



LINCOLN
Aging Partners

MY CENTER NEWS

OCTOBER 2024



Digital Literacy/Tech Help Sessions Continue in October

Aging Partners and AARP will provide three free one-on-one digital assistance workshops for seniors in October. The 90-minute workshops assist seniors in using phones and laptops. Registration is required by calling 402-441-7158. The October schedule is as follows:

- Thursday, October 10 at 10 a.m. at the Center for People, 3901 N. 27th St.
- Wednesday, October 16 at 3:30 p.m. at Eiseley Branch Library, 1530 Superior St.
- Wednesday, October 30 at 10 a.m. at El Centro de las Americas, 210 "O" St.

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.

Door prizes will be offered. Funding is provided by AARP.

The first learning session held at Community Action on September 18 was very popular and well attended. **Those attending the October sessions are urged to register early by calling 402-441-7158.**

Health and Fitness Group Walk

Friday, October 18 at 10 a.m.



Join Aging Partners staff for a walk around the VA campus and explore the beautiful grounds and historic buildings, which is particularly gorgeous during autumn. This walk will be casual, and participants can go at their own pace. Staff will be present at all times for support.

Registration is not required—just show up! We will meet at the main entrance of Aging Partners.

Save the date for our next group walk: Friday, January 17 at 1 p.m.

For more information, call 402-441-7575.

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 or special events will be cancelled. Please listen to KFOR 103.3 FM or 1240 AM, or KLIN 1400 AM or 99.3 FM for the most accurate and up-to-date senior center/LPS closing information.

ALL THINGS AUTUMN

B U S O C T L B J K X K V I K R D R K R
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ACORN
 APPLE
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 CORNFIELD
 CORN MAZE
 FALLING
 HALLOWEEN
 HARVEST
 HAYRIDE
 LEAVES
 OCTOBER
 ORANGE
 PUMPKINS
 RAKE
 RED
 SCARECROW
 SWEATER
 YELLOW



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

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

Wednesdays

- ▶ 10:15 a.m. – NEW TIME: BINGO; great fun and fabulous prizes! This month's prize sponsor is Angels Care Home Health. *Thank you for your generous support!*

Fridays

- ▶ 9 a.m. – Card playing: Pitch, Skip-Bo, 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

Walmart: Oct. 4 and 18

Super Saver: Oct. 11 and 25

Reserve a seat by noon the Monday
before shopping.

Call 402-441-7990.

Special Event Programs

- Oct. 1** 10 a.m. – Open Enrollment BINGO with Colleen Ozanne, Nebraska SHIP
 - ▶ 11 a.m. to 1 p.m. – Celebrate the International Day of Older Persons with cards from students of Holy Savior Lutheran Church
- Oct. 3** 10:30 a.m. – “Understanding the Developmental Stages of Your Grandchildren” presentation by

Bryan nursing students. Blood pressure checks will be available.

- ▶ 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.

- Oct. 4** 10:30 a.m. – “Tips to Remember Your Medications” presentation by Bryan nursing students. Blood pressure checks will be available.
- Oct. 7** 10 a.m. – “Fall Prevention: Fact or Fiction” presentation by Sue Ann Henning, Angels Care Home Health. Blood pressure checks will be available.
- Oct. 8** **Closed for the All-Center Celebration at the Auld Pavilion.**
- Oct. 10** 10 a.m. – Wits Workout; join us for this new engaging program of interactive puzzles and games to improve your brain health.
- Oct. 14** 10 a.m. – Students from the Belmont Community Center join us for a bonus game of BINGO!
- Oct. 15** Nutrition handout: Healthy Snacking
- Oct. 17** 10:30 a.m. – “Foot Care” presentation by Bryan nursing students. Blood pressure checks will be available.
 - ▶ 10:45 a.m. – Chair yoga with certified yoga instructor Chery Bieber.
- Oct. 22** 10 a.m. – “Presidents and First Ladies” book talk presentation about our nation's former leaders and their wives by Lisa Voss, Lincoln City Libraries
- Oct. 24** 10:30 a.m. – “Caffeine Use and Guidelines for Safe Intake” presentation by Bryan nursing students. Blood pressure checks will be available.
 - ▶ 10:45 a.m. – “Reducing Food Waste” presentation by Devin Mueller, Aging Partners Nutrition. Be an integral part of the world's efforts to reduce food waste.
- Oct. 25** 10:30 a.m. – “Probiotics” presentation by Bryan nursing students. Blood pressure checks will be available.
- Oct. 29** 10 a.m. – Join us for a spooky craft with Maria Olivas, AseraCare Hospice.
- Oct. 30** Celebrate October birthdays with cake and conversation.
- Oct. 31** 10 a.m. – Join us for a monster bash on Halloween! Dress as your favorite monster or character and join us for spooky activities and treats provided by Holy Savior Lutheran Church. Preschoolers from the Belmont Community Center will stop by for trick or treating and games.



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 for your listening enjoyment.

Wednesdays

- ▶ 9 a.m. – Rummikub
- ▶ 9:45 a.m. – Trivia with Ciji
- ▶ 10 a.m. – BINGO; Angels Care Home Health is our prize sponsor this month. *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

Special Event Programs

- Oct. 1** 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 a.m. – “Brain Health” presentation by Tabitha Health staff.
 - ▶ 10:30 to 11:30 a.m. – Lincoln Fresh produce truck will be handing out free healthy fruits and vegetables.
- Oct. 3** 10 a.m. – Beginners line dance class; meet Rose in the front room for this easy, fun class.

- Oct. 4** 9:30 a.m. – Movie
- Oct. 7** 11 a.m. – Best Friend Sing Along; sing your heart out with your best friends. Come and enjoy music and fellowship with friends.
- Oct. 8** ***Closed for the All-Center Celebration at the Auld Pavilion.***
- Oct. 9** Celebrate October birthdays
- Oct. 10** 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.
- Oct. 11** 10 a.m. – Come and enjoy the musical talents of Mike McCracken.
- Oct. 14** 9 to 11:30 a.m. – Aging Partners foot care clinic; call 402-441-7151 to make an appointment (\$20 suggested contribution).
- Oct. 15** 10 a.m. – Free Writers Club
- ▶ Nutritional handout: Healthy Snacking.
 - ▶ 10:30 a.m. – “Death, Grief and Healing” presentation by Tabitha Health staff. Learn about the end-of-life signs and the processes for healing through grief.
 - ▶ 10:30 to 11:30 a.m. – Lincoln Fresh produce truck
- Oct. 17** 9:30 a.m. – AARP meeting with Janice Crewdson.
- ▶ 11 a.m. – “Reducing Food Waste” presentation by Devin Mueller, Aging Partners Nutrition.
- Oct. 18** 9:30 a.m. – Movie
- Oct. 24** 10:30 a.m. – “Advance Directives and Planning” presentation by attorney Mary Wilson
- Oct. 25** 10 a.m. – Come and enjoy the music of Mary Link.
- Oct. 29** Review your Medicare Advantage and Part D plans with Colleen Ozanne, SHIP. Call Ciji at 402-441-7151 for an appointment.
- Oct. 29** 10 a.m. – Free Writers Club



Happy Halloween!
Oct. 31 at 10 a.m.

Join us for a wicked good time. Feel free to dress up in your favorite costume and enjoy some food and drink while learning about the most haunted places in Lincoln from Ronni Wilus, Lincoln Historical Ghost Quest.

A huge thank you to Community Healthcare Partners of Nebraska and CCA Home Care for sponsoring this year's party treats.

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

Super Saver: Oct. 1, 15 and 29

Walmart: Oct. 8 and 22

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

- Oct. 1** 11:15 a.m. – Trivia quiz for October
- Oct. 2** 10:30 a.m. – Nutrition Program, Reducing Food Waste by Devin Mueller, Aging Partners
- Oct. 3** 10 a.m. – ECHO Collective and Grateful Growers art program
 - ▶ Noon – A visit by the Lincoln City Libraries Lied Bookmobile.
- Oct. 8** *Closed for the All-Center Celebration at the Auld Pavilion.*
- Oct. 9** 10 a.m. – Window sun catcher craft
- Oct. 10** 10 a.m. – Enjoy the music of the Quarter Notes
- Oct. 16** 10:30 a.m. – Mystery game day

- Oct. 17** 10 a.m. – ECHO Collective and the Grateful Growers art program
 - ▶ Noon – Lincoln City Libraries Lied Bookmobile
- Oct. 18** 10:30 a.m. to 12:30 p.m. – “Importance of Hydration” presentation by Bryan nursing students; blood pressure checks will be available.
- Oct. 21** 10 a.m. – Work on Halloween gift bags for the Kids are Great Program.
- Oct. 22** 10 a.m. – Halloween jokes
- Oct. 23** 10:30 a.m. – Musical performance by Ken Miller
 - ▶ 10:30 a.m. to 12:30 p.m. – “Heat Stroke and Heat Exhaustion” presentation by Bryan nursing students; blood pressure checks will be available.
- Oct. 24** 10:30 a.m. – Halloween pumpkin crafts
- Oct. 28** 10 a.m. – Halloween short story; the start to a bone chilling week.
- Oct. 29** 10 a.m. – Halloween legends
- Oct. 30** 10 a.m. – Enjoy the music of Bill and Friends.
- Oct. 31** 10:30 a.m. – Halloween party; dress in appropriate colors or costume. If you like, bring goodies to share.
 - ▶ Noon – Lincoln City Libraries Lied Bookmobile.



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 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. – 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.



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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

OCTOBER 2024

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.

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 (no class Nov. 11)

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.

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

Caregiver Support Group

Tuesday, Oct. 8 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.



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 AseraCare Hospice Care. *Thank you for your support!*



Victory Park Shopping Trips
Van leaves the center around 1 p.m.
\$4 suggested trip contribution

Walmart: Oct. 2 and 9
HyVee: Oct. 16 and 23

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

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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

- Oct. 1** 10 a.m. – October trivia
- Oct. 3** 10:30 a.m. – “Reducing Food Waste” presentation by Devin Mueller, Aging Partners Nutrition. Be an integral part of the world’s efforts to help combat food waste.
- Oct. 7** 10 a.m. – Medicare BINGO and Open Enrollment Updates by Colleen Ozanne, SHIP. We’ll play some games of Medicare BINGO to help us learn about the latest major updates to Medicare.
- Oct. 8** *Closed for the All-Center Celebration at the Auld Pavilion.*

- Oct. 10** 10 a.m. – Bingocize®
- Oct. 11** 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!
- Oct. 14** 10 a.m. – “Standing Bear’s Footsteps” documentary in observation of Indigenous Peoples’ Day. Standing Bear’s Footsteps is the story of an Indian chief who went to court to prove he was a person.
- Oct. 15** 10 a.m. – “Care360 Method” presentation by Halie Tenopir and Jodie Harms, AmanaCare. Halie and Jodie will share creative things you can do at home to stay physically and mentally active.

- Oct. 16** 10 a.m. to 2:30 p.m. – AARP Smart Driver Course™; hit the road with confidence, courtesy of the newly updated, award-winning AARP Smart Driver Course. You will learn helpful driving strategies, and you may even qualify for a multiyear discount on your auto insurance! Register by calling Ben Middendorf at 402-441-7154. \$25 fee payable by cash or check on day of event, \$20 for AARP members.



- Oct. 17** 10 a.m. – October birthday party with music by Tom Ficke. Tom is a fantastic singer and guitar player who has performed a variety of classic covers and folk rock across the Lincoln area.
- Oct. 21** 10 a.m. – Bingocize®

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.**

- Oct. 22** 10 a.m. – Halloween craft; bring your empty mason jars and we'll make a variety of hair-raising tea light lamps for your patio or windowsill.
- Oct. 24** 10 a.m. – Music with Roni Printz; back to treat us to another keyboard performance of country music!
- Oct. 25** 9 a.m. to 4 p.m. – Fix-It Friday
- Oct. 28** 10:30 a.m. – “Healthy for a Lifetime” presentation by Ann Heydt, Aging Partners Health and Fitness. Do you want to feel better and have more energy? Learn the importance of fitness and how movement can add positive value to our future.
- Oct. 29** 10:30 a.m. – Painting demonstration by Garry DeFreece
 - ▶ Nutrition handout: Healthy Snackin

2nd Annual Halloween Costume Contest

Oct. 31 at 10 a.m.

Close out the spooky season in style. Show off your scariest or most creative costume at the Victory Park Costume Contest! A panel of judges will score you in different categories and prizes will be awarded for the best costumes! If you're dressed as yourself, just come to enjoy the show!



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

Hometown Fresh Truck

- ▶ Wednesday, Oct. 2
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.



Victory Park Upcoming Events

- **Veterans Day Ceremony**
Friday, Nov. 8 at 10 a.m.
It is vitally important to recognize and thank the veterans who have given so much of themselves in service to their country. Contact Ben Middendorf by Nov. 1 if you would like your photo and a description of your service included in our ceremonial presentation.
- **Humanities Nebraska Program – Sharpie: Nebraska’s Queen of the Air**
Tuesday, Nov. 12 at 10 a.m.
Pilot, historian and author Diane Bartels will present on her research and book about Evelyn Sharp, a pioneering teenage aviatrix who became a war hero. Sharp taught men to fly and was one of the first women to ferry U.S. Army Air Force fighters during World War II, freeing men for combat.
- **November birthday party with music by one of Nebraska's favorites – Bill Chrastil**
Thursday, Nov. 21 at 10 a.m.
We'll celebrate our November birthdays while listening to Bill Chrastil, a recipient of multiple Branson Show Awards and Music Hall of Fame inductions. Bill always packs the house with his renditions of classic songs and his famous Elvis moves!
- **December birthday party with music by Heidi Beran**
Thursday, Dec. 19 at 10 a.m.
We'll celebrate our December birthdays while listening to a holiday performance by harpist Heidi Beran. Heidi is an accomplished performer and educated player who has played with multiple Nebraska symphony groups and has taught students for over 20 years. Her holiday instrumentals will be sure to cure any Grinches or Scrooges in the crowd!

Would you like to receive *Living Well* magazine?

Published with older adults in mind.



To sign up, call 402-441-6146 or email livingwell@lincoln.ne.gov

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 Bailey Pointe Assisted Living.

Tuesdays and Thursdays

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

Special Event Programs

- Oct. 1** 10:30 a.m. – Rummikub
 - ▶ 12:15 p.m. – Trivia
- Oct. 3** 10:30 a.m. – Musical entertainment by Dos Markos
 - ▶ 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Rehabilitation Center
 - ▶ Birthday celebration
- Oct. 8** *Closed for the All-Center Celebration at the Auld Pavilion.*

Lancaster County PUBLIC RURAL TRANSIT

Serving the entire Lancaster County area five days a week with curb-to-curb transportation.

Operating hours: Monday through Friday, 7:30 a.m. to 5:30 p.m.

Transit fares:



- One-way fare: \$2
- Additional stop: \$2
- Round trip fare: \$4
- 10-Punch Rider Card: \$20

Call 402-441-7031 for more details or to schedule a trip.

- Oct. 10** 10:30 a.m. – Laughing exercise
 - ▶ 12:15 p.m. – Craft time
 - ▶ Nutritional handout: Healthy Snacking
- Oct. 15** 10:30 a.m. – “Fall Prevention” presentation by Ann Heydt, Aging Partners Health and Fitness
 - ▶ 12:15 p.m. – Music by Monty Peck
- Oct. 17** 10:30 a.m. – “Fire and Safety” presentation by Mitch Sump, Aging Partners
 - ▶ 12:15 p.m. – Flute performance by Eldonna Rayburn, Lexington Assisted Living
- Oct. 22** 9 a.m. to 1 p.m. – Open Enrollment (SHIP); Call 402-416-7693 to schedule your individual appointments.
 - ▶ 10:30 a.m. – Craft time
- Oct. 24** 10:30 a.m. Show and Popcorn
 - ▶ 12:15 p.m. – “Reducing Food Waste” presentation by Devin Mueller, Aging Partners Nutrition
- Oct. 29** 10:30 a.m. – Adult coloring with relaxing music
 - ▶ 12:15 p.m. – Cookie decorating
- Oct. 31** 10:30 a.m. – Blood pressure clinic by Connected Care Services staff.
 - ▶ 12:15 – Exercise Video with Tracie Foreman



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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 Bailey Pointe Assisted Living.

Mondays

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

Special Event Programs

- Oct. 7** 10:30 to 11:30 a.m. – Blood pressure clinic provided by Judy Kujath, RN, Lakeview Living
 - ▶ 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Rehabilitation Center
 - ▶ Nutritional handout: Healthy Snacking
 - ▶ October birthday celebration
- Oct. 8** *Closed for the All-Center Celebration at the Auld Pavilion.*
- Oct. 14** 10:30 a.m. – Musical entertainment by Dos Markos
 - ▶ 9 a.m. to 1 p.m. - Open Enrollment with Colleen Ozanne, SHIP. Call 402-416-7693 to schedule your individual appointments.
- Oct. 21** 10:30 to 11:30 a.m. – “Fall Prevention” presentation by Ann Heydt, Aging Partners Health and Fitness
 - ▶ 12:15 p.m. – Craft time
- Oct. 28** 10:30 a.m. – Flute performance by Eldonna Rayburn, Lexington Assisted Living
 - ▶ 12:15 p.m. – “Reducing Food Waste” presentation by Devin Mueller, Aging Partners Nutrition

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

- Oct. 2** 10:30 a.m. – Blood pressure clinic by Connected Care Services staff.
 - ▶ 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Rehabilitation Center
 - ▶ October birthday celebration
- Oct. 8** *Closed for the All-Center Celebration at the Auld Pavilion.*
- Oct. 9** 10:30 a.m. – Adult coloring with relaxing music
 - ▶ 12:15 p.m. – Flute performance by Eldonna Rayburn, Lexington Assisted Living
 - ▶ Nutritional handout: Healthy Snacking
- Oct. 16** 10:30 a.m. – Musical entertainment by Dos Markos
 - ▶ 12:15 p.m. – Trivia
- Oct. 23** 10:30 a.m. – Strength and balance exercise with Bryce Rolenc, Peak Physical Therapy
 - ▶ 12:15 - “Reducing Food Waste” presentation with Devin Mueller, Aging Partners Nutrition
- Oct. 30** Open Enrollment with Colleen Ozanne, SHIP. Call 402-416-7693 to schedule your individual appointments.
 - ▶ 10:30 a.m. – Crafts by Connected Care Services



We're
Looking for **VOLUNTEERS!**

We're looking for volunteers at our Bennet, Firth and Hickman Senior Centers to help serve food and participate in activities Mondays, Tuesdays, Wednesdays or Thursdays.

Call manager Michelle Jolley at 402-416-7693.



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OCTOBER 2024 Menu

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

All Aging Partners Senior Centers will be closed Tuesday, October 8 for the All-Centers Celebration at the Auld Pavilion.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken fajitas in tortilla with shredded lettuce and tomato Spanish rice Salsa and sour cream Fruit juice	2 Swiss mushroom burger Potato chips V8® juice Apple	3 Tuna noodle casserole Brussels sprouts Roll Apricots Fruited gelatin	4 Brisket sandwich Au gratin potatoes Green beans Roll Ice cream
7 Chicken and shrimp gumbo Hushpuppies Mixed vegetables Cherries Brownie	8 All-Centers Celebration Hamburger with lettuce, tomato, pickle Coleslaw Apple cobbler with whipped topping Fruit juice	9* BBQ little smokies Macaroni and cheese Broccoli Cornbread Mixed fruit	10 Hot open-faced beef sandwich Green beans Orange Cake	11 Pork tacos with lettuce and tomatoes Refried beans Pineapple
14 French dip sandwich Chips Coleslaw Mixed fruit	15* Ham slice Au gratin potatoes Brussels sprouts Roll Fruit juice Fruit cobbler	16 Seafood chowder Crackers Corn Green grapes	17 Sloppy joe Potato salad Spinach salad Chips	18 Turkey and cheese on croissant Chicken and wild rice soup Cottage cheese Raw vegetables Cherries
21 Beef stew Cornbread Peas Apricots Cake	22 Chicken alfredo with penne pasta Broccoli Breadstick Applesauce	23 Beef taco salad Tortilla chips Guacamole Fruit	24 Turkey slice with gravy Red skinned mashed potatoes Brussels sprouts Roll	25 Meatball stroganoff with egg noodles Peas Roll Fruit
28 Salisbury steak Baby baker potatoes Green beans Texas toast	29 Chicken pot pie Mixed vegetables Raisin bread Mixed fruit	30 Beef chili Cornbread Asparagus Fresh fruit	31 Country fried steak Mashed potatoes with gravy Corn Roll Blueberries Pumpkin fluff cup	

Menus are subject to change.

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

- 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.