



# Community Health and Fitness Classes

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

Community Activities and Services

NOVEMBER 2024

## 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

**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. – Sept. 18 through Dec. 4
- **American Lutheran Church, 4200 Vine St.**  
Mondays, 1:30 to 2:30 p.m. – Sept. 9 through Dec. 23 (no class Nov. 11)

## 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, 9:30 to 10:30 a.m. – Sept. 10 through Dec. 18 (note new time)
- **Auld Pavilion, 1650 Memorial Drive**  
Thursdays, 1:30 to 2:30 p.m. – Sept. 12 through Dec. 5 (no class Nov. 28)

## Chair Yoga

### Eastridge Presbyterian Church, 1135 Eastridge Drive

- Wednesdays, 9:30 to 10:30 a.m. – Oct. 16 through Dec. 18
- Fridays, 9:30 to 10:30 a.m. – Oct. 18 through Dec. 27 (no class Nov. 29)

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 \$20 suggested contribution will help these services continue.

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



LINCOLN  
Aging Partners

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## StrongBodies Strength Training Program

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

Tuesdays and Thursdays – Oct. 22 through Jan. 21

(no class Nov. 5 and 28 or Dec. 24 and 26)

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 (no class Dec. 24 and 26)

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.

Sept. 9 through Dec. 2 (no class Nov. 11)

Jan. 6 through April 2

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. 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)  
Firth Community Center, 311 Nemaha St.
- **Hickman Center** (every other month)  
Hickman Community Center, 115 Locust St.
- **Malcolm Resource Center** (every other month)  
Malcolm Village Hall, 137 E. 2nd St.  
Appointments are still available on November 15.
- **Victory Park Center** (formerly Waverly)  
600 S. 70th St. (every other)

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

## Caregiver Support Group

Tuesday, Nov. 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.

### 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.**

