



Upcoming 2025

Aging Partners Day Trips April through June 2025

Join us for trips featuring fun places and activities. Round-trip transportation fee (in Lincoln) to Victory Park is \$5 (must have 40 participants signed up for trips to occur)

For details and reservations, call 402-441-7158.

Please note early deadlines! Payments need to be made within three days of reservation to guarantee your spot. Please hurry and get your trips booked early so you don't miss out on the fun!

- **An Evening with the Cranes
Iain Nicolson Audubon at Rowe Sanctuary**

Thursday, April 3

Bus departs: 3:30 p.m., Victory Park, 600 S. 70th St.

Returns: 10:30 p.m.

Cost: \$115 per person

Deadline is early due to new guidelines at Rowe Sanctuary.

Join us for an evening on the North Platte River to watch them gracefully dance as they fly into roost. We will arrive at Rowe Sanctuary, look through the brand-new building, enjoy a sack supper and head out to the river where we will be in an enclosed viewing blind to watch with very little light. There are restrooms in the building and port-a-potties in our viewing blind area. We will head back to Lincoln at 10:30 p.m.

Things to consider: We will be walking a quarter mile on a pebble road to the blind. You must be able to walk this distance and take care of your needs – it will be dark so we don't disturb the cranes. We strongly suggest you bring warm clothes, boots or warm shoes, hats, gloves, binoculars, snacks and a hot beverage. The blind is enclosed and heated, so you are strongly encouraged to dress in layers.

**Reservations accepted from January 2 through 20.
Payment due within three days of your reservation.
No refunds after January 27.**

- **Harry S. Truman Library and Museum**

Thursday, May 22

Bus departs: 9 a.m. from Victory Park

Returns: 9 p.m.

Cost: \$80 per person

Join us for a fun-filled day in Independence, Missouri. We will enjoy a nice lunch at a well-known barbecue restaurant, spend a lot of time at the Harry S. Truman Library and Museum and end our day at Hardee's (at your own expense). There are a few stairs at the museum, but there are also elevators available.

Reservations accepted from March 3 through April 28. Payment due within three days of your reservation. No refunds after May 2.

- **Kearney Archway/Classic Car Collection Museum**

Thursday, June 26

Bus departs: 9 a.m. from Victory Park

Arrive back in Lincoln: Approximately 6:30 p.m.

Cost: \$80 per person

Come join in the celebration of the journey that built America! At 11 a.m. we will arrive at the Archway. Lunch will be catered by Alley Rose (golden pan-fried chicken breast, mashed potatoes and gravy with green beans). Next will be a self-guided tour: Discover the Archway in Kearney and embark on a journey through America's history along the Great Platte River Road. At 2:15 p.m. we will arrive at the Classic Car Collection Museum for a self-guided tour of about 146 classic cars (there will be volunteers to answer questions). At 4:30 p.m. we will return to Lincoln.

**Reservations accepted from April 4 through May 23.
Payment due within three days of your reservation.
No refunds after June 6.**

Belmont Center

Belmont Recreation Center
1234 Judson St., Room 002, 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 walking track, weight rack, treadmill, recumbent and stationary bikes, and other fitness equipment.

Tuesdays

- ▶ 10:45 a.m. – Group fitness classes; gentle exercise classes using a chair for stability and balance, accommodating for all fitness levels. See schedule below.

Wednesdays

- ▶ 10:15 a.m. – BINGO; great fun and fabulous prizes!

Fridays

- ▶ 9 a.m. – Card playing: Pitch, Skip-Bo and other games.
- ▶ 12:15 p.m. – Shopping trips; call your center manager to reserve a seat by noon the Monday before the trip.
Walmart: Jan. 3, 17 and 31
Super Saver: Jan. 10 and 24

Special Event Programs

- Jan. 1** *Aging Partners offices and all senior centers are closed New Year's Day!*
- Jan. 7** 10 a.m. – Fitness open house; tour the fitness facilities available to senior center members at the Belmont Recreation Center and learn about the group fitness opportunities available through Belmont Senior Center!
 - ▶ 10:45 a.m. – Chair yoga with certified yoga instructor Chery Bieber; a gentle, 30-minute practice using a chair for balance and stability. Perfect for beginners.
- Jan. 10** 10 a.m. – Wits Workout; join us for this engaging program of interactive puzzles and games to improve your brain health.
- Jan. 13** 10 a.m. – Carrie Remmers from the Anna Bemis Palmer Museum in York will take us through the current exhibit on the history of York County and highlight some of the important artifacts in the museum's collection.
- Jan. 14** 10 a.m. – Winter fun craft
 - ▶ 10:45 a.m. – Simply Fit: A gentle, 30-minute video class accommodating for all fitness levels.
- Jan. 16** 10 a.m. – "A Cold, the Flu, or COVID-19?" presentation by Sue Ann Henning of Angels Care

Home Health. Blood pressure checks available.

- Jan. 17** Celebrate January birthdays with cake and conversation!
- Jan. 20** *Closed in observance of Martin Luther King Jr. Day.*
- Jan. 21** 10:45 a.m. – Chair yoga with certified yoga instructor Chery Bieber
 - ▶ Nutrition handout: 'Tis the Season for Good Digestion
- Jan. 23** 10 a.m. – White board trivia; challenge your friends and show off your knowledge of the events and traditions in the month of January!
- Jan. 27** 10 a.m. – Former Northeast Senior Center manager Denise Howe brings her guitar stylings to Belmont with a performance of classic hits! Denise is an accomplished guitarist and vocalist and has played at many different events and venues in the Lincoln area.
- Jan. 28** 10:45 a.m. – Simply Fit 30-minute video class
- Jan. 30** 10:45 a.m. – January is National Oatmeal Month. "An Ode to Oats" presentation by Devin Mueller, Aging Partners.

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.
Ciji Mays, manager

Monday through Friday

- ▶ 9 a.m. to 1 p.m. – Coffee social; jigsaw puzzles, friendly conversations, computer lab, lending library, TV, card parties and workout room (independent daily fitness options: treadmill, elliptical, leg press, leg curl and extension, bicep and triceps machine).

Mondays

- ▶ 9 a.m. – Card club
- ▶ 10 a.m. – Sit and Be Fit exercise class (DVD)

Tuesdays

- ▶ 9 a.m. – Card club
- ▶ 11:15 a.m. – Pianist Jim Bauer performs.

Wednesdays

- ▶ 10 a.m. – BINGO; Legacy Retirement is this month's BINGO sponsor. Thank you for your support!

Thursdays

- ▶ 9 a.m. – Card club
- ▶ 9:30 a.m. – Morning stretch with Ciji

Fridays

- ▶ 9 a.m. – Card club
- ▶ Live music or movie

Northeast Center continued

Special Event Programs

- Jan. 1** *Aging Partners offices and all senior centers are closed New Year's Day!*
- Jan. 2** 10 a.m. – Beginners line dance class! Meet Rose in the computer room for this easy, fun class.
- Jan. 3** 10 a.m. – Bill Chrastil performs – *FREE event!*
- Jan. 6** 11 a.m. – Best Friend Sing Along; sing your heart out with your best friends. Come and enjoy music and fellowship.
- Jan. 7** 10 a.m. – The Free Writers Club meets to create lyrical compositions to share. Check them out and if you are feeling creative, join in!
- Jan. 9** 10 a.m. – Art with Anna; join Anna Alcaide as she leads participants through some easy beginner painting techniques. Class size limited to the first 10 individuals to sign up that day.
- Jan. 10** 9:30 a.m. – Movie and popcorn
- Jan. 13** 9 to 11:30 a.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required (\$25 suggested contribution). To schedule an appointment, call Ciji at 402-441-7151.
- Jan. 16** 9:30 a.m. – AARP meeting with Janice Crewdson.
▶ 11 a.m. – January is National Oatmeal Month. “An Ode to Oats” presentation by Devin Mueller, Aging Partners.
- Jan. 17** 10 a.m. – Eldonna Rayburn entertains us on the Native American flute.
- Jan. 20** *Aging Partners offices and senior centers are closed for the Martin Luther King Jr. Day.*
- Jan. 21** 10 a.m. – Free Writers Club
▶ Nutritional handout: ‘Tis the Season for Good Digestion
- Jan. 23** 10:30 a.m. – “Active Body and Mind” presentation by Amana Care staff; come learn what you can be doing at home to stay both mentally and physically fit.
- Jan. 24** 9:30 a.m. – Movie and popcorn
- Jan. 27** 9 to 11 a.m. – Mending with Mary. Bring in one clothing item that needs repair, a tuck, a button, or hem. Mary will sew this for you right here at the center for free!
- Jan. 30** 10:30 a.m. – “Personal Expressions: Celebrating a Life Well Lived” presentation by Kevin Orth, Butherus Maser and Love. Kevin will share some insight on how most of us are not prepared to plan and carry out a funeral ceremony for someone we love.
- Jan. 31** 10 a.m. – Johnny Ray Gomez performs. Inducted into the Nebraska Music Hall of Fame in 2022, Johnny is a three-time Nebraska Accordion Champion, performed on American Bandstand

and has played and performed in Las Vegas. This is a free event.

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.
Meal reservations, call by noon two business days in advance: 402-441-7157.
Kelle Brandt, manager

Monday through Friday

- ▶ 9 a.m. – Coffee social

Tuesdays

- ▶ 10:15 a.m. – BINGO
- ▶ 12:15 p.m. – Shopping trips; call your center manager to reserve a seat by noon the Monday before trip.
Super Saver: Jan. 7 and 21
Walmart: Jan. 14 and 28

Friday

- ▶ Game day; play your favorite games or learn a new one.

Special Event Programs

- Jan. 1** *Aging Partners offices and all senior centers are closed New Year's Day!*
- Jan. 2** 10:30 a.m. – Off-beat January days
- Jan. 6** 10:30 a.m. – Stretch and Tone with Kelle
- Jan. 8** 10:30 a.m. – January is National Oatmeal Month. “An Ode to Oats” presentation by Devin Mueller, Aging Partners.
- Jan. 9** 10 a.m. – Enjoy the music of the Quarter Notes
▶ Noon – The Lincoln City Libraries Lied Bookmobile.
- Jan. 15** Crazy clothes day! Wear a silly sweatshirt, t-shirt or go all out and make it your entire outfit. Just something to make us smile and laugh.
- Jan. 16** 10:30 a.m. – Share a joke day; remember to find the humor in every day. Also try your hand at making snowflakes out of a sack.
- Jan. 20** *Aging Partners offices and all senior centers are closed in honor of Martin Luther King Jr. Day*
- Jan. 22** 10:30 a.m. – Music BINGO with Elliott Piper
- Jan. 23** 10:30 a.m. – Nutritional handout: ‘Tis the Season for Good Digestion
▶ Noon – Lincoln City Libraries Lied Bookmobile
- Jan. 27** 10:30 a.m. – “Enhance Your Self Esteem” presentation by Ann Heydt, Aging Partners
- Jan. 29** 10 a.m. – Enjoy the music of Bill and Friends
- Jan. 30** 10:30 a.m. – Stretch and Tone with Kelle



LINCOLN
Aging Partners

Community Health and Fitness Classes

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

Community Activities and Services

JANUARY 2025

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 by appointment only.

For the fitness center, there is a \$10 suggested monthly contribution for those 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 includes Yoga: Refresh and Renew, Pilates, Forever Strong, Tai Chi: Modified 8 Form, Tai Chi: 24 Form, and Tai Chi: Moving for Better Balance, and Tai Chi for Arthritis and Fall Prevention

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.
Jan. 8 through March 26
- American Lutheran Church
4200 Vine St.
Mondays, 1:30 to 2:30 p.m.
Jan. 6 through April 7
(no class Jan. 20 and Feb. 17)

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.
Jan. 7 through March 25
- Auld Pavilion, 1650 Memorial Drive
Thursdays, 1:30 to 2:30 p.m.
Jan. 9 through March 27

Chair Yoga

Eastridge Presbyterian Church
1135 Eastridge Drive

- Wednesdays, 9:30 to 10:30 a.m.
Jan. 8 through March 26
- Fridays, 9:30 to 10:30 a.m.
Jan. 10 through March 28

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.

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. These 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 \$25 suggested contribution will help these services continue.

StrongBodies

Strength Training Program

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

Tuesdays and Thursdays
Feb. 4 through April 24

8:15 a.m. – Beginners

9:45 a.m. – Intermediate

11:45 a.m. – Intermediate

\$2 suggested contribution per attendance

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

Tai Chi Level I for Arthritis and Fall Prevention

Eastridge Presbyterian Church
1135 Eastridge Drive
Tuesdays and Thursdays, 1 to 2 p.m.
Dec. 10 through March 6

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.

\$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.
Jan. 6 through April 2
(no class Jan. 20 and Feb. 17)


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. \$2 suggested contribution per class or \$48 per session.

Aging Partners Comprehensive Footcare Clinics

Comprehensive footcare is available (by appointment only) to those age 60 and over. A \$25 suggested contribution will help these services continue. Services are provided at the following locations:

- Northeast Center (second Monday each month)
6310 Platte Ave. Call Center Manager Ciji Mays at 402-441-7151 to schedule an appointment.
- Bennet Center (every other month)
American Legion Hall, 970 Monroe St.
- Firth Center (every other month)
Community Center, 311 Nemaha St.
- Hickman Center (every other month)
Community Center, 115 Locust St.
- Malcolm Resource Center (every other month)
Malcolm Village Hall, 137 E. 2nd St.
- Victory Park Center (every other month)
600 S. 70th St.

For rural Lancaster County senior center appointments, call 402-416-7693.



Caregiver Support Group

Tuesday, Jan. 14 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.

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.



Questions about Health Insurance and Benefits?

- Medicare - what you need to know when you turn age 65; orking past age 65; Parts A, B, D and Advantage Plans; Medicare supplements, yearly changes, updates and open enrollment; complaints, errors and appeals; low-income assistance programs.
- We also help with Social Security overview; Medicaid; long-term care insurance; budgeting and bill paying; and Homestead Tax Exemption.
- Legal Counseling - Free legal advice and referral services for those who meet financial guidelines.

Call an Aging Partners Benefits Counselor at 402-441-7070.

NeighborLNK

Lincoln.ne.gov (keyword: NeighborLNK)

NeighborLNK connects qualified, authorized volunteers with homebound seniors (age 60 and over) and persons with disabilities who seek additional support.

Volunteers will provide services:

- Without entering the home
- Free of charge to participants (and volunteers)

Services include:

- Grocery pickup and delivery (must be prepaid)
- Pickup and delivery of library books (must be prearranged)
- Errands, such as food and medication delivery
- Video/phone calls for companionship and check-ins

To volunteer or to request assistance, contact Aging Partners NeighborLNK at 402-441-7575 or NeighborLNK@lincoln.ne.gov



SENIORS FOUNDATION



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

Mondays through Fridays

- ▶ 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 Tabitha
- ▶ Noon – Shopping trips; call your center manager to reserve a seat by noon the Monday before the trip.
Walmart: Jan. 8, 15
Hy-Vee: Jan. 22, 29

Fridays

- ▶ 9:45 a.m. – Spanish lessons with volunteer Oriá Marrero
- ▶ 10 a.m. – Popcorn and a good movie

Special Event Programs

- Jan. 1** *Aging Partners offices and all senior centers are closed New Year's Day!*
- Jan. 2** 10:30 a.m. – January is National Oatmeal Month. "An Ode to Oats" presentation by Devin Mueller, Aging Partners.
- Jan. 3** 9 a.m. to 2 p.m. – Fix-It Friday. Do you have clothing items that need mending? Volunteers Crystal and Lillian are happy to do minor mending tasks such as resewing buttons, sewing seams, etc. They can't do everything, but they'll do it for free!
- Jan. 6** 10 a.m. – Yarn stocking caps craft; we'll make fun little stocking cap décor pieces using yarn and cut up cardboard tubes!
- Jan. 7** 10 a.m. – Bingocize® is back! In this new nutrition focused session we'll play some BINGO, complete some simple exercises and learn evidence-based information about nutrition!
- Jan. 9** 10 a.m. – "Strategies for Living with Trauma and Difficult Circumstances" presentation by Denise Winton, Keep Em Home Personal Care Services
- Jan. 13** 10 a.m. – Music BINGO with Elliott Piper!
- Jan. 14** 10 a.m. – Bingocize®
- Jan. 16** 9 a.m. – Take some time to relax with some board games, puzzles and adult coloring pages.
- Jan. 17** 9 a.m. to 2 p.m. – Fix-It Friday

- Jan. 20** *Aging Partners offices and all senior centers are closed in honor of Martin Luther King Jr. Day.*
- Jan. 21** 10 a.m. – Bingocize®
- Jan. 23** 10 a.m. – January birthday party with music by Denise Howe. We'll celebrate while listening to retired Northeast Center Manager and accomplished guitarist and vocalist Denise Howe.
- Jan. 27** 10 a.m. – Bingocize®
- Jan. 28** 10:30 a.m. – Painting demonstration by Garry DeFreece
 - ▶ Nutrition handout: 'Tis the Season for Good Digestion
- Jan. 30** 10 a.m. – January trivia game
- Jan. 31** 9 a.m. to 2 p.m. – Fix-It Friday

Afternoon Activities

Pitch, Pinochle, Mahjong, Bridge and Canasta Card Groups

- **Tuesdays, 2 to 4 p.m.**
Victory Park Pitch, Pinochle and Mahjong Groups
- **Thursdays, 2 to 4 p.m.**
Victory Park Bridge and Canasta Groups

Severe Weather Closings/Cancellations

In the event of severe winter weather or dangerous conditions, Aging Partners senior centers and fitness center will close. As a rule, if Lincoln Public Schools (LPS) are closed, the senior centers and fitness center will close and all classes and special events will be cancelled. Please listen to KFOR 1240 AM, 103.3 FM or KLIN 1400 AM or 99.3 FM for the most accurate and up-to-date senior center/LPS closing information.

Malcolm Resource Event

Open 9 a.m. to 1 p.m.

Malcolm Village Hall, 137 E. 2nd St.

- ▶ Jan. 17 9 a.m. to 1 p.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required (\$25 suggested contribution).

To schedule an appointment, call center manager Michelle Jolley at 402-416-7693.



LINCOLN
Aging Partners

Rural Lancaster County Centers

Bennet Center

American Legion Hall
970 Monroe St.
Open Tuesdays and Thursday
9 a.m. to 1 p.m.

Firth Center

Firth Community Center
311 Nemaha St.
Open Mondays
9 a.m. to 1 p.m.

Hickman Center

Hickman Community Center
115 Locust St.
Open Wednesdays
9 a.m. to 1 p.m.

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

Lunch served at all centers: 11:30 a.m.

This month's BINGO prizes sponsored by HoriSun Hospice.

Aging Partners offices and all senior centers are closed for the following holidays:

Jan. 1 – New Year's day and Jan. 20 – Martin Luther King Jr. Day

9 a.m.
Coffee social, games
and cards at all
centers

Bennet Center Special Event Programs

- Jan. 2** January birthday celebration
- ▶ 10:30 a.m. – Live entertainment by Tom Ficke
 - ▶ 12:15 p.m. – Games
- Jan. 7** 10:30 a.m. – Mind games
- ▶ 12:15 p.m. – Popcorn and a show
- Jan. 9** Nutrition handout: 'Tis the Season for Good Digestion
- ▶ 10:30 a.m. – What would you do?
 - ▶ 12:15 p.m. – BINGO
- Jan. 14** 10:30 a.m. – Chair exercise
- ▶ 12:15 p.m. – January is National Oatmeal Month. "An Ode to Oats" presentation by Devin Mueller, Aging Partners.
- Jan. 16** 10:30 a.m. – Blood pressure clinic by Connected Care Services staff
- ▶ 12:15 p.m. – Trivia time
- Jan. 21** 10:30 a.m. – Current events
- ▶ 12:15 p.m. – BINGO
- Jan. 23** 10:30 a.m. – Games and coloring
- ▶ 12:15 p.m. – Craft
- Jan. 28** 10:30 a.m. – Games
- ▶ 12:15 p.m. – Armchair travelers
- Jan. 30** 10:30 a.m. – Walk and talk
- ▶ 12:15 p.m. – Games
 - ▶ 9 a.m. to 1 p.m. – Aging Partners foot clinic. Appointment required (\$25 suggested contribution). Call manager Michelle Jolley at 402-416-7693.

Firth Center Special Event Programs

- Jan. 6** Celebrate January birthdays
- ▶ Nutrition handout: 'Tis the Season for Good Digestion
 - ▶ 10:30 a.m. – Blood pressure clinic by Lakeview Living Center staff

▶ 12:15 p.m. – BINGO

- Jan. 13** 10:30 a.m. – Chair exercise
- ▶ 12:15 p.m. – January is National Oatmeal Month. "An Ode to Oats" presentation by Devin Mueller, Aging Partners.
- Jan. 27** 10:30 a.m. – Live entertainment with Tom Ficke
- ▶ 9 a.m. to 1 p.m. – Aging Partners foot clinic. Appointment required (\$25 suggested contribution). Call manager Michelle Jolley at 402-416-7693.

Hickman Center

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

Special Event Programs

- Jan. 8** Celebrate January birthdays
- ▶ Nutrition handout: 'Tis the Season for Good Digestion
 - ▶ 10:30 a.m. – Live entertainment by Tom Ficke
 - ▶ 10:30 a.m. – Blood pressure clinic provided by Connected Care Services staff
 - ▶ 12:15 p.m. – Popcorn and a show
- Jan. 15** 10:15 a.m. – Chair exercise
- ▶ 12:15 p.m. – BINGO
- Jan. 22** 10:30 p.m. – January is National Oatmeal Month. "An Ode to Oats" presentation by Devin Mueller, Aging Partners.
- ▶ 12:15 p.m. – Craft time
- Jan. 29** 9 a.m. to 1 p.m. – Aging Partners foot clinic. Appointment required (\$25 suggested contribution). Call manager Michelle Jolley at 402-416-7693.
- ▶ 10:15 a.m. – Strength and balance training with Bryce Rolenc, Peak Physical Therapy
 - ▶ 12:15 p.m. – Presentation by Dr. Andrew, Advance Chiropractic Solutions



JANUARY 2025 Menu

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| | | 1 <i>Aging Partners offices and all senior centers are closed New Year's Day.</i> | 2* Ham slice Aau gratin potatoes Brussels sprouts Roll Fruit juice Fruit cobbler | 3 Turkey and cheese sandwich on a croissant Chicken and wild rice soup Cottage cheese Raw vegetables Cherries |
| 6 Lemon pepper tilapia Hushpuppy Three-bean salad Fresh fruit | 7 Beef stew Cornbread Peas Apricots Cake | 8 Chicken alfredo with penne pasta Breadstick Broccoli Applesauce | 9 Beef taco salad with lettuce, tomato and cheese Tortilla chips Guacamole Fruit | 10 Turkey slice with gravy Redskin mashed potatoes Brussels sprouts Roll |
| 13 Sweet and sour pork Rice Egg roll Oriental vegetables Peaches | 14 Salisbury steak Baby baker potatoes Green beans Texas toast | 15 Chicken pot pie Mixed vegetables Raisin bread Mixed fruit | 16 Beef chili Cornbread Asparagus Fresh fruit | 17 Country fried steak Mashed potatoes with gravy Corn Roll Blueberries |
| 20 <i>Aging Partners offices and all senior centers are closed for Martin Luther King Jr. Day.</i> | 21 Mexican chicken casserole Corn chips Spinach salad with nuts Orange | 22 Beef tips, sweet potatoes Cottage cheese Bread slice Diced apples | 23 Chicken Kiev Macaroni and cheese Broccoli Pudding Fruit | 24 BBQ pork sandwich Tater tots Baked beans Grapes |
| 27 Swiss mushroom burger Potato chips V8® juice Apple | 28 Tuna noodle casserole Brussels sprouts Roll Apricots Fruited gelatin | 29 Brisket sandwich Au gratin potatoes Green beans Roll Ice cream | 30 Stuffed green pepper casserole Salad Garlic breadstick Pineapple | 31 Chicken and shrimp gumbo Hushpuppies Mixed vegetables Brownie Cherries |

Menus are subject to change.

- All meals include 1 percent milk and margarine or butter with bread items.
- *Low sodium alternative available (month of January is hamburger patty)

- Condiments and dressing are available for sandwiches and salads. Crackers are available for soups.
- \$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.