



Community Health and Fitness Classes

For more information or to register for classes, call 402-441-7575.

Community Activities and Services

September 2019

Aging Partners Health and Fitness Center

555 S. 9th St.
Monday through Friday
8 a.m. to 4 p.m.

All ages are welcome at the fitness center. Cardio equipment, strength training equipment, free weights, balance and other exercise aids are available.

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

For most Health and Fitness classes, there is a \$4 per class suggested contribution for age 60 and over and family caregivers of any age or a \$5 per class fee for under age 60. Punch cards are available.

Preregistration is for all classes.

Please register early. Classes that do not have sufficient enrollment may be canceled.

Call 402-441-7575 for additional information or to register.

New for Family Caregivers

Aging Partners' certified personal trainers or instructors will assist family caregivers in developing a home-based fitness program to meet your needs. Appointments can be set up at a time and location convenient for you. We also encourage caregivers to take advantage of our fitness center and classes.

Chair Yoga

Chair yoga is one of the gentlest forms of yoga available. Poses are done seated or the chair is used for support during standing and balance poses. Beginners welcome.

- East Lincoln Christian Church
7001 Edenton Road
Fridays, 11 a.m. to noon
- Eastridge Presbyterian Church
1135 Eastridge Drive
Wednesdays, 1:30 to 2:30 p.m.

Chair Tai Chi (New)

St. Paul United Methodist Church
1144 "M" St. (dining room)

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.

Participants will meet twice a week for 12 weeks and are taught simple movements they can practice sitting or standing near a chair. \$2 suggested contribution per class or \$4 per week.

- Tuesdays and Thursdays
9:30 to 10:15 a.m.
Sept. 10 through Dec. 3
(no class Nov. 28)

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 class that uses the principles and movements of Tai Chi to help improve balance and increase confidence in doing everyday activities. \$2 suggested contribution per class or \$4 per week.

- Auld Pavilion, 1650 Memorial Drive
Tuesdays and Thursdays
11 a.m. to noon
Sept. 10 through Dec. 3
(no class Nov. 28)
- Eastridge Presbyterian Church
1135 Eastridge Drive
Mondays and Thursdays
1 to 2 p.m. or 2:30 to 3:30 p.m.
Sept. 9 through Dec. 5
(no class Nov. 11 and 28)

Movement with Mitzi

Auld Pavilion, 1650 Memorial Drive
Wednesdays, 1:30 to 2:15 p.m.
Sept. 11 through Nov. 27 (Note: class on Sept. 11 is in a temporary location – Antelope Park enclosed shelter)

- Sept. 11, Oct. 2 and 23, Nov. 13 Bands and Balls.
- Sept. 18, Oct. 9 and 30, Nov. 20 Movement with Mitzi.
- Sept. 25, Oct. 16, Nov. 6 and 27 Bend, Stretch and Breathe.



Move More Lincoln – Feeling Fit Fridays

(free and open to the public)

Jayne Snyder Trail Center

21st and “Q” streets Fridays, noon to 12:45 p.m.

June 7 through Sept. 27

Join us for a sample of the classes offered by Aging Partners Health and Fitness. Aging Partners is proud to be part of the Move More Lincoln Wellness Series sponsored by Community Health Endowment of Lincoln and Lincoln Parks and Recreation.

- Sit and Be Fit
Instructor: Tracie Foreman
Sept. 6
- Movement with Mitzi
Instructor: Mitzi Aden
Sept. 13
- Movement and Music
Instructor: Ruth Davidson Hahn
Sept. 20
- Line Dance
Instructor: Tracie Foreman
Sept. 27

Qigong Refresh and Recharge

- Cotner Center Condominium
1540 N. Cotner Blvd.
(use Cotner Blvd. entrance)
Mondays, 10:30 to 11:30 a.m.
Sept. 9 through Dec. 2
(no class Nov. 11)
- Auld Pavilion
1650 Memorial Drive
Thursdays, 9:30 to 10:30 a.m.
Sept. 12 through Dec. 5
(no class Nov. 28)

Dynamic Movement

- Cotner Center Condominium, 1540 N. Cotner Blvd.
Mondays from 2 to 3 p.m.
Sept. 9 through Dec. 2 (no class Nov. 11)
- St. Mark’s United Methodist, 8550 Pioneers Blvd. (Gym)
Thursdays from 3:30 to 4:30 p.m.
Sept. 12 through Dec. 5 (no class Nov. 28)
- Auld Pavilion, 1650 Memorial Drive
Tuesdays, 9:30 to 10:30 a.m.
Sept. 10 through Nov. 26

Tai Chi – Continuing 24 Form

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

- Cotner Center Condominium, 1540 Cotner Blvd.
Mondays, 1 to 1:30 p.m.
Sept. 9 through Dec. 2 (no class Nov. 11)

Diabetes Self-Management Workshop

The Diabetes Self-Management Workshop is a six-week course for adults with diabetes, their family members and friends. Learn about diabetes including:

- What to eat and when to exercise.
- Monitoring your blood sugar.
- Foot care.
- Communicating with family and your health care provider.
- Low and high blood sugar.
- Tips for dealing with stress.
- How to set small and achievable goals.
- Overview of relaxation techniques.
- How to increase your self-confidence.
- Feel better and take charge.

This workshop is offered at no cost, but a suggested contribution of \$4 per class is appreciated!

- Hillcrest Firethorn Health Services
8601 Firethorn Lane
Wednesdays, 1:30 to 3:30 p.m.
Oct. 9 through Nov. 13
- Belmont Senior & Recreation Center
1234 Judson St.
Tuesdays, 10 a.m. to noon
Nov. 12 through Dec. 17

Free OsteoBall Class

Aging Partners Fitness Center

555 S. 9th St.

Thursdays, 1:30 to 2:15 p.m.

Oct. 10, 17, 24 and 31

Give this unique class a try. The OsteoBall is an exercise ball with handles that was invented by osteoporosis expert Dr. Robert Swezey. You will strengthen muscles and bones, improve flexibility and range of motion and alleviate joint stiffness. These effective isometric exercises are done while in a seated position.

Equipment and space are limited. Preregister by Friday, Oct. 4 to assure your place in class. All ages welcome.