2022 Dinner and Show

Helen Waring-Johnson’s Musical Hats

Tuesday, July 12
Auld Pavilion, 1650 Memorial Drive
Dinner: 5:30 p.m.
Show: 6 p.m.
$13 dinner and show fee
Round-trip van transportation within Lincoln is $5.

Helen performs songs from The Great American Songbook: George and Ira Gershwin, Cole Porter, Harold Arlen, Rodgers and Hart and more.
Menu: Meatloaf, mashed potatoes with gravy, veggies, roll, brownie, coffee and tea.

Reservation and payment deadline: Thursday, July 7.
Call 402-441-7158.

(Delete out the next page for more Dinner and Show events.)

Nebraska History Lunch Series
(in collaboration with Gere Library)

History of the Nebraska Legislature with Kate Heltzel

Wednesday, July 20
Gere Branch Library, 2400 S. 56th St.
$4 fee for sack lunch: 12:15 p.m.
Programs begins: 12:30 p.m.

Kate’s presentation will provide an overview of the forces at work in the creation of the Nebraska Unicameral. It also will explore the evolution of the nation’s only one-house legislature.

Join us for a brown-bag lunch and a fascinating historical program. Reservations are required even if you are not having lunch.

Reservation and payment due by noon Monday, July 18.
Call 402-441-7158.
Join us for a brown-bag lunch and a fascinating historical program by some of Lincoln's favorite historians. This season spotlights Nebraska government.

Reservations and payments are due by noon the Monday before each event. Reservations are required even if you are not having lunch.

- **3 Chords and a Cloud of Dust**
  Thursday, Aug. 11
  Saddle up and enjoy an evening of smooth country, bluegrass and folk all done with a toe-tapping taste of country swing.
  Menu: Lasagna, salad, breadstick, pumpkin bar, coffee and tea. Reservation and payment deadline: Monday, Aug. 8.

- **Bill Chrastil**
  Thursday, Sept. 8
  Bill's high-energy shows are a salute to music legends: Elvis Presley, Conway Twitty, Johnny Cash, Willie Nelson, Neil Diamond and more!
  Menu: Chicken fried steak, mashed potatoes with gravy, veggies, roll, apple crisp, coffee and tea. Reservation and payment deadline: Tuesday, Sept. 6.

- **History of Nebraska’s Death Penalty – Bill Kelly**
  Wednesday, Aug. 17

- **History of the Nebraska Census – Mary Sauers**
  Wednesday, Sept. 21

2022 Dinner and Show Series
(co-sponsored by Butherus, Maser & Love)
Auld Pavilion, 1650 Memorial Drive
Dinner: 5:30 p.m., Show: 6 p.m.
$13 dinner and show fee
Round-trip van transportation within Lincoln is $5.
For reservations, call 402-441-7158.

2022 Nebraska History Lunch Series
(in collaboration with Gere Library)
Gere Branch Library, 2400 S. 56th St.
$4 fee for sack lunch: 12:15 p.m.
Programs begins: 12:30 p.m.

Visit aging.lincoln.ne.gov; click on “Classes, Clinics, Programs and Events” for details.
For reservations, call 402-441-7158.

Aging Partners offices and all senior centers are closed Monday, July 4.
Day Trips and Tours

Transportation to and from pick-up site is $5 within Lincoln. For reservations, please call 402-441-7158 (no refunds).

- **Saltdogs**
  
  Tuesday, Aug. 2  
  Gates open at 11 a.m.  
  First pitch at 12:05 p.m.  
  Tickets: $5 per person

  Let us take you out to a ball game – Lincoln Saltdogs vs. Gary Southshore. We promise a place to sit and a whole afternoon of fun with friends and other fans. **Deadline to purchase tickets is Friday, July 29.**

- **River City Star, Fall Riverboat Cruise**
  
  Thursday, Sept. 15  
  Departs: 9:30 a.m. from Northeast Walmart, 3400 N. 85th St.  
  Returns: about 2:30 p.m.  
  Cost: $60

  Let’s venture out on the Missouri River to see the changing fall colors. Join us for a lunch cruise on a ‘40s era paddlewheel-style riverboat that features a fully enclosed lower deck with viewing windows and a canopy-covered upper deck.

  We will leave at 9:30 a.m., board the boat at 11 a.m. and return to the dock at 1 p.m.; then head back to Lincoln.  
  
  **Reservations and payment are due by Tuesday, Sept. 6.**

- **Arbor Day Farm**
  
  Thursday, Oct. 6  
  2611 Arbor Ave., Nebraska City  
  Departs: 11 a.m. from Southeast Walmart, 8700 Andermatt Drive  
  Returns: about 6:30 p.m.  
  Cost: $85

  Nestled in Nebraska City, Arbor Day Farm encompasses 260 acres of natural beauty and historical significance. This national historic treasure is home to Lied Lodge, the one-of-a-kind Tree Adventure, the Apple House Market and Arbor Lodge State Historical Park. But perhaps most importantly, Arbor Day Farm is where the Arbor Day Foundation’s simple mission — to inspire people to plant, nurture, and celebrate trees — comes to life.

  We will travel to Arbor Lodge State Historical Park. While visiting, we will enjoy touring the Arbor Lodge Mansion, The Morton family farm, Tree Top Village, as well as a guided discovery wagon ride pulled by a tractor. After we are done, we will enjoy a picnic at the farm.

  **Reservations and payment are due Wednesday, Sept. 28.**
Asian Senior 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
For meal reservations, call two business days in advance: 402-477-3446.
Duy Linh Bui, manager

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

Wednesdays
Special Event Programs

July 4  Aging Partners offices and all senior centers are closed in observance of Independence Day!

July 6  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. – “Stroke Warning Signs and Symptoms,” presented by Linh Bui (presentation and material in Vietnamese)

July 13  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. – “Try New Thing: The MIND Diet,” presented by Linh Bui. (presentation and material in Vietnamese)
10:30 a.m. – The Food Bank of Lincoln’s, Lincoln Fresh food truck will be distributing fresh fruit and produce.
11 a.m. – Commodity Supplemental Food Program distribution by Food Bank of Lincoln

July 20  9 a.m. – Group socializing/fun and games
9:30 a.m. – Nia dance senior fitness led by Gerise, Asian Center volunteer
10:30 a.m. – Sweet and sour pork on the menu for today. Please come enjoy a warm meal and socialize with your senior center friends.

July 27  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. – “Chronic Fatigue Syndrome,” presented by Linh Bui (presentation and material in Vietnamese)
10:30 a.m. – Commodity Supplemental Food Program distribution by Food Bank of Lincoln

Monday through Friday

▶ 9 a.m. – Rummikub, SkipBo, pitch and other games and cards
▶ 9 a.m. – Exercise room and walking track

Tuesdays
▶ 11 a.m. – Stay in shape with Mitzi; join us for movement, music and fun!

Wednesdays
▶ 10:45 a.m. – BINGO; a variety of prizes are available for the lucky winners. Thank you to Dollar General for being our sponsor!

Belmont Senior Center
Shopping Trip

After lunch, we will board the van and go shopping.

Super Saver: July 7
Walmart: July 21
Van leaves the center at 12:30 p.m.
Suggested trip contribution: $4
Reserve a spot before noon the Monday before shopping.

Special Event Programs

July 1  10:45 a.m. – Patriotic craft activity

July 4  Aging Partners offices and all senior centers are closed in observance of Independence Day! Have a safe holiday.

July 7  11:30 a.m. – “Safe Cleaning Products,” presented by Peggy Apthorpe, Conservation Nebraska Common Ground Program

July 8  11 a.m. – “Consumer Information and Scams Related to Medicare, presented by Colleen Ozanne, Nebraska SHIP

July 11  11:30 a.m. – “Functional Foods” nutritional information provided by Aging Partners
Belmont Senior Center continued

July 13 10:30 to 11:30 a.m. – Commodities Supplemental Food Program distribution; provides food items to those age 60 and over with limited income
July 14 11 a.m. – Come and join in the fun with Elliott Piper, The Music Bingo Guy.
July 15 12:30 p.m. – Birthday celebration for participants with a July birthday
July 18 11:30 a.m. – Alphabet quiz and sibling rivalry
July 21 11:30 a.m. – UPBEAT group; a time to share positive stories and random acts of kindness.
July 22 11:30 a.m. – Group therapy is the game that proves there is more than one correct answer to a question.
July 25 10:45 a.m. – SKIPBO Tournament of Champions; Winner will receive a prize!
July 27 10 a.m. – Gardening surprises with the Grateful Growers, Liz and Martha. Each month they will present, demonstrate and educate on gardening. They will also share their experience with fruits, flowers and vegetables.
July 28 11 a.m. – “Savvy Shopping,” a nutritional education presentation with Devin Mueller, Aging Partners
July 29 11:30 a.m. – Rivals; You will be provided with one-half of a famous feuding pair. Can you provide the name of the opposition?

Downtown Senior Center
1005 “O” St., Lincoln, NE 68508
Dining room: Monday-Friday, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m. to 12:15 p.m.
Building hours: 8 a.m. to 4:30 p.m.
For meal reservations, call two business days in advance: 402-441-7154.

Mondays through Fridays
► 9 a.m. to 1 p.m. – Computer lab and lending library Transportation to and from our Health and Fitness Center is available.

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; Southlake Village is our prize sponsor this month. Thank you for your generous support.

Fridays
► 10 a.m. – 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

July 1 10 a.m. – 4th of July trivia; it’s time to declare your knowledge of 4th of July trivia! No pressure, but don’t let your founding fathers down!
10 a.m. – Pet therapy with Visiting Angels’ Natalie Leon and Zeke

July 4 Aging Partners offices and all senior centers are closed in observance of Independence Day!

July 5 10 a.m. – Medicare BINGO with Colleen Ozanne, SHIP

July 6 11 a.m. – Gardening surprises with the Grateful Growers, Liz and Martha. Each month they will present, demonstrate and educate on gardening. They will also share their experience with fruits, flowers and vegetables.

July 7 10 a.m. – Roger Fischer is a ventriloquist who will delight us all with his comedic show!

July 12 11 a.m. – Garry DeFreece’s painting demonstration; he will explain the techniques used. You can observe Garry’s artwork in progress all month long.
“Functional Foods” a nutritional handout from Aging Partners

July 13 9:45 a.m. – Commodities are delivered.

Shopping Trip
After lunch, we will board the van and go shopping.

Walmart: July 6 and 13
Hy-Vee: July 20 and 27
Van leaves the center at 12:30 p.m.
Suggested trip contribution: $4

Reserve a spot before noon the Monday before shopping.
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

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.

$2 suggested contribution per class or $48 per session.
Community Activities and Services

**Community Health and Fitness Classes**

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

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**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

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**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
Downtown Senior Center continued

July 14 10 a.m. - Tim Javorsky, local saxophone player and vocalist, will perform for our July birthday party!

July 19 All-day summer craft activity at your leisure

July 21 10:30 a.m. - “Savvy Shopping,” presented by Devin Mueller, Aging Partners

July 26 10:30 a.m. - “Dream Weaver’s Connecting Hope,” presented by Cheri Mastny

July 28 10 a.m. - The Book Worms Club, facilitated by Carol Roland, will meet in the Madonna Room.

Lake Street Senior Center
2400 S. 11th St., Lincoln, NE 68502
Open: Monday through Friday, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
For meal reservations, call two business days in advance: 402-441-7157.
Kelle Brandt, manager

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 Vicki Brandt for sponsoring this month’s BINGO.

Thursdays
▶ 11 a.m. – Chair exercises with Mitzi; come enjoy a good work out and have fun doing it!

Fridays
▶ 9 a.m. to 1 p.m. – Game day; come and play a game of your choosing. We love having fun!

Special Event Programs

July 1 11 a.m. – July 4th trivia games and an ice cream treat

July 4 Aging Partners offices and all senior centers are closed in observance of Independence Day! Happy Birthday America!

July 7 10 a.m. – Hidden pictures search

July 11 10 a.m. – Patriotic crafts

July 12 Join us after dinner for a summer treat to cool you down and lift your spirits.

July 13 10:30 a.m. – Enjoy fun games of music BINGO with Elliott Piper the Music Bingo Guy!

July 14 10 a.m. – Enjoy the music of The Quarter Notes Noon – Lincoln City Libraries’ Lied Bookmobile; check out books or a movie.

July 18 10 a.m. – Video game day; come play Wii games and other video games.

July 20 10:30 a.m. – Gardening surprises with the Grateful Growers, Liz and Martha. Each month they will present, demonstrate and educate on gardening. They will also share their experience with fruits, flowers and vegetables.

July 21 10 a.m. – A collaboration of aging advice put together by folks of the senior center

July 25 10:30 a.m. – Table hockey

July 27 10 a.m. – Enjoy the music and humor of Patti and Bill.

July 28 10 a.m. – Word play
Noon – A visit by the Lincoln City Libraries’ Lied Bookmobile.

Free Lincoln Saltdogs Tickets Available to Caregivers Through Aging Partners

We have a limited number of reserved tickets available on a first-come, first-served basis.

Local caregivers are encouraged to call 402-441-7070 to confirm availability.

A complete Lincoln Saltdogs schedule can be found at Saltdogs.com.

Shopping Trips

After lunch we will load up on the van and go shopping.

Walmart: July 5 and 19
Super Saver: July 12 and 26
Van leaves the center at 12:30 p.m. Suggested trip contribution: $4

Reserve a spot before noon the Monday before shopping.
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.
For meal reservations, call two business days in advance: 402-441-7151.
Denise Howe, manager

Monday through Friday
▶ 9 a.m. to 1 p.m. – Two television rooms, card tables and computers

Mondays
▶ 11 a.m. – Frivolous information dare; rack your brains, shuffle through your memory and show off your knowledge and mastery of fun and frivolous facts and games.

Tuesdays
▶ 9:30 a.m. to 1 p.m. – Senior coloring; get your mind moving with the exciting “new” art of coloring. Gain focus, have fun and rediscover a fantastic way to relax.
▶ 10 a.m. – Contemporary dance class, sponsored by the Nebraska Arts Council (registration closed)

Wednesdays
▶ 10 a.m. – BINGO; it’s great for fun and friendship and feeds that little bit of competitive spirit in all of us. Our sponsor for the month of July is Aetna. Thank you!

Thursdays
▶ 9:30 a.m. – Card club; join us for a great game of pitch, poker, rummy and other fun games.
▶ 10:30 a.m. – Fitness; you will love our low impact fitness classes. We have cardio routines, resistance bands and seated exercises, we have something just for you.

Fridays
▶ 9:30 a.m. – Card club; join us for a great game of pitch, poker, rummy and other fun games.
▶ 10 to 11 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.

July lineup:
July 1 – The Patti and Bill Show
July 8 – Dos Markos
July 15 – Chris Sayre
July 22 – Jimmy Mack

July 29 – Music BINGO with Elliott Piper

Special Event Programs

July 4 Aging Partners offices and all senior centers are closed in observance of Independence Day!

July 6 Noon – “4-H Tech Changers,” a presentation by 4-H students about technology

July 7 10 a.m. – Best Friends Sing Along; bring a friend and sing along. Each week we feature new music. 10:30 a.m. – You make it and take it craft project; busy hands are happy hands. Drop in and put together the pieces of a fun craft project. When you’re finished, the project goes home with you!

July 8 11:15 a.m. – NeighborLNK presentation; join us to learn more about getting help and volunteering.

July 11 9 a.m. – Footcare clinic; appointments required. Call 402-441-7151. $20 suggested contribution.

July 12 10 a.m. – Free writers; join us for an hour of free writing. We will write based off an image, discuss it and then write. Once a month we will share our creative writing and stories.

July 13 11 a.m. – Gardening surprises with the Grateful Growers, Liz and Martha. Each month they will present, demonstrate and educate on gardening. They will also share their experience with fruits, flowers and vegetables.

July 14 Noon – “Safe Cleaning Products,” presented by Peggy Apthorpe, Conservation Nebraska Common Ground Program. This session will introduce less toxic alternatives that can be purchased or made from everyday ingredients. Participants will receive cleaning product recipes that are easy and inexpensive.

July 19 10:30 a.m. – The Lincoln Fresh produce truck will be handing out healthy, free fruits and vegetables to underserved areas of our community.
Noon – Lifeline Medical Alert Service, presented by Mike Gardner, Aging Partners, who will share the most recent information as well as answer any questions you may have.

July 21 Noon – Handy Home Services and Durable Medical Equipment, presented by Mitch Sump, Aging Partners

July 29 11 a.m. – Contemporary Dance Recital, sponsored by the Nebraska Arts Council
Bennet Senior Center
American Legion Hall – 970 Monroe St.
Open: Tuesdays and Thursdays, 10 a.m. to 2 p.m.
Lunch served: noon
For meal reservations, call two business days in advance: 402-416-7693
Paula Chamberlain, manager

This month’s BINGO prizes are sponsored by Music BINGO.

Tuesdays and Thursdays
▶ 10 a.m. – Games and cards

Special Event Programs

July 4  Aging Partners offices and all senior centers are closed in observance of Independence Day!

July 5  11:15 a.m. – Walk n Talk
       12:45 p.m. – 31 reasons to celebrate in July

July 7  11:15 a.m. – Craft project
       12:45 p.m. – Music BINGO
       Celebrating July birthdays

July 12  11:15 a.m. – Pitch; winner takes home a prize
       12:45 p.m. – Craft project

July 14  11:15 a.m. – “Savvy Shopping,” presented by Devin Mueller, Aging Partners Nutrition
       12:45 p.m. – An Overview of the History and Services of the Lancaster County Sheriff’s Office, presented by Terry Wagner, Lancaster County Sheriff.

July 19  11:15 a.m. – Adult coloring
       12:45 p.m. – BINGO

July 21  11:15 a.m. – Strength and balance exercises with Jonathan Anderson, Hillcrest Health Services and Michaela Williams, Eastmont
       9:30 a.m. – Foot clinic sponsored by Aging Partners Health and Fitness; call 402-416-7693 to schedule your appointment ($20 suggested contribution).
       12:45 p.m. – Environmental Health Discussion, hosted by Peggy Apthorpe, Conservation Nebraska

July 26  11:15 a.m. – Rummikub
       12:45 p.m. – Tray game

July 28  11:15 a.m. – Blood pressure clinic with Christy King from CHI Health Functional Foods a nutritional handout
       12:45 p.m. – “The Importance of Hydration,” presented by Align Senior Advisors, Kim Kallhoff and Cheryl Kirby

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 midday 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.
Firth Senior Center
Firth Community Center – 311 Nemaha St.
Open: Mondays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
For meal reservations, call two business days in advance: 402-416-7693
Paula Chamberlain, manager

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

This month’s BINGO prizes are sponsored by Music BINGO.

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

Special Event Programs
July 4  Aging Partners offices and all senior centers are closed in observance of Independence Day!
July 11 10:45 a.m. – Blood pressure clinic with Christy King from CHI Health
Functional Foods a nutritional handout
12:15 p.m. – Music BINGO with the Music Bingo Guy
Celebrating July birthdays
July 18 10:45 a.m. – Let’s get crafting
12:15 p.m. – Lifeline, presented by Mike Gardner, Aging Partners
9:30 a.m. – Foot clinic sponsored by Aging Partners Health and Fitness; call 402-416-7693 to schedule your appointment ($20 suggested contribution).
July 25 10:45 a.m. – “WWII Ammunition Depots in Nebraska,” presented by Joni Jones, Brentwood Estates
12:15 p.m. – Medicare BINGO with Colleen Ozanne, SHIP

Waverly Resource Event
Open 9 to 11 a.m.
the first Friday of each month
VFW, 13820 Guilford St.
Paula Chamberlain, Manager

July 1  Foot clinic sponsored by Aging Partners Health and Fitness; call 402-416-7693 to schedule your appointment. $20 suggested contribution.
Blood pressure clinic provided by Azria Health, Waverly

Wednesdays
► 9 a.m. – Start your day out with art books, games and puzzles.
► 9 a.m. – Senior Walking Warriors; join us for 30 minutes of walking. It improves heart health, lowers blood sugar, reduces pain and boosts mental health.

Special Events Programs
July 4  Aging Partners offices and all senior centers are closed in observance of Independence Day!
July 6  10:45 a.m. – Blood pressure clinic with Christy King from CHI Health
Functional Foods a nutritional handout
12:15 p.m. – Music BINGO with Elliott Piper the Music Bingo Guy
Join us to celebrate July birthdays!
July 13  10:45 a.m. – “Savvy Shopping,” presented by Devin Mueller, Aging Partners Nutrition
12:15 p.m. – Environmental Health Discussion, hosted by Peggy Apthorpe, Conservation Nebraska
July 20  10:45 a.m. – Relaxing with a fun craft project
12:15 p.m. – “Laundry day,” presented by Claire Knust, Aetna
9:30 a.m. – Foot clinic sponsored by Aging Partners Health and Fitness; call 402-416-7693 to schedule your appointment ($20 suggested contribution).
July 27  10:45 a.m. – Strength and balance exercises with Jonathan Anderson, Hillcrest Health Services and Michaela Williams, Eastmont
12:15 p.m. – “The Importance of Hydration,” presented by Align Senior Advisors, Kim Kallhoff and Cheryl Kirby
## July Regular Hot Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Aging Partners offices and all senior centers are closed Independence Day.</em></td>
<td>Chicken tacos with salsa</td>
<td>Meatball sub Tater tots</td>
<td>Cod sandwich with lettuce and tomato</td>
<td>1* Hot dog with a bun Macaroni and cheese Mixed vegetables Melon</td>
</tr>
<tr>
<td>Fried chicken Mashed potatoes with gravy Green beans Bread Applesauce</td>
<td>Lettuce salad Gelatin Fruit</td>
<td>Mixed vegetables Orange</td>
<td>Three bean salad Pudding cup Fresh fruit</td>
<td></td>
</tr>
<tr>
<td>Chicken stir-fry with vegetables White rice Egg roll Mandarin oranges</td>
<td>Half tuna salad sandwich Tomato soup Crackers Cauliflower Cake Blueberries</td>
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<tr>
<td>Half roast beef sandwich Loaded baked potato soup Crackers Cranberry salad Peaches</td>
<td>Chicken and cheese tortellini Corn Breadstick Mixed berries</td>
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<tr>
<td>Tuna noodle casserole Antigua vegetables Roll Fresh fruit</td>
<td>Sweet and sour pork Rice Oriental vegetables Crab Rangoon Pears</td>
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<tr>
<td>Chicken salad on a croissant Broccoli cheese soup Crackers California vegetables Pineapple</td>
<td>Beef tacos with lettuce and cheese Refried beans Broccoli with dip Mixed fruit</td>
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**Menus are subject to change.**

- All meals include 1 percent milk and margarine or butter with bread items
- Condiments and dressing are served with sandwiches and salads.
- *Low sodium alternative available (month of June is chicken breast)*
- $4 meal suggested contribution for age 60 and over.
- $8 meal fee for under age 60.