

# AGING PARTNERS MY CENTER NEWS

March 2024



## Free Income Tax Assistance

Monday, Feb. 5 through Wednesday, April 10  
10 a.m. to 3 p.m.

Aging Partners, 600 S. 70th St.



AARP Tax-Aide volunteers are back to help you with your 2023 income taxes. Appointments are Mondays and Wednesdays, beginning at 10 a.m. with the last appointment scheduled for 2 p.m. Why not stay for lunch? Make your lunch reservation (served from 11:30 a.m. to 12:15 p.m.) when you make your tax appointment. Bring your photo I.D., a copy of last year's return, proof of health insurance, Social Security card, wage and earnings statements (W2s), Retirement Income statements (Form 1099R or SSA 1099), Interest and Dividends statements (Form 1099), Homestead Exemption forms and any other information about your income and expenses.

**Only a few appointments left. Call 402-441-7158.**

## Share Your Voice! Take the Age-Friendly Community Survey

*A new initiative to make Lincoln an Age-Friendly Community*

The City of Lincoln invites residents of Lancaster County to participate in an Age-Friendly Community Survey at [AARP.org/NE](https://AARP.org/NE). This survey is a vital tool to understand and address the specific needs and wants of our community. It's a great opportunity for residents age 45 and over to contribute to shaping an Age-Friendly Lincoln. Take part in this important survey and add your voice to the future of Lincoln.



*Take the survey!*



## Dinner and Show

Auld Pavilion, 1650 Memorial Drive  
5:30 to 7 p.m. (Doors open at 5 p.m.)

\$10 entertainment fee

\$5 suggested meal contribution

\$5 round-trip van transportation fee within Lincoln  
(co-sponsored by Butherus, Maser & Love  
and catered by Hy-Vee)



### Mojo Filter Thursday, April 11

Oldies rock from the '50s, '60s and '70s. Come dance the night away!

Menu: Fried chicken, au gratin potatoes, seasoned veggies, apple pie, milk, coffee and water

Reservation and payment deadline: Thursday, April 4

**Call 402-441-7158 for reservations.**

## Nebraska History Lunch

Gere Branch Library, 2400 S. 56th St.

\$5 fee for sack lunch

Noon to 1:30 p.m.



### Tuesday, April 16 WWII in Nebraska— Melissa Amateis

From the army airfields to the ordnance plants to the scrap drives, the remarkable story of the Cornhusker State's home-front during WWII.

**For reservations, call 402-441-7158**

**Questions about Aging Partners activities? Call 402-441-7158.**

## 2024 Aging Partners Seasonal Events

Reservations are now being accepted for all the following events. Call 402-441-7158.

### 2024 Dinner and Show

Auld Pavilion, 1650 Memorial Drive

Look forward to a new year of great music and food at the Auld Pavilion, 1650 Memorial Drive. Enjoy classic rock, big-band jazz, blues, blue grass, choral music and good ol' country by some of Lincoln's most talented musicians. Dinner catered by Hy-Vee.

- **Thursday, May 2** – Nebraska Jazz Septet
- **Thursday, June 13** – Emily Bass and The Near Miracle
- **Thursday, July 11** – Toasted Ponies
- **Thursday, Aug. 8** – Nebraska Vocal Jazz Project
- **Thursday, Sept. 12** – Hillbilly Deluxe Band

### 2024 Nebraska History Lunch

Gere Library, 2400 S. 56th St.



This season will spotlight Nebraska's involvement in World War II. Learn about the Norfolk Canteen, the German POW camp at Fort Robinson, and much more from historians and filmmakers across the state. All programs will be at Gere Library.

- **Tuesday, May 21**  
"All Hell Can't Stop Us" with Joel Geyer
- **Tuesday, June 18**  
"The Japanese/Japanese American–Nebraska Experience during WWII" with Vickie Schaepler
- **Tuesday, July 16**  
"Nebraska POW Camps" with Melissa Amateis
- **Tuesday, Aug. 20**  
"Andrew Jackson Higgins and the Boats That Won the War" with Gerald D. "Jerry" Meyer
- **Tuesday, Sept. 17**  
"The North Platte Canteen" with Annie Mumgaard

### 2024 Day Trips

\$5 round-trip transportation fee (within Lincoln) to Victory Park

- **Thursday, May 16**  
Harry S. Truman Presidential Library and Museum  
Cost: \$75  
Reservation and payment deadline: Wed., May 1
- **Thursday, June 27**  
The Abilene and Smokey Valley Railroad  
Cost: \$60 per person  
Reservation and payment deadline: Wed., June 12
- **Thursday, July 25**  
Joslyn Castle and Gardens  
Cost: \$65 per person  
Reservation and payment deadline: Wed., July 10
- **Thursday, Aug. 29**  
Spirit of Brownville and Museum of Firefighting  
Cost: \$80  
Reservation and payment deadline: Wed., Aug. 14.
- **Thursday, Sept. 26**  
Henry Doorly Zoo  
Cost: \$60 per person  
Reservation and payment deadline: Wed., Sept. 11



Reservations must be made by Tuesday, March 19.

Call Ben Middendorf at 402-441-7154.





**Friday,  
March 15, 2024**

**9 a.m.-Noon • \$29**

Jack J. Huck Continuing  
Education Center, Room 303  
301 S. 68th St. Place, Lincoln

**Register at [southeast.edu/continuing](https://southeast.edu/continuing)**  
Online Registration Keyword: Mind

Registration Deadline: March 11

# Mind Body Spirit Day 2024

Set your mind at ease while we explore those things that keep us up at night.

## Agenda

8:45 a.m. .... Check-in

8:55 a.m. .... Welcome

9 a.m. .... **Medicare: The Good, Bad and Ugly**

*Molli Stolz, Aging Partners Benefits Counselor*

*Clint Solano, Aging Partners Benefit Counselor*

Medicare is a major part of every senior's life in America. Each part of Medicare is complex and has its own challenges. We'll break them down part by part for better understanding.

9:45 a.m. .... Break

10 a.m. .... **Making Smart Financial Decisions in Retirement**

*Patricia Bennett, Senior Vice President and Resident Director with Merrill Lynch Wealth Management in Lincoln, Nebraska*

Even with proper planning, many seniors experience financial challenges, and they must develop strategies to prevent economic-related stress. Take a look at some of the financial problems seniors face and tips they can use to address each issue.

10:45 a.m. .... Shake It Off

11 a.m. .... **Herbalism at Home**

*Alex Svoboda, clinical and community herbalist, owner of Arise Botanicals*

Explore the medicinal benefits and applications of common herbs on your spice rack as well as right outside your door. Healing plants are everywhere and we will discuss how to select the right options for your garden and your kitchen.

11:45 a.m. .... Closing

Co-sponsored by:



For more information, contact us at  
[continuing@southeast.edu](mailto:continuing@southeast.edu),  
402-437-2700 • 800-828-0072

**Cancellation/Refund Policy:** You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



## Registration Form - Non-Credit Course

Complete this form with payment information and send via FAX or mail to: **Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510**  
**FAX: 402-437-2703**

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [southeast.edu/academics/college-catalog.php](https://southeast.edu/academics/college-catalog.php) for additional information.

**Today's Date**

\* Required

**PLEASE PRINT**

Social Security Number OR SCC Student ID Number		Name: * Last		* First	Middle Initial	* Email Address
* Residence Mailing Address		* City	* State	* Zip	County #	* <input type="checkbox"/> Cell <input type="checkbox"/> Home Phone
* Birth Date	Identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino	Race (select one or more): <input type="checkbox"/> White <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> American Indian or Alaska Native		<input type="checkbox"/> Asian <input type="checkbox"/> Black or African American	<input type="checkbox"/> NE Resident <input type="checkbox"/> Non-Resident
Business Phone						
<b>COURSE NUMBER</b>	<b>SECTION</b>	<b>TITLE</b>			<b>DATE</b>	<b>LOCATION</b>
L L L X 0 6 8 2	C E S A	Mind Body Spirit Day 2024			Reg. Deadline: March 11	March 15, 2024
					CEC, 303	9 a.m.
						\$29

### SIGNATURE

☐ Check ☐ Mastercard ☐ AMEX ☐ Discover ☐ VISA V Code \_\_\_\_\_  
(Checks may be converted into an electronic fund transfer, resulting in funds being held or removed immediately.)

Name as it appears on card: \_\_\_\_\_ Exp.Date \_\_\_\_\_

CC # \_\_\_\_\_

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?  
☐ Yes ☐ No

SCC Staff Tuition Waiver ( )

**TOTAL DUE**

**FOR OFFICE USE ONLY**

ID# \_\_\_\_\_

DE \_\_\_\_\_

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex\*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. [southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php](https://southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php) \* The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.

## Belmont Center

Belmont Recreation Center

1234 Judson St., Lincoln, NE 68521

Open: Monday through Friday, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call two business days in advance: 402-441-7990.

Erin Inbody, manager

### Monday through Friday

- ▶ 9 a.m. – Coffee social; join us for card games, puzzles, and other activities.
- ▶ 9 a.m. – Fitness options include treadmill, walking track, weight rack and other fitness equipment.

### Tuesdays

- ▶ 11 a.m. – Simply Fit: a gentle 30-minute video exercise class

### Wednesdays

- ▶ 10:30 a.m. – BINGO; great fun and fabulous prizes! AseraCare Hospice Care is our prize sponsor this month. *Thank you for your generous support!*

### Fridays

- ▶ 9 a.m. – Join us for card playing, Pitch, Skip-Bo, UNO, Phase 10 and other games.

AGING PARTNERS Belmont Center

### Shopping Trips

After lunch we will load up on the van and go shopping.

**Super Saver:** March 8 and 22

**Walmart:** March 15 and 29

Van leaves the center at 12:30 p.m.

Suggested trip contribution: \$4

**Reserve a spot before noon the Monday before shopping.**



### Special Event Programs

- March 5** 9 a.m. – Commodities delivered
- ▶ 10 a.m. – “Grassland Birds of Nebraska” presentation by UNL graduate student Grace Schuster
- March 12** 10:30 a.m. – Daylight Saving Time began on Sunday. We’ll play a fun trivia game about this semiannual tradition.
- March 14** 10 a.m. – St. Patrick’s Day craft with Maria Olivas from AseraCare Hospice
- ▶ 11 a.m. – Chair yoga with certified yoga

instructor Chery Bieber.

- March 15** 10 a.m. – Community art project with the students from the Belmont Community Center. Join us in creating a special gift to welcome teacher back from spring break.
- ▶ Come celebrate March birthdays with cake and conversation!
- March 18** 10:30 a.m. – “Foot Care” presentation with Janell Schlichtman, Connected Care Service.
- March 19** Nutrition handout: National Sleep Awareness Month: How to Eat Your Way to a Restful Night’s Sleep
- March 21** 10:30 a.m. – “Outsmart the Scammers” presentation by David Muff, Edward Jones. Learn how to spot scams and red flags, and resources to turn to if you or someone you care about has been a scam victim.
- March 25** 11 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners
- March 28** 10:30 a.m. to 12:30 p.m. – “Social Media How-to Facebook, Twitter and Snapchat” presentation and blood pressure clinic by Bryan nursing students.
- ▶ 11 a.m. – Chair yoga with certified yoga instructor Chery Bieber



## Daylight Savings Time

Spring Forward  
March 10 at 2 a.m.



*Working*  
**SMOKE ALARMS  
SAVE LIVES**

*Change your clock!  
Change your battery!*

## Northeast Center

6310 Platte Ave., Lincoln, NE 68507

Open: Monday through Friday, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call two business days in advance: 402-441-7151.

### Monday through Friday

- ▶ 9 a.m. to 1 p.m. – Coffee social; computer lab, fitness equipment, lending library, TV and other activities.

### Mondays

- ▶ 10 a.m. – Sit and Be Fit exercise class

### Tuesdays

- ▶ 9:30 a.m. – Card Club
- ▶ 11:15 a.m. – Pianist Jim Bauer performs for your listening enjoyment.

### Wednesdays

- ▶ 10 a.m. – BINGO; Legacy Retirement Communities is our prize sponsor this month. *Thank you!*

### Fridays

- ▶ 9:30 a.m. – Card Club
- ▶ 10 to 11 a.m. – Live music

#### March's entertainment lineup

March 1: Chad Rinne

March 8 and 22: Movie and popcorn

March 15: Chris Sayre

March 29: Rick Clarence

### Special Event Programs

**March 4** 11 a.m. – Best Friend Sing Along; sing your heart out with your best friends. You don't have to be a professional; just enjoy music and fellowship with friends.

**March 5** 10 a.m. – The Free Writers Club meets to create lyrical compositions to share. Check them out. If you are feeling creative, join in!

**March 7** 10 a.m. – Beginners line dance class led by Rose. Meet in the computer room for this easy, fun class.

**March 11** Aging Partners foot care clinic; call 402-441-7151 to make an appointment (\$20 suggested contribution).

**March 12** 10 a.m. – Blood pressure clinic  
▶ 10 a.m. – Spring craft time with Rose

**March 13** 9 a.m. – Commodities delivered

**March 14** 10 a.m. – Art with Anna! Join Anna Alcaide as she leads participants through some easy beginner painting techniques.

**March 15** 10 a.m. – St. Patrick's Day party with music by Chris Sayre! Party snacks provided by The Landing.

**March 19** 10 a.m. – The Free Writers Club

- ▶ Nutrition handout: National Sleep Awareness Month: How to Eat Your Way to a Restful Night's Sleep

**March 21** 9:30 a.m. – AARP meeting with Janice Crewdson.

- ▶ 11 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners

**March 22** 9 a.m. – Priscilla the Comfort Dog visits

**March 26** 9 to 11 a.m. – Barbara's Sewing Corner; bring in one clothing item that needs repair, a tuck, button or hem. Barbara will sew for you right here at the center free of charge!

**March 28** 10 a.m. to 2 p.m. – AARP Drivers Safety class. Those age 55

and over can attend.

No need to sign up.

Simply come and pay a \$20 fee for AARP

members and a \$25 fee for non-members.

If you'd like lunch that day, reserve your meal two business days in advance by calling 402-441-7151.



**Driver Safety**

## AGING PARTNERS

Personal and Family Services

Helping adults age 60 and over remain independent and in their homes is the central purpose of this program.

We work with all the human service providers in an eight-county area of Butler, Fillmore, Lancaster, Polk, Saunders, Seward and York.



**If you are looking for assistance,  
call 402-441-7070 today!**



**Aging Partners Health and Fitness Programs**

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

The Schmieding Foundation Center for Active Living fitness center, located at 600 S. 70th St., is open Monday through Friday, 8 a.m. to 4 p.m.

**Certified Personal Trainer**

A certified personal trainer is available Tuesdays and Thursdays by appointment only.

For the fitness center, there is a \$10 suggested monthly contribution for age 60 and over and a \$15 fee for people under age 60.

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

**Health and Fitness education programs**

air on these Lincoln cable systems: ALLO – channels 2, 3 and 23; Charter Spectrum – channels 1300, 1301 and 1303; and Windstream Kinetic – channels 1005, 1010 and 1080.

LNKTV City – 2, 1300, 1005

LNKTV Health – 3, 1301, 1010

LNKTV Education – 23, 1303, 1080

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.

**Dance for Life**

Each class focuses on balance, strength and cardio health through a unique combination of dance steps done to popular oldies music. Synchronized movements isolate and strengthen muscle groups, increase heart rate and improve core stability. Participants warm-up from the chair, move to standing, transition to dance, then cool down with standing and seated movements.

- **Auld Pavilion, 1650 Memorial Drive**  
Wednesdays, 10 to 11 a.m.  
April 3 through May 22 (no class May 1)
- **American Lutheran Church, 4200 Vine St.**  
Mondays, 1:30 to 2:30 p.m.  
April 22 through July 29 (no class May 27)

**Qigong Refresh and Recharge**

This ancient, meditative practice focuses on slow, gentle movements which help relieve aching muscles and stiff joints; improve balance, flexibility and increase energy. Movements begin from a chair, move to standing forms, and close with seated stretches and stimulating breath exercises.

- **American Lutheran Church, 4200 Vine St.**  
Tuesdays, 10 to 11 a.m.  
April 23 through July 23 (no class May 14)

**Chair Yoga**

**Eastridge Presbyterian Church, 1135 Eastridge Drive**

Wednesdays, 9:30 to 10:30 a.m. (*please note new time*)

April 10 through June 26 (no class June 19)

Chair yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done seated or the chair is used 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.

**StrongBodies Strength Training Program**

**Victory Park Center, 600 S. 70th St., Classroom 105**

Tuesdays and Thursdays

Beginners: 9 to 10 a.m. and Intermediate: 10:30 to 11:30 a.m.

April 16 through July 9 (no class July 4)

\$2 suggested contribution per attendance

The benefits of strength training for older individuals have been studied extensively and include: increased muscle mass and strength; and improved bone density and reduced risk for osteoporosis and related fractures; reduced risk for diabetes, heart disease, arthritis, depression and obesity; improved self-confidence, sleep and vitality.

The exercises in StrongBodies work all the major muscle groups, utilizing a combination of dumbbells, adjustable ankle weights and body weight. Classes meet twice a week for 12-week sessions. **Registration required. Walk-ins not accepted.**

## Community Activities and Services

March 2024

### Tai Chi Level I for Arthritis and Fall Prevention

Eastridge Presbyterian Church, 1135 Eastridge Drive

Tuesdays and Thursdays, 1 to 2 p.m.

April 30 through July 18 (no class July 4)

This class is beneficial to people with or without arthritis and can help prevent falls. Each session includes breathing techniques and warm-up and cool-down exercises. Participants will learn one or two movements per lesson, progressively leading to completing the core movements. A \$2 suggested contribution per class or \$48 per session.

### Tai Chi Level II for Arthritis and Fall Prevention

American Lutheran Church, 4200 Vine St.

Mondays and Wednesdays, 10 to 11 a.m.

May 13 through Aug. 7 (no classes May 27, June 19 and July 31)

This class is only available to those who have completed at least one full session of the Tai Chi for Arthritis and Fall Prevention Level I. A \$2 suggested contribution per class or \$48 per session.

### Stepping On – Building Confidence and Reducing Falls

Victory Park, 600 S. 70th St.

Mondays, 12:30 to 2:30 p.m.

July 1 through Aug. 12

This is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises; along with information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls. Suggested contribution of \$4 per class for age 60 and over.

### Aging Partners Foot Clinics/UNMC Senior Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only and are held at our new location at Victory Park Center (600 S. 70th Street). Sanitation guidelines are followed.

Services are available to those age 60 and over. The following services are available on most clinic dates throughout the year: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings, ear care and health education. A \$20 suggested contribution will help these services continue.

**Call 402-441-7506 for an appointment.**

### Aging Partners Comprehensive Footcare Clinics

Comprehensive footcare is available (by appointment only) to those age 60 and over. Services are provided at the following locations:

- **Northeast Center** (second Monday each month)  
6310 Platte Ave.  
Call 402-441-7151 to schedule appointment.
- **Bennet Center** (every other month)  
American Legion Hall, 970 Monroe St.  
Call 402-416-7693 to schedule appointment.
- **Firth Center** (every other month)  
Firth Community Center, 311 Nemaha St.  
Call 402-416-7693 to schedule appointment.
- **Hickman Center** (every other month)  
Hickman Community Center, 115 Locust St.  
Call 402-416-7693 to schedule appointment.
- **Malcolm Resource Center** (every other month)  
Malcolm Village Hall, 137 E. 2nd St.  
Call 402-416-7693 to schedule appointment.
- **Waverly Resource Center** (every other month)  
Waverly VFW, 13820 Guildford St.  
Call 402-416-7693 to schedule appointment.

### Caregiver Support Group

Tuesday, March 12 from 5 to 6 p.m.

St. Mark's United Methodist Church

8550 Pioneers Blvd., Room 137

(Enter through door 9 on south side of St. Mark's, turn left and go downstairs)

Caregivers take care of family members and friends. But who takes care of the caregiver? Support groups provide hope, information and a safe environment to share concerns. The Aging Partners Caregiver Support Group is led by a Licensed Independent Mental Health Practitioner.

#### Eligible caregivers are:

- Individuals of any age providing care for an older adult, age 60 and over.
- Providing care for a person with Alzheimer's disease, brain injury or a related brain disorder.
- Over the age of 55 and raising a grandchild.

**Registrations are not needed; walk-ins welcome.**



## Victory Park Center

600 S. 70th St., Lincoln, NE 68510

Dining room open: Monday-Friday, 9 a.m.-1 p.m.

Lunch served: 11:30 a.m. to 12:15 p.m.

Building hours: 8 a.m. to 4:30 p.m.

Meal reservations, call by noon two business days in advance: 402-441-7154

Ben Middendorf, manager

### Monday through Friday

- ▶ 8 a.m. to 4 p.m. – Schmieding Foundation Center for Active Living Fitness Center
- ▶ 9 a.m. to 1 p.m. – Computer lab, with printing available

### Wednesdays

- ▶ 10 a.m. – BINGO; prizes sponsored this month by Bailey Pointe Assisted Living! *Thank you!*
- ▶ 12:30 p.m. – Shopping trips; at 12:15 p.m. we'll board the van and leave the center. There is a \$4 suggested trip contribution. Reserve a spot before noon the Monday before shopping.



### Fridays

- ▶ 9:45 a.m. to 10:30 a.m. – Introduction to Spanish led by volunteer Oriá Marrero
- ▶ 10 a.m. – Popcorn and a good movie

### Special Event Programs

- March 4** 10 a.m. – “SNAP Education and Outreach” presentation by James Reilly, Food Bank of Lincoln. He will speak on the Supplemental Nutrition Assistance Program and other supportive nutrition programs for older adults. He will also assist qualified individuals in signing up for these programs.
- March 5** 10 a.m. – “Pershing Auditorium and Mural” presentation by Major General Roger P. Lempke. He will speak on the history behind Lincoln’s Pershing Auditorium and the project to preserve its historic mural of Nebraska sporting excellence.
- March 7** 10 a.m. – Bingocize® is an evidence-based health promotion program approved through both SNAP-Ed and The National Council on Aging (NCOA). Bingocize® combines exercise and health information with the popular game of BINGO!
- March 8** International Women’s Day

- March 11** 10 a.m. – Bingocize®
- March 12** 10 a.m. – St. Patty’s Day craft; the luck of the Irish could be yours if you join us to make a shamrock wreath!
- March 13** 9:45 a.m. – CSFP commodities delivered
- March 14** 10 a.m. – We’ll celebrate our March birthdays and listen to some Irish harp tunes with Lincoln musician Chris Sayre!
- March 18** 10 a.m. – Bingocize®
- March 19** 10 a.m. – “Nebraska Commission for the Deaf and Hard of Hearing” presentation by Katia Castro, NCDHH. Katia will speak on her agency’s programs and services that may benefit individuals who are hard of hearing, deaf or deafblind.
- March 21** 10 a.m. – Last Bingocize® of this session! Keep an eye out for Bingocize® again in the months to come after a brief hiatus.
- ▶ Nutrition handout: National Sleep Awareness Month; How to Eat Your Way to a Restful Night’s Sleep
- March 25** 10 a.m. – Easter craft; we’ll create some colorful paper mâché Easter eggs!
- March 26** 10:30 a.m. – Garry DeFreece painting demonstration. He will explain the techniques he uses. You can observe Garry’s artwork in progress all month long.
- March 28** 10:30 a.m. – Nutrition BINGO with Devin Mueller. Be safe with proper food safety.

### Afternoon Activities

#### Pitch, Pinochle, Canasta and Bridge Card Groups

- ▶ Tuesdays, 2 to 4 p.m. – Pitch and Pinochle groups. We are now adding Pinochle as one of our card groups!
- ▶ Thursdays, 2 to 4 p.m. – Bridge and Canasta groups.

#### Hometown Fresh Truck

- ▶ Wednesday, March 6 from 3 to 4 p.m.– Hometown Fresh Truck in the VA Clinic parking lot. This food pantry is committed to serving neighbors with limited access to food resources and welcomes all in need of food to select fresh produce.

#### Travel Documentaries

- ▶ Monday, March 4 from 2 to 3 p.m. – Join us in the afternoon for two fascinating travel documentaries screened in our dining room. This month: Ireland



# Washington Street Center

Grace Lutheran Church

2225 Washington St., Lincoln, NE 68502

Open: Monday through Friday, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-441-7157.

Kelle Brandt, manager

## Monday through Friday

- 9 a.m. – Coffee social!

## Mondays

- 9 a.m. – Cards, dominoes, games and fun

## Tuesdays

- 10:15 a.m. – BINGO; Bickford of Lincoln is this month's BINGO prize sponsor. *Thank you!*

### AGING PARTNERS Washington Street Center

## Shopping Trips

*At 12:15 p.m. we'll load up on the van and go shopping.*

**Walmart:** March 5 and 19

**Super Saver:** March 12 and 26

Van leaves the center at 12:30 p.m.

Suggested trip contribution: \$4

**Reserve a spot before noon the Monday before shopping.**



## Thursdays

- 10:45 a.m. – Exercise with Kelle; we would love to have you join us!

## Fridays

- Game day; relax and play some of your favorite games.

## Special Program Events

**March 1** 10:30 a.m. – Happy Birthday, Nebraska! Fun facts about the great state of Nebraska.

**March 4** 10:30 a.m. – Picture puzzle

**March 5** 10:30 a.m. – Priscilla the Comfort Dog visits

**March 6** 10:30 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners

**March 7** 10:30 a.m. – Tabletop hockey  
► Noon – Step on board the Lincoln City Libraries Lied Bookmobile

**March 8** 11 a.m. – Daylight savings time this weekend; remember to spring forward

with your clocks. Are there any benefits to changing our time? What time do you prefer? What effects does it have on our bodies and the animals?

**March 11** 10:30 a.m. – Springtime trivia

**March 12** 10 a.m. – The Grateful Growers are here. What part of nature will we explore today?

**March 13** 10:30 a.m. – Enjoy the musical performance of Kenny Miller

**March 14** 10 a.m. – “When is it Time to Look at Assisted Living?” presentation by Madison Banks, Bickford of Lincoln  
► 10:15 a.m. – BINGO

**March 18** 10:30 a.m. – Work on spring basket for Kids are Great! Join us as we make a craft to share with a dear group of kids.

**March 19** First day of spring! Name the birds that inhabit Nebraska.

**March 20** 10:30 a.m. – Music BINGO with Elliott Piper

**March 21** Noon – Lincoln City Libraries Lied Bookmobile

**March 25** 10:30 a.m. – Nutrition handout: National Sleep Awareness Month; How to Eat Your Way to a Restful Night's Sleep

**March 27** 10:30 a.m. – Enjoy the music of Denise Howe (retired Northeast center manager)  
► 10:30 a.m. to 12:30 p.m. – Blood pressure clinic and “Phone Scams and How to Stay Safe” presentation by Bryan nursing students.

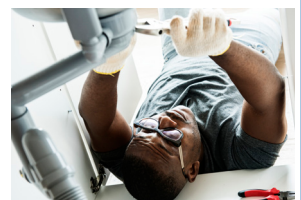
**March 29** 10:30 a.m. to 12:30 p.m. – Blood pressure clinic and “Living Well with Decreased Vision” presentation by Bryan nursing students.

## Handy Home Services

*for those age 60 and over and own and occupy their own home.  
Do you need help with home maintenance or minor repairs?*

### Here are some of the available services:

- Carpentry
- Gutter cleaning
- Electrical and plumbing repairs
- Lawn mowing and clean-up
- Window and screen repairs
- Safe home environment



**To qualify, call Aging Partners Handy Home Services at 402-441-7030.**

## **Bennet Center**

American Legion Hall – 970 Monroe St.

Open: Tuesdays and Thursdays, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-416-7693.

Paula Chamberlain, manager

**The Bennet Senior Center will be hosting an Aging Partners and UNMC Health Fair on Thursday, March 28 from 9:30 to 11 a.m.** UNMC student nurses provide education and perform free screenings for blood pressure, blood glucose, cholesterol and osteoporosis as well as balance and grip strength checks. The health fair is for those age 60 and over in the community. Firth and Hickman center participants are welcome to attend.

*This month's BINGO prizes are sponsored by Visiting Angels*

### **Tuesdays and Thursdays**

- ▶ 9 a.m. – Coffee social! Art books, games and cards.

### **Special Event Programs**

- March 5** 10:30 a.m. – Rummikub
- ▶ 12:15 p.m. – A game of Word Clues
- March 7** 10:30 a.m. – Entertainment with vocalist Ken Miller
- ▶ 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Rehabilitation Center
  - ▶ Recognition for March birthdays.
- March 12** 10:30 a.m. – Walk and Talk
- ▶ 12:15 p.m. – Nutrition BINGO with Devin Mueller, Aging Partners
- March 14** 10:30 a.m. – Chair exercises
- ▶ 12:15 p.m. – “Haz to Know in 2024” presentation by Lincoln-Lancaster County Health Department staff
- March 19** 10:30 a.m. – Old Maid
- ▶ 12:15 p.m. – “Healthy Aging with Optimal Nutrition” presentation by Lucas Chamberlain, RN, Clarkson College
- March 21** 10:45 p.m. – Craft project
- ▶ 12:15 p.m. – “Services Available for Deaf

and Hard of Hearing” by Katia Castro, Nebraska Commission for the Deaf and Hard of Hearing

- March 26** 10:30 a.m. – 13-point Pitch
- ▶ 12:15 p.m. – BINGO
- March 28** 9:30 to 11 a.m. – Health Fair (see pink information box on this page)
- ▶ Nutrition handout: National Sleep Awareness Month: How to Eat Your Way to a Restful Night's Sleep
  - ▶ 12:15 p.m. – “For All Things Tailored” presentation by Kristi Sittner, Tailored Landscapes.
  - ▶ 9:30 a.m. to 12:30 p.m. – Aging Partners foot clinic; appointment required (\$20 suggested contribution). To schedule an appointment, call 402-416-7693.

### **AGING PARTNERS**

#### **Waverly Resource Events**

Open 9 to 11 a.m.

(first Friday each month)

#### **Waverly VFW – 13820 Guildford St.**

- **March 1 from 9 to 11 a.m.** – Aging Partners foot clinic; appointment required (\$20 suggested contribution). To schedule an appointment, call 402-416-7693.
- **April 5 at 9:30 a.m.** – “Personal and Family Services” presentation by Jean Holt, Aging Partners

**For an appointment, call manager Paula Chamberlain at 402-416-7693.**

### **AGING PARTNERS**

#### **Malcolm Resource Events**

Open 9 to 11 a.m.

(third Friday each month)

#### **Malcolm Village Hall – 137 E. 2nd St.**

- **March 15 from 9 to 11 a.m.** – Aging Partners foot clinic; appointment required (\$20 suggested contribution). To schedule an appointment, call 402-416-7693.
- **April 19 at 9:30 a.m.** – “Personal and Family Services” presentation by Jean Holt, Aging Partners

**For an appointment, call manager Paula Chamberlain at 402-416-7693.**

## Firth Center

Firth Community Center – 311 Nemaha St.

Open: Mondays, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-416-7693.

Paula Chamberlain, manager

## Hickman Center

Hickman Community Center – 115 Locust St.

Open: Wednesdays, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-416-7693.

Paula Chamberlain, manager

*This month's BINGO prizes are sponsored by Visiting Angels*

### **Mondays**

- ▶ 9 a.m. – Coffee social! Art books, games and cards.

### **Special Event Programs**

- March 4** 10:30 to 11:30 a.m. – Blood pressure clinic with Judy Kujath, RN, Lakeview Living
- ▶ Nutrition handout: National Sleep Awareness Month: How to Eat Your Way to a Restful Night's Sleep
  - ▶ 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Rehabilitation Center
  - ▶ Recognition for March birthdays.
- March 11** 10:30 a.m. – Craft project
- ▶ 12:15 p.m. – “2024 Medicare Changes” presentation by Colleen Ozanne, State Health Insurance Assistance Program (SHIP)
- March 18** 10:30 a.m. – Entertainment with vocalist Ken Miller
- ▶ 12:15 p.m. – “Services Available for Deaf and Hard of Hearing” by Katia Castro, Nebraska Commission for the Deaf and Hard of Hearing
- March 25** 10:30 a.m. – 13-point Pitch
- ▶ 12:15 p.m. – “Haz to Know in 2024” presentation by Lincoln-Lancaster County Health Department staff
  - ▶ 9:30 a.m. to 12:30 p.m. – Aging Partners foot clinic; appointment required (\$20 suggested contribution). To schedule an appointment, call 402-416-7693.

### **Wednesdays**

- ▶ 9 a.m. – Senior Walking Warriors; join us for 30 minutes of walking.
- ▶ 9 a.m. to 1 p.m. – Coffee social! Start your day out with art books, games, and puzzles.

### **Special Event Programs**

- March 6** 10:30 to 11:15 a.m. – Blood pressure clinic with Janell Schlichtman RN, Connected Care Service
- ▶ 10:30 a.m. – Craft project.
  - ▶ Nutrition handout: National Sleep Awareness Month: How to Eat Your Way to a Restful Night's Sleep
  - ▶ 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Rehabilitation Center
  - ▶ Recognition for March birthdays.
- March 13** 10:30 a.m. – Entertainment with vocalist Ken Miller
- ▶ 12:15 p.m. – Nutrition BINGO with Devin Mueller, Aging Partners
- March 20** 10:45 a.m. – Strength and balance exercises with Jonathan Anderson, Hillcrest Health Services, and Michaela Williams, Eastmont
- ▶ 12:15 p.m. – “Haz to Know in 2024” presentation by Lincoln-Lancaster County Health Department staff
- March 27** 10:30 – Priscilla the Comfort Dog visits
- ▶ 12:15 p.m. – “Fall Prevention” presentation by Michelle Berry, Community Healthcare Partners
  - ▶ 9:30 a.m. to 12:30 p.m. – Aging Partners foot clinic; appointment required (\$20 suggested contribution). To schedule an appointment, call 402-416-7693.

**We need  
YOU!**



We are looking for volunteers for our Rural Senior Centers to help serve food and participate in activities on Monday, Tuesday, Wednesday and Thursday each week. **Call Paula at 402-416-7693.**



**Call your center manager two business days in advance for a meal reservation.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Tilapia Wild rice Carrots Grapes Roll
<b>4</b> Beef chili Cinnamon roll Crackers Peas Banana	<b>5</b> Beef tacos Refried beans Fresh veggies with dip Mixed fruit	<b>6</b> Broccoli chicken casserole Peas and carrots Roll Fresh fruit	<b>7</b> Loose meat sandwich Lettuce salad Chips Mango chunks	<b>8</b> Egg salad sandwich on a croissant Chicken noodle soup Broccoli Fruit juice
<b>11*</b> Hot dog on a bun Macaroni and cheese Mixed vegetables Pudding Melon	<b>12</b> Swedish meatballs Mashed potatoes Corn Roll V8® juice	<b>13</b> Half tuna salad sandwich Broccoli cheddar soup Crackers Cauliflower Blueberries	<b>14</b> Chicken enchiladas Spanish rice Carrots Fresh fruit	<b>15</b> Irish beef stew Cornbread Green beans Mint pudding cup Grapes
<b>18</b> Half roast beef sandwich Loaded baked potato soup Spinach and cranberry salad Peaches	<b>19</b> Deluxe grilled chicken sandwich Coleslaw Fruit salad	<b>20</b> Cheeseburger on a bun Potato salad Baked beans Chips Cake	<b>21</b> Tater tot casserole Beets Raisin bread Fresh fruit	<b>22</b> Chicken stir-fry with vegetables White rice Egg roll Fortune cookie Mandarine oranges
<b>25</b> Chicken tacos with salsa Lettuce salad Tortilla chips Guacamole Fresh fruit	<b>26</b> Cod sandwich Three-bean salad Cookie pudding cup Fresh fruit	<b>27</b> Meatball sub Potato salad Green beans Apple	<b>28</b> Chicken salad on a croissant Chicken and wild rice soup California vegetables Cake Pineapple	<b>29</b> Deluxe hamburger Macaroni salad Lettuce salad Pears

### Menus are subject to change.

All meals include 1 percent milk and margarine or butter with bread items.

\*Low sodium alternative available (month of March is hamburger patty)

Condiments and dressing are served with sandwiches and salads.

\$5 meal suggested contribution for age 60 and over.

\$10 meal fee for under age 60.

\$4 transportation suggested contribution for age 60 and over.