



Community Health and Fitness Classes

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

Community Activities and Services

January 2022

Dance for Life

Each class focuses on balance, strength and cardio health through a unique combination of dance steps done to popular oldies music. Synchronized movements isolate and strengthen muscle groups, increase heart rate and improve core stability. Participants warm-up from the chair, move to standing, transition to dance then cool down with standing and seated movements.

- In-person
Auld Pavilion
1650 Memorial Dr.
Wednesdays, 10:30 to 11:30 a.m.
Jan. 12 through April 6
(no class March 23)
- ZOOM
Mondays, 2 to 3 p.m.
Jan. 10 through April 11
(no class Jan. 17 and Feb. 21)

Qigong Refresh and Recharge

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

- In-person
St. Mark's United Methodist Church
8550 Pioneers Blvd.
Thursdays, 2:30 to 3:30 p.m.
Jan. 13 through March 31
Irving Recreation Center
2010 Van Dorn St.
Wednesdays, 1 to 2 p.m.
Jan. 12 through March 30
- ZOOM
Mondays, 10 to 11 a.m.
Jan. 10 through April 11
(no class Jan. 17 and Feb. 21)

Tai Chi – Moving for Better Balance (Level I)

In-person
Eastridge Presbyterian Church
1135 Eastridge Dr.
Tuesdays and Fridays, 11 a.m. and 1 p.m.
Feb. 1 through April 22

This class is for people new to Tai Chi or those wanting to continue working on the basic Tai Chi: Moving for Better Balance eight forms. It 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 \$48 per session.

Tai Chi – Moving for Better Balance (Level II)

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 eight forms with less instruction and some variations. Suggested contribution is \$2 per class or \$20 per session.

- In-person
First United Methodist Church
2723 N. 50 St.
Thursdays, 10:30 to 11:30 a.m.
Feb. 3 through April. 7

Chair Yoga

In-person
Eastridge Presbyterian Church
1135 Eastridge Dr.
Wednesdays, 9 to 10 a.m.
Feb. 9 through April 27

Chair yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done seated or the chair is used for support

during standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners are welcome.

Living Well with Diabetes

In-person
Christ United Methodist Church
4530 A St.
Mondays, 1:30 to 3:30 p.m.
March 7 through April 11

This six-week, two-hour evidence-based program provides important information about diabetes in an easy-to-follow format. Facilitators will lead participants through a variety of essential topics including:

- Understanding the different types of diabetes
- Introduction to healthy eating and meal planning
- Exercise – how much, what type and when
- Understanding how food works with diabetes
- Problem solving/creating action plans
- Medication usage
- Talking to the doctor
- Preventing low/high blood sugars
- Self-monitoring – how, when, where and why
- Dealing with depression
- Relaxation techniques
- Proper foot care
- Strategies for sick days

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Energize Your Body, Mind and Spirit

Friday, March 11

9 a.m. to noon (check-in at 8:45 a.m.)

Jack J. Huck Continuing

Education Center

301 S. 68 St. Place, Room 303

Cost: \$19

Preregistration required. Call 402-437-2700 to register or register online at <http://bit.ly/RegisterCE> (online registration keyword: Energize).

No walk-ins the day of the event.

Registration deadline: Tuesday, March 1.

Space is limited, so register early.

Join us in person or via Zoom for an informative and relaxing morning as we explore the interconnections between body, mind and spirit. This mini retreat is designed for anyone who is looking for a day to relax or those who are caring for others.

Sessions include:

- 9 a.m. – **Supplements, the Good, the Bad and the Ugly** presented by Ally Dering-Anderson, PharmD, RP – UNMC College of Pharmacy.

Ally will give an overview of the known benefits and risks associated with commonly used nutritional supplements including the recently popular CBD products. Time will be allowed for questions and answers.

- 10 a.m. – **Meditation 101** presented by Sheila Palmquist, Registered Yoga Teacher Trainer, Certified Yoga Therapist, Founder/Director Lincoln Yoga Center and School, Developer of Take 5 Program. Sheila will present an overview of the diverse types of meditation. She will talk about what current research tells us about the many ways regular meditation can benefit us physically, mentally, and emotionally.

- 10:45 a.m. – **Qigong Demonstration** presented by Tracie Foreman, Aging Partners Community Health Educator. Qigong is an ancient and simple form of movement that helps to quiet the mind while strengthening and relaxing the body.

- 11 a.m. – **Finding Meaning and Purpose in the Second Half of Life** presented by Julie L. Masters, PhD – Professor and Terry Haney Chair of Gerontology, University of Nebraska Omaha. David Bowie once said that aging is when you become the person you were meant to be. Finding ways to become this person is about getting a sense of meaning and purpose in later life. This program will assist people in finding their purpose in the second half of life.

*Co-sponsored by
Southeast Community College,
Aging Partners, and OLLI*

Caregiver Support Group

St. Mark's United Methodist Church

8550 Pioneers Blvd., Room 137

(Enter through door 9, South side

of church, turn left and go downstairs)

2nd Tuesday of every month

5 to 6 p.m.

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 a Licensed Independent Mental Health Practitioner.

Eligible caregivers are:

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

Registrations are not needed; walk-ins welcomed.

Foot Clinics/Senior Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only and will be held at St. Mark's United Methodist Church's Vermeer Education Center and the Downtown Senior Center. Social distancing and sanitation guidelines are followed.

Services are available to those age 60 and over. The following services will be available: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings and health education. Ear care will only be available at the Downtown Senior Center location. A \$20 suggested contribution will help these services continue.

For appointments, location and schedule, call 402-441-7506 or 402-441-7575