. Participants will practice slow and gentle Tai Chi movements while learning to incorporate healthy breathing techniques into each of the forms. Classes include full instruction.

♦ Auld Recreation Center, 1650 Memorial Drive

Fridays, 9 to 10 a.m.

March 24 through May 12

Tai Chi – Moving for Better Balance

Thanks to a grant from the Nebraska Department of Health and Human Services Injury Prevention Program, Aging Partners is enhancing current Tai Chi offerings to include new evidence-based classes in Lincoln.

Tai Chi – Moving for Better Balance is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Research has shown that practicing Tai Chi – a balance promoting exercise – is an effective way for older adults to reduce their risk of falling and maintain their independence. One study indicated there was a 55 percent reduction in falls rates among individuals who participated on an ongoing basis two times per week for twelve weeks. Preregistration is required. Suggested contribution is \$2 per class or \$4 per week.

♦ Lake Senior Center,

St. James United Methodist Church, 2400 S. 11 St.

Tuesdays and Thursdays

12:30 to 1:30 p.m.

April 25 through July 18 (no class July 4)

♦ Gateway Vista, 225 N. 56 St.

Tuesdays and Thursdays

1:30 to 2:30 p.m.

May 9 through Aug. 1 (no class July 4)

Relax, Rejuvenate and Renew

Friday, April 28 from 9 a.m. to 2:30 p.m.

Southeast Community College

Jack Huck Continuing Education Center

301 S. 68th Street Place

This half-day mini-retreat is for family caregivers or anyone looking to recharge their physical, emotional and spiritual batteries. Programs include “The Transformative Power of Music” and “Dream On,” presented by Tracie Foreman; “The Astonishing Power of Appreciation,” presented by Debbie Way; and “Yoga for Relaxation and Stress Management,” presented by Terri Swanson. Cost: \$29 (lunch provided).

Registration deadline is Thursday, April 20. Register, online at <http://bit.ly/RegisterCE> or call 402-441-7575 or 402-437-2700 for a registration form.



Active Living Every Day

Free workshop offered by Aging Partners and Lincoln Parks and Recreation.

Learn how enjoyable physical activity can be, even if you have never been active before. Discover how easy it is to create an activity plan that fits your individual preferences and lifestyle. House cleaning and shopping can count toward weekly goals. Active Living Every Day addresses the root causes of inactivity and helps you overcome those challenges. Attendees report they are exercising more, eating healthier and burning calories. Blood pressure, blood sugar levels and sleep improved. They learn from and support one another in their efforts to improve and maintain good health. Life's a hit when you're feeling fit!

♦ F Street Recreation Center, 1225 “F” Street

Tuesdays, 9:30 to 10:30 a.m.

May 2 through July 25. (no class on July 4)