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 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

Family caregivers do a lot to enhance the health and wellbeing of the person they care for. It is important that they remember to take good care of themselves. One of our certified personal trainers or instructors would be happy to assist you in developing a home based exercise program designed to meet your needs. Appointments can be set up at a time and location convenient to you. We would also like to encourage family caregivers to take advantage of our fitness center and classes if they can.

Chair Yoga (on-going)

Chair yoga is one of the gentlest forms of yoga. It is a unique style that adapts yoga positions and poses through the 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
- Eastbridge Presbyterian Church
  1135 Eastridge Drive
  Wednesdays, 1:30 to 2:30 p.m.

Evidence-Based Tai Chi – Moving for Better Balance Classes

Evidence based programs are supported by the Nebraska Department of Health and Human Services Injury Prevention Program and the State of Nebraska Unit on Aging.

Because all Tai Chi – Moving for Better Balance Classes are progressive, no registrations will be accepted after the fourth class of each session.

Chair Assisted Tai Chi

St. Paul United Methodist Church
1144 "M" St. (dining room)
Tuesdays and Thursdays, 9:30 to 10:15 a.m.
March 31 through June 18

This class is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants meet twice weekly for 12 weeks and are taught simple movements they can practice sitting or standing near a chair. They are many benefits of chair tai chi for all abilities. It strengthens the legs and upper body which leads to improved balance. Participants work progressively toward standing Tai Chi.

$2 suggested contribution per class or $48 per session.

Tai Chi – Moving for Better Balance (Level II)

Eastbridge Presbyterian Church
1135 Eastridge Drive
Mondays and Thursdays
2:30 to 3:15 p.m.
April 23 through July 16 (no class May 25)

This class is for people who have completed one or more sessions of Tai Chi Moving for Better Balance Level I. Classes are designed for people who want to continue with the traditional 8 forms with less instruction and some variations. $2 suggested contribution per class or $48 per session.

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UNMC Health Clinic
Routine health care at low or no cost.

Downtown Center
1005 "O" St., lower level
For transportation, call 402-441-7506.
Clinic services are available to people age 60 years and over. Please bring a list of your prescriptions and over-the-counter medications.

Services Available:

- Comprehensive foot care
- Ear wax removal
- Blood glucose screenings
- Blood pressure screenings
- Cholesterol screenings
- Health promotion education

A $15 suggested contribution will help us continue providing services.

New schedule

- Thursdays, 9:30 a.m. to 1:30 p.m.
  March 5 and 19
  April 2, 9, 16 and 23
  May 7 and 21 (foot care only)
  June 11 and 25 (foot care only)
  July 9 and 23 (foot care only)
  Aug. 6 and 20 (foot care only)
  Sept. 10, 17 and 24

For clinic information, call 402-441-7575.
The following classes are open to join at any time during the session but registration is still required.

Tai Chi – Continuing 24 Form

Cotner Center Condominium
1540 Cotner Blvd.
Mondays, 1 to 1:30 p.m.
April 13 through July 6 (no class May 25)

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

Qigong Refresh and Recharge

This ancient, meditative practice focuses on slow, gentle movements which help to relieve aching muscles and stiff joints, improve balance, flexibility and increase energy. Movements begin from a chair, move to standing forms, closing 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, 10:30 to 11:30 a.m.
  April 13 through July 6 (no class May 25)

• Auld Pavilion, 1650 Memorial Drive
  (Please note new day and time)Wednesdays, 2 to 3 p.m.
  1650 Memorial Drive
  April 8 through May 20

Dance for Life

Each class focuses on balance, strength and cardio health through a unique combination of dance steps done to 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.
  (use Cotner Blvd. entrance)
  Mondays, 10:30 to 11:30 a.m.
  April 13 through July 6 (no class May 25)

• St. Mark’s United Methodist Church
  8550 Pioneers Blvd. (church gymnasium)
  Thursdays, 3:30 to 4:30 p.m.
  April 9 through July 30

• Auld Pavilion (note new day and time)
  1650 Memorial Drive
  Wednesdays, 10 to 11 a.m.
  April 8 through May 20

Diabetes Self-Management Workshop

Union Bank and Trust
Meeting Room (lower level)
3643 S. 48th St.
Tuesdays, 1 to 3 p.m.
April 7 through May 12

The Diabetes Self-Management Workshop 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

This workshop is offered at no cost, but suggested contributions of $4 per class are appreciated!

Stepping On – Building Confidence and Reducing Falls

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. 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 footware can aid in the prevention of falls.

• Cotner Center Condominium
  1540 N. Cotner Blvd.
  (use Cotner Blvd. entrance)
  Mondays, 10:30 to 1:30 p.m.
  April 13 through May 25

• Auld Pavilion, 1650 Memorial Drive
  (Please note new day and time)Wednesdays, 2 to 3 p.m.
  1650 Memorial Drive
  April 8 through May 20

Community Activities and Services March 2020

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

UNMC Health Clinic
Routine health care at low or no cost.

Vermeer Education Center
4000 S. 84th St. (north of St. Mark’s United Methodist Church)
For transportation, call 402-441-7506.

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

Services Available:

• Comprehensive foot care
• Blood glucose screenings
• Blood pressure screenings
• Cholesterol screenings
• Osteoporosis screenings
• Health promotion education

A $15 suggested contribution will help us continue providing services.

New schedule

• Wednesdays, 9:30 a.m. to 1:30 p.m.
  March 4, 11 and 18
  April 1, 8, 15 and 22
  May 6 and 20 (foot care only)
  June 10 (foot care only)
  July 1 and 15 (foot care only)
  Aug. 5 and 19 (foot care only)
  Sept. 9, 16, 23 and 30

For clinic information, call 402-441-7575.

Aging Partners Caregiver Support Group Meetings

Wednesday – March 18, April 15 and May 20
2 to 3 p.m.
Aging Partners Fitness Center, 555 S. 9th St.

Caregivers take care of family members and friends. But who takes care of the caregiver? Support groups provide hope, information and a safe environment to share concerns. The Aging Partners Caregiver Support Group is led by Sandy Lutz, Licensed Independent Mental Health Practitioner.

Eligible caregivers are:

• An individual of any age providing care for an older adult, age 60 and over
• Providing care for a person with Alzheimer’s disease, brain injury or a related brain disorder
• Over the age of 55 and raising a grandchild

Contributions will be accepted for this Older Americans Act service.

Call 402-441-6590 for more information.

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