A Date with Entertainment
Music, Magic, Comedy and More!
Tuesday, Sept. 10
10 a.m. to noon
Antelope Park Band Shell
Visit the Aging Partners Booth at “A Date with Entertainment.”

Dinner and a Show with Johnny Ray Gomez
Thursday, Sept. 12
Cotner Center Condominium
1540 N. Cotner Blvd.
Dinner: 5:30 p.m. Show: 6:30 p.m.
$10 dinner and show fee
$4 round-trip van transportation
Show-only tickets: $5

An accordion virtuoso, Johnny has been described as “when Lawrence Welk meets Victor Borge.” Enjoy golden oldies and modern classics. Menu: chicken fried steak, mashed potatoes with gravy, green beans, apple crisp, coffee and tea. Reservation and payment deadline: noon Tuesday, Sept. 10. No refunds.

For reservations, call 402-441-7158. Registered guests get seating priority over walk-ins.

September is National Senior Center Month
Celebrate with the Lincoln Screamers featuring Kevin Witcher
Thursday, Sept. 26 from 11 a.m. to 1 p.m.
Firefighters Reception Hall
241 Victory Lane
Lunch: 11:30 a.m., program: noon
$4 suggested contribution for age 60 and over.
$8 fee for under age 60.
$4 suggested contribution for transportation age 60 and over.

For meal reservations and transportation, call your senior center by Monday, Sept. 16.

Nebraska History Lunch Event
Ed Zimmer on John Johnson
Wednesday, Sept. 25
11:30 a.m. to 1 p.m.
Gere Library, 2400 S. 56th St.
$4 fee for sack lunch

John Johnson (1879-1953) was a Lincoln native, Lincoln High graduate and NU football player. He was also a very talented photographer who provides us a unique view of early 20th century Lincoln, especially Lincoln’s African-American community.

Join us for a brown-bag lunch and a fascinating program by one of Lincoln’s favorite historians. Lunch is served at 11:30 a.m. and the program begins at noon. Reservations and payments are due by noon Monday, Sept. 23.

Call 402-441-7158 to make your reservations, even if you’re not having lunch.

Fall Garden Tour
Tuesday, Oct. 1
$15 (tour, lunch and transportation)
Limited to 24

Say goodbye to summer with a fall garden tour. Check out the fall produce at the neighborhood Community Gardens with a tour and talk. Next, we’ll stop at Lincoln’s own Sunken Garden. We will end up at the new Union Plaza to enjoy a sack lunch by Hy-Vee.

Tour locations:
• Community Garden, 46th and Pioneers Blvd., at 9:30 a.m.
• Sunken Gardens, 27th and Capitol Pkwy, at 10:30 a.m.
• Union Plaza – 21st and Q streets, at 11:30 a.m.

Reservations and payments are due by noon Wednesday, Sept. 25. Call 402-441-7158.
Urban Legends Art Studio Event
Thursday, Oct. 24
Urban Legends Art Studio
2632 N. 48th St.
$5 transportation fee
10 to 11 a.m.

Join us as we discover our creative side. Each person will create a door hanger of their choice. There are several to select from which would include fall or holiday door hangers. Get into the season and have fun! Limited to 20 people. Reservation and payment is due by noon Friday, Oct. 18. Cost: $10

For reservations, call 402-441-7158.

Downtown Fright Fest featuring C. A. Waller
Thursday, Oct. 31
Downtown Senior Center, 1005 “O” St.
9:30 to 11:30 a.m.
$4 suggested meal contribution for age 60 and over.

Candy, movies, decorations, costumes – and that’s just scratching the surface! Join us for a costume contest, scary treats and ghoulish games at our annual Halloween party featuring C. A. Waller.

For meal reservations, call 402-441-7154.

Bob Ross®
Oil Painting Class
Saturday, Nov. 2
Lake Street Senior Center
2400 S. 12th St.
9:30 a.m. to 3:30 p.m.

“Blood Moon” - A blood-red moon peers over a cold, wintry sky. Paint with certified instructor Donald R. Belik. No experience required. All materials and supplies are provided. Registration required; call 402-441-7158. Registration and payment due by Friday, Oct. 25. Mail payment to Aging Partners, Attention: Art Class, 1005 “O” St., Lincoln, NE 68508. Cost: $50

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

Bison Bones by Ord
Thursday, Nov. 14
Downtown Senior Center, 1005 “O” St.
10:15 a.m.
$4 suggested meal contribution for age 60 and over.

Shane Tucker, paleontologist, will speak about his summer digs and what he discovered. Join us for lunch.

For details and meal reservations, call 402-441-7154.

Thanksgiving Holiday Meal
Monday, Nov. 18 at Firth
Tuesday, Nov. 19 at Bennet
Wednesday, Nov. 20 at Asian, Belmont, Downtown, Lake, Hickman, Northeast, Waverly
Thursday, Nov. 21 at Bennet

Menu: Turkey, garlic knots, cornbread stuffing, toasted almond and mushroom green beans, loaded mash potatoes, cranberry orange sauce and pumpkin pie.

$6 suggested meal contribution for age 60 and over.
For meal reservations, call your senior center manager.

Omaha Community Playhouse –
“A Christmas Carol”
Thursday, Nov. 21
Transportation to the pickup site is $5
Depart Walmart, 3400 N. 85th St., at 6 p.m.
Play begins: 7:30 p.m. – Return to Lincoln: 11 p.m.

It just isn’t Christmas without A Christmas Carol. Experience a holiday tradition as Ebenezer Scrooge takes us on a life-changing journey to discover the true meaning of Christmas. We must have 30 people to make this trip go. Reservations and payments are due by noon Friday, Oct. 18.

For trip reservations, call 402-441-7158. Cost: $56

Harpist Heidi Beran’s Christmas Concert
Thursday, Dec. 19
Downtown Senior Center, 1005 “O” St.
10:30 to 11:15 a.m.
$4 suggested meal contribution for age 60 and over.

Enjoy a wonderful Christmas concert performed by the talented Heidi Beran. Heidi is a free-lance harpist and private music educator in the Lincoln area. All December birthdays will be recognized.

For meal reservations, call 402-441-7154.

Lancaster County
PUBLIC RURAL TRANSIT
Serving the entire Lancaster County area five days a week with door-to-door transportation.
Operating hours: Monday through Friday
7:30 a.m. to 5:30 p.m.

TRANSIT FARES
Standard operating hours:
One-way fare: $2
Additional stop: $2
Round trip fare: $4
10-Punch Rider Card: $20

Outside normal operating hours:
• Fares based on riders hours and destination.
• A five-rider minimum is required for all trips scheduled outside normal operating hours.
• Trips accepted in the order received until vehicle capacity and/or driver availability is reached.
• Trips can be scheduled up to one month in advance of your trip.

To schedule a trip, call 402-441-7031.
Wednesdays
▶ 10 to 10:30 a.m. – Physical activity/exercise for seniors led by volunteers at the Asian Center.

Special Event Programs
Sept. 2 • Aging Partners offices and all Senior Centers are closed for the Labor Day holiday.
Sept. 4 • 9 a.m. – Presentation: “911 in Any Language” – Education material provided in Vietnamese.
Sept. 11 • 10:30 a.m. – “Lincoln Fresh” food truck by Food Bank of Lincoln – fresh fruits and veggies.
• 11 a.m. – Commodity distribution by the Food Bank of Lincoln.
Sept. 18 • 9 a.m. – Come enjoy meals with your Vietnamese senior friends.
Sept. 25 • 9 a.m. – Blood pressure clinic with Mary Tines and Mary Coder, Aging Partners nurses.
• 10:30 – “Lincoln Fresh” food truck by Food Bank of Lincoln – fresh fruits and veggies.
Sept. 26 • It’s National Senior Center Month! Join us as we celebrate. (See page 1 for details or talk with Linh.) Reservations due by Monday, Sept. 16.

Monday through Friday
▶ 9 a.m. – Dominoes, Rummikub and cards

Tuesdays
▶ 11:30 a.m. – BINGO!

Thursdays
▶ 11 a.m. – Exercise class (Sept. 5, 12, 19): Movement with Mitzi Aden, Aging Partners Health and Fitness.

Special Event Programs
Sept. 2 • Aging Partners offices and all Senior Centers are closed for the Labor Day holiday.
Sept. 4 • 11:30 a.m. – Presentation: Foster Grandparent Program, Georgann Roth, Community Action Partnership.
• 12:30 p.m. – Shopping assist: Super Saver
Sept. 6 • 11 a.m. – Musical entertainment: Sylvia Griffith
• 12:30 p.m. – September birthday party
Sept. 9 • 11:30 a.m. – Trivia: Match ‘Em Up
Sept. 10 • 11 a.m. – Presentation: Safe Homes for Seniors, Dan King, Lancaster County Health Department
Sept. 11 • 10:30 a.m. – 10-point Pitch
Sept. 13 • 11:30 a.m. – Presentation: Blood Clot Prevention, Bryan RN students
Sept. 16 • 11:30 a.m. – Trivia: Medical Jeopardy
Sept. 18 • 10:30 a.m. – 10-point Pitch
• 12:30 p.m. – Shopping assist: Walmart
Sept. 20 • 10:30 a.m. – Presentation: Essential Oils, Bryan RN students
• 11 a.m. – Presentation: Medicare and BINGO, provided by SHIIP (Nebraska Dept. of Insurance).
Sept. 23 • 11:30 a.m. – Adult coloring activity
Sept. 25 • 11:30 a.m. – Presentation: Assisted Living and Trivia with Eldonna Rayburn, The Lexington
Sept. 26 • It’s National Senior Center Month! Join us as we celebrate. (See page 1 for details.) See Pam for reservations. They are due by Monday, Sept. 16.
Sept. 27 • 11:30 a.m. – Presentation: Telehealth, Bryan RN students
Sept. 30 • 11:30 a.m. – Nutritional handout: Building Yourself Up with a Better Breakfast, Denise Boyd, RD.
• 11:30 a.m. – Pumpkin craft activity
Monday through Friday
► 10 a.m. – UNO card playing

Mondays
► 10:30 a.m. – The Clefs perform

Tuesdays
► 9:30 a.m. – Spanish class in the Madonna Room

Wednesdays
► 9:30 a.m. – Active Seniors Stepping Out with Denise Howe, Downtown Center Manager
► 10:30 a.m. – BINGO sponsored by Caring for People, Lincoln

Fridays
► 9 a.m. – Enjoy freshly made popcorn and watch our large screen television.

Special Event Programs
Sept. 2 • Aging Partners offices and all Senior Centers are closed for the Labor Day holiday.
Sept. 3 • 10 a.m. – Tami and Leta’s Craft Time.
Sept. 4 • 12:30 p.m. – Shopping assistance (Russ’s): Reserve a spot before noon the Monday before shopping. $4 suggested round-trip contribution.

Oct. 2 • 9:30 a.m. – Flu Clinic: Walgreen’s pharmacy staff will be giving flu shots in the Madonna Room.

Lex Talk
Let’s talk about ...
Aug. 19: Antique Appraisals
Sept. 24: The Art of Origami
Oct. 1: Creating a Tapestry

Presentations start at 5:30 pm on the northwest corner of 56th and Pioneers Blvd. in Lincoln. Supplies provided. Bring a friend. Register today!
Monday through Friday

- Coffee and visiting, newspaper available.
- Pitch, games and puzzles.
- Fitness room – it’s open! Come in, check out the equipment and get a work out in.

Tuesdays

- 10 a.m. – BINGO! Please bring a prize.

Wednesdays

- 12:30 p.m. – Stretch class in our fitness room.

Our Computer Room is Now OPEN!

Hours: 9 a.m. to 1 p.m.

Three computers and a printer are available. Do you need assistance? Call ahead of time so help can be arranged.

Special Event Programs

**Sept. 2**
- Aging Partners offices and all Senior Centers are closed for the Labor Day holiday.

**Sept. 3**
- 10 a.m. – BINGO! Please bring a prize.
- 11 a.m. – A look at some of the lowest and highest paying jobs, as well as the weirdest.

**Sept. 4**
- 10:30 a.m. – Test your medical gibberish and link the doctor with their specialty and ailments.
- 12:10 p.m. – Shopping assistance (Super Saver). Reserve a spot before noon the Monday before shopping. $4 suggested round-trip contribution.

**Sept. 5**
- 10:30 a.m. – It’s Nebraska football time! What are your predictions?

**Sept. 6**
- 9 a.m. – Game day! Come in and play 10-point Pitch, dominoes and cribbage.

**Sept. 9**
- 10:30 a.m. – Did you know that each day in September is a holiday of some sort? It’s true. We will cover some of them for you.

**Sept. 10**
- 10 a.m. – BINGO! Please bring a prize.
- 10:45 a.m. – Presentation: Old Cheney Rehabilitation and their services.

**Sept. 11**
- 10 a.m. – Musical performance: Chad Rinne
- 10 a.m. – Blood pressure clinic sponsored by Bryan RN students.
- 11 a.m. – Presentation: Elder abuse and Neglect by Bryan RN students.

**Sept. 12**
- 10 a.m. – Musical performance: Mike McCracken and Pete Spotted Horse.

**Sept. 13**
- 9 a.m. – Game day! Come in and play 10-point Pitch, dominoes and cribbage.

**Sept. 16**
- 11 a.m. – Nutritional handout about the Dash Diet from Denise Boyd, RD.

**Sept. 17**
- 9:30 a.m. – Craft project: Football magnets
- 10 a.m. – BINGO! Please bring a prize.

**Sept. 18**
- 10 a.m. – Musical performance: Fine Wine
- 10 a.m. – Blood pressure clinic sponsored by Bryan RN students.
- 11 a.m. – Presentation: Social media – how this form of media is being used and safe guards to consider; connecting with family, friends and playing games. It also helps chase the blues away. Presented by Bryan RN students.
- 12:10 p.m. – Shopping assistance (Walmart). Reserve a spot before noon the Monday before shopping. $4 suggested round-trip contribution.

**Sept. 19**
- 9 a.m. – Computer help: Beth Schuster, Aging Partners Senior Center Supervisor, will be available to assist with any computer questions.
- 10:30 a.m. – Presentation: Tickle your funny bone with texting abbreviations for older adults.

**Sept. 20**
- 9 a.m. – Game day! Come in and play 10-point Pitch, dominoes and cribbage.

**Sept. 23**
- 9 a.m. – It’s the first day of autumn. Get your first one inch of snowfall prediction ready!

**Sept. 24**
- 10 a.m. – BINGO! Please bring a prize.
- 10:45 a.m. – Priscilla the Comfort Therapy Dog

**Sept. 25**
- 10 a.m. – Musical entertainment: Just Patty
- 11 a.m. – Presentation: Urgent Care vs. Emergency Room, Bryan RN students.

**Sept. 26**
- It’s National Senior Center Month! Join us as we celebrate. (See page 1 for details.) See Kelle for reservations. They are due by Monday, Sept. 16.

**Sept. 27**
- 9 a.m. – Game day! Come in and play 10-point Pitch, dominoes and cribbage.

**Sept. 30**
- 10:30 a.m. – Holistic health/slow motion exercise

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**Aging and Disability Resource Center Nebraska**

The Aging and Disability Resource Center is the first stop for information related to aging or living with a disability. Call us for information about connecting you to services in your area.

**Qualifications:**
- Nebraskans age 60 and over.
- Persons with disabilities.
- Serving the populations of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York.

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**Lake Street Senior Center**

Saint James United Methodist Church
2400 S. 11th St., Lincoln, NE 68502
Open: Monday through Friday, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Manager: Kelle Brandt, 402-441-7157
Monday through Friday

- 8 a.m. – Public access computers: Our three work stations are available to the public.

Mondays

- 10 a.m. – Frivolous information dare: rack your brains, shuffle through your memory and show off your knowledge and mastery of fun and frivolous facts.
- 11 a.m. – Remembering when: yesterday and today come together with an exciting review of this week's history.
- 12:30 p.m. – Afternoon parlor game challenge: Bridge, 10-Point Pitch, Scrabble, chess or Rummikub
- Noon – Senior fitness

Tuesdays

- 9:30 a.m. – “Adult coloring” – get your mind moving with the exciting “new” art of coloring. Coloring is fun! It will help you gain more focus while providing a fantastic way to relax.
- 11 a.m. – Qigong Refresh and Recharge
- 1 p.m. – Social media safari: informative hands-on how-to session on social media, Facebook, Twitter and email.

Wednesdays

- 10 a.m. – Grab-bag BINGO: Please bring a prize!
- Noon – Senior fitness
- 12:30 – Afternoon parlor game challenge

Thursdays

- 1 p.m. – Writer’s workshop: creative writing instructor Gail Hollarbusch will be on hand to work with you on the ins-and-outs of writing and finding that idea to spark the imagination.
- 1 p.m. – Social media safari

Fridays

- 9:30 a.m. – Adult coloring
- 10 a.m. – Live music
- Noon – Senior fitness
- 12:30 p.m. – Afternoon parlor game challenge

Special Event Programs

Sept. 6 • 10 a.m. – Live Music: Fine Wine
Sept. 9 • 9 a.m. – Health Clinic: Foot care with Dr. Fountain.
Sept. 10 • 10 a.m. – “A Date with Entertainment” festival sponsored by Hospice Community Care. Our van will leave at 9:30 a.m. Please have your meal and van transportation reserved by Friday, Sept. 6. $4 suggested sack lunch contribution for age 60 and over is available.
Menu: Pimento cheese sandwich, mushroom salad, V8 juice and plum.
- 10:30 a.m. – “Lincoln Fresh” food truck by Food Bank of Lincoln – fresh fruits and veggies

Sept. 12 • 11:30 a.m. – Monthly birthday recognition and free lunch to those celebrating a September birthday! The birthday lunch is restricted to the day of the party only. Please call 402-441-7151 before Monday, Sept. 9 to reserve your meal.

Sept. 13 • 10 a.m. – Live music: Hogans & Hill
- 10 a.m. – Friday the 13th Party: Enjoy treats, tales of the dreaded day, and how to improve your luck!
- 11 a.m. – Speed friending: a new game experience to know your neighbors better. We ask a few simple questions and then we’ll guess who’s who from the answers. Great fun and a fantastic way to learn more about each other.

Sept. 18 • 9 a.m. – Blood pressure clinic sponsored by Hillcrest Health.
- 10 a.m. – Nutrition handout: “Dash Diet,” a program from Denise Boyd, RD.

Sept. 19 • Noon – Ice cream social
Sept. 20 • 10 a.m. – Live music: Kevin Rea
Sept. 24 • 10:30 a.m. – “Lincoln Fresh” food truck by Food Bank of Lincoln – fresh fruits and veggies.

Sept. 26 • It’s National Senior Center Month! Join us as we celebrate. (See page 1 for details.) Reservations due by Monday, Sept. 16.
Sept. 27 • 10 a.m. – Live music: Bill & Patti Show
- 11 a.m. – Speed friending

Sept. 28 • Saturday BINGO – Doors open at 9:30 a.m. BINGO starts at 10 a.m. and lunch will be served at 11:30 a.m.
Menu: Hamburger pizza, bread stick, lettuce salad and fruit. $4 suggested meal contribution for persons age 60 and over. $8 fee for under age 60. $4 van transportation contribution. For your meal reservation, call 402-441-7151 by Wednesday, Sept. 25. Please remember to bring a prize!
Community Activities and Services

**Chair Tai Chi (New)**
St. Paul United Methodist Church
1144 “M” St. (dining room)

*Thanks to a grant from the Nebraska Department of Health and Human Services Injury Prevention Program, Aging Partners is enhancing current Tai Chi offerings to include new evidence-based classes in Lincoln.*

Participants will meet twice a week for 12 weeks and are taught simple movements they can practice sitting or standing near a chair. $2 suggested contribution per class or $4 per week.

- Tuesdays and Thursdays
  - 9:30 to 10:15 a.m.
  - July 2 through Sept. 3
- Tuesdays and Thursdays
  - 9:15 to 10 a.m.
  - Sept. 10 through Dec. 3
  (no class Nov. 28)

**Tai Chi – Moving for Better Balance**

Thanks to a grant from the Nebraska Department of Health and Human Services Injury Prevention Program, Aging Partners is enhancing current Tai Chi offerings to include new evidence-based classes in Lincoln.

Tai Chi – Moving for Better Balance is a fall prevention class that uses the principles and movements of Tai Chi to help improve balance and increase confidence in doing everyday activities. $2 suggested contribution per class or $4 per week.

- Auld Pavilion
  - 1650 Memorial Drive
  - Tuesdays and Thursdays
  - 11 a.m. to noon
  - Sept. 10 through Dec. 3
  (no class Nov. 28)

**Move More Lincoln – Feeling Fit Fridays**

(free and open to the public)
Jayne Snyder Trail Center
21st and “Q” streets

Fridays, noon to 12:45 p.m.
June 7 through Sept. 27

Join us for a sample of the classes offered by Aging Partners Health and Fitness.

Aging Partners is proud to be part of the Move More Lincoln Wellness Series sponsored by Community Health Endowment of Lincoln and Lincoln Parks and Recreation.

- Sit and Be Fit
  - Instructor: Tracie Foreman
  - Sept. 6
- Movement with Mitzi
  - Instructor: Mitzi Aden
  - Sept. 13
- Movement and Music
  - Instructor: Ruth Davidson Hahn
  - Sept. 20
- Line Dance
  - Instructor: Tracie Foreman
  - Sept. 27

**Chair Yoga**
Chair yoga is one of the gentlest forms of yoga available. Poses are done seated or the chair is used for support during standing and balance poses. *Beginners welcome.*

- East Lincoln Christian Church
  - 7001 Edenton Road
  - Fridays, 11 a.m. to noon
- Eastridge Presbyterian Church
  - 1135 Eastridge Drive
  - Wednesdays, 1:30 to 2:30 p.m.
- A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. to 2 p.m. or by appointment. $10 suggested monthly contribution for age 60 and over and family caregivers of any age. $15 fee for under age 60.
- For most Health and Fitness classes, there is a $4 per class suggested contribution for age 60 and over and family caregivers of any age, or a $5 per class fee for under age 60. Punch cards are available.

*You must preregister for all classes.*

Please register early. Classes that do not have sufficient enrollment may be canceled.

**To register, call 402-441-7575.**

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**Aging Partners Health and Fitness Center**

555 S. 9th St.
Monday through Friday
8 a.m. to 4 p.m.

All ages are welcome at the fitness center. Cardio equipment, strength training equipment, free weights, balance and other exercise aids are available.

A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. to 2 p.m. or by appointment. $10 suggested monthly contribution for age 60 and over and family caregivers of any age. $15 fee for under age 60.

For most Health and Fitness classes, there is a $4 per class suggested contribution for age 60 and over and family caregivers of any age, or a $5 per class fee for under age 60. Punch cards are available.

*You must preregister for all classes.*

Please register early. Classes that do not have sufficient enrollment may be canceled.

**To register, call 402-441-7575.**
New for Family Caregivers

Aging Partners’ certified personal trainers or instructors will assist family caregivers in developing a home-based fitness program to meet your needs. Appointments can be set up at a time and location convenient for you. We also encourage caregivers to take advantage of our fitness center and classes.

Movement with Mitzi

Auld Pavilion, 1650 Memorial Drive
Wednesdays, 1:30 to 2:15 p.m.
Sept. 11 through Nov. 27 (Note: class on Sept. 11 is in a temporary location – Antelope Park enclosed shelter)

- Sept. 11, Oct. 2 and 23, Nov. 13 Bands and Balls.
- Sept. 18, Oct. 9 and 30, Nov. 20 Movement with Mitzi.
- Sept. 25, Oct. 16, Nov. 6 and 27 Bend, Stretch and Breathe.

Qigong Refresh and Recharge

- Cotner Center Condominium 1540 N. Cotner Blvd. (use Cotner Blvd. entrance) Mondays, 10:30 to 11:30 a.m. Sept. 9 through Dec. 2 (no class Nov. 11)
- Auld Pavilion 1650 Memorial Drive Thursdays, 9:30 to 10:30 a.m. Sept. 12 through Dec. 5 (no class Nov. 28)

Dynamic Movement

- Cotner Center Condominium 1540 N. Cotner Blvd. Mondays from 2 to 3 p.m. Sept. 9 through Dec. 2 (no class Nov. 11)
- St. Mark’s United Methodist 8550 Pioneers Blvd. (Gym) Thursdays from 3:30 to 4:30 p.m. Sept. 12 through Dec. 5 (no class Nov. 28)
- Auld Pavilion, 1650 Memorial Drive Tuesdays, 9:30 to 10:30 a.m. Sept. 10 through Nov. 26

Tai Chi – Continuing 24 Form

This class is suggested for those who have completed the 24 Form instructional classes.

- Cotner Center Condominium 1540 Cotner Blvd. Mondays, 1 to 1:30 p.m. Sept. 9 through Dec. 2 (no class Nov. 11)

For most classes, there is a $4 per class suggested contribution for age 60 and over and family caregivers of any age, or a $5 per class fee for under age 60. Punch cards are available.

You must preregister for all classes.

Please register early. Classes that do not have sufficient enrollment may be canceled.

Call 402-441-7575.

UNMC Health Clinic

Downtown Center
1005 “O” St., lower level
Osteoporosis screenings are not available at the Downtown Clinic.

Schedule: Thursdays from 9:30 a.m. to 1:30 p.m.
Sept. 5 (foot care only); 12, 19 and 26 (all services); Oct. 3, 10, 24 and 31; Nov. 7 and 21;
Dec. 5 (all services) and 19 (foot care only)

A $15 suggested contribution will help us continue to provide services.

For details on these clinics, call 402-441-7575.

UNMC Health Clinic

Vermeer Education Center
4000 S. 84th St., (north of St. Mark’s Church)

Schedule: Wednesdays from 9:30 a.m. to 1:30 p.m.
Sept. 4 (foot care only); 11, 18 and 25 (all services); Oct. 2, 9, 16 and 23; Nov. 6, 13 and 20;
Dec. 4 (all services) and 18 (foot care only)

A $15 suggested contribution will help us continue to provide services.

For details on these clinics, call 402-441-7575.
It's National Senior Centers Month!
Come and join in the FUN at your local Senior Center!
Wednesdays

▶ 9 a.m. to 1 p.m. – Art books, games and puzzles along with books provided by the Hickman Community Center Library.
▶ 9 to 9:30 a.m. – Senior Walking Warriors – come walk in the gym for exercise.

Special Event Programs

Sept. 2 • Aging Partners offices and all Senior Centers are closed for the Labor Day holiday.

Sept. 4 • 10:30 a.m. – Making string art with Lori Mueller, Threads and Grain, Firth.
• 12:30 p.m. – Presentation: The Importance of Exercising for Better Balance with Kim Tegtmeier, Anytime Fitness, Hickman.
• Nutritional handout: Building Yourself Up with a Better Breakfast, Denise Boyd, RD, Aging Partners.

Sept. 11 • 10:30 a.m. – Presentation: “Empower, Educate, Advocate for Seniors” with Stephanie Witt, Guiding Hands for Senior Transitions, Lincoln.
• 12:30 – BINGO with Jen Wolf-Wubbels, Southlake Village. Thanks to Southlake Village for sponsoring September BINGO!
• September birthday recognition. Happy birthday Calvin TeSelle (3), Marge Iburg (4), Joan Stofer (7) and Fred Iburg (14)!

Sept. 18 • 10:30 a.m. – Presentation: Knowing Your Medicare and Insurance Benefits, with the management staff, Old Cheney Rehab., Lincoln.
• 12:30 p.m. – Musical entertainment: C. A. Waller will play the guitar and sing.

Sept. 25 • 10:30 a.m. – Presentation: Robert Esquivel will be showing several of his art pieces. He will make you want to find your inner artist!

Sept. 26 • It’s National Senior Center Month! Join us as we celebrate. (See page 1 for details.) See Paula for reservations, they are due by Monday, Sept. 16.

Patriot Day
We Will Never Forget
September 11

Waverly Senior Center
VFW - 13820 Guildford St.
Open: Wednesdays, 9 a.m. to 1 p.m.
Lunch served: noon
(open second Wednesday, 9 to 11 a.m.)
Reservations: Paula Chamberlain, Manager
402-416-7693

Wednesdays

▶ 9 to 9:30 a.m. – Start your day with a cup o’ joe coffee time and the news of the day.
▶ 11 a.m. to noon – BINGO (Sept. 4, 18 and 25): Join us for a meal too! This month’s BINGO is sponsored by Rhonda Saunders, Hospice Community Care. Thank you Hospice Community Care!

Special Event Programs

Sept. 2 • Aging Partners offices and all Senior Centers are closed for the Labor Day holiday.

Sept. 4 • 10 a.m. – Presentation: Benefits of Being a Foster Grandparent? A presentation from Georgann Roth, Community Action Partnership, Lincoln.

Sept. 11 • 9:30 a.m. – Art project: Make a door hanger. Meet Cindy Schroeder, artist and co-owner, Urban Legends Art Studio, Lincoln. This is a fun project! You will have a take home door hanger. Reservations required! This class is for the first eight people who call for reservations. Call 402-416-7693 to make your reservation.
• Nutritional handout: Building Yourself Up with a Better Breakfast, Denise Boyd, RD, Aging Partners.

Sept. 18 • 10 a.m. – Make and take puzzles with the kids from Lil Junction Development Center.

Sept. 25 • 10 a.m. – Presentation: “Fall Prevention,” with Kellen Benes, Makovicka Physical Therapy.
• 11 a.m. – BINGO! Thanks to Hospice Community Care of Nebraska for sponsoring September BINGO!

Sept 26 • It’s National Senior Center Month! Join us as we celebrate. (See page 1 for details.) See Paula for reservations, they are due by Monday, Sept. 16.

Haven Manor – Hickman
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### Aging Partners

**A Pioneering Area Agency on Aging**

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**September Menu**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 <strong>Aging Partners offices and all Senior Centers are closed for the holiday.</strong></td>
<td>3 Vegetable bisque  Half club sandwich  Cake  Grape fruit sections</td>
<td>4 Artichoke chicken bake  Honey roasted carrots  Roll  Fruit</td>
<td>5 Shepard's pie  Cucumber onion salad  Whole wheat bread  Cherries</td>
<td>6 Waffles  Turkey breakfast sausage  Hard-boiled egg  Potatoes O'Brien  Grape salad</td>
</tr>
<tr>
<td>9 Catfish  Cajun vegetables  Hush puppies  Fresh fruit  Snickers salad</td>
<td>10 Cheesy ham and potatoes  Beets  Cinnamon raisin bread  Banana</td>
<td>11 Hot turkey sandwich  Gravy  Mashed potatoes  Asparagus  Orange</td>
<td>12 Stuffed pepper casserole  Mixed vegetable  Dinner roll  Mango</td>
<td>13 Chili  Crackers  Green beans  Cinnamon roll  Peaches</td>
</tr>
<tr>
<td>16 Salisbury steak  Gravy  Roasted potatoes  Peas  Bread  Fruit</td>
<td>17* Italian sausage hoagie  Roasted cauliflower  Fruit gelatin</td>
<td>18 Chicken stir-fry  Rice  Egg roll  Mandarin orange  Banana flip</td>
<td>19 Beef tips with gravy  Mashed potatoes  Antigua vegetables  Whole wheat bread  Fresh fruit</td>
<td>20 Biscuits and gravy  Cheese omelet  Sautéed veggie mix  Pears</td>
</tr>
<tr>
<td>23 Open faced Reuben  Fries  Pickled spears  Strawberries</td>
<td>24 Cheesy chicken and rice  Pea salad  Bread pudding  Pineapple</td>
<td>25 Roasted chicken  Red potatoes  Relish sticks with dip  Whole wheat roll</td>
<td>26 Pulled pork  Roasted red potatoes  Coleslaw  Pickle  Cookie  Watermelon</td>
<td>27 Seafood chowder  Oyster crackers  Asparagus  Cranberry apple salad</td>
</tr>
<tr>
<td>30 Meatball sub  Macaroni salad  Mixed vegetable  Fresh fruit</td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

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**Menus are subject to change.**
- All meals include 1 percent or fat-free milk and margarine.
- Condiments/dressing available for sandwiches/salads.
- Sacks lunches are either free if the manager determines they are eligible (low income, food insecure, unable to shop, cook food), or they can be purchased for a fee of $5 or $5.25 with milk.
- $4 meal suggested contribution age 60 and over.
- $8 meal fee under age 60.
- $4 transportation suggested contribution age 60 and over.
### September Lite Choice Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Aging Partners offices and all Senior Centers are closed for the holiday.</td>
<td>Chickpea salad with chicken Roll Rice Krispie treat Pears</td>
<td>Vegetable beef soup Cheese stick Crackers Apple</td>
<td>Italian cold cut Corn chips Relish sticks with dip Peaches</td>
</tr>
<tr>
<td>3</td>
<td>Tuna salad Lettuce salad Green beans Roll Mango</td>
<td>Pimento cheese sandwich Mushroom salad V8 juice Plum</td>
<td>Cold oven fried chicken Black-eyed pea salad Roll Strawberry apple sauce</td>
<td>Beef patty Bun Potato salad Apple</td>
</tr>
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<td>4</td>
<td>Vegetable beef soup Cheese stick Crackers Apple</td>
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<td>6</td>
<td>Taco salad Chips Banana</td>
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<tr>
<td>10</td>
<td>1/2 roasted beef sandwich Broccoli cheddar soup Pineapple</td>
<td>Chicken pasta salad Pickled beets Sweet trail mix Fresh fruit</td>
<td>Beef patty Bun Potato salad Apple</td>
<td>Sausage breakfast burrito Bell pepper strips Danish Mandarin orange</td>
</tr>
<tr>
<td>11</td>
<td>Cold oven fried chicken Black-eyed pea salad Roll Strawberry apple sauce</td>
<td>Beef patty Bun Potato salad Apple</td>
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<td>Sausage breakfast burrito Bell pepper strips Danish Mandarin orange</td>
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<td>12</td>
<td>Beef patty Bun Potato salad Apple</td>
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<tr>
<td>23</td>
<td>Peanut butter and jelly sandwich Cheese stick Veggie salad Banana</td>
<td>Greek yogurt Hard-boiled egg Cereal Granola V8 juice Fruit plate</td>
<td>Chef salad Crackers Mandarine orange</td>
<td>Reuben salad Green beans Tropical fruit mix Cherry delight</td>
</tr>
<tr>
<td>24</td>
<td>Greek yogurt Hard-boiled egg Cereal Granola V8 juice Fruit plate</td>
<td>Chef salad Crackers Mandarine orange</td>
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<td>Reuben salad Green beans Tropical fruit mix Cherry delight</td>
<td>Cheeseburger Mac and cheese Three-bean salad Blue berries and cranberries</td>
<td></td>
<td></td>
</tr>
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<td>Cheeseburger Mac and cheese Three-bean salad Blue berries and cranberries</td>
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