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. $4 suggested contribution per class attended for age 60 and over and family caregivers of any age. $5 fee for those under age 60.

In-person
- St. Mark’s United Methodist Church
  8550 Pioneers Blvd.
  Thursdays, 2:30 to 3:30 p.m.
  April 7 through July 28
  (no class July 14)
  Sept. 15 through Nov. 17
- Irving Recreation Center
  2010 Van Dorn St.
  Wednesdays, 1 to 2 p.m.
  Sept. 14 through Nov. 16

Zoom
- Mondays, 10 to 11 a.m.
  April 18 through July 25
  Sept. 12 through Nov. 28

NEW CLASS
Tai Chi for Arthritis and Fall Prevention
In-person
Eastridge Presbyterian Church
1135 Eastridge Dr.
Tuesdays and Fridays
Two class options - 11 a.m. to noon or 1 to 2 p.m.
Sept. 20 through Dec. 16
(no class Nov. 11 and Nov. 25)

This class is beneficial to people with or without arthritis and can help prevent falls. Each session includes breathing techniques and warm up and cool down exercises. Participants will learn one or two movements per lesson, progressively leading to completing the core movements. $2 suggested contribution per class or $48 per session.
Community Activities and Services  
July 2022

Tai Chi – Moving for Better Balance (Level II)  
*In-person*  
First United Methodist Church, 2723 N. 50 St.  
Thursdays, 10:30 to 11:30 a.m.  
June 9 through Aug. 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 eight forms with less instruction and some variations.

$4 suggested contribution per class or $48 per session.

Chair Yoga  
*In-person*  
Eastridge Presbyterian Church, 1135 Eastridge Dr.  
Wednesdays, 9 to 10 a.m.  
May 4 through July 27  
Aug. 3 through Oct. 26 (no class Oct. 5)

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.

$4 per class suggested contribution for age 60 and over and family caregivers of any age. $5 fee for those under age 60.

Stepping On Building Confidence Reducing Falls  
*In-person*  
Eastmont Towers/The Seasons 6305 “O” St.  
Tuesdays, 2:30 to 4:30 p.m.  
July 12 through Aug. 23

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 footwear can aid in the prevention of falls.

Foot Clinics/Senior Health Promotion Services

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

The following services are available to those age 60 and over: 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

St. Mark’s United Methodist Church  
8550 Pioneers Blvd., Room 137 (Enter through entrance 6, north side; no stairs)  
2nd Tuesday of every month from 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.

Registrations are not needed; walk-ins welcomed.

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