



LINCOLN
Aging Partners

MY CENTER NEWS

JULY 2024



2024 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 contribution for dinner paid at the event.

\$5 round-trip van transportation fee within Lincoln.

(co-sponsored by Butherus, Maser & Love and catered by Hy-Vee)

Call 402-441-7158 for reservations.

- **Thursday, Aug. 8 – Nebraska Vocal Jazz Project**



NVJP aims to bring vocal jazz to Nebraska in a new light and explore the possibilities of a modern vocal jazz ensemble.

Menu: Garden chicken breast, broccoli, twice-baked potato, raspberry cupcake, milk, coffee and water.

Reservation and payment deadline: Wed., July 31

- **Thursday, July 11 – The Toasted Ponies**



This award-winning bluegrass band features red-hot

instrumentals and beautiful harmony vocals.

Menu: Oven roast turkey with gravy, stuffing, seasoned green beans, fresh fruit, brownie, milk, coffee and water.

- **Thursday, Sept. 12 – Hillbilly Deluxe Band**



This group sings and plays country music, blues and old rock and roll.

Menu: Chicken-fried steak, mashed potatoes and gravy, veggie, apple crisp, milk, coffee and water.



Aging Partners offices and all seniors center will be closed for the 4th of July holiday.

4th of July Word Search

Z U L G R G P F N A P E Y D K M H S X E
M C C D W Q S H O I J F G M A J F G R P
T S V N G I P L R N I U A T V K L I R N
T O A A U J Q P T A J R L I N J H A W E
S U L L D P M A H V Y B F Y N S W X W Q
G T C S T O N B C L V P P G P I H J C S
K H T I D V M N A Y E E Z M R B G V B H
W C Q E T F O N R S D N A L G N E R L A
W A E D S C D M O N Z H P W E I O E I E
V R T O E U E P L N W X W W D E R W W V
F O Q H J J H N I E L D J Z K J G E S O
F L B R F T H C N P R E G H Z Y I I R M
G I Y I F R K Y A O R L N N P N A I E F
B N R T N H D A Z S C A E M D M N J H U
L A M E R I C A E A S W R F A U P Q A L
Y S P N W E P Y L N Y A T B Z O B J R Y
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W Z B J P P C K L X M T O Y E L H T F I
B K R A U Q O T S V F A A H F B W Z W M



Evidence-Based Living Well with Chronic Conditions Workshop Sept. 9 through Oct. 14

Victory Park Center
600 S. 70th St.
Mondays, 9:30 to 11:30 a.m.

This interactive workshop is facilitated by trained leaders and helps individuals with chronic conditions take steps to manage their health and live happier, healthier lives. Topics include action planning, communication, healthy eating, physical activity, and medication management. Register early as class size will be limited! Suggested contributions of \$4 per class for age 60 and over.

**To register for this workshop,
call 402-441-7575.**

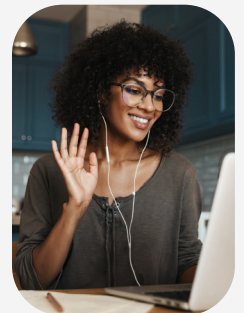


Trualta's Care Coach Live 1:1 Support for Caregivers

For caregivers who need a little bit of extra support, our Care Coach program offers live support from a family caregiver expert.

Caregivers can opt-in for live support from a Care Coach by calling in or submitting a request. One of our coaches will reach out to lend a listening ear, support navigating local resources, and share expert-tips on managing care at home.

Coaches can also initiate outbound support if your plan identifies a subset of high-need caregivers with contact information.



Sign up today!
agingpartners.trualta.com

See What Caregivers are Saying

"I really like that my Care Coach picks subject matter for me, so that when I do have a minute or two, the information is at my fingertips. This was one of the best things I have done in the last year. I can't say enough good things about this program!"

Laura W, caring for her mother



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



Our senior center has moved to a new room within the Belmont Recreation Center and is now located in the south classroom – Room 002.

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, and other fitness equipment (new equipment: stationary and recumbent bikes, and squat rack).

Tuesdays

- ▶ 11 a.m. – Simply Fit: a 30-minute video exercise class that is gentle and accommodating for all fitness levels.

Wednesdays

- ▶ 10:30 a.m. – BINGO; Great fun and fabulous prizes! A variety of fun prizes available for the lucky winners.

Fridays

- ▶ 9 a.m. – Card playing; Pitch, Skip-Bo, UNO, Phase 10 and other games. Come join us!



LINCOLN
Aging Partners

Belmont Shopping Trips

Van leaves the center at 12:30 p.m.
\$4 suggested trip contribution

Super Saver: July 5 and 19
Walmart: June 12 and 26

Reserve a seat by noon the
Monday before shopping.

Call 402-441-7990.

Special Event Programs

- July 1** 10:30 a.m. – Carrie Remmers from the Anna Bemis Palmer Museum in York, Nebraska shares about the current exhibit which features the works of local artists, including paintings, photography, quilts, woodworking and music.
- July 2** 10 a.m. – Independence Day craft with Maria Oliveras, AseraCare
- July 4** *Aging Partners offices and all senior centers are closed for Independence Day.*
- July 9** 10 a.m. – Students from the Belmont Recreation Center join us for a bonus game of BINGO.
- July 11** 10 a.m. – Seniors Rule Trivia IV with Paul Foresman, Sunlight Senior Care
- July 12** 10 a.m. – Lincoln musician Chris Sayre performs a variety of traditional and contemporary folk music.
- July 15** 10 a.m. – Block printing art class (session one); local artist Lindsey Weber will teach how to engrave art design into a linoleum tile to make a print block. Class size is limited. Pre-registration required by contacting Erin at 402-441-7990 or einbody@lincoln.ne.gov.
- July 16** 10:30 a.m. – “Where It’s All About You” presentation by Ann Heydt, Aging Partners Fitness. Ann will share tools to help manage stress.
 - ▶ Nutrition handout: Kitchen Tips and Tricks
- July 18** 10:45 a.m. – Chair yoga with certified yoga instructor Cheri Bieber. A gentle, 30-minute practice using a chair for balance and stability. Perfect for beginners.
- July 22** 10 a.m. – Block printing art class (session two). Pre-registration required.
- July 23** 10:30 a.m. – “Yoga Breathing Techniques” presentation by Cheri Bieber
- July 25** 11 a.m. – “Portion Control” presentation by Devin Mueller, Aging Partners Nutrition. Learn steps to limit your food consumption and control your portions to help become a healthier you.
- July 30** 10 a.m. – The Grateful Growers share treasures and treats from their gardens.
 - ▶ Celebrate July birthdays with cake and conversation!



Chris Sayre



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
- ▶ 9:30 a.m. – Morning stretch with Ciji
- ▶ 11:15 a.m. – Pianist Jim Bauer performs for your listening enjoyment.

Wednesdays

- ▶ 9 a.m. – Rummikub
- ▶ 10 a.m. – BINGO; Visiting Angels is our prize sponsor this month. *Thank you for your support!*
- ▶ 11:20 a.m. – Trivia with Ciji; this month we will brush up on our knowledge of the United States.

Thursdays

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

Fridays

- ▶ 9 a.m. – Card club

Special Event Programs

- July 1** 11 a.m. – Best Friend Sing Along; sing your heart out with your best friends. Come and enjoy music and fellowship with friends.
- July 2** 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck will be here to deliver fresh fruit and vegetables.

- ▶ 10 a.m. – Color and Create Class; supplies are provided.

- July 4** *Aging Partners offices and all senior centers are closed for Independence Day – Happy 4th of July!*
- July 5** 10 a.m. – 4th of July social; Michelle Berry of Community Healthcare Partners is sponsoring the snacks for our celebration. Wear your red, white and blue! We'll be playing presidential trivia.
- July 8** 9 to 11:30 a.m. – Aging Partners foot care clinic (held at the Victory Park location). Call 402-441-7151 to make an appointment (\$20 suggested contribution).
- July 9** 10 a.m. – The Free Writers Club meets to create lyrical compositions to share. Check them out. If you are feeling creative, join in.
- July 10** 9 a.m. – Commodities are delivered.
 - ▶ 9:30 a.m. – Celebrate July birthdays with Krispy Kreme Doughnuts!
- July 11** 10 a.m. – Art with Anna! Join Anna Alcalde as she leads participants through some easy beginner painting techniques (class size limited to the first 10 individuals to sign up that day).
- July 12** 9:30 a.m. – Movie and popcorn
- July 16** 10 a.m. – “Swimwear Throughout Time” presentation by Sue McLain; step back in time as she gives a presentation on how swimwear has evolved. See authentic swimwear from the past!
 - ▶ 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck
 - ▶ Nutritional handout: Kitchen Tips and Tricks
- July 18** 10 a.m. – Beginners line dance class led by Rose. Meet Rose in the small front room for this easy, fun class.
- July 19** 10 a.m. – Live music with Denise Howe
- July 23** 10 a.m. – The Free Writers Club
- July 25** 11 a.m. – “Portion Control” presentation by Devin Mueller, Aging Partners Nutrition
- July 26** 9 a.m. – Priscilla the Comfort Dog
 - ▶ 9:30 a.m. – Movie and popcorn
- July 30** 9 to 11 a.m. – Barbara’s Sewing Corner; bring in one clothing item that needs repair, a tuck, button or hem. No zippers, please! Barbara will sew for you right here at the center free of charge!



We're looking for volunteers at the Northeast Center to help serve food and participate in activities Monday through Friday.

Call Ciji at 402-441-7151.

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

Mondays

- ▶ 10:30 a.m. – Stretch and tone with center manager Kelle Brandt.

Monday through Friday

- ▶ 9 a.m. – Coffee social!

Tuesdays

- ▶ 10:15 a.m. – BINGO; Pat and Sue Barratt are this month's BINGO prize sponsors. *Thank you for your support!*

Washington Street Shopping Trips



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Van leaves the center
around 12:15 p.m.
\$4 suggested trip contribution

Walmart: July 2, 16 and 30
Super Saver: July 9 and 23

Reserve a seat by noon the
Monday before shopping.

Call 402-441-7157.

Friday

- ▶ Game Day; come play your favorite games or learn one.

Special Event Programs

- July 1** 10:30 a.m. – American history quiz
- July 2** Noon – Patriotic songs quiz
 - ▶ 10:30 a.m. – Priscilla the Comfort Dog visits
- July 3** 10:30 a.m. – “Portion Control” presentation by Devin Muller, Aging Partners Nutrition
- July 4** *Aging Partners offices and all senior centers are closed for Independence Day.*
- July 5** Ice cream treats

- July 10** 10:30 a.m. – “Aging Partners Overview” presentation by Center Manager Kelle Brandt.
- July 11** 10 a.m. – Live music with The Quarter Notes
 - ▶ 10:30 a.m. – Coffee with Colleen Ozanne, Nebraska SHIP; please bring any mail you have received from insurance companies, drug companies, etc. We will sit around and visit about these mailings.
 - ▶ Noon – Lincoln City Libraries Lied Bookmobile
- July 15** 10:30 a.m. – Test your knowledge; take a sample citizenship test. Are you up for this?



- July 17** 10:30 a.m. – Enjoy the music of Denise Howe.
- July 18** 10 a.m. – ECHO and the Grateful Growers will work on flower bouquet arrangements.
 - ▶ 11:30 a.m. – Nutrition handout: Kitchen Tips and Tricks
- July 24** 10:30 a.m. – Live music with Dos Markos
- July 25** 10 a.m. – ECHO and the Grateful Growers will work on flower bouquet arrangements.
- July 31** 10:30 a.m. – Enjoy the music of Patti, Bill and friends.

Handy Home Services

for those age 60 and over
and own and occupy
their home



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**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 cleanup, window and screen repairs, safe home environment.

**To qualify, call 402-441-7030
or email msump@lincoln.ne.gov.**



Community Health and Fitness Classes

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

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, 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. – April 22 through July 29 and 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, 10 to 11 a.m. – April 23 through July 23 (no class May 14)
Thursdays, 2 to 3 p.m. – June 6 through July 25
Tuesday, 9:30 to 10:30 a.m. – Sept. 10 through Nov. 26 (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. (please note new time)
July 17 through Oct. 2
- Fridays, 9:30 to 10:30 a.m. – July 26 through Oct. 11

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. 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.



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Community Health and Fitness Classes

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

Community Activities and Services

JULY 2024

StrongBodies Strength Training Program

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

Tuesdays and Thursdays – July 25 through Oct. 15

8:15 a.m. – Beginners

9:45 a.m. – Intermediate

11:45 a.m. – Intermediate (no class Aug. 8)

\$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.

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)

Aug. 20 through Nov. 7

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.

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

Sept. 9 through Dec. 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 402-441-7151 to schedule appointment.
- **Bennet Center** (every other month) American Legion Hall, 970 Monroe St.
Call Beth at 441-6102 to schedule appointment.
- **Firth Center** (every other month)
Firth Community Center, 311 Nemaha St.
Call Beth at 402-441-6102 to schedule appointment.
- **Hickman Center** (every other month)
Hickman Community Center, 115 Locust St.
Call Beth at 402-441-6102 to schedule appointment.
- **Malcolm Resource Center** (every other month)
Malcolm Village Hall, 137 E. 2nd St.
Call Beth at 402-441-6102 to schedule appointment.
- **Waverly Resource Center** (every other month)
Waverly VFW, 13820 Guildford St.
Call Beth at 402-441-6102 to schedule appointment.

Caregiver Support Group

Tuesday, July 9 from 5 to 6 p.m.9

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



Victory Park Shopping Trips

Van leaves the center around 1 p.m.
\$4 suggested trip contribution

Walmart: July 3 and 10
HyVee: July 17 and 24

Reserve a seat by noon the Monday before shopping.
Call 402-441-7154.

Fridays

- ▶ 9:45 to 10:30 a.m. – Introduction to Spanish; this class is led by volunteer Oria Marrero.
- ▶ 10 a.m. – Popcorn and a good movie

Special Event Programs

- July 1** 10 a.m. – Bingocize®; during this session we will have fun playing BINGO, complete some simple exercises and learn some practical lifestyle adjustments we can make to substantially reduce the likelihood of falling!
- July 2** 10 a.m. – The Grateful Growers; this volunteer group of horticulturalists will bring the bounty of their gardens! There will be buckets of flowers for you to arrange, as well as an opportunity to help create arrangements for hospice patients. Donations of old vases welcome!
- July 4** *Aging Partners offices and all senior centers are closed for Independence Day.*

- July 5** 10 a.m. – Patriotic movie
- July 8** 10 a.m. – Bingocize®
- July 9** 10 a.m. – Yarn Wrapped Decoupage Bottle Craft; we'll use recycled glass bottles, yarn and patterned napkins to create fantastic homemade vases!
- July 11** 10:30 a.m. – “Portion Control” presentation by Devin Mueller, Aging Partners Nutrition. Learn steps to limit your food consumption and control your portions to help become a healthier you.
- July 15** 10 a.m. – Bingocize®
- July 16** 10 a.m. – Seniors Rule Trivia IV with Paul Foresman, Sunlight Senior Care



- July 18** 10 a.m. – July birthday party with music by A Couple of Hanyaks. We'll celebrate our July birthdays while listening to Aging Partners driver and acoustic guitarist Monty Peck and his bandmate, upright bass player Ash Sharp. A Couple of Hanyaks will play a medley of classic rock, western tunes, blues and folk!

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



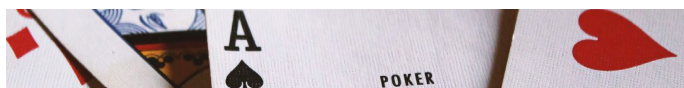
SENIORS FOUNDATION





- July 22** 10 a.m. – Bingocize®
- July 23** 10 a.m. – July trivia game **TRIVIA**
- July 25** 10 a.m. – Bingocize®
- July 29** 10 a.m. – Bingocize®
- July 30** 10:30 a.m. – Garry DeFreece’s painting demonstration
 - ▶ Nutrition Education Handout – Kitchen Tips and Tricks

Afternoon Activities



Pitch, Pinochle, Canasta and Bridge Card Groups

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

Hometown Fresh Truck

- ▶ Wednesday, July 3
3 to 4 p.m.
Hometown Fresh
- Truck in the VA Clinic parking lot (420 Victory Park Drive). 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.



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Victory Park is now offering breakfast on the last Tuesday of the month.

Victory Park Center Breakfast

Tuesday, July 30 from 8 to 9 a.m.

\$5 suggested contribution 60 and over

\$10 fee under age 60

July breakfast menu:

- Ham slice
- Hashbrown casserole
- Muffin
- Grapes
- Milk

Reservations must be made by Tuesday, July 23.

Call Ben Middendorf at 402-4417154.

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: 402-441-6102.

Beth Schuster, Division Administrator

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: 402-441-6102.

Beth Schuster, Division Administrator

This month's BINGO prizes are sponsored by Elliott Piper, Music BINGO

Mondays

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

Special Event Programs

- July 1** 10:30 to 11:30 a.m. – Blood pressure clinic provided by Judy Kujath, RN, Lakeview Living
- ▶ 12:15 p.m. – Music BINGO with Elliott Piper
 - ▶ Nutritional handout: Kitchen Tips and Tricks
 - ▶ July birthday celebration
- July 8** 10:30 a.m. – 13-point Pitch
- ▶ 12:15 p.m. – “Mom’s Meals” presentation by Devin Mueller, Aging Partners Nutrition
- July 15** 10:30 to 11:15 a.m. – Game club
- ▶ 12:15 p.m. – Craft time
- July 22** 10:30 a.m. – Rummikub
- ▶ 12:15 p.m. – “Medicare Problems and Solutions 2024” presentation by Colleen Ozanne, SHIP
- July 29** 10:30 a.m. – Entertainment by Judy Anderson
- ▶ 12:15 p.m. – Seniors Rule Trivia IV with Paul Foresman, Sunlight Senior Care
 - ▶ 9:30 a.m. to 12:30 p.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required (\$20 suggested contribution). To schedule an appointment, call 402-441-6102

Wednesdays

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

Special Event Programs

- July 3** 10:30 to 11:15 a.m. – Blood pressure clinic provided by Janell Schlichtman, Connected Care Service
- ▶ Nutritional handout: Kitchen Tips and Tricks
 - ▶ 12:15 p.m. – Music BINGO with Elliott Piper
 - ▶ July birthday celebration
- July 10** 10:30 a.m. – Craft time
- ▶ 12:15 p.m. – Seniors Rule Trivia IV with Paul Foresman, Sunlight Senior Care
- July 17** 10:30 a.m. – Strength and balance exercise with Bryce Rolenc, Peak Physical Therapy
- ▶ 12:15 p.m. – “Fraud Watch” presentation by Jess Kinser, Associate State Director, AARP
- July 24** 10 a.m. – Grateful Growers
- ▶ 12:15 p.m. – “Medicare Problems and Solutions 2024” presentation by Colleen Ozanne, SHIP
- July 31** 10:30 a.m. – Musical entertainment by Judy Anderson
- ▶ 12:15 p.m. – “Mom’s Meals” presentation with Devin Mueller, Aging Partners Nutrition
 - ▶ 9:30 a.m. to 12:30 p.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required (\$20 suggested contribution). To schedule an appointment, call 402-441-6102.



Waverly Resource Events

Open 9 to 11 a.m.

(first Friday each month)

Waverly VFW – 13820 Guildford St.

- **July 5 from 9 to 11 a.m.** – Aging Partners foot clinic; appointment required (\$20 suggested contribution).
- **Aug. 2 at 9:30 a.m.** – “Benefits Counseling Overview” presentation by Molli Stolz, Aging Partners

For an appointments, call Beth at 402-441-6102.



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: 402-441-6102.

Beth Schuster, Division Administrator

This month's BINGO prizes are sponsored
by Elliott Piper, Music BINGO

Tuesdays and Thursdays

- ▶ 9 a.m. – Coffee social! Games and cards

Special Event Programs

- July 2** 10:30 a.m. – Rummikub
 - ▶ 12:15 p.m. – 4th of July trivia
- July 4** *Aging Partners offices and all senior centers are closed for Independence Day.*
- July 9** 10:30 a.m. – 10-point Pitch
 - ▶ 12:15 p.m. – “Portion Control” presentation by Devin Mueller, Aging Partners Nutrition
- July 11** 10:30 a.m. – Craft time
 - ▶ 12:15 p.m. – Music BINGO with Elliott Piper
- July 16** 10 a.m. – Grateful Growers
 - ▶ 12:15 p.m. – Old Maid
- July 18** 10:30 a.m. – Stretching class (online)
 - ▶ 12:15 p.m. – “Medicare Problems and Solutions 2024” presentation by Colleen Ozanne, State Health Insurance Assistance Program (SHIP)
- July 23** 10:30 a.m. – Walk and Talk
 - ▶ 12:15 p.m. – Only in Nebraska presentation
- July 25** 10:30 to 11:30 a.m. – Blood pressure clinic with Jess Graphenteen, CHI Health

**We need
YOU!**



We're looking for volunteers at our Bennet Center to help serve food and participate in activities Tuesday through Thursday.

Call Beth Schuster at 402-441-6102.

- ▶ Nutritional handout: Kitchen Tips and Tricks
- ▶ 12:15 p.m. – Musical entertainment by Judy Anderson
- ▶ 9:30 a.m. to 12:30 p.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required (\$20 suggested contribution). To schedule an appointment, call 402-441-6102.

- July 30** 10:30 a.m. – Adult coloring, a form of art therapy
 - ▶ 12:15 p.m. – BINGO



LINCOLN
Aging Partners

Malcolm Resource Events

Open 9 to 11 a.m.

(third Friday each month)

Malcolm Village Hall – 137 E. 2nd St.

- **July 19 from 9 to 11 a.m.** Aging Partners foot clinic; nurses will examine feet and trim nails. Appointments are required (\$20 suggested contribution).
- **Aug. 16 at 9:30 a.m.** – “Benefits Counseling Overview” presentation by Molli Stolz, Aging Partners

For an appointments, call Beth at 402-441-6102.



LINCOLN
Aging Partners



Questions about Health Insurance and Benefits?

- **Medicare** - what you need to know when you turn age 65; working 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.**



JULY 2024 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Egg salad sandwich on a croissant Chicken noodle soup Broccoli Fruit juice	2 Loose meat sandwich Lettuce salad Chips Mango chunks	3* Hot dog on a bun Macaroni and cheese Mixed vegetables Melon Pudding	4 <i>Aging Partners offices and all senior centers are closed for Independence Day.</i>	5 Philly cheesesteak with green peppers Coleslaw Potato chips Mixed fruit
8 Half tuna salad sandwich Broccoli cheddar soup Cauliflower Blueberries	9 Chicken enchiladas Spanish rice Carrots Fresh fruit	10 Chipped beef over a biscuit Spinach salad Pineapple	11 Spaghetti bake Asparagus Breadstick Applesauce Cookie	12 Half roast beef sandwich Loaded baked potato soup Spinach and cranberry salad Peaches
15 Cheeseburger on a bun Potato salad Baked beans Chips Cake	16 Tater tot casserole Beets Raisin bread Fresh fruit	17 Chicken stir-fry with vegetables White rice Egg roll Mandarin oranges Fortune cookie	18 BBQ beef brisket sandwich Corn Pineapple Pasta salad	19 Chicken tacos with salsa Lettuce salad Tortilla chips Guacamole Fresh fruit
22 Meatball sub Potato salad Green beans Apple	23 Chicken salad on a croissant Chicken and wild rice soup California vegetables Pineapple	24 Deluxe hamburger Macaroni salad Lettuce salad Pears Cake	25 Pork fritter Mashed potatoes with gravy Mixed vegetables Bread Tropical fruit	26 Tuna noodle casserole Antigua vegetables Roll Fresh fruit
29* Cheesy ham and potato casserole Brussels sprouts Roll Apricots	30 Sloppy joe on a bun Chips Three bean salad Fresh fruit	31 Half roast beef and Swiss sandwich Chicken noodle soup Spinach salad Fruit salad		

Menus are subject to change.

- All meals include 1 percent milk and margarine or butter with bread items
- *Low sodium alternative available (month of July 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.