Monday, April 1 from 10:15 to 11 a.m.
Downtown Center
1005 “O” St.
$4 suggested contribution for age 60 and over.

Bruce Jacoby has been doing magic shows for many years for a variety of audiences including young kids, families, adults and mature adults. No matter the audience, the magic show is amazing; full of fun and lots of volunteers! Let’s all get “fooled” by Bruce’s tricks in honor of April Fools’ Day.

Call 402-441-7154 to reserve a meal.

Dinner and a Show
“Hillbilly” Hal Cottrell
Thursday, April 11
Cotner Center Condominium
1540 N. Cotner Blvd., Lincoln
Dinner: 5:30 p.m., Show: 6:30 p.m.
No refunds!
$10 dinner and show fee
$4 round-trip van transportation
Show-only tickets: $5

“Hillbilly” Hal Cottrell

Hal performs classic country, bluegrass and acoustic music, mixed with a touch of comedy.

Menu: fried chicken, mashed potatoes with gravy, green beans, roll, chocolate cream pie, coffee, tea and milk. Reservation and payment deadline: Tuesday, April 9 at noon.

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

Robert Patton will once again grace the Downtown Center with his wonderful baritone voice. Patton served and performed in the U.S. Air Force Singing Sergeants in Washington, D.C. During his twenty years in the military, he also soloed with the National Symphony and the Boston and Cincinnati Pops orchestras, and performed with the Washington Civic, Baltimore, Wolf Trap, Northern Virginia and Annapolis Opera Companies. He has performed as soloist with the Central Iowa Symphony, Iowa State University Orchestra, Karl King Band, Iowa Veterans Band, Des Moines Municipal Band and Lincoln Municipal Band. You won’t want to miss this special event!

Call 402-441-7154 to reserve a meal.
Omaha’s Henry Doorly Zoo and Aquarium

Wednesday, April 24 from 9 a.m. to 3 p.m.
$5 round-trip transportation fee to Walmart.
$40 bus and zoo fee.

Unleash your sense of wonder among 160 acres of plants, animals and unique habitats from around the world in our own back yard of Omaha, Nebraska. We will leave from Walmart (3400 N. 85th St., park at west end) at 9 a.m. Pick your destination or favorite zoo exhibit, and explore at your own pace. Lunch is on your own. We will return to Lincoln by 3 p.m.

Reservation deadline is Friday, April 19 at noon (maximum 33). Call 402-441-7158.

Live Well. Go Fish.

Thursday, May 16 from 9 to 11 a.m.
Thursday, May 23 from 2 to 4 p.m.

Join us for a two-hour fishing trip on Lake Wanahoo near Wahoo. Hurry! Only 10 spots for each trip! $7 round-trip transportation fee to Lake Wanahoo. Reservation deadline is Thursday, May 9 or until full. Cost: $25.

For reservations, call 402-441-7158.

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. Our instructors will be leading some of the popular fitness classes we offer throughout the year. 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.

- Dynamic Movement – June 7 and Aug. 2
  Instructor: Tracie Foreman
- Balls and Bands Stretch and Strength – June 14 and Aug. 9
  Instructor: Mitzi Aden
- Movement and Music – June 21, July 19, Aug. 16 and Sept. 20
  Instructor: Ruth Davidson Hahn
- Contemporary Movement – June 28 and Aug. 23
  Instructor: Terri Swanson
- Tai Chi: Moving for Better Balance – July 5
  Instructor: Ann Heydt
- Qigong – July 12
  Instructor: Tracie Foreman
- Movement with Mitzi – July 26 and Sept. 13
  Instructor: Mitzi Aden
- Line Dance – Aug. 30 and Sept. 27
  Instructor: Tracie Foreman
- Sit and Be Fit – Sept. 6
  Instructor: Tracie Foreman

For more information, call 402-441-7575.

Older Americans Month Events

All-Center Picnic Featuring Music by Country Roads

Tuesday, May 21 from 11 a.m. to 1 p.m.
Auld Pavilion, 1650 Memorial Drive
Catered meal of fried chicken and all the fixings.
$5 suggested contribution for the meal and show. $4 suggested contribution for transportation.

Good ‘Timin’ Music for Good ‘Timin’ Folks! Reservation and payment deadline: Thursday, May 16 at noon.

Want to make a little money and give back to the community?

Aging Partners Transit is looking for a few good drivers. Part time with flexible schedules and a lot of fun with our clients. Be prepared to hear stories! If interested, contact Mitch at 402-441-8815 for details.
**Asian Center**  
Asian Community and Cultural Center  
144 N. 44th St., Lincoln, NE 68503  
Open: Wednesdays, 9 a.m. to 1 p.m.  
Manager: Duy Linh Bui, 402-477-3446 (leave message)

**UNMC Health Clinic**  
Downtown Center  
1005 "O" St., lower level  
Thursdays from 9:30 a.m. to 1:30 p.m.  
April 4, 11, 18 and 25  
May 16 and 30 (foot care only)  
June 13 and 27 (foot care only)  
Osteoporosis screenings are not available at the Downtown Clinic.

**Belmont Center**  
Belmont Recreation Center  
1234 Judson St., Lincoln, NE 68521  
Open: Mondays, Tuesdays, Thursdays, 9 a.m. to 1 p.m.  
Lunch served: noon  
Manager: Pam Lander, 402-441-7990

### Wednesdays

**Special Event Programs**

- **April 3**  
  “Coronary Artery Disease,” presented by Linh Bui from 9 to 10 a.m. Education material in Vietnamese is distributed.
  - Physical activity/exercise for senior citizens lead by volunteers from Asian Center beginning at 10 a.m.

- **April 10**  
  Physical activity/exercise for senior citizens lead by volunteers from Asian Center from 10 to 10:30 a.m.
  - Commodity distribution by Food Bank of Lincoln from 11 a.m. to noon.

- **April 17**  
  Come enjoy meals with your Vietnamese senior friends from 9 to 10 a.m.
  - Physical activity/exercise for senior citizens lead by volunteers from Asian Center beginning at 10 a.m.

- **April 24**  
  Health Clinic: Aging Partners nurses Mary Tines and Mary Coder will perform blood pressure screenings from 9 to 11 a.m. They will also provide individual education about your readings, medication and referrals.
  - Physical activity/exercise for senior citizens lead by volunteers from Asian Center beginning at 10 a.m.

### Mondays, Tuesdays and Thursdays

- **Dominoes, Rummikub and cards at 9 a.m.**

### Tuesdays

- **BINGO at 11:30 a.m.**

### Special Event Programs

- **April 1**  
  “Top pranks on April Fools’ Day” at 11:30 a.m.

- **April 4**  
  “Age Related Memory Impairment vs. Disease Related,” health education presented by Bryan nursing students at 11:30 a.m.

- **April 8**  
  “Facts about Sodium,” a nutritional handout from Denise Boyd, RD, Aging Partners, at 11:30 a.m.

- **April 9**  
  “Preventing Falls,” presented by Becky South of Humana at 10:30 a.m.

- **April 11**  
  Musical entertainment with Mike McCracken and Pete Spotted Horse at 11 a.m.

- **April 15**  
  Garden Month BINGO at 11:30 a.m.

- **April 18**  
  Spring craft at 11 a.m.

- **April 22**  
  Let’s get moving and strength training at 11:30 a.m.

- **April 25**  
  “Make the most of your healthcare provider visit,” presented by Bryan nursing students at 11:30 a.m.

- **April 29**  
  BINGO at 11:30 a.m.
  - Birthday party at noon.

- **April 30**  
  SHIPP BINGO with updated Medicare information at 11:15 a.m.
  - Celebrate spring and bring a new friend to lunch!
JoAnn Maxey Center  
Malone Community Center  
2032 “U” St., Lincoln, NE  68503  
Open:  Wednesdays and Fridays, 9 a.m. to 1 p.m.  
Lunch served:  noon  
Manager:  Pam Lander, 402-441-7849

Wednesdays and Fridays
▶ Dominoes, Rummikub and cards at 9 a.m.

Wednesdays
▶ BINGO at 11:30 a.m.

Special Event Programs
April 5  “Fun Things to do with Pre-school and Young School-Aged Children,” presented by Bryan nursing students at 11 a.m.
▶ Informational presentation about Clark Jeary by Carla Abendroth, Senior Living Consultant, at 11:30 a.m.

April 10  The Masters trivia at 11 a.m.

April 12  “Staying Connected,” helpful tips in remaining active, presented at 11:30 a.m.

April 17  “Match them up,” word-to-definition at 11 a.m.

April 19  SHIPP BINGO with Medicare updates at 11 a.m.

April 24  “Cocktails Trivia,” presented at 11 a.m.

April 26  “The Care Team:  What to Expect When You or a Loved One is Hospitalized,” presented by Bryan nursing students at 11:30 a.m.

Downtown Center  
1005 “O” St., Lincoln, NE  68508  
Dining room open:  Monday - Friday, 9 a.m. to 1 p.m.  
Lunch served:  11:30 a.m. to 12:15 p.m.  
Building hours:  8 a.m. to 4:30 p.m.  
Manager:  Denise Howe, 402-441-7154

Mondays
▶ The Clefs perform at 10:30 a.m. Come enjoy this talented group of musicians!

Wednesdays
▶ Book Buddies meet in the lower level atrium at 9:30 a.m.
▶ BINGO at 10:30 a.m. Walgreens is our prize sponsor this month. Thank you for your generous support!

Fridays
▶ Come visit a friend or make new ones while enjoying some freshly made popcorn and watching our large screen television.

Special Event Programs
April 4  Blues musician C.A. Waller will be performing for us at 10:30 a.m. In addition to performing and writing his own music, Waller teaches a course on blues music from his home.

April 5  “Pet Therapy,” with Visiting Angels’ Natalie Leon and Zeke (right) in the lower level atrium at 10 a.m.

April 9  Spanish class in the lower level conference room at 9:30 a.m.
▶ Health Clinic:  Dr. Jean Krejci is back for “Sharing & Caring.” Let Dr. Krejci brighten you day with her compassionate insights into whatever is troubling you.
▶ “Facts About Sodium,” nutritional handout will be available compliments of Denise Boyd, RD.

April 11  Poetry reading and writer’s workshop with Carol Roland at 10:30 a.m.

April 16  Spanish class in the lower level conference room at 9:30 a.m.
▶ Leta’s craft time! Do you like to make crafts? Then join us as we put together a spring craft project at 10 a.m.

April 18  Musician Robert Patton will perform. (see cover page for details.)
▶ April birthday party at 10:30 a.m.

April 23  Spanish class in the lower level conference room at 9:30 a.m.
▶ “Senior Scams and Better Business Bureau Community Service Programs,” presented by Tami Barrett, BBB, at 10:30 a.m.

April 25  Spotted Horse will be the performing at 10:30 a.m. This duo’s humor will have you laughing and their music will have you clapping.
▶ Health Clinic. Angels Care Home Health nurses will have a blood pressure clinic at 11 a.m.

April 30  “Bad Food,” the truths and myths of food moderation, presented by Devin Mueller, Aging Partners Nutrition, at 11 a.m.

SHOPPING NEWS
Hy-Vee: Wednesday, April 3

Wal-Mart: Wednesday, April 17

Reserve a spot before noon the Monday before shopping. Van leaves the center at 12:30 p.m. $4 suggested round-trip contribution.
Mondays through Fridays
- Coffee and visiting, newspaper available.
- Pitch, games and puzzles.
- Fitness room open.

Tuesdays
- BINGO at 10 a.m. Please bring a prize.

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

Fridays
- It’s game day! Come on in and play pitch, dominoes or any other type of game you like. Bring a friend!

Shopping News
Super Saver: Wednesday, April 3
Wal-Mart: Wednesday, April 17

Reserve a spot before noon the Monday before shopping. Van leaves the center at 12:10 p.m. $4 suggested round-trip contribution.

Special Event Programs
April 1 April Fools’ pranks – the classics. Would you like to share a few? The jar of jelly beans is here for you to guess how many. One guess per person. The winner will be announced Monday, April 22.
April 2 “Food and You: What’s aging got to do with it?” Learn tips adapting your diet as your metabolism, taste buds and digestion change. Presentation by Rebecca South, Humana Health, at 11 a.m.
April 3 Come in and enjoy the good music of Fine Wine at 10 a.m.
  - Shopping assistance at 12:10 p.m.
April 4 Try your mental skills at word picture trivia.
April 5 Game day – Come on in and play pitch, dominoes, cards, etc.
April 8 It’s National Volunteer Week. Learn how important volunteers are and what a difference they make.
April 9 Get a little chuckle from “daffynitions.”
April 10 It’s baseball season. Tryout some baseball trivia.
April 11 Robert Patton and Nancy Vogt are here to entertain us with a very special music performance at 10:30 a.m.
- The Lincoln City Libraries Bookmobile will be here from noon to 1 p.m.
April 12 Game day – Come on in and play pitch, dominoes, cards, etc.
April 15 Facts about Sodium,” a nutritional handout from Denise Boyd, RD.
April 16 Word search.
April 17 For Women Only! Women’s Coffee with Dawn Tassemeyer MSN, APRN, FNP-C, at 10 a.m. The women will meet upstairs. Gentlemen you will meet downstairs for coffee and cookies until lunch time.
  - Shopping assistance at 12:10 p.m.
April 18 Stormy Weather, it’s not just a song. What has been some of Nebraska’s worst storms and what does the almanac say for this season.
April 19 Game day – Come on in and play pitch, dominoes, cards, etc.
April 22 Earth Day – Facts about Mother Earth. How much does recycling really help?
  - Winner announced – jar of jelly beans!
April 23 A visit by our friend Priscilla the Comfort Dog at 10:45 a.m.
April 24 Enjoy the good humor and good music plus a little education of “Just Patty” at 10 a.m.
April 25 Springtime trivia.
  - A visit by Lincoln Libraries Bookmobile from noon to 1 p.m.
April 26 Game day – Come on in and play pitch, dominoes, cards, etc.
April 29 Start work on May basket project for youth group.
April 30 Finish up May basket project.

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

Schedule
- Wednesday, 9:30 a.m. to 1:30 p.m.
  April 3, 10, 17 and 24
  May 15 and 29 (foot care only)
  June 12 and 26 (foot care only)

Services Available
- Comprehensive foot care, blood glucose screenings, blood pressure screenings, cholesterol screenings, osteoporosis screenings and health promotion education.
  A $15 suggested contribution will help us continue to provide services.

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

- Public access computers – four work stations are available to the public between 8 a.m. and 3:30 p.m.

Mondays

- Trivial Pursuit challenge – challenge our resident know-it-alls in a contest of remembering interesting yet totally useless information and fun facts at 1 p.m.
- Reminiscing with today and yesterday – stop by for a cup of coffee and a cookie and chat about this, that and the other thing at 11 a.m.
- 10-Point Pitch from 12:30 to 3 p.m.
- Join us for fun and games with spirited and energetic life-skilled students from North Star High School.
- Senior fitness – a quick tune-up to help with strength, agility and balance from 11 to 11:15 a.m. and 12:15 to 12:30 p.m.

Tuesdays

- Adult coloring – get your mind moving with the exciting “new” art of coloring at 10:30 a.m.
- Social media, me and you – social media, Facebook, Twitter and email isn't really a brave new world. Social media is a new twist on the old telephone party line or having coffee with friends at the corner café. Join us for coffee and a fun and informative hands-on how-to session from 1 to 3 p.m.

Wednesdays

- Grab-bag BINGO from 10 to 11:15 a.m. Please bring a prize!
- Senior fitness – a quick tune-up to help with strength, agility and balance from 11 to 11:15 a.m. and 12:15 to 12:30 p.m.
- 10-Point Pitch and Bridge from 12:30 to 3 p.m.

Thursdays

- Writer’s workshop – we're in a workshop setting to write and read the work of our workshop attendees. We'll learn a bit, and also teach each other the ins and outs of writing from 1 to 2 p.m.
- Social media, me and you – social media, Facebook, Twitter and email isn't really a brave new world. Social media is a new twist on the old telephone party line or having coffee with friends at the corner café. Join us for coffee and a fun and informative hands-on how-to session from 1 to 3 p.m.

Fridays

- 10-Point Pitch from 12:30 to 3 p.m.
- Senior fitness – a quick tune-up to help with strength, agility and balance from 11 to 11:15 a.m. and 12:15 to 12:30 p.m.

Special Event Programs

- April 3 Hospice Community Care nurses will perform blood pressure screenings at 9 a.m.
- April 5 Enjoy the music of Fine Wine at 10 a.m.
- April 8 Foot care with Dr. Fountain at 9 a.m.
- April 11 Monthly birthday party at 11 a.m. Recognition and free lunch to those celebrating an April birthday! The birthday lunch is restricted to the day of the party only. Please call 402-441-7151 before Wednesday, April 10 to reserve your meal.
- Happy Birthday Suzy West (16), Elmer Kubicek (17), Betty Hoyt (2), LaVern Zart (25), Mary Wagner (29), Karen Mallum (5) and Rosemarie Mears (5)!
- April 12 Enjoy the music of Mike McCracken at 10 a.m.
- April 17 Nurses from Hillcrest Health Services will perform blood pressure screenings at 9 a.m.
- “Facts about Sodium,” a nutritional handout from Denise Boyd, RD, Aging Partners, at 10 a.m.
- April 18 Chess tournament at 10 a.m.
- April 19 Enjoy the music of Jimmy Mack at 10 a.m.
- April 25 Scams presentation with Karen O’Hara from Aging Partners at 9:30 a.m. There are more scams and more ways for crooks to separate you from your money. Join us for a vitally important program on how to protect yourself. Donuts and coffee provided.
- April 26 Enjoy the music of Chris Sayre at 10 a.m.
- April 27 Saturday BINGO (see below)

Saturday BINGO and LUNCH
April 27

Doors open at 9:30 am. BINGO begins at 10 a.m. and lunch will be served at 11:30 am.
$4 suggested contribution for lunch.
$4 for age 60 and over. $8 fee for under age 60.
$4 contribution for van transportation.

Please remember to bring a prize for BINGO!

Lunch menu: meatloaf, seasoned red potatoes, cucumber and tomato salad, whole grain bread, cinnamon apples, milk and coffee.

Please call 402-441-7151 by Wednesday, April 24 for your lunch reservation.
Community Health and Fitness Classes

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

Aging Partners Fitness Center
555 S. 9th St. (new location)
Monday through Friday from 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.

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. Preregistration is required for all classes. Please register early. Classes that do not have sufficient enrollment may be cancelled.

New for Family Caregivers

It is important that family caregivers remember to take good care of themselves. One of our certified personal trainers or instructors will assist you in developing a home-based exercise 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.

Chair Tai Chi
St. Paul United Methodist Church
1144 “M” St. (dining room)
Tuesdays from 9:30 to 10:15 a.m.

This ongoing program is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants are taught simple movements they can practice sitting or standing near a chair.

Qigong Refresh and Recharge - NEW

This ancient, meditative practice focuses on slow, gentle movements which help relieve aching muscles and stiff joints, improve balance and flexibility, and increase energy. Movements begin from a chair, move to standing forms, and close with seated stretches and stimulating breath exercises. This class is appropriate for individuals at all levels of ability.

• Cotner Center Condominium
  1540 N. Cotner Blvd. (use Cotner Blvd. entrance)
  Mondays from 10 to 11 a.m.
  Feb. 4 through April 29 (no class Feb. 18)
  May 6 through July 29 (no class May 27)

• Auld Pavilion, 1650 Memorial Drive
  Thursdays from 9:30 to 10:30 a.m.
  Feb. 7 through May 28

Dynamic Movement Classes

Each class focuses on balance, strength and flexibility 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.

• Cotner Center Condominium, 1540 N. Cotner Blvd.
  Mondays from 2 to 3 p.m.
  Feb 4 through April 29 (no class Feb. 18)
  May 6 through July 29 (no class May 27)

• St. Mark’s United Methodist, 8550 Pioneers Blvd. (Gym)
  Thursdays from 3:30 to 4:30 p.m.
  Feb. 7 through April 25
  May 9 through July 25 (no class July 4)

• Auld Pavilion, 1650 Memorial Drive
  Tuesdays, 9:30 to 10:30 a.m.
  Feb. 5 through May 28

New - Movement with Mitzi

Auld Pavilion, 1650 Memorial Drive
Wednesdays, 1:30 to 2:15 p.m.
April 3 through May 29

Mitzi Aden, certified Personal Trainer and Fitness Instructor will lead this four part mini-series designed to give you a chance to sample different types of exercises.

• April 3 and 24, May 15 - A fun class where we use balls and bands to improve flexibility and strength and tone muscles.

• April 10, May 2 and 22 - This class includes low-impact movements done while seated and standing near a chair. Upbeat oldies and modern music make this an empowering and fun workout.

• April 17, May 8 and 29 - Exercises in this class are based on concepts from Aging Backwards. They are geared toward lengthening and strengthening muscles. Some movements can be done on the floor for those who chose to. Please bring a mat if you would like to do some floor work.
**Chair Yoga**

Chair yoga is one of the most gentle 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 welcome.

- East Lincoln Christian Church, 7001 Edenton Road
  - Fridays, 11 a.m. to noon
  - Feb. 1 through April 19
  - April 26 through July 12
- Eastridge Presbyterian Church, 1135 Eastridge Drive
  - Wednesdays, 1:30 to 2:30 p.m.
  - Feb. 6 through April 24
  - May 1 through July 17

**Beginners 8 Form Tai Chi for Balance and Fall Prevention Class**

Auld Pavilion, 1650 Memorial Drive
- Tuesdays, 10:45 to 11:45 a.m.
- Feb. 5 through April 23

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple, slow movements.

**Tai Chi – Continuing 24 Form**

Cotner Center Condominium, 1540 Cotner Blvd.
- Mondays, 1 to 1:30 p.m.
- Feb. 4 through April 29 (no class Feb. 18)
- May 6 through July 29 (no class May 27)

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

**24 Form Tai Chi - New**

F Street Recreation Center, 1225 F St.
- Tuesdays, 6 to 7 p.m.
- April 2 through May 21

Tai Chi practice focuses on low impact, mildly aerobic movements that include stretching, balance and meditative forms suitable for most levels of ability. Instructor Chet Kincaid loosely bases her 30-year practice on Helen Tao’s version of Chen Man-Chiing’s Tai Chi 24 forms.

**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 program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Suggested contribution is $2 per class or $4 per week.

- F Street Community Center, 1225 “F” St.
  - Tuesdays and Thursdays
  - 10:30 to 11:30 a.m.
  - Feb. 5 through April 25
- Eastridge Presbyterian Church, 1135 Eastridge Drive
  - Mondays and Thursdays, 1:30 to 2:30 p.m.
  - Jan. 24 through April 18 (no class Feb. 18)

**Diabetes Self-Management Workshop**

Hillcrest Firethorn Health Services, 8601 Firethorn Lane
- Tuesdays from 1 to 3 p.m.
- April 16 through May 21

This workshop is offered at no cost but a suggested contribution of $4 per class is appreciated!

This is a six-week course for adults with diabetes, their family members and friends. Learn about diabetes, including:

- What to eat and when to exercise.
- Monitoring your blood sugar.
- Foot care.
- Communicating with family and your health care provider.
- Low and high blood sugar.
- Tips for dealing with stress.
- How to set small and achievable goals.
- Overview of relaxation techniques.
- How to increase your self-confidence.
- Feel better and take charge.

**Stepping On – Building Confidence and Reducing Falls**

The Knolls Senior Living Community
5801 Norman Road (The Carson Room)
- Tuesdays, 1 to 3 p.m.
- June 4 through July 16

Stepping On is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. You will learn the most up-to-date information about fall prevention. Topics include simple and fun balance and strength exercises; along with information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls.
Bennet Center
American Legion Hall, 970 Monroe St.
Open: Tuesdays and Thursdays 10 a.m. to 2 p.m.
Lunch served: noon
Manager: Paula Chamberlain, 402-416-7693
Reservations: 402-782-3120 (Marilyn) Thursdays

Tuesdays and Thursdays
▶ Games and cards at 10 a.m.

Special Event Programs
April 2  April Fools’ Day fun at 1 p.m.
April 4  “Facts about Sodium,” a nutritional handout from Denise Boyd, RD, at 11 a.m.
▶ SHIIP Medicare BINGO at 1 p.m.
April 9  What makes the month of April special? – 1 p.m.
April 11  “Colorful Magic by Bruce” – Bruce Jacoby will perform his magic show for us at 10:30 a.m.
▶ “Nebraska Innovation Campus,” presented by Kate Engel, Director of Communication and Culture, at 1 p.m.
April 16  “Spice Up Your Life,” presented by Devin Mueller, Aging Partners, at 1 p.m.
April 18  Join us for craft fun at 10:30 a.m.
▶ “Fall and Balance,” presented by Jonathan Anderson, Hillcrest Health Services, at 1 p.m.
April 23  “Facts About Sodium,” a nutritional handout from Denise Boyd, RD, at 1 p.m.
April 25  CHI Health at Home nurses will perform blood pressure screenings at 10:30 a.m.
▶ BINGO with Jen from Southlake Village at 1 p.m.
▶ Recognition for those celebrating an April birthday. Happy Birthday Doris Heineke (3)!
April 30  Craft fun at 1 p.m.

Firth Center
Firth Community Center, 311 Nemaha St.
Open: Mondays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Manager: Paula Chamberlain, 402-416-7693
Reservations: 402-416-7693 (Paula)

Mondays
▶ Art books, games and cards from 9 to 11 a.m.

Special Event Programs
April 1  Deanna Hayes from Lakeview Assisted Living will perform blood pressure screenings at 10:30 a.m.
▶ “Nebraska Innovation Campus,” presented by Kate Engel, Director of Communication and Culture, at 12:30 p.m.
April 8  BINGO with Jen Wolf from Southlake Village at 12:30 p.m.
▶ Recognition for those celebrating an April birthday. Happy Birthday Marge Moser (6)!
April 15  “Senior Scams and Better Business Bureau Community Service Programs,” presented by Tami Barrett, BBB, at 10:30 a.m.
▶ “Life Estate,” presented by Craig Buford of Buford Law at 12:30 p.m.
April 22  “Colorful Magic by Bruce” – Bruce Jacoby will perform his magic show for us at 10 a.m. Kids from April’s Daycare will join us for the magic show.
▶ SHIIP Medicare BINGO at 12:30 p.m.
April 29  “Facts About Sodium,” a nutritional handout from Denise Boyd, RD, at 11 a.m.
▶ Craft fun at 12:30 p.m.

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
Normal operating hours:
One-way fare: $2  Additional Stop: $2
Round trip fare: $4  10-Punch Rider Card: $20

Outside normal operating hours:
One-way fare: $5  Round trip fare: $10
Additional Stop: $5

• Each rider will be charged an additional boarding fare of $5 for a trip exceeding 100 miles or 6 hours in duration.
• 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.
Call 402-441-7031 for more details or to schedule a trip.
**Hickman Center**
Hickman Community Center, 115 Locust St.
Open: Wednesdays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Manager: Paula Chamberlain, 402-416-7693
Reservations: 402-416-7693 (Paula)

**Fridays**
- Games and cards at 10 a.m.

**Special Event Programs**
- April 5 “Immune Boosting Foods,” presented by Devin Mueller, Aging Partners, at 11 a.m.
- April 12 “What makes the month of April special?” – 11 a.m.
- April 19 Join us for spring craft fun at 11 a.m.
- April 26 “Facts About Sodium,” a nutritional handout from Denise Boyd, RD, Aging Partners, at 11 a.m.

**Waverly Center**
First United Methodist Church, 14410 Folkestone St.
Open: Fridays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Manager: Paula Chamberlain, 402-416-7693
Reservations: 402-416-7693 (Paula)

**Wednesday**
- Art books, games and puzzles along with books provided by the Hickman Community Center Library from 9 a.m. to 1 p.m.
- Senior Walking Warriors – come walk in the gym for exercise from 9 to 9:30 a.m.
- Learn about the computer with the Hickman Library staff from 11 to 11:30 a.m.

**Special Event Programs**
- April 3 “Senior Scams and Better Business Bureau Community Service Programs,” presented by Tami Barrett, BBB, at 10:30 a.m.
  - SHIIP BINGO at 12:30 p.m.
- April 10 Join us for craft fun at 10 a.m.
  - “Facts About Sodium,” a nutritional handout from Denise Boyd, RD, Aging Partners.
  - “Nebraska Innovation Campus,” presented by Kate Engel, Director of Communication and Culture, at noon.
- April 17 “Colorful Magic by Bruce” – Bruce Jacoby will perform his magic show for us at 1 a.m.
  - BINGO with Jen from Southlake Village at 12:30 p.m.
  - Recognition for those celebrating an April birthday.
- April 24 Mallory Carstens from H Salon and Spa at 10 a.m.
  - “Fall and Balance,” presented by Jonathan Anderson, Hillcrest Health Services, at 12:30 p.m.

**Disclaimer:** Advertisements listed in this newsletter are not an endorsement by Aging Partners’ My Center News. Ads listed herein are paid for by individuals and agencies who wish to promote their services and/or products to our participants.
### Aging Partners
A Pioneering Area Agency on Aging

#### My Center News
April 2019

A $4 meal suggested contribution age 60 and over.
$8 meal fee under age 60.
$4 transportation suggested contribution age 60 and over.

Menus are subject to change.
All meals include 1 percent or fat-free milk and margarine.
*Low sodium alternative available.
Condiments and dressing available for sandwiches and salads.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Goulash</td>
<td>Roast turkey slice</td>
<td>Lemon pepper chicken breast</td>
<td>Baked cod</td>
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<tr>
<td></td>
<td>Green beans</td>
<td>Gravy</td>
<td>Au Gratin potatoes</td>
<td>Tri-cut potatoes</td>
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<tr>
<td></td>
<td>Whole wheat bread</td>
<td>Parsley potatoes</td>
<td>Steamed peas</td>
<td>Whole grain bread</td>
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<td></td>
<td>Fresh fruit</td>
<td>Mixed vegetables</td>
<td>Bread</td>
<td>Peaches</td>
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<td></td>
<td>Cookie</td>
<td>Dinner roll</td>
<td>Applesauce</td>
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<td>8</td>
<td>Egg bake</td>
<td>Chicken Alfredo</td>
<td>Biscuits and gravy</td>
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<td></td>
<td>Potatoes O’Brien</td>
<td>Green beans</td>
<td>Tomato juice</td>
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<td></td>
<td>Yogurt</td>
<td>Breadstick</td>
<td>Pears</td>
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<td></td>
<td>Pineapple</td>
<td>Fresh fruit</td>
<td>Bread pudding</td>
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<td></td>
<td>Muffin</td>
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<tr>
<td>15</td>
<td>BBQ pulled pork sandwich</td>
<td>Creamed chicken and peas over</td>
<td>Beef and bean taco salad</td>
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<td></td>
<td>Baby bakers</td>
<td>biscuit</td>
<td>with lettuce, tomatoes, and</td>
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<td></td>
<td>Marinated vegetable salad</td>
<td>Coleslaw</td>
<td>cheese, tortilla chips</td>
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<td>Frozen fruit</td>
<td>Carrot coins</td>
<td>Pears</td>
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<td></td>
<td>Ice cream</td>
<td>Fruit</td>
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<tr>
<td>22</td>
<td>Sweet and sour pork</td>
<td>Beef tips with gravy</td>
<td>Oven fried chicken</td>
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<td></td>
<td>Whole grain rice</td>
<td>Mashed potatoes</td>
<td>Mashed potatoes</td>
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<td></td>
<td>Oriental vegetables</td>
<td>Italian pasta salad</td>
<td>Country gravy</td>
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<td></td>
<td>Fresh fruit</td>
<td>Berry fruit salad</td>
<td>Mixed vegetables</td>
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<td>Whole grain roll</td>
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<td>Apple fluff</td>
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<tr>
<td>29</td>
<td>Mexican chicken casserole</td>
<td>Spaghetti bake</td>
<td>Pork fritter</td>
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<td></td>
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<td>California vegetables</td>
<td>Country gravy</td>
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<td>Breadstick</td>
<td>Mashed potatoes</td>
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<td>Peaches</td>
<td>Roasted carrots</td>
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<td>Marble bread</td>
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<td>Pears</td>
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<td>Cherry delight</td>
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All meals include 1 percent or fat-free milk and margarine.
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Condiments and dressing available for sandwiches and salads.
# Lite-Choice Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>1</strong></td>
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<td><strong>3</strong></td>
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<td><strong>5</strong></td>
</tr>
<tr>
<td>Chef salad with chicken</td>
<td>Tuna salad sandwich</td>
<td>Peanut butter and jelly sandwich</td>
<td>Beef stew</td>
<td>Chef salad with diced ham</td>
</tr>
<tr>
<td>Dinner roll</td>
<td>Macaroni salad</td>
<td>Tomato and zucchini salad</td>
<td>Biscuit</td>
<td>Assorted crackers</td>
</tr>
<tr>
<td>Mixed fruit</td>
<td>Dill pickle spear</td>
<td>Crackers</td>
<td>Pea salad</td>
<td>Fresh fruit</td>
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<tr>
<td>Gelatin</td>
<td>Blushing pears</td>
<td>Mixed fruit</td>
<td>Apple</td>
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<td>Peanut butter packet</td>
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<td><strong>8</strong></td>
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<td><strong>10</strong></td>
<td><strong>11</strong></td>
<td><strong>12</strong></td>
</tr>
<tr>
<td>Chicken pasta salad</td>
<td>Country style ham and bean soup</td>
<td>Beef hot dog on bun</td>
<td>Egg salad sandwich</td>
<td>Cold oven fried chicken</td>
</tr>
<tr>
<td>Fresh vegetables with dip</td>
<td>and bean soup</td>
<td>Pork and beans</td>
<td>Broccoli salad</td>
<td>Potato salad</td>
</tr>
<tr>
<td>Dinner roll</td>
<td>Cheese stick</td>
<td>Garden salad</td>
<td>Salad</td>
<td>Dinner roll</td>
</tr>
<tr>
<td>Mandarin oranges</td>
<td>Sweet roll</td>
<td>Mixed fruit</td>
<td>Pears</td>
<td>Fresh fruit</td>
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<td></td>
<td>Pineapple</td>
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<td><strong>15</strong></td>
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<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td><strong>19</strong></td>
</tr>
<tr>
<td>Sweet and sour pork</td>
<td>Chef salad with diced ham</td>
<td>Chicken tortilla wrap</td>
<td>Italian pasta salad</td>
<td>Chicken tenders</td>
</tr>
<tr>
<td>Whole grain rice</td>
<td>Dinner roll</td>
<td>Three-bean salad</td>
<td>Cucumber salad</td>
<td>Relish sticks with dip</td>
</tr>
<tr>
<td>Oriental vegetables</td>
<td>Banana</td>
<td>Carrot strips with dip</td>
<td>Assorted crackers</td>
<td>Mandarin oranges</td>
</tr>
<tr>
<td>Fresh fruit</td>
<td></td>
<td>Grape juice</td>
<td>Peaches</td>
<td>Rice Krispie® bar</td>
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<tr>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
<td><strong>24</strong></td>
<td><strong>25</strong></td>
<td><strong>26</strong></td>
</tr>
<tr>
<td>½ cheese sandwich</td>
<td>Ham sandwich</td>
<td>Beef and Swiss on rye</td>
<td>Chicken and noodles</td>
<td>Pancakes</td>
</tr>
<tr>
<td>Tomato soup</td>
<td>Coleslaw</td>
<td>Green pepper strips</td>
<td>Assorted crackers</td>
<td>Boiled egg</td>
</tr>
<tr>
<td>Crackers</td>
<td>Baked beans</td>
<td>Fresh fruit</td>
<td>Tossed salad</td>
<td>Sausage links</td>
</tr>
<tr>
<td>Boiled egg</td>
<td>Mixed fruit</td>
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<td></td>
<td>Tomato juice</td>
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<tr>
<td>Fruited yogurt</td>
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<td></td>
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<td>Tropical fruit</td>
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<td><strong>29</strong></td>
<td><strong>30</strong></td>
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<tr>
<td>Hamburger on bun</td>
<td>Pimento cheese sandwich</td>
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<tr>
<td>with peanut butter</td>
<td>Tomato juice</td>
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<tr>
<td>Macaroni salad</td>
<td>Orange</td>
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<tr>
<td>Fruit</td>
<td>Cookie</td>
<td></td>
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