

Aging Partners

Health and Fitness Classes



All are welcome at the fitness center. Cardio equipment, strength training equipment, free weights, balance and other exercise aids are available.

There is a \$10 monthly suggested contribution for age 60 and over and family caregivers of any age. A \$15 fee is required for under age 60. A certified personal trainer is available Tuesdays and Thursdays by appointment only at no extra charge.

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. A \$5 per class fee for those under age 60 is required. Punch cards are available. Please register early as classes not having sufficient enrollment may be canceled.

We will have a small selection of classes available on Zoom in addition to our in-person classes. Please call 402-441-7575 to register for the Zoom classes. You will be sent information about how to access Zoom and the specific classes you are interested in. Prior to the classes, you will need to download the Zoom app on your device. In order to receive the access code to enter a Zoom class, you will need to register.

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.

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

Tai Chi – Moving for Better Balance (Level I) – In-person

Eastridge Presbyterian Church
1135 Eastridge Dr.
Tuesdays and Thursdays
11 a.m. to Noon
Oct. 19 through Jan. 13
(no class Nov. 11 & 25)

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) – In-person

Eastridge Presbyterian Church
1135 Eastridge Dr.
Tuesdays, 1 to 2 p.m.
Fridays, 11 a.m. to Noon
Oct. 19 through Jan. 18
(no class Nov. 26 and Dec. 24, 31)

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 \$48 per session.

Chair Yoga – In-person

Eastridge Presbyterian Church
1135 Eastridge Dr.
Wednesdays, 9 to 10 a.m.
Oct. 13 through Dec. 1

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.

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.
Sept. 15 through Dec. 1
- ZOOM
Mondays, 2 to 3 p.m.
Sept. 13 through Nov. 29

Preregistration required, call 402-441-7575 classes.

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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.

- In-person

St. Mark's United Methodist Church
8550 Pioneers Blvd.
Thursdays, 2:30 to 3:30 p.m.
Sept. 16 through Dec. 16

- ZOOM

Mondays, 10 to 11 a.m.
Sept. 13 through Nov. 29

Movement and Strength with Fun in Between – Zoom

Tuesdays, 2:30 to 3:15 p.m.
Sept. 14 through Nov. 30

A fun, fit-filled 45-minute class consisting of a warm-up, followed by two low-impact aerobics songs and two strength sets repeated until cool down.

Stepping On Building Confidence Reducing Falls – In-person

Eastmont Towers, 6305 "O" St.
Tuesdays, 2:30 to 4:30 p.m.
Oct. 5 through Nov. 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. 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.

Living Well with Diabetes – In-person

Hickman Community Center
115 Locust St
Tuesdays, 9 to 11 a.m.
Oct. 12 through Nov. 16

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

Caregiver Support Group

St. Mark's United Methodist Church
8550 Pioneers Blvd., Room 137
(Enter through door 9 on South side of St. Mark's, 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:

- 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

Registrations not needed; walk-ins welcomed.

Foot Clinics and 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. Please call 402-441-7506 to make an appointment for clinic services. Please Note: foot clinics are subject to cancellation or changes at any time due to the current COVID-19 Pandemic.

Services are available to those age 60 and over. **The following services will be available September through the first week of December:** comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings and health education. Ear care will only be available at the Downtown Sr. Center location. \$15 suggested contribution will help these services continue. Please Note: services available are subject to change due to the current COVID-19 Pandemic.

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

Preregistration required, call 402-441-7575 classes.