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.

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.**

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.**

**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 1099-R 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 now!**

**For an appointment, call 402-441-7158.**
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 an Arrow Stage tour 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 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)
- 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 and payment by noon Monday, Feb. 21.

Nebraska History Lunch Series
Gere Library, 2400 S. 56th St.
$6 fee for sack lunch
12:15 a.m. to 1:30 p.m.

Join us for a brown-bag lunch and a fascinating historical program by some of Lincoln’s favorite historians. Lunch is served at 12:15 p.m. and the program begins at 12:30 p.m. Reservations and payments due by noon the Monday before the event. Reservations are required even if you are not having lunch. Call 402-441-7158 to make your reservations today!

This season, the series will spotlight Nebraska government. First, we’ll explore the history of the Capitol buildings—yes, there was more than one! Then, we’ll take a tour of the current building. Next, we’ll look at what goes on inside the building that houses the legislature. After that, we’ll examine one specific issue — the death penalty — that highlights how our government works on controversial issues. Finally, if government is of the people, who are the people who live in Nebraska? To answer that, we’ll focus on the history of the census in Nebraska and our state’s changing demographics.

- Nebraska’s Early Capitol Buildings—Jim McKee
  April 20
- Nebraska’s Capitol Environs—Ed Zimmer
  May 18
- History of the Present Capitol—Matt Hansen
  June 15
- Capitol Tour—Bob Ripley
  June 22
  (Special event: maximum 20 participants. Must attend June 15 presentation in order to attend tour.)
- History of the Nebraska Legislature—Kate Heltzel
  July 20
- History of Nebraska’s Death Penalty—Bill Kelly
  August 17
- History of the Nebraska Census—Mary Sauers
  September 21
Upcoming Aging Partners Senior Centers Events

2022 Dinner and 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 in Lincoln and rural Lancaster County.
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**
  Menu: 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

Aging Partners Fitness Center  555 S. 9th St.
Open weekdays from 8 a.m. to 4 p.m.
402-441-7575
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

Feb. 2 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.

Feb. 9 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, center manager. Presentation and material in Vietnamese.

Feb. 16 9 a.m. – Group socializing/fun and games.
• 9:30 a.m. – Nia dance senior fitness led by Gerise, Asian Center volunteer.
• 10 - 11 a.m. – Come enjoy a group meal with our seniors.

Feb. 21 Aging Partners offices and all senior centers are closed for Presidents Day.

Feb. 23 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, SkipBo, Pitch, Games and Cards.
▶ 9 a.m. – Exercise room and walking track.

Tuesdays

▶ 11 a.m. – Exercise with Mitzi. Movement, Music and Fun!

Wednesdays

▶ 10:45 a.m. – BINGO. A variety of prizes are available for lucky winners. Thank you Fallbrook Assisted Living and Memory Care for sponsoring Bingo this month.

Special Event Programs

Feb. 3 10:45 a.m. – Valentine craft activity.
Feb. 4 11:30 a.m. – Quiz for long term and working memory.
Feb. 7 11:30 a.m. – Fish Tales, an Aging Partners nutritional handout and discussion.
Feb. 10 12:30 p.m. – February birthday party celebration for participants who have February birthdays.
Feb. 11 11:30 a.m. – Group therapy. A game that proves there is more than one correct answer to a question.
Feb. 14 11 a.m. – Valentine’s Day party. Please wear something red and come enjoy some treats.
Feb. 17 11:30 a.m. – “Leg Cramps,” a health education program provided by Bryan nursing students.
Feb. 18 11:30 a.m. – UPBEAT support group. Please share positive stories and random acts of kindness.
Feb. 21 Aging Partners offices and all senior centers are closed for Presidents Day.
Feb. 24 11 a.m. – Mental Floss, multiple choice trivia on a variety of subjects.
Feb. 25 11 a.m. – Medicare BINGO with Colleen Ozanne, Nebraska SHIP representative.
Feb. 28 11 a.m. – Come and join in for some good times with Elliott Piper, The Music BINGO Guy!
Downtown Center
1005 “O” St., Lincoln, NE 68508
Dining room open: 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.
Meal reservations: Denise Howe, manager
Call two business days in advance: 402-441-7154

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.

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 piano.

Tuesdays
▶ 9:45 a.m. – Introduction to Spanish. This class, in the Madonna Room, is led by volunteer Oria Marrero. (no class on Feb. 22)

Wednesdays
▶ 10 a.m. – BINGO. Brentwood Estates 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
Feb. 1 10:30 a.m. – “The Great Platte River Road,” presented by Joni Jones, Brentwood Estates.

Feb. 3 10:30 a.m. – “History of Trick Roping and Wild West Shows,” presented by Joan Wells. This is a Nebraska Humanities program where Joan uses the vanishing folk art of trick roping to bring the color and history of the old west alive.

Feb. 4 10 a.m. – “Pet Therapy” with Visiting Angels’ Natalie Leon and Zeke.

Feb. 7 10 a.m. – “Dear Stranger” letter exchange program hosted by Humanities Nebraska. There’s been a lot of talk about weather and climate this past year. Share a story about a time when weather impacted you.

Feb. 8 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.

Feb. 10 10:00 a.m. – Native American flute concert performed by Eldonna Rayburn from The Lexington for our February birthday party!
  ▪ Fish Tales, an Aging Partners nutritional handout.

Feb. 14 10 a.m. – Jimmy Mack performs! In honor of Valentine’s Day, wear your red and join us for live music and lots of fun. Capital View Tower Apartments will provide our party snacks! You won’t want to miss it!

Feb. 15 10:30 a.m. – “Sepsis in the Elderly Community,” presented by Esthefany Estrada, Nebraska Methodist College student.
  ▪ St. Patrick’s Day craft time. Join us as we put together a special craft.

Feb. 17 10:30 a.m. – “Cholesterol and Heart Health,” presented by Devin Mueller, Aging Partners Nutrition. How cholesterol impacts your health and its effects on your heart.

Feb. 21 Aging Partners offices and all senior centers are closed for Presidents Day.

Feb. 22 10 a.m. – Denise Howe presents: “Along the Santa Fe Trail.” A personal story of her hike along the trail in 1984.

Feb. 24 10 a.m. – The Book Worms Club, facilitated by Carol Roland, will meet in the Madonna Room.
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.

- ZOOM
  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.

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

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.

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

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.
Community Activities and Services  

Community Health and Fitness Classes  
For more information or to register for classes, call 402-441-7575.

**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


*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.

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**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

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Co-sponsored by  
St. Mark’s United Methodist Church, Aging Partners, and OLLI
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

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 our special friends at New Visions Methodist Church for sponsoring BINGO prizes!

Fridays
► Game day – Come and play a game of Pitch, Cribbage, Dominoes, Skip-Bo or Kings in the Corner.

Special Event Programs
Feb. 1 10:30 a.m. – Priscilla the Comfort Dog will be here. She’s a sweetheart!
Feb. 2 10:30 a.m. – “Cholesterol and Your Diet,” a nutrition program presented by Devin Mueller, Aging Partners.
Feb. 3 10:30 a.m. to noon – Blood pressure screening and “Vaccine and Immunizations After Age 60” presentation by Bryan nursing students.
Feb. 7 10:30 a.m. – Medicare BINGO provided by Nebraska SHIP. You will learn about:
• The changes to Medicare costs in 2022.
• Medicare Advantages: What are the commercials talking about?
• Fraud: How to prevent and report it.
• Help with Medicare costs.
Feb. 9 10:30 a.m. – Do you ever wonder how Nebraska compares to other states in the prevention of scams and frauds? “Updates on Scams and How to Protect Ourselves,” presented by Ryan Sothan, Nebraska Attorney General’s office.
Feb. 10 10:30 – Enjoy the music of The Quarter Notes.
• 10:30 a.m. to noon – Blood pressure screening and “Ways to Boost Your Health Literacy” presentation by Bryan nursing students.
• Noon – A visit by Lincoln City Libraries’ Lied Bookmobile.
• 12:15 p.m. – Chair exercise with Mitzi.
Feb. 14 10 a.m. – Valentine’s Day party. Come and enjoy the music of Three Chords and a Cloud of Dust.
Feb. 16 10 a.m. – Music BINGO by Elliot Piper, the Music BINGO Guy.
Feb. 17 Fish Tales, a nutrition handout and discussion from Aging Partners.
• 10:30 a.m. – Enjoy the music of Miss Katie Ray.
• 12:15 p.m. – Chair exercise with Mitzi.
Feb. 21 Aging Partners offices and all senior centers are closed for Presidents’ Day.
Feb. 22 Presidential trivia. Come test your knowledge.
Feb. 23 10 a.m. – Enjoy the music and humor of Patti and Bill.
Feb. 24 10:30 a.m. to noon – Blood pressure screening and “Seasonal Affective Disorder” presentation by Bryan nursing students.
• Noon – A visit by Lincoln City Libraries’ Lied Bookmobile.
• 12:15 p.m. – Chair exercise with Mitzi.
Feb. 28 10:30 a.m. – Picture puzzle trivia game.

A better way of living!

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

The Lexington
You’re home.

402.486.4400 | TheLexington.com | Lincoln
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, big screen TV room and coffee.

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
► 9:30 a.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.

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, HoriSun Hospice for sponsoring February BINGO!

Thursdays
► 9:30 a.m. – Writer’s Workshop. Have you ever put pen to paper to tell the story? We’ll write and read the work of our attendees and learn a bit while teaching each other the ins-and-outs of writing.
► 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.

February lineup:
• Feb. 4 – Patti and Bill Show
• Feb. 11 – The Quarter Notes
• Feb. 18 – Bill Hill
• Feb. 25 – Tim Javorsky

Special Event Programs
Feb. 10 10 a.m. – You make it and take it. Busy hands are happy hands. Drop in and put together the pieces of fun craft project.
• 10 a.m. – LPD Personal Safety Officer Jason Hellmuth with be joining us to give tips and pointers on personal safety. In this day and age, personal safety is more than merely being sure our doors are locked. Join us for cookies, coffee and great information on keeping you and your neighbors safe.

Feb. 14 9 a.m. – Footcare clinic. Please come with clean feet. $20 suggested contribution. You must call 402-441-7151 to make an appointment.
• 10 a.m. – Valentine’s Day party. Join us for some sweet treat, hearts and flowers.

Feb. 16 9:45 a.m. – “You are What You Eat.” Stop in for some helpful, fun tips and information. Make your daily diet as nutritious as possible.

Feb. 17 10 a.m. – “Memory Lane,” presented by Tracie Foreman. Join us for a cup of coffee, cookies and some great memories. Memories mold and shape our lives. In this presentation, participants will interact with one another through shared memories, games and nostalgic stories.

Feb. 21 Aging Partners offices and all senior centers are closed for Presidents Day.

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.
**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.
If interested, contact Mitch at 402-441-8815 for details.

Want to make a little money and give back to the community?
Aging Partners Transit is looking for a few good drivers. Part-time with flexible schedules and a lot of fun with our clients. Be prepared to hear stories!

**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 The Music BINGO Guy.

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

**Special Event Programs**

**Feb. 7**
10:45 to 11:30 a.m. – Blood pressure clinic with Christy King and Julie Semin from CHI Health.
  • Fish Tales, an Aging Partners nutritional handout and discussion.
  • 12:15 p.m. – Music BINGO with The Music BINGO Guy.

**Feb. 14**
  • 12:15 p.m. – Valentine’s Day craft, let’s celebrate the season of love.

**Feb. 21**
Aging Partners offices and all senior centers are closed for Presidents Day.

**Feb. 28**
10:45 a.m. – Let’s get moving with Jonathan Anderson, Hillcrest Health Services.
  • 12:15 p.m. – “All There is to Know About Hospice,” presented by Dr. Bob Bleicher, HoriSun Hospice.

**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 Event Programs**

**Feb. 2**
10:45 to 11:30 a.m. – Blood pressure clinic with Christy King and Julie Semin, CHI Health.
  • Fish Tales, an Aging Partners nutritional handout and discussion.
  • 12:15 p.m. – Music BINGO with the Music BINGO Guy.

**Feb. 9**
10:45 a.m. – Valentine’s Day craft.
  • 12:15 p.m. – SHIP BINGO with Colleen Ozanne, SHIP specialist.

**Feb. 16**
10:45 a.m. – “Cholesterol and Heart Health,” presented by Devin Mueller, Aging Partners.
  • 12:15 p.m. – “All There is to Know About Hospice,” presented by Dr. Bob Bleicher, HoriSun Hospice.

**Feb. 21**
Aging Partners offices and all senior centers are closed for Presidents Day.

**Feb. 23**
11:15 a.m. – Strength and balance exercises with Jonathan Anderson, Hillcrest Health Services.
### FEBRUARY 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>1. Pork tacos</td>
<td>2. Creamed chicken</td>
<td>3*. Corndog</td>
<td>4. Tuna noodle casserole</td>
<td></td>
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<tr>
<td>Lettuce salad</td>
<td>over a biscuit</td>
<td>Coleslaw</td>
<td>Antigua vegetables</td>
<td></td>
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<tr>
<td>Spanish rice</td>
<td>Asparagus tips</td>
<td>Muffin</td>
<td>Raisin bread</td>
<td></td>
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<tr>
<td>Pineapple</td>
<td>Orange</td>
<td>Tropical fruit</td>
<td>Apricots</td>
<td></td>
</tr>
<tr>
<td>Mixed vegetables</td>
<td>Green beans</td>
<td>Hash brown casserole</td>
<td>Baby bakers</td>
<td></td>
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<tr>
<td>Raisin bread</td>
<td>Bread slice</td>
<td>Corn bread</td>
<td>Corn</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fresh fruit</td>
<td>Broccoli</td>
<td>Mixed fruit</td>
<td></td>
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<td></td>
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<tr>
<td>Oven baked chicken</td>
<td>Beef and cabbage casserole</td>
<td>Rice</td>
<td>Potato salad</td>
<td></td>
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<tr>
<td>Au gratin potatoes</td>
<td>sweet potato tots</td>
<td>Oriental vegetables</td>
<td>Baked beans</td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td>Pudding</td>
<td>Eggroll</td>
<td>Chips</td>
<td></td>
</tr>
<tr>
<td>Roll</td>
<td>Watermelon</td>
<td>Fortune cookie, Mandarin oranges</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHERRIES</td>
<td></td>
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<tr>
<td>are closed for Presidents' Day.</td>
<td>with gravy</td>
<td>with gravy</td>
<td>Cauliflower</td>
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<tr>
<td></td>
<td>Twice baked potatoes</td>
<td>Mashed potatoes</td>
<td>Pudding</td>
<td></td>
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<tr>
<td></td>
<td>Roll</td>
<td>Stewed tomatoes</td>
<td>Dinner roll</td>
<td></td>
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<tr>
<td></td>
<td>Mixed berries</td>
<td>Beef and bean taco salad</td>
<td>Peaches</td>
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<td></td>
<td></td>
<td>with toppings</td>
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<td></td>
<td></td>
<td>Tortilla chips</td>
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<td></td>
<td></td>
<td>with salsa</td>
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<td></td>
<td></td>
<td>Fruit juice</td>
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<td></td>
<td></td>
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<tr>
<td>Lima beans</td>
<td>Breadstick</td>
<td>Pears</td>
<td>with toppings</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>with salsa</td>
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</tbody>
</table>

**Menus are subject to change.**

- All meals include 1 percent milk and margarine or butter.
- *Low sodium alternative available (month of February is a hamburger patty)
- Condiments/dressing available for sandwiches/salads.
- $4 meal suggested contribution age 60 and over.
- $8 meal fee under age 60.
- $4 transportation suggested contribution age 60 and over.