AGING PARTNERS
A Pioneering Area Agency on Aging

FEBRUARY 2017

MY CENTER NEWS

The Aging Partners Senior Centers are open Monday through Friday from 9 a.m. to 1 p.m. Lunch is served at 11:30 a.m. ***There is a $4 suggested contribution for age 60 and over and an $8 fee for people under age 60.*** All ages are welcome at any of the senior centers in Lincoln and Lancaster County. Feel free to stop in and check out any of the activities or events in this newsletter.

Preregistration is required for all events that provide a meal.

For more information on senior centers, call 402-441-7158 or call a center near you:

Rural Centers
Paula Chamberlain, Manager
402-416-7693
Bennet, Firth, Hickman and Waverly

City of Lincoln Centers
Asian Center
Duy Linh Bui, Manager
402-477-3446

Belmont Centers
Pam Lander, Manager
402-441-7990

Downtown Center
Denise Howe, Manager
402-441-7154

JoAnn Maxey Center
Pam Lander, Manager
402-441-7849

Lake Street Center
Kelle Brandt, Manager
402-441-7157

Northeast Center
David Chapelle, Manager
402-441-7151

Black History Month Event

"The Roots of Black American Music From Africa to Today"

Featuring Charles Bowling, Angela Onuoha, Anita Elliott and Sue Hill
Thursday, Feb. 9

Cotner Center Condominium
1540 N. Cotner Blvd.
Dinner: 5:30 p.m.
$10 suggested meal contribution for age 60+.
$10 fee for under age 60.
Show only: $5 all ages
$4 in-town round trip transportation contribution.

Join educator, choir director and vocalist Charles Bowling as he and his talented companions take us on a musical journey from the coasts of Africa, through the fields of slavery, to the birth of black gospel music and on to the song stylings of today's greats.

Jimmy Mack's Valentine's Day Malt Shop Show

Tuesday, Feb. 14 – 11 a.m. to noon
Downtown Center, 1005 "O" St.

In honor of Valentine's Day, let's re-live the romance of the '50s. Veteran performer Jimmy Mack will play our favorite '50s tunes to swoon and sway to. Join us for lunch as we enjoy a special nostalgic menu of cheese burgers, fries and chocolate malts. Bring out your poodle skirts, cat's eye glasses, saddle shoes, your white sport coats with the pink carnations, and your roses and Baby Ruths. You won't want to miss this party!

Stepping On Class at the Grand Lodge at the Preserve

Anyone can attend.

4400 S. 80th St.
Tuesdays, 2 to 4 p.m.
February 21 through April 4
$4 suggested contribution for people age 60 and over.
$5 fee for people under age 60.

This is a community-based fall prevention program to educate and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop 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.

For details or to register, call 402-441-7575 or email Peggy at papthorpe@lincoln.ne.gov.

AGING PARTNERS
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Aging Partners Senior Centers

FEBRUARY 2017

Upcoming Events

Free Income Tax Assistance

Mondays through Thursdays
Feb. 1 through April 13
10 a.m. to 3 p.m.
Downtown Senior Center
1005 "O" St.

AARP Tax-Aide volunteers are back to help with your 2016 income taxes.

AARP®

Appointments start at 10 a.m. with the last appointment scheduled for 2 p.m. Why not stay for lunch? Make your lunch reservation (served from 11:30 a.m. to 12:15 p.m.) when you make your tax appointment. Bring your photo I.D., copy of last year's return, proof of health insurance, Social Security card, wage and earnings statements (W2s), Retirement Income statements (Form 1099R or SSA 1099), Interest and Dividends statements (Form 1099), Homestead Exemption forms, and any other information about your income and expenses.

For an appointment, call 402-441-7158.

Women's History Month Event

"Still I Rise!"

An evening of music and theater inspired by the writings of Maya Angelou, directed by Chet Kincaid.

Thursday, March 9
Cotner Center Condominium
1540 N. Cotner Blvd.
Dinner and show: 5:30 p.m.
$10 suggested meal contribution for age 60+.
$10 meal fee for people under age 60.
Show Only: 6:30 p.m.
$5 all ages
$4 in-town round trip transportation suggested contribution.

Born April 4, 1928, Maya Angelou would grow up to become one of the most renowned and influential voices of our time. With more than 50 honorary doctorate degrees, Dr. Angelou became a celebrated poet, memoirist, educator, actress, dramatist, filmmaker and civil rights activist. Join us when our cast of talented actresses and musicians pay tribute to the memorable and empowering words of this multitalented and multifaceted woman.

All-Center Annual Fundraiser

Paddy's Wacky Dinner and a Show

Auld Pavilion, 1650 Memorial Drive
Saturday, March 11 - 5 to 7 p.m.
Meal: $12
$4 in-town round trip transportation cost.

The Lincoln-Lancaster County Senior Centers are thrilled to be able to offer a traditional St. Patrick's Day meal of corned beef and cabbage, plus a festive show with Paddywack's authentic Irish music. Thanks to our sponsors – Gold Sponsor: Humana. Silver Sponsors: AseraCare, Camelot Transportation, Inc., Country House Residences, High Plains Alzheimer's Special Care Center, HoriSun Hospice, and Hospice Community Care of Nebraska. Transportation Sponsor: Right at Home. For reservations, call 402-441-7158 by Monday, March 6.

Belmont Senior Center "Active Age Fair"

Thursday, April 13
9 a.m. to 1 p.m.
Belmont Senior Center, 1234 Judson St.

Lincoln Parks and Recreation and Aging Partners are partnering to provide a fun opportunity to learn more about all the great things available at Lincoln and Lancaster County Senior Centers. Health and fitness and nutrition education screenings, live entertainment and lunch at 11:30 a.m. are just some of the attractions. Watch for more details to come.

Same Great Care…
Just with a New Name!

Gentiva Health Services is now part of Kindred at Home, a provider of home care with the nationwide Kindred Healthcare network of services. Our management and clinical team of Registered Nurses, physical therapists, occupational therapists, speech therapists, home health aides and medical social workers remain the same. We look forward to continuing the relationship with our community and patients and deepening our commitment to providing the highest quality of clinical care.

www.kindredathome.com

GENTIVA® An Affiliate of Kindred at Home

Kindred at Home

AGING PARTNERS
A Pioneering Area Agency on Aging

FEBRUARY 2017

Aging Partners Health and Fitness

233 S. 10th St., Suite 101, Lincoln / 402-441-7575

The Aging Partners Health and Fitness Center is open Monday through Friday from 8 a.m. to 4 p.m. A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. to 2 p.m. or by appointment. There is a $10 monthly suggested contribution for age 60 and over and a $15 fee for people under age 60. All ages are welcome. If you are on a break from work, stop and check out all we offer. Cardio equipment, new strength training equipment, free weights, balance and other exercise aids are available.

UPDATE ON CLASS PRICES:

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. Punch cards are available.

Preregistration is required for all classes by calling 402-441-7575.

Beginners Tai Chi for Balance and Fall Prevention Class - Basic 8 Form

(eight-week sessions)

Auld Recreation Center, 1650 Memorial Dr.

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

- Thursdays, 9 to 10 a.m.
  Jan. 26 to March 23 (no class Feb. 16)
  March 30 to May 18

Traditional Tai Chi – 24 Form

(eight-week sessions)

Auld Recreation Center, 1650 Memorial Dr.

Tai Chi has been shown to reduce stress, enhance core strength and balance, and stimulate mental clarity. Participants will practice slow and gentle Tai Chi movements while learning to incorporate healthy breathing techniques into each of the forms. Classes include full instruction.

- Fridays, 9 to 10 a.m.
  Jan. 27 to March 17
  March 24 to May 12

Tai Chi – Continuing 24 Form

(eight-week sessions)

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

- Auld Recreation Center
  1650 Memorial Dr.
  Fridays, 10:15 to 10:45 a.m.
  Jan. 27 to March 17
  March 24 to May 12
- Cotner Center Condominium
  1540 Cotner Blvd.
  Mondays, 10:30 to 11 a.m.
  Jan. 23 to March 20 (no class Feb. 20)
  March 27 to May 15

Diabetes Self-Management Workshop

Gere Library, 2400 S. 56th St.

This free six-week program is designed to help you or someone you care for learn to live a healthy life with diabetes. This workshop was developed by Stanford University and will help you or someone you know learn how to manage symptoms, including fatigue and depression; use relaxation techniques; eat healthy; improve your communication skills; use medication effectively; monitor your blood sugars; solve problems and set goals; increase your self-confidence, feel better and take charge! To register, or for details, contact Julie at 402-326-2904 or julie.chytil@nebraska.gov.

- Wednesdays, 1 to 3:30 p.m.
  Jan. 18 to Feb. 22

Relax, Rejuvenate and Renew

Friday, April 28
9 a.m. to 2:30 p.m.
Southeast Community College
Jack Huck Continuing Education Center
301 S. 68th Street Place

This half-day mini-retreat is for family caregivers or anyone looking to recharge their physical, emotional and spiritual batteries. Programs include "The Transformative Power of Music" and "Dream On," presented by Tracie Foreman; "The Astonishing Power of Appreciation," presented by Debbie Way; and "Yoga for Relaxation and Stress Management," presented by Terri Swanson. Cost is $29 (lunch provided).

Registration deadline is Thursday, April 20.

Register online at http://bit.ly/RegisterCE or call 402-441-7575 or 402-437-2700 for a registration form.

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FEBRUARY 2017

UNMC Health Clinics

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

Aging Partners has two health clinic locations. One is located at the Downtown Senior Center and the other at the Vermeer Education Center, located north of St. Mark's United Methodist Church.

These two clinics are co-sponsored with the University of Nebraska Medical Center College Of Nursing.

UNIVERSITY OF Nebraska Medical Center

These clinics offer a variety of individual and group screenings that provide participants with the knowledge of personal health risks and information about things they can do to lower those risks and optimize their health.

No Appointments Necessary!

Clinic services are available to people age 60 and over.
Please bring a list of your prescriptions and over-the-counter medications.

Downtown Center

1005 "O" St., lower level

Schedule

- Thursdays, 9:30 a.m. to 1:30 p.m.
  Feb. 2, 9, 16 and 23
  March 2, 9, 16 and 30

Services Available

Comprehensive foot care, ear wax removal, blood glucose screenings, blood pressure screenings, cholesterol screenings and health promotion education.

Osteoporosis screenings are not available at the Downtown Clinic.

Vermeer Education Center

4000 S. 84th St. (located north of St. Mark's Church)

Schedule

- Wednesdays, 9:30 a.m. to 1:30 p.m.
  Feb. 1, 8, 15 and 22
  March 1, 8, 15 and 29

Services Available

Comprehensive foot care, blood glucose screenings, blood pressure screenings, cholesterol screenings, osteoporosis screenings and health promotion education.

For more information on the UNMC Health Clinics, call 402-441-7575.

Belmont Center

Belmont Recreation Center
1234 Judson St., Lincoln, NE 68521
Open: Mondays, Tuesdays, Thursdays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Manager: Pam Lander, 402-441-7990

Mondays, Tuesdays and Thursdays

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

Tuesdays

- BINGO at 11:30 a.m.

Special Event Programs

Feb. 2 Music trivia

Feb. 6 Chair Tai-Chi with Ann Heydt, Aging Partners Health and Fitness, from 10:30 to 11 a.m.

Feb. 7 February birthday party at noon.

Feb. 9 "Preventing Foodborne Illness," a nutrition handout from Denise Boyd, R.D., at 11:30 a.m.

Feb. 13 Chair Tai-Chi with Ann Heydt, Aging Partners Health and Fitness, from 10:30 to 11 a.m.

Feb. 14 Valentine's Day party – wear something red and bring some treats to share.

Feb. 16 Winnie the Pooh trivia

Feb. 20 *Aging Partners and all senior centers will be closed for Presidents' Day.*

Feb. 23 "Maximize Your Eye and Vision Health," presented by Bryan nursing students at 11:30 a.m.

Feb. 27 "Preventing Foodborne Illness," a nutrition handout from Denise Boyd, R.D., at 11:30

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: 11:30 a.m.
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

Feb. 3 Pizza trivia

Feb. 10 Alaskan word search

Feb. 17 "Grocery Shopping Tips," nutrition information from the County Extension, at 11:30 a.m.

Feb. 20 Aging Partners and all senior centers will be closed for Presidents' Day.

Feb. 24 Keep On The Sunny Side Of Life at 11:30 a.m.

Downtown Center

1005 "O" St., Lincoln, NE 68508
Dining room open: Monday - Friday, 9 a.m. to 2 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 each Monday at 10:30 a.m. Come enjoy this talented group of musicians.

Wednesdays

- BINGO at 10:30 a.m. "High Plains Alzheimer's Special Care Center" is our prize sponsor this month. *Thank you for your generous support.*

Fridays

- Come visit with a friend or make new friends while enjoying some freshly made popcorn and watching our large screen television.

Special Event Programs

Feb. 2 "Groundhog or Prairie dog, which is which?" A special Groundhog Day program by Dr. Paul Johnsgard, at 10:30 a.m.

Feb. 7 "Preventing Foodborne Illness," a nutrition handout from Denise Boyd, R.D.

Feb. 9 "The History of Valentine's Day," presented by Eldonna Rayburn from Homestead Rehabilitation at 10:45 a.m.

Feb. 14 Jimmy Mack's Valentine's Day Malt Shop Show. (see cover page for details.)

Feb. 16 Shawn Cole, known as the one-man band, will perform at 10:30 a.m.

Feb. 17 "Kids Day Extravaganza" with Jerry Taylor from F Street Recreation Center. Jerry will bring a group of kids down for board games, crafts and socialization from 10:15 to 11:15 a.m.

Feb. 20 *Aging Partners and all senior centers will be closed for Presidents' Day.*

Feb. 21 Health Clinic: "Sharing and Caring," with Dr. Jean Krejci. Talk your winter blues away with this compassionate counselor.

Feb. 23 A piano performance by Carol Amateis. Her mastery of the piano had us in awe at her last visit, so you won't want to miss it at 10:45 a.m.

- Health Clinic: Angels Care Home Health nurses will perform blood pressure screenings at 11 a.m.

Feb. 28 "The Fifth Taste," a nutrition program presented by Denise Boyd, R.D., at 11 a.m.

Shopping News

Russ's: Wednesday, Feb. 1

Wal-Mart: Wednesday, Feb. 15

Reserve a spot before noon the Monday before shopping. Van leaves the center at 12:30 p.m. Trip suggested contribution: $4

Homestead Rehabilitation Center combines exercise, education and technology to reduce pain, improve function and restore independence.

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- Therapy 7 Days a Week
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(800) 991-7006
www.caretechinc.com

Lake Street 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

Mondays through Fridays

- Coffee and visiting at 9 a.m.
- Pitch, games and puzzles.

Tuesdays

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

Tuesday and Thursdays

- Tai Chi class at 12:30 p.m.

Wednesdays

- Writer's group at 11 a.m.
- Exercise class at 12:30 p.m.

Special Event Programs

Feb. 1 The Unpaid Bills are performing at 10 a.m.

Feb. 2 Groundhog Day – will he see his shadow? What does the Farmer's Almanac say about our weather?

- Lincoln City Library Bookmobile from noon to 1 p.m. *Come check it out.*

Feb. 6 Days of February

Feb. 7 "Preventing Foodborne Illness," a nutrition handout from Denise Boyd, R.D.

- Come an enjoy a game of table hockey.

Feb. 8 Come and work on your Valentine project with MaryLou and Gloria at noon.

- Shopping assistance at noon. Cost: $2.

Feb. 9 "Old time Courting Rules"

Feb. 13 Word games

Feb. 14 Valentine's Day party

Feb. 15 Enjoy the music of Fine Wine at 10 a.m.

Feb. 16 "Healthy Heart Snack Ideas"

- Lincoln City Library Bookmobile from noon to 1 p.m. *Come check it out.*

Feb. 20 *Aging Partners and all senior centers will be closed for Presidents' Day.*

Feb. 21 Presidential trivia

Feb. 22 Enjoy the music of the Baker Bunch at 10 a.m.

- "Vaccines and Immunizations after 60," presented by Bryan College of Health Sciences RN students Paige and Lauren.
- Shopping assistance at noon. Cost: $2.

Feb. 23 Trivia

Feb. 27 Table hockey

AGING PARTNERS
A Pioneering Area Agency on Aging

Bob Ross Oil Painting Class

Saturday, March 18
9:30 a.m. to 3:30 p.m.
Lake Street Center, 2400 S. 11th St.

"Spectacular View"

A rustic hunting cabin sits on a secluded mountain ridge dwarfed by a snowy mountain range. Paint along with certified instructor Donald R. Belik in this one-day painting class and take home this finished oil painting. No experience required. All material and supplies are provided. Registration required. Payment due by Fri., March 10. **Cost: $50.** Mail paymentto: Aging Partners, Attn: Art Class, 1005 "O" St., Lincoln, NE 68508.

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

Northeast Center

6310 Platte Ave., Lincoln, NE 68507
Open: Monday through Friday, 8 a.m. to 4 p.m.
Lunch served: 11:30 a.m. to 12:15 p.m.
Manager: David Chapelle, 402-441-7151

Mondays through Fridays

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

Mondays

- "Reminiscing with Phil." Stop by for a cup of coffee, a cookie and let's chat about this, that, and other things, at 10 a.m.
- 10-Point Pitch from 12:30 to 3 p.m.

Wednesdays

- Grab-bag BINGO from 10 to 11:15 a.m. Please bring a prize!
- 10-Point Pitch and Bridge from 12:30 to 3 p.m.

Thursdays

- "Surfing the Internet." Learn the basics of Internet access and how to make it work for you, at 9:30 a.m.

Fridays

- 10-Point Pitch from 12:30 to 3 p.m.

Special Event Programs

Feb. 1 Homestead Rehabilitation Center nurses will perform blood pressure screenings at 9 a.m.

Feb. 3 Enjoy the music of Fine Wine at 10 a.m.

Feb. 9 Monthly birthday celebration at 11 a.m. Recognition and free lunch to those celebrating a January birthday. The birthday lunch is restricted to the day of the party only. For reservations call 402-441-7151 before Tuesday, Feb. 7.

- *Happy Birthday to Jean Potter (4), Red Nelson (17), Mary Grimes (11), Janeth Leymaster (12), Norman Porath (8), Harold Tompkin (17) and Buzz Murphy (18)!*

Feb. 10 Enjoy the music of Bill Hill at 10 a.m.

Feb. 12 Abraham Lincoln's birthday.

Feb. 13 Foot care with Dr. Fountain at 9 a.m.

Feb. 15 AseraCare Hospice nurses will perform blood pressure screenings at 9 a.m.

- "Preventing Foodborne Illness," a nutrition handout from Denise Boyd, R.D., at 10 a.m.

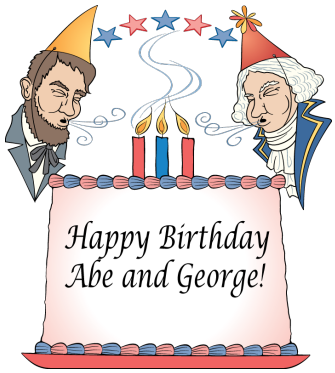
Feb. 17 Enjoy the music of Countrified at 10 a.m.

Feb. 20 *Aging Partners and all senior centers will be closed for Presidents' Day.*

Feb. 22 George Washington's birthday.

Feb. 24 Enjoy the music of the UnPaid Bills at 10 a.m.

Feb. 28 Mardi Gras party and lunch beginning at 10 a.m.



Severe Weather Closing Information

In the event of severe weather or dangerous conditions, Aging Partners Centers may be closed. As a rule, if the Lincoln Public Schools are closed, Aging Partners Senior Centers also will close.

Please listen to KFOR 103.3 FM or 1240 AM radio for the most accurate and up-to-date senior center closing information.

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10851 N. 148th – Waverly
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402-476-1225

Bennet Center

American Legion Hall, 970 Monroe St.
Open: Tuesdays and Thursdays, 9 a.m. to 1 p.m.
Lunch served: noon
Manager: Paula Chamberlain, 402-416-7693
Reservations: 402-782-6780 (Phyllis) Thursdays

Tuesdays and Thursdays

- Games and cards at 10 a.m.

Special Event Programs:

Feb. 2 Groundhog Day trivia at 1 p.m.

Feb. 7 BINGO at 1 p.m.

Feb. 9 "Better Senior Living Choices," presented by Theron Ahlman, Senior Care Consultant with Care Patrol, at 1 p.m.

- Health Clinic: Good Samaritan Center nurses will perform blood pressure screenings at 11 a.m.

Feb. 14 Valentine's Day party at 1 p.m.

Feb. 16 "Hawaii," presented by Ralph and Phyllis Steward, at 1 p.m.

- "Preventing Foodborne Illness," a nutrition handout from Denise Boyd, R.D.

Feb. 20 *Aging Partners and all senior centers will be closed for Presidents' day.*

Feb. 21 Presidents' Day trivia at 1 p.m.

Feb. 23 BINGO at 1 p.m.

- Recognition for those celebrating a February birthday. *Happy Birthday Adolph Roesler (5), Larry Kramer (5) and Keith King (24)!*

Feb. 28 Winter trivia 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

- Games and cards at 10 a.m.

Special Event Programs:

Feb. 6 "Time Machine Visit from a Civil War Vet," presented by Jerry Lippincot at 12:30 p.m.

Feb. 13 BINGO at 12:30 p.m.

- Recognition for those celebrating a February birthday. *Happy Birthday Adolph Roesler (5)!*

Feb. 20 *Aging Partners and all senior centers will be closed for Presidents' day.*

Feb. 27 Gayla and Don Becker sing and play guitar at 12:30 p.m.

- "Preventing Foodborne Illness," a nutrition handout from Denise Boyd, R.D.

Hickman Center

Presbyterian Church, 300 E. 3rd St.
Open: Wednesdays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Manager: Paula Chamberlain, 402-416-7693
Reservations: 402-792-2006 (Maxine)

Wednesdays

- Games and cards at 10 a.m.

Special Event Programs

Feb. 1 "Better Senior Living Choices," presented by Theron Ahlman, Senior Care Consultant with Care Patrol, at 12:30 p.m.

- "Preventing Foodborne Illness," a nutrition handout from Denise Boyd, R.D.

Feb. 8 Gayla and Don Becker sing and play guitar at 12:30 p.m.

Feb. 15 BINGO at 12:30 p.m.

- Recognition for those celebrating a February birthday. *Happy Birthday Adolph Roesler (5)!*

Feb. 20 *Aging Partners and all senior centers will be closed for Presidents' Day.*

Feb. 22 "Commemorating and Celebrating 2017 Anniversaries," presented by Barb Tyler, Independence House Marketing Director, at 12:30 p.m.

- Health Clinic: Haven Manor nurses will perform blood pressure screenings 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)

Fridays

- Games and cards at 10 a.m.

Special Event Programs

Feb. 3 BINGO at 12:30 p.m.

- Recognition for those celebrating a February Birthday. *Happy Birthday Adolph Roesler (5), Joanne Dexter (18) and A.J. Johnson (19)!*

- Health Clinic: Waverly Care Center nurses will perform blood pressure screenings.

Feb. 10 February Fun Facts at 12:30 p.m.

- "Preventing Foodborne Illness," a nutrition handout from Denise Boyd, R.D.

Feb. 17 "Better Senior Living Choices," presented by Theron Ahlman, Senior Care Consultant with Care Patrol, at 12:30 p.m.

Feb. 20 *Aging Partners and all senior centers will be closed for Presidents' Day.*

Feb. 24 Painting 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.

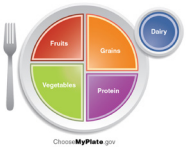
Call 402-441-7031 for more details or to schedule a trip.

FEBRUARY Menu

AGING PARTNERS
A Pioneering Area Agency on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken wings Brown rice Tossed salad Fruity muffin Gelatin pear salad	**2** Cod fillet Au Gratin potatoes Cooked vegetables Applesauce Graham crackers	**3** Hot turkey sandwich Mashed potatoes Gravy Green beans Canned fruit
6 Beef chili Crackers Cheese garnish Vegetable gelatin salad Cinnamon roll	**7** Beef stroganoff Whole grain pasta Mixed vegetables Whole wheat bread Mandarin oranges	**8** Oven baked chicken Au Gratin potatoes Green beans Whole wheat roll Peaches	**9** Hamburger w/whole grain bun California cheddar soup Orange Chocolate pudding	**10** Creamed chicken over biscuit Steamed corn Fruited coleslaw Warm scalloped apples
13 Baked cod Tartar sauce Lemon packet Seasonal rice and beans Tossed green salad Sourdough bread Lemon fruit cup	**14** Beef patty w/bun Cheese slice Steak fries Coleslaw Tomato juice Ice cream	**15** Beef goulash Orange glazed carrots Waldorf salad Whole grain bread Apricots	**16** Chicken mushroom and wild rice casserole Winter salad Whole grain bread Pears	**17*** Ham slice Sweet potatoes Asparagus Gingerbread w/whipped topping Applesauce
20 *Aging Partners and all senior centers will be closed in observance of Presidents' Day.*	**21** Pork roast Creamed peas and potatoes Low-sodium V-8 juice Rye bread Cranberry baked apples	**22** Cube steak Mushroom gravy Winter squash Asian coleslaw Whole wheat bread Spiced peaches	**23** Lemon chicken Savory rice Green beans Frozen mixed fruit Bread pudding w/vanilla sauce	**24** Calico bean casserole Garden lettuce salad Cornbread w/honey Orange sections
27 Chicken tortilla soup Cheese garnish Crackers Broccoli salad Fruit quarters Tapioca	**28** Smothered pork chop Rice pilaf 3-bean salad Sourdough bread Apple		**Menus are subject to change.** **All meals include 1 percent or fat-free milk and margarine.** **Condiments and dressing available for all sandwiches and salads.** *** Low-sodium entrée is available.**	

What is MyPlate?



MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including your stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All food and beverage choices count. MyPlate offers ideas and tips to help create a healthier eating style that meets your needs and improves your health. For more information, call 402-441-7159.

FEBRUARY

Lite Choice Menu

AGING PARTNERS
A Pioneering Area Agency on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Pimento cheese sandwich Tomato soup w/crackers Carrot raisin salad Strawberry banana salad	**2** Pancakes with syrup Hardboiled egg Fiesta beans V-8 juice Mixed fruit	**3** Roast beef and cheese sandwich Corn chowder Crackers Bread & butter pickles Banana
6 Salmon salad sandwich Chick pea salad Grape juice Oatmeal cookie	**7** Turkey sandwich on whole grain bread 3-bean salad Apple Granola bar	**8** Pasta salad nicoise Crackers Low-sodium V-8 juice Yogurt Mandarin oranges	**9** Chicken salad on whole grain bread Carrot sticks Cottage cheese Mixed fruit	**10** Ham and cheese sandwich Mixed salad Orange juice Rice Krispie bar
13 BBQ pork w/bun Coleslaw Tropical fruit Graham crackers	**14** Beef stew Cornbread w/honey Fruit	**15** Roast beef sandwich Pea salad Raisins Cookie	**16** Chicken corn chowder Salad Pickled beets Grapes Muffin	**17** Cold oven fried chicken Potato salad Baked beans Roll Mixed fruit cup
20 *Aging Partners and all senior centers will be closed in observance of Presidents' Day.*	**21** Chicken salad sandwich Potato soup w/crackers Coleslaw Fruit Chocolate pudding	**22** Northwest tuna salad sandwich Tomato soup w/crackers Diced apples w/cinnamon Yogurt	**23** Chef salad w/ham, tomatoes, shredded cheese, black olives Whole wheat roll Emerald pear whip	**24** Chicken salad on rye bread Celery sticks w/peanut butter Pineapple tidbits Yogurt
27 Egg salad sandwich Vegetable strips w/ranch dressing Mandarin Oranges Nutri-grain bar	**28** Sloppy Joe Whole wheat bun Garden peas Potato chips Applesauce		**Menus are subject to change.** **All meals include 1 percent or fat-free milk and margarine.** **Condiments and dressing available for all sandwiches and salads.**	

Understanding Malnutrition

Malnutrition is a critical health issue among older adults caused by eating too little food, too few nutrients, and by digestive problems related to aging. Malnutrition causes fatigue, depression, weak immune system, anemia, weakness, digestive, lung, and heart problems.

To prevent malnutrition as you age:

- Eat nutrient-packed food
- Snack between meals
- Eat with company as much as possible
- Have flavorful food available
- Get help with food preparation

For more information on nutrition issues, call 402-441-7159 and ask to speak to a registered dietitian.