History of Trick Roping and Wild West Shows  
*Nebraska Humanities Program*  
Downtown Center, 1005 “O” St.  
Thursday, Feb. 3  
10:30 a.m.  
$4 suggested meal contribution age 60 and over.  
$8 meal fee for under age 60.

Pictured above is National Cowgirl Hall of Fame Honoree Joan Wells as she brings her History of Trick Roping and the Wild West Show presentation at the Archway for Soda Fountain Sundae on April 17, 2019.

This is a Nebraska Humanities program where Joan Wells uses the vanishing folk art of trick roping to bring the color and history of the old west alive.

Call 402-441-7154 to reserve a meal.

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Free Income Tax Assistance  
Aging Partners, 1005 “O” St.  
Monday through Wednesday  
Feb. 7 through April 13  
10 a.m. to 3 p.m.  
*AARP Tax-Aide volunteers are back to help you with your 2021 income taxes.*

Appointments are Mondays and Wednesdays beginning 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.  
*Lunch reservations must be made two days in advance.* Bring your photo ID, a 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.

*Appointments go fast, so call early, but not before Wednesday, January 19.*  
For an appointment, call 402-441-7158.

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Social distancing and masks will be required for events and activities.
Upcoming Aging Partners Senior Centers Events

Jimmy Mack’s ‘50s Valentine’s Day Show
Downtown Center, 1005 “O” St.
Monday, Feb. 14
10 a.m.
$4 suggested meal contribution age 60 and over.

In honor of Valentine’s Day and our February birthdays, let’s relive the romance of the ‘50s! Veteran performer Jimmy Mack will play our favorite tunes to swoon and sway to. Bring out your poodle skirts, your cat-eye glasses, saddle shoes, and your white sport coats with your pink carnations. You won’t want to miss this party!

To reserve a meal, call 402-441-7154.

Valentine’s Day Party at Lake Street
with Three Chords and a Cloud of Dust
Lake Senior Center, 2400 S. 11th St.
Monday, Feb. 14 at 10 a.m.
$4 suggested meal contribution age 60 and over.

Come celebrate Valentine’s Day by listening to some great music with good food and fabulous people.

To reserve a meal, call 402-441-7157.

An Evening with the Cranes
Audubon Rowe Sanctuary • Gibbon, NE
Tuesday, March 22

Each spring, something magical happens in the heart of the Great Plains. More than 80 percent of the world’s population of Sandhill cranes converge on Nebraska’s Platte River valley. Along with them, millions of ducks and geese migrate to the neighboring rainwater basins. Join us as we take a motor coach bus to Gibbon for spectacular nature scenes on the river’s edge. Crane viewing is at its best at the Audubon Rowe Sanctuary blinds.

We’ll meet at Shoemaker’s Travel Center, 151 S.W. 48th St., and leave Lincoln at 3 p.m. to arrive at the sanctuary by 5:30 p.m. for perfect sunset viewing. We’ll return to Lincoln by 10 p.m. Cost per person is $85 based on entrance fee, guided tour, round-trip motor coach and a sack dinner. There is a $5 round-trip transportation fee to the bus site within Lincoln.

The following is strongly recommended for the one block walk and 2-hour wait to watch the cranes:

- The warmest coat and clothing you have, including long underwear
- Warm footwear
- Wool or synthetic socks (avoid cotton)
- Very warm gloves or mittens
- Stocking cap or insulated hat
- Dress in layers

Space is limited to a maximum of 40. Call 402-441-7158 to make your reservation by noon Monday, Feb. 21.
Asian Center
Asian Community and Cultural Center
144 N. 44th St., Lincoln, NE 68503
Open: Wednesdays, 9 a.m. to 1 p.m.
Lunch served: 10 a.m., third Wednesday each month
Manager: Duy Linh Bui, 402-477-3446 (leave message)

Belmont Center
Belmont Recreation Center
1234 Judson St., Lincoln, NE 68521
Open: Monday through Friday, 9 a.m. to 1 p.m.
Lunch served: noon
Meal reservations: Pam Lander, manager
Call two business days in advance: 402-441-7990

Wednesdays
Special Event Programs
Jan. 5  9 a.m. – Group socializing, fun and games.
• 9:30 a.m. – Nia dance senior fitness led by volunteers from the Asian Center.
• 10 a.m. – Health education presented by Linh Bui, center manager. Presentation and material in Vietnamese.

Jan. 12  9 a.m. – Group socializing, fun and games.
• 9:30 a.m. – Nia dance senior fitness led by Gerise, Asian Center volunteer.
• 10 a.m. – Nutrition education presented by Linh Bui the center manager. Presentation and material in Vietnamese.

Jan. 19  9 a.m. – Group socializing, fun and games.
• 9:30 a.m. – Nia dance senior fitness led by Gerise Asian Center volunteer.
• 10 a.m. – Come enjoy a group meal with our seniors.

Jan. 26  9 a.m. – Group socializing, fun and games.
• 9:30 a.m. – Nia dance senior fitness led by Gerise, Asian Center volunteer.
• 10 a.m. – Health education presented by Linh Bui, center manager. Presentation and material in Vietnamese.

Monday through Friday
► 9 a.m. – Rummikub, Skip-Bo, Pitch and other games.
► 9 a.m. – Exercise room and walking track

Tuesdays
► 11 a.m. – Exercise with Mitzi.

Wednesdays
► 10:45 a.m. – BINGO. Thank you Fallbrook Assisted Living and Memory Care for sponsoring Bingo this month.

Special Event Programs
Jan. 3  11:30 a.m. – “Tis the Season for Good Digestion,” an Aging Partners nutritional handout.

Jan. 6  11:15 a.m. – “Safe Cleaning Products;” presented by Peggy Apthorpe, Conservation Nebraska Common Ground Program.

Jan. 10  11:30 a.m. – Alphabet trivia and scrambled colors. Challenges especially designed to keep your brain young.

Jan. 12  10:30 to 11:30 a.m. – Commodities Supplemental Food Program distribution. Provides food items to those age 60 and over with limited income.

Jan. 13  10:45 a.m. – Penguin thermometer craft.

Jan. 14  12:30 p.m. – Happy Birthday! Join us as we celebrate those having a January birthday.

Jan. 17  Aging Partners offices and all senior centers are closed for Martin Luther King Jr. Day.

Jan. 20  11:30 a.m. – UPBEAT support group. We will take some time to share positive experiences and random acts of kindness.

Jan. 21  11:15 a.m. – SMART Goals, presented by Devin Mueller, Aging Partners Nutrition.

Jan. 24  11:15 a.m. – Mamma Mia! Say Cheese! Identification of pasta shapes and cheeses.

Jan. 27  11 a.m. – Musical BINGO! Join Elliott Piper, The Music BINGO Guy, for a fantastic program of music and BINGO.

Jan. 28  11:30 a.m. – Join us while Bryan nursing students present on a variety of health topics.

Jan. 31  10:45 a.m. – UNO Tournament of Champions. The winner will receive a prize.
Upcoming Aging Partners Senior Centers Events

2022 Dinner and a Show Schedule
Auld Pavilion, 1650 Memorial Drive, Lincoln
Dinner: 5:30 p.m., Show: 6 p.m.
$13 dinner and show fee ◆ $5 round-trip van transportation
Reservation and payment must be made by deadline.
Call 402-441-7158 for reservations.

• Tuesday, April 12
  Rick Clarence
  Menu: Salisbury steak, mashed potatoes with gravy, veggies, roll, cheesecake, coffee and tea. Reservation and payment deadline: Thursday, April 7

• Thursday, May 12
  Lightning Bugs
  Menu: Ham, potatoes au gratin, veggies, roll, brownie, coffee and tea. Reservation and payment deadline: Monday, May 9

• Tuesday, June 14
  Janet Jeffries
  Menu: Two-piece fried chicken, mashed potatoes with gravy, veggies, roll, lemon meringue pie, coffee and tea. Reservation and payment deadline: Thursday, June 9

• Tuesday, July 12
  Helen Waring-Johnson’s Musical Hats
  Meatloaf, mashed potatoes with gravy, veggies, roll, brownie, coffee and tea. Reservation and payment deadline: Thursday, July 7

• Thursday, Aug. 11
  Three Cords and a Cloud of Dust
  Menu: Lasagna, salad, bread stick, pumpkin bar, coffee and tea. Reservation and payment deadline: Monday, Aug. 8

• Thursday, Sept. 8
  Bill Chrastil
  Menu: Chicken fried steak, mashed potatoes with gravy, veggies, roll, apple crisp, coffee and tea. Reservation and payment deadline: Tuesday, Sept. 6
Monday through Fridays

- 9 a.m. to 1 p.m. – Pool table, computer lab, lending library and transportation to and from our Health and Fitness Center is available.
- 10 a.m. – Color and Create class. Supplies are provided for you to express yourself through adult coloring.
- 10 a.m. – Deb Hoggatt plays the piano.

Mondays

- 10 a.m. – Color and Create class. Supplies are provided for you to express yourself through adult coloring.
- 10 a.m. – Deb Hoggatt plays the piano.

Tuesdays

- 9:45 a.m. – Introduction to Spanish. This class, in the Madonna Room, is led by volunteer Oria Marrero.

Wednesdays

- 10 a.m. – BINGO. The Knolls Senior Living is our prize sponsor this month. Thank you for your generous support.

Fridays

- 10 a.m. – Come and enjoy popcorn and a good movie.
- 10:30 a.m. – Heart and Sole exercise group. Join us in the lower level for programmed exercise.

Special Event Programs

- Jan. 4 “Tis the Season for Good Digestion,” an Aging Partners nutritional handout.
- Jan. 6 10:30 a.m. – “Laughing Matters: It Really Does!” Presented by Tracie Foreman. Studies have shown that laughter brings a multitude of mental and physical benefits to our lives. Tracie will share bits of humor and wisdom about this seriously fun topic.
- Jan. 7 10 a.m. – “Pet Therapy” with Visiting Angels’ Natalie Leon and Zeke.
- Jan. 11 11 a.m. – Painting demonstration with Garry DeFreece. He will explain the techniques he uses when painting. You can observe Garry’s artwork in progress all month long.

Jan. 12 9:45 a.m. – Commodities are delivered.
Jan. 13 10 a.m. – Mike McCracken performs for our birthday bash.
Jan. 17 Aging Partners offices and all senior centers are closed for Martin Luther King Jr. Day.
Jan. 18 Valentine craft time, an all-day activity at your leisure.
Jan. 20 10:30 a.m. – SMART Goals, presented by Devin Mueller, Aging Partners Nutrition. Goals to get you ready for the new year.
Jan. 25 10:30 a.m. – “Bees, Lavender and the Sleepy Bees Lavender Farm Operation,” presented by owner Jerry McCabe.
Jan. 27 10 a.m. – The Book Worms Club, facilitated by Carol Roland, will meet in the Madonna Room.

Prepared and confident
Over 7 million people have counted on Philips Lifeline to feel safe at home and on the go.

Coverage outside the home provided where AT&T wireless network coverage is available. AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help.

There’s a Lifeline solution for you.
Lifeline offers a range of choices to help you maintain your independence. Whether you need the go-anywhere protection of GoSafe, the automatic fall detection of AutoAlert, or the peace of mind offered by HomeSafe, we have you covered.

Call today!
Aging Partners
Lifeline
402-441-8816
Community Health and Fitness Classes
For more information or to register for classes, call 402-441-7575.

Community Activities and Services

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
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

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
Monday through Fridays
► 9 a.m. to 1 p.m. – Fitness room
► 9 a.m. to 1 p.m. – Computer lab

Tuesdays
► 10:15 a.m. – BINGO. Thank you to Barb Kreifels and Priscilla the Comfort Dog for being this months prize sponsor this month!

Thursdays
► 12:15 p.m. – Chair exercise workout with Mitzi.

Fridays
► Game day – come and play a game of your choosing. We have Pitch, Dominoes, Skip-Bo and Kings in the Corner.

Special Event Programs
Jan. 3 10 a.m. – Keep your hands warm and make a snowman door hanger craft project.
Jan. 4 10:30 a.m. – Priscilla The Comfort Dog will be here.
Jan. 5 10 a.m. – SMART Goals, presented by Devin Mueller, Aging Partners Nutrition.
Jan. 6 10:30 a.m. – Enjoy the music of Miss Katy Ray.
Jan. 10 “Tis the Season for Good Digestion,” an Aging Partners nutritional handout.
Jan. 12 10:30 a.m. – Environmental Trivia: All Things Nebraska, presented by Peggy Apthorpe. Please join us for this fun and informative game. You will find out what you know and maybe didn’t know about Nebraska’s natural resources and environment.
Jan. 13 10 a.m. – Enjoy the music of The Quarter Notes.
   • Noon – A visit by Lincoln City Libraries’ Lied Bookmobile.
Jan. 17 Aging Partners offices and all senior centers are closed for Martin Luther King Jr. Day.
Jan. 19 10 a.m. – Enjoy the music of Three Chords and a Cloud of Dust.

A better way of living!

Lake Street Center
2400 S. 11th St., Lincoln, NE 68502 (at 11th and Lake) Open: Monday through Friday, 9 a.m. to 1 p.m. Lunch served: 11:30 a.m. Reservations: Kelle Brandt, manager Call two business days in advance: 402-441-7157

Assisted Living at 56th & Pioneers
Chef-Prepared Meals | 24/7 Assistance Inclusive Pricing
Call for Free Resource Tool Kit

Severe Weather Closings
In the event of severe winter weather or dangerous conditions, Aging Partners Senior Centers may be closed. As a rule, if Lincoln Public Schools (LPS) are closed, the senior centers also will close. Please listen to KFOR 103.3 FM or 1240 AM, or KLIN 1400 AM for the most accurate and up-to-date senior center/LPS closing information.
**Northeast Senior Center**
6310 Platte Ave., Lincoln, NE 68507
Open: Monday through Friday, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m. to 12:15 p.m.
Meal reservations: David Chapelle, manager
Call two business days in advance: 402-441-7151

**Monday through Friday**
- 9 a.m. to 1 p.m. – Computer lab, pool table and TV room.

**Mondays**
- 10 a.m. – Frivolous Information Dare. Rack your brains, shuffle through your memory and show off your knowledge and mastery of fun and frivolous facts.

**Tuesdays**
- 9:15 a.m. – Exercise with Barb McAdams. Get a great workout and a lot of fun with this low-impact exercise program.
- 9:30 a.m. – Adult coloring. Get your mind moving with the exciting “new” art of coloring. Gain focus, have fun and rediscover a fantastic way to relax.

**Wednesdays**
- 10 a.m. – BINGO! What a sensational way to spend the morning. Great for fun, friendship and feeding that little bit of competitive spirit in all of us. Thank you AseraCare Hospice for sponsoring BINGO this month.

**Thursdays**
- 9:15 a.m. – Exercise with Barb McAdams. Get a great workout and a lot of fun with this low-impact exercise program.
- 10 a.m. – Yesterday and today come together with an exciting review of this week’s history. Join us for a cup of coffee and a cookie and explore the rousing news and fond memories from yesterday.

**Fridays**
- 10 a.m. – Live music. Tap your toes or put on your dancing shoes. Enjoy the sounds and the put-your-hands-together fun on Live Music Fridays. Each week we have a new musician, come enjoy the dancing and join us for lunch immediately following.
  **January’s lineup:**
  - Jan. 7 – Patti and Bill
  - Jan. 14 – The Quarter Notes
  - Jan. 21 – Rick Clarence
  - Jan. 28 – Surprise musical guest

**Special Event Programs**
- **Jan. 10** 9 a.m. – Footcare clinic. Please come with clean feet. $20 suggested contribution. You must call 402-441-7151 to make an appointment.
- **Jan. 12** 10 a.m. – Guest BINGO caller from Legacy.
- **Jan. 13** 10 a.m. – “A Grand and Glorious Journey,” presented by Tracie Foreman. Join us for a cup of coffee, a cookie and some great tips our journey through life. Every person’s journey is filled with opportunities to learn, grow and evolve. The challenge for each of us is determining which path truly leads to “Grand and Glorious.”
- **Jan. 17** Aging Partners offices and all senior centers are closed for Martin Luther King Jr. Day.
- **Jan. 18** 10 a.m. – “Services Provided by Aging Partners Benefits Counselors,” presented by Molli Stolz.
- **Jan. 19** 11 a.m. – “You Are What You Eat” nutritional handout. Stop in for some helpful and fun tips and information and making your daily diet as nutritious as possible.
- **Jan. 20** 10 a.m. – You make it and take it. Busy hands are happy hands. Drop in and put together the pieces of a fun craft project.

**If interested, contact Mitch at 402-441-8815 for details.**
Firth Senior Center
Firth Community Center
311 Nemaha St.
Open: Mondays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Meal reservations: Paula Chamberlain, manager
Call two business days in advance: 402-416-7693

Hickman Senior Center
Hickman Community Center
115 Locust St.
Open: Wednesdays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Meal reservations: Paula Chamberlain, manager
Call two business days in advance: 402-416-7693

This month’s BINGO prizes are sponsored by Physician’s Choice Home Health. Special thanks to Trista Roque!

Mondays
► 9 a.m. – Art books, games and cards. Join us for a day of fun.

Special Event Programs
Jan. 3 10:45 to 11:30 a.m. – Blood pressure clinic with Christy King and Julie Semin, CHI Health.
  • ‘Tis the Season for Good Digestion, a nutritional handout.
  • 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Village.
  • Recognition for those celebrating a January birthday. Happy birthday Don Foster (28!)

Jan. 10 10:45 a.m. – Entertainment with Three Chords and a Cloud of Dust.
  • 12:15 p.m. – Time to relax with a January craft project.

Jan. 17 Aging Partners offices and all senior centers are closed for Martin Luther King Jr. Day.

Jan. 24 10:45 a.m. – Let’s get moving with Jonathan Anderson, Hillcrest Health Services.
  • 12:15 p.m. – “Services Provided by Aging Partners Benefits Counselors,” presented by Molli Stolz.
  • 9:30 a.m. to 12:30 p.m. – Foot clinic sponsored by Aging Partners Health and Fitness. Call 402-416-7693 to schedule your appointment. There is a $20 suggested contribution.

Jan. 31 10:45 a.m. – SMART Goals, presented by Devin Mueller, Aging Partners Nutrition.
  • 12:15 p.m. – “Services Provided by the Better Business Bureau and How That Relates to You,” presented by the Director of Public Relations and Communications Josh Planos.

Wednesdays
► 9 to 9:30 a.m. – Senior Walking Warriors. Join us for 30 minutes of walking. It improves heart health, aids weight loss, regulates blood pressure, improves circulation, fights cancer, reduces risk of diabetes and much more.
► 9 a.m. to 1 p.m. – Start your day out with art books, games and puzzles.

Special Events Programs
Jan. 5 10:45 to 11:30 a.m. – Blood pressure clinic with Christy King and Julie Semin, CHI Health.
  • ‘Tis the Season for Good Digestion, a nutritional handout.
  • 12:15 p.m. – BINGO with Jen Wolf-Wubbels, Southlake Village.
  • Recognition for those celebrating a January birthday. Happy Birthday Dan Harrah (12!)

Jan. 12 10:45 a.m. – Entertainment with Three Chords and a Cloud of Dust.
  • 12:15 p.m. – Relaxing with a fun January craft.

Jan. 17 Aging Partners offices and all senior centers are closed for Martin Luther King Jr. Day.

Jan. 19 10:45 a.m. – Strength and balance exercises with Jonathan Anderson, Hillcrest Health Services.
  • 12:15 p.m. – “Services Provided by the Better Business Bureau and How That Relates to You,” presented by Branch Manager, Tami Barrett.

Jan. 26 10:45 a.m. – “Services Provided by Aging Partners Benefits Counselors,” presented by Molli Stolz.
  • 9:30 a.m. to 1:30 p.m. – Foot clinic sponsored by Aging Partners Health and Fitness. Call 402-416-7693 to schedule your appointment. There is a $20 suggested contribution.
**Lancaster County Public Rural Transit (LCPRT)**

Scheduled door-to-door public rural transportation.

- Serves the entire Lancaster County area plus the communities of Adams, Ceresco, Cortland, Eagle and Greenwood.
- Wheelchair accessible.
- Cost is $2 one-way, $4 round trip and $20 for a ten-punch rider card. One boarding must occur outside of the Lincoln City limits.

As a “demand route” system, multiple transfers are available upon request and subject to availability. Morning pick-ups and mid-day transfers are available with afternoon returns.

**To schedule a ride from 8 a.m. to 4:30 p.m. Monday–Friday, call 402-441-7031.**

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**Bennet Senior Center**

American Legion Hall  
970 Monroe St.  
Open: Tuesdays and Thursdays, 10 a.m. to 2 p.m.  
Lunch served: noon  
Meal reservations: Paula Chamberlain, manager  
Call two business days in advance: 402-416-7693

This month’s BINGO prizes are sponsored by Physician’s Choice Home Health. Special thanks to Trista Roque!

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**Tuesdays and Thursdays**

- 10 a.m. – Games and cards

**Special Event Programs**

**Jan. 4**  
11:15 a.m. – Adult coloring, with a reminder of all the health benefits of adult coloring.  
- 12:45 p.m. – A tribute to Martin Luther King Day, celebrated on January 17.

**Jan. 6**  
11:15 a.m. – Entertainment with Three Chords and a Cloud of Dust.  
- 12:45 – BINGO with Jen Wolf-Wubbels, Southlake Village.  
- Recognition for those celebrating a January Birthday. Happy Birthday, Sharon Kramer (4) and Harry Emken (14)!

**Jan. 11**  
11:15 a.m. – Winter word search.  
- 12:45 p.m. – BINGO

**Jan. 13**  
11:15 a.m. – Let’s get moving with Jonathan Anderson, Hillcrest Health Services.  
- 12:45 p.m. – Settling back with a fun January craft project.

**Jan. 17**  
Aging Partners offices and all senior centers are closed for Martin Luther King Jr. Day.

**Jan. 20**  
11:15 a.m. – “Services Provided by Aging Partners Benefits Counselors,” presented by Molli Stolz.  
- 12:45 p.m. – University of Nebraska Department of Gerontology Research Talk, presented by Mollie George, University of Nebraska, Omaha Gerontology Department.

**Jan. 25**  
11:15 a.m. – Rummikub, a great brain game.  
- 12:45 p.m. – Hot chocolate and crafts, what great way to spend the afternoon.

**Jan. 27**  
11:15 a.m. to noon – Blood pressure clinic with Christy King and Julie Semin from CHI Health.  
- ‘Tis the Season for Good Digestion, a nutritional handout.  
- 12:45 p.m. – “Services provided by the Better Business Bureau and How that Relates to You,” presented by the director of public relations and communications, Josh Planos.

- 9:30 a.m. to 1:30 p.m. – Foot clinic sponsored by Aging Partners Health and Fitness. Call 402-416-7693 to schedule your appointment. There is a $20 suggested contribution.

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**SMART**

- Specifies
- Measurable
- Achievable
- Relevant
- Time-bound

- 12:45 p.m. – SMART Goals, presented by Devin Mueller, Aging Partners Nutrition.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7*</td>
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<tr>
<td>Beef tips with gravy</td>
<td>Chicken salad on a croissant</td>
<td>Pork roast</td>
<td>Beef and cabbage casserole</td>
<td>French toast sticks</td>
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<tr>
<td>Mashed potatoes</td>
<td>Broccoli cheddar soup</td>
<td>Cauliflower Pudding</td>
<td>Sweet potato tots Pudding</td>
<td>Turkey sausage patty</td>
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<td>Stewed tomatoes</td>
<td>Beets</td>
<td>Peaches</td>
<td>Watermelon</td>
<td>Country potatoes</td>
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<td>Berry fruit cup</td>
<td>Melon mix</td>
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<td>Yogurt</td>
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<td>Roll</td>
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<td>Blueberries</td>
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<td>10*</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
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<tr>
<td>Ham slice</td>
<td>Turkey slice with gravy</td>
<td>Spaghetti bake</td>
<td>Beef and bean taco salad</td>
<td>Popcorn chicken</td>
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<tr>
<td>Mashed potatoes</td>
<td>Twice baked potatoes</td>
<td>California vegetables</td>
<td>with salsa</td>
<td>Macaroni and cheese</td>
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<tr>
<td>Peas</td>
<td>Mixed berries</td>
<td>Garlic bread</td>
<td>Tortilla chips</td>
<td>Green beans</td>
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<tr>
<td>Bread slice</td>
<td>Roll</td>
<td>Cinnamon apples</td>
<td>with salsa</td>
<td>Cherries</td>
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<tr>
<td>Pudding</td>
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<td>Fruit juice</td>
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**Aging Partners offices and all senior centers are closed for Martin Luther King Day.**

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<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21*</td>
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<tr>
<td><strong>Regular Hot Menu</strong></td>
<td>Baked cod</td>
<td>Beef and broccoli</td>
<td>Breaded chicken sandwich</td>
<td>Beef hot dog</td>
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<tr>
<td>Aging Partners</td>
<td>Spinach salad</td>
<td>White rice</td>
<td>with Grace</td>
<td>Potato salad</td>
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<tr>
<td>offices and all</td>
<td>Hushpuppies</td>
<td>Crab Rangoon</td>
<td>Three bean salad Chips</td>
<td>Baked beans</td>
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<tr>
<td>senior centers</td>
<td>Lemon cake</td>
<td>Fortune cookie</td>
<td>Applesauce</td>
<td>Chips</td>
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<td>are closed for</td>
<td>Peaches</td>
<td>Fresh fruit</td>
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<td>Tater tot</td>
<td>Pancakes</td>
<td>Tilapia</td>
<td>Salisbury steak</td>
<td>Mexican chicken</td>
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<tr>
<td>casserole</td>
<td>Hard-boiled egg</td>
<td>Wild rice</td>
<td>Tri-cut potatoes</td>
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<tr>
<td>Carrots</td>
<td>Turkey sausage links</td>
<td>Peas</td>
<td>Carrots</td>
<td>Refried beans</td>
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<td>Fresh fruit</td>
<td>Tomato juice</td>
<td>Bread slice</td>
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<td>Tortilla chips</td>
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<td>Beef chili</td>
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**Menus are subject to change.**
- All meals include 1 percent milk and margarine or butter.
- Condiments/dressing available for sandwiches/salads.
- *Low sodium alternative available (month of January is chicken breast)*
- *$4 meal suggested contribution age 60 and over.*
- $4 transportation suggested contribution age 60 and over.