



LINCOLN  
Aging Partners

# MY CENTER NEWS

SEPTEMBER 2024



## Aging Partners - AARP Digital Literacy Project

We are very excited to partner with AARP on our Digital Literacy project. This is just one example of how Lincoln continues to be an Age-Friendly Community. We are excited to work with several community agencies to bring this vision to fruition.



In partnership with the University of Nebraska “Community Engagement” program, honors students will provide an inter-generational experience by providing hands-on, one-on-one help to seniors in how to use their own technology. Technology offers numerous benefits for older people, such as enhancing communication through video calls, promoting mental stimulation with brain-training apps, and providing access to online health resources. It also provides convenience through online shopping and transportation services, promoting independence and social engagement. Studies have shown that technology can improve cognitive functions and reduce feelings of isolation among older adults.

Agencies hosting digital literacy “pop-up” learning sessions include the Community Action Partnership, El Centro de las Americas, Lincoln City Libraries and Aging Partners.

The first “pop-up” learning session will be at 3:30 p.m. Wednesday, Sept. 18 at Community Action Partnership, 210 “O” St., Suite 100. **To register, call 402-441-7158.**

*Randall S. Jones, Aging Partners Director*

## Aging Partners-Bryan Health Fall Prevention Awareness Fair Wednesday, Sept. 18

Aging Partners and Bryan Health will be teaming-up for a fall prevention awareness fair from noon to 3 p.m. Wednesday, Sept. 18 at the Victory Park Senior Center.

Every 11 seconds, an older adult is treated in the emergency room for a fall. After a fall, many older adults fear falling again and limit their activities, this can lead to isolation, further decline and depression.

But there are many ways to reduce your chances of falling. Join us for this free fall prevention fair that will cover topics including:

- Balance and home safety
- Bone density and blood pressure
- Medication side effects
- Footwear and footcare
- Fitness programs

There is no registration required for the fair. Victory Park lunch reservations are available by calling 402-441-7154 two days in advance (lunchtime is 11:30 a.m.).

## MEDICARE OPEN ENROLLMENT PERIOD



October 15 through  
December 7



Coverage  
begins  
January 1



## Introductory BikeLNK Bike Share Class

Hosted by Aging Partners Health and Fitness

Mark your calendars! (weather permitting):

**Tuesday, Sept. 10**

8:45 to 10:30 a.m.

Location: 21st and "Q" streets

It is important that all riders arrive prior to start time so you don't miss out on important information.

Aging Partners Health and Fitness will be partnering with the City's BikeLNK bike share program to host introductory classes this summer.

We will meet at the location mentioned above. Bikes and helmets will be provided at no charge.

### Topics will include:

- What is the BikeLNK program?
- How to check out BikeLNK bikes.
- Two types of bicycle styles will be available for participants to try out: classic and electric pedal assist (otherwise known as "e-bikes").
- Basic safety tips.

Riders will have the opportunity to take bikes on a short ride on nearby trails after the demonstration.

Aging Partners  
offices and all  
centers are closed  
Labor Day.  
Monday, Sept 2.



## Would you like to receive Living Well magazine?

*Published for older adults in mind.*



To sign up, call 402-441-6146 or  
email [livingwell@lincoln.ne.gov](mailto:livingwell@lincoln.ne.gov)



## 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, offer 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](http://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



## NeighborLNK

[Lincoln.ne.gov](http://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](mailto:NeighborLNK@lincoln.ne.gov)



SENIORS  
FOUNDATION



## 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, recumbent and stationary bikes, and other fitness equipment.

## 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! This month's prize sponsor is AmanaCare. *Thank you for your generous support!*

## Fridays

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



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### Belmont Shopping Trips

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

\$4 suggested trip contribution

Walmart: Sept. 6 and 20

Super Saver: Sept. 13 and 27

Reserve a seat by noon the Monday before shopping.

Call 402-441-7990.

## Special Event Programs

- Sept. 2** Aging Partners offices and all senior centers are closed for Labor Day.

- Sept. 3** 9 a.m. – Commodities delivery
  - ▶ 10 a.m. – Students from the Belmont Community Center visit us for a fall craft!
- Sept. 5** 10:30 a.m. – “Kidney Disease Prevention and Risk Factors” presentation by Bryan nursing students
  - ▶ 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.



HAPPY GRANDPARENT'S DAY!

Sunday, Sept. 8, 2024



- Sept. 10** 10 a.m. – White Board Trivia Challenge; test your knowledge of the events and traditions in the month of September!
- Sept. 12** 10 a.m. – Musician Monte Peck, acoustic guitarist and Aging Partners van driver, will play a medley of classic rock and country hits!
  - ▶ 11 a.m. – “Sources of Healthy Dietary Fiber” presentation by Bryan nursing students
- Sept. 13** 10:30 a.m. – “Healthy Bones” presentation by Bryan nursing students
- Sept. 16** 9:30 a.m. – Movie Monday; join us for popcorn and a favorite classic film
- Sept. 17** 10 a.m. – “Care360” presentation by Jodi Harms and Halie Tenopir, AmanaCare
  - ▶ Nutrition handout: National Breakfast Month. Be a breakfast champion today!
- Sept. 19** 10:45 a.m. – Chair yoga with certified yoga instructor Cheri Bieber.
- Sept. 24** 10 a.m. – “Making Your Money Last in Retirement” presentation by David Muff, Edward Jones
- Sept. 26** 10:30 a.m. – “Make the Most of Your Healthcare Provider Visit” presentation by Bryan nursing students
  - ▶ 10:45 a.m. – “Nutrition BINGO” with Devin Mueller, Aging Partners Nutrition Services.
- Sept. 27** Celebrate September birthdays with cake and conversation!





## 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
- ▶ 9:45 a.m. – Trivia with Ciji
- ▶ 10 a.m. – BINGO; Southlake Village is our prize sponsor this month. *Thank you!*

### Thursdays

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

### Fridays

- ▶ 9 a.m. – Card club

### Special Event Programs

- Sept. 2** *Aging Partners offices and all senior centers are closed for Labor Day.*
- Sept. 3** 10 a.m. – Seniors Rule Trivia III with Paul Foresman, Sunlight Senior Care
- Sept. 5** 10 a.m. – Beginners line dance class; meet Rose in the computer room for this easy, fun class.
- Sept. 6** 9:30 a.m. – Movie and popcorn

- Sept. 9** 9 to 11:30 a.m. – Aging Partners foot care clinic. Call 402-441-7151 to make an appointment (\$20 suggested contribution).
- Sept. 10** 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.
  - ▶ 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck will be handing out free healthy fruits and vegetables.
  - ▶ 11 a.m. – Best Friend Sing Along; sing your heart out with your best friends. Come and enjoy music and fellowship with friends.
- Sept. 11** 9 a.m. – Commodities are delivered
  - ▶ 9:30 a.m. – Celebrate September birthdays!
- Sept. 12** 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.
- Sept. 13** 10 a.m. – Come enjoy the musical talents of CA Waller.
- Sept. 17** 10 a.m. – “Lincoln Area Eldercare Resource Handbook” presentation by Dana Fricke, CCA Home Care. Be sure to bring your handbook.
  - ▶ 10 a.m. – The Free Writers Club
  - ▶ 10:30 to 11:30 a.m. – Lincoln Fresh produce truck
  - ▶ Nutritional handout: National Breakfast Month
- Sept. 19** 9:30 a.m. – AARP meeting with Janice Crewdson
  - ▶ 11 a.m. – “Nutrition BINGO” with Devin Mueller, Aging Partners Nutrition Services.
- Sept. 20** 9:30 a.m. – Movie and popcorn
- Sept. 24** 10 a.m. – The Grateful Growers 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!
- Sept. 26** 10:30 a.m. – “Medicare Update with Medicare BINGO” with Colleen Ozanne, SHIP
- Sept. 27** 9 a.m. – Priscilla the Comfort Dog visits
  - ▶ 10 a.m. – Tim Javorsky performs for your listening pleasure.



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

### Washington Street Shopping Trips



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Van leaves the center  
around 12:15 p.m.

\$4 suggested trip contribution

Walmart: Sept. 10 and 24  
Super Saver: Sept. 3 and 17

Reserve a seat by noon the  
Monday before shopping.

Call 402-441-7157.

### Friday

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

### Special Event Programs

- Sept. 2** *Aging Partners offices and all centers are closed for Labor Day.*
- Sept. 3** Noon – Highest to lowest paying jobs in America plus the wackiest.
- ▶ 11:45 a.m. – Food Bank commodities distribution
- Sept. 4** 10:30 a.m. – Nutrition BINGO by Devin Muller, Aging Partners
- Sept. 5** 10 a.m. – Echo Collective and Grateful Growers class
- ▶ Noon – Lincoln City Libraries Lied Bookmobile
- Sept. 6** 10 a.m. to 12:30 p.m. – “What is Obstructive Pulmonary Disease?” presentation by Bryan RN students. Blood pressure checks will be available.

- Sept. 9** 10 a.m. – School day quiz
- Sept. 11** 10 a.m. – Enjoy the good tunes of Jimmy Mack
- ▶ 10 a.m. to 12:30 p.m. – “Shingles: What Do I Need to Know?” presentation by Bryan RN students. Blood pressure checks will be available.
  - ▶ Pause to remember 9/11
- Sept. 12** 10 a.m. – Tap those toes to the music of the Quarter Notes
- Sept. 16** 10 a.m. – Nutrition handout: National Breakfast Month
- Sept. 18** 10:30 a.m. – Enjoy the music of Monte Peck
- Sept. 19** 10 a.m. – Echo Collective and the Grateful Growers class
- ▶ Noon – Lincoln City Libraries Lied Bookmobile
- Sept. 23** 10:15 a.m. – “Updates on Medicare Insurance” presentation by Colleen Ozanne, SHIP
- Sept. 25** 10 a.m. – Enjoy the music of Bill and friends.
- ▶ 10 a.m. to 12:30 p.m. – “Community Acquired Staph Aureus Skin Infection” presentation by Bryan RN students. Blood pressure checks will be available.
- Sept. 26** 10:30 a.m. – Table hockey
- ▶ 11 a.m. – Joke share time
- Sept. 27** 10 a.m. to 12:30 p.m. – “Controlling Your Sodium Intake” presentation by Bryan RN students. Blood pressure checks will be available.
- Sept. 30** 10 a.m. – Hidden picture game

## 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](mailto:msump@lincoln.ne.gov).**



# Community Health and Fitness Classes

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

Community Activities and Services

SEPTEMBER 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 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. – 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. 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.**



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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

SEPTEMBER 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; 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.

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.

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 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.
- **Waverly Resource Center** (every other month)  
Waverly VFW, 13820 Guildford St.

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

## Caregiver Support Group

Tuesday, Sept. 10 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 Bridge to Better Living. *Thank you for your support!*



**Victory Park Shopping Trips**

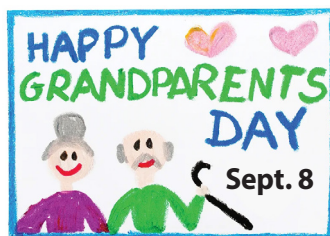
Van leaves the center around 1 p.m.  
\$4 suggested trip contribution

Walmart: Aug. 7 and 14  
HyVee: Aug. 21 and 28

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



**Sept. 3 to Sept. 5** – Victory Park Center is closed for construction. Transportation will be offered to prior Victory Park Center patrons to the Washington Street Center. Contact Ben to reserve meals at other senior centers in Lincoln during this period.

### Special Event Programs

**Sept. 2** *Aging Partners offices and all centers are closed for Labor Day.*

- Sept. 9** 10 a.m. – Music BINGO with Elliott Piper
- Sept. 10** 10 a.m. – September trivia
- Sept. 11** 9:45 a.m. – CSFP commodities delivered
- Sept. 12** 10:30 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition. Learn and discover new facts about good nutrition and your health.
- Sept. 13** 9 a.m. to 4 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!
- Sept. 16** 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.
- Sept. 17** 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 and take home, as well as an opportunity to create arrangements for hospice patients. Donations of old vases are still welcome!
- Sept. 19** 9:45 a.m. – Fall watercolor leaves craft; coffee filters and watercolor paints are all you need to make beautiful, vibrant leaves to decorate your windows and prepare for the first day of autumn – Sunday, Sept. 22.



### Evidence-Based Living Well with Chronic Conditions Workshop

Mondays, Sept. 9 through Oct. 14  
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.

Suggested contribution of \$4 per class for age 60 and over. Register early as class size will be limited!

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



**Sept. 23** 10 a.m. – Lincoln Arts presentation by Troy Gagner, Executive Director. Join us for an engaging presentation highlighting the Lincoln Arts Council’s diverse impact, featuring upstArt arts access initiatives throughout the City, arts advocacy efforts, signature events like the Mayor’s Arts Awards, Lincoln Arts Festival and Lincoln Calling music festival, and ongoing support for local artists.

**Sept. 24** 10:30 a.m. – Painting demonstration by Garry DeFreece

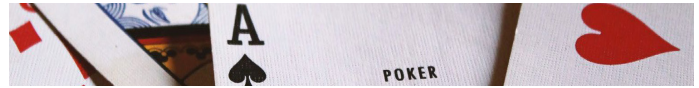
- ▶ Nutrition handout: National Breakfast Month

**Sept. 26** 10 a.m. – September birthday party with music by Mike McCracken! Mike is an accomplished singer and dobro (resonator guitar) player.

**Sept. 27** 10 a.m. – Fix-It Friday

**Sept. 30** 10 a.m. – Bingocize®

## Afternoon Activities



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

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

### Hometown Fresh Truck

- ▶ Wednesday, Sept. 4  
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.



*This will be the last breakfast offered by the Victory Park Center!*

# Victory Park Center Breakfast

Tuesday, Sept. 24 from 8 to 9 a.m.

\$5 suggested contribution age 60 and over

\$10 fee under age 60

### September breakfast menu:

- Veggie egg bake
- Sausage links
- Mixed grapes
- Bagel and cream cheese
- Juice
- Milk

**Reservations must be made by Tuesday, Sept. 17.**

**Call Ben Middendorf at 402-441-7154.**

## 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.

Michelle Jolley, manager

This month's BINGO prizes are sponsored by Aviva Woodlands.

## Tuesdays and Thursdays

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

## Special Event Programs

**Sept. 2** *Aging Partners offices and all centers are closed for Labor Day.*

**Sept. 3** 10:30 a.m. – Walk and Talk Club

- ▶ 12:15 p.m. – “Nutrition BINGO” with Devin Mueller, Aging Partners Nutrition Services. Learn and discover new facts about good nutrition and your health.

**Sept. 5** 12:15 p.m. – BINGO

**Sept. 10** 10:30 a.m. – Rummikub

- ▶ 12:15 p.m. – BINGO

**Sept. 12** 10:15 a.m. – Craft time

- ▶ 12:15 p.m. – Movie and popcorn

**Sept. 17** 10 a.m. – Grateful Growers

- ▶ 12:15 p.m. – “Medicare Open Enrollment” presentation with Colleen Ozanne, SHIP

**Sept. 19** 10:15 a.m. – Exercise video

- ▶ 12:15 p.m. – Cards, games and coloring creations



**MOVIES  
AND  
POPCORN**

# We need YOU!



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

Call manager Michelle Jolley at 402-416-7693.

**Sept. 24** 10:15 a.m. – Cards and games  
▶ 12:15 p.m. – Trivia and mind games

**Sept. 26** 9 a.m. to 1 p.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required (\$20 suggested contribution). To schedule an appointment, call 402-416-7693.



- ▶ 10:15 a.m. – Blood pressure checks with Jess Graphenteen, CHI Health
- ▶ 12:15 p.m. – Armchair travels: Ireland



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## Malcolm Resource Event

Open 9 to 11 a.m.

Malcolm Village Hall – 137 E. 2nd St.

- **Sept. 20 at 9:30 a.m.** – Aging Partners foot clinic; appointment required (\$20 suggested contribution).

For an appointment, call Michelle at 402-416-7693.



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## 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.**



## 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.

Michelle Jolley, 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.

Michelle Jolley, manager

**This month's BINGO prizes are sponsored by Aviva Woodlands.**

### Mondays

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

### Special Event Programs

**Sept. 2** *Aging Partners offices and all centers are closed for Labor Day.*

**Sept. 9** 10:30 a.m. – Blood pressure clinic

- ▶ 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Rehabilitation Center

**Sept. 16** 12:15 p.m. – Craft time

**Sept. 23** 9 a.m. to 1 p.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required (\$20 suggested contribution). To schedule an appointment, call 402-416-7693.



- ▶ 10:30 a.m. – Games
- ▶ 12:15 p.m. – Physical fitness time

**Sept. 29** 10:30 a.m. – “Nutrition BINGO” with Devin Mueller, Aging Partners Nutrition Services. Learn and discover new facts about good nutrition and your health.

- ▶ 12:15 p.m. – “Mental Health Through the Ages” presentation by Dr. Weber, Advanced Chiropractic Solutions.

### Wednesdays

- ▶ 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

**Sept. 2** *Aging Partners offices and all centers are closed for Labor Day.*

**Sept. 4** 10:15 a.m. – Blood pressure clinic with Janell Schlichtman, Connected Care

- ▶ 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Rehabilitation Center

**Sept. 11** 12:15 p.m. – Craft time

**Sept. 18** 9 a.m. to 1 p.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required (\$20 suggested contribution). To schedule an appointment, call 402-416-7693.

- ▶ 10:15 a.m. – Strength and balance training with Bryce Rolenc, Peak Physical Therapy
- ▶ 12:15 p.m. – Trivia and mind games

**Sept. 25** 10:15 a.m. – “Nutrition BINGO” with Devin Mueller, Aging Partners Nutrition Services. Learn and discover new facts about good nutrition and your health.

- ▶ 12:15 p.m. – “Medicare Open Enrollment” presentation with Colleen Ozanne, SHIP



## Falls Prevention Awareness Week

Sept. 23 through 27, 2024

A nationwide observance with state coalitions and partners to raise awareness on preventing falls, reducing the risk of falls, and helping older adults live without fear of falling.





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# SEPTEMBER 2024 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <i>Aging Partners offices and all centers are closed for Labor Day.</i>	<b>3</b> Pork tacos with lettuce, tomatoes and refried beans Pineapple	<b>4</b> Chicken on a biscuit with cheese Fries Broccoli Pears	<b>5</b> French dip sandwich Chips Coleslaw Mixed fruit	<b>6</b> Seafood chowder Crackers Corn Green grapes
<b>9</b> Sloppy joe Potato salad Spinach salad Chips	<b>10</b> Turkey and cheese on croissant Chicken and wild rice soup Raw vegetables Cottage cheese Cherries	<b>11</b> Lemon pepper tilapia Hushpuppy Three bean salad Fresh fruit	<b>12</b> Beef stew Cornbread Peas Apricots Cake	<b>13</b> Chicken alfredo with penne pasta Breadstick Broccoli Applesauce
<b>16</b> Turkey slice with gravy Redskin mashed potatoes Brussels sprouts Roll	<b>17</b> Meatball stroganoff with egg noodles Peas Roll Fruit	<b>18</b> Sweet and sour pork with rice Egg roll Oriental vegetables Fortune cookie Peaches	<b>19</b> Salisbury steak Baby baker potatoes Green beans Texas toast	<b>20*</b> Hot dog Coleslaw Potato chips Fruit juice Cookie
<b>23</b> Country fried steak Mashed potatoes with gravy Corn Roll Blueberries	<b>24</b> Cod sandwich Lettuce and tomato Coleslaw Fruit Cookie	<b>25</b> Half roast beef sandwich Potato soup Pickled beets Pineapple	<b>26</b> Mexican chicken casserole Corn chips Spinach salad with nuts Oranges	<b>27</b> Beef tips Sweet potatoes Bread slice Diced apples
<b>30</b> BBQ pork sandwich Tater tots Baked beans Grapes				

## Menus are subject to change.

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