City of Lincoln
AGING
PARTNERS

Community Health and Fitness Classes

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

Community Activities and Services | NOVEMBER 2026

Aging Partners Health and Fitness programs focus on injury prevention. Everyone is encouraged to take measures that decrease risk, promote optimum health and encourage independent living.

The Schmieding Foundation Center for Active Living fitness center, located at 600 S. 70th St., is open Monday through Friday, 8 a.m. to 4 p.m. for Lancaster County residents, who are age 60 and over.

Certified Personal Trainer is available by appointment only.

For the fitness center, there is a $10 suggested monthly contribution for those age 60 and over.

For all classes, there is a $4 per class suggested contribution for age 60 and over or a $5 per class fee for under age 60. Class preregistration required.

Health and Fitness education programs air on Charter Spectrum channels 1300, 1301 and 1303.

LNKTV City – 1300; LNKTV Health – 1301; LNKTV Education – 1303.

Exercise for a Lifetime includes Yoga, Qigong, Refresh and Renew, Pilates, Forever Strong, Tai Chi: Modified 8 Form, Tai Chi: 24 Form, Tai Chi: Moving for Better Balance and Tai Chi for Arthritis and Fall Prevention.

Health Education Programs: Staff is available to conduct 30- to 60-minute programs for community, church and social groups. A variety of programs have been developed relating to illness and injury prevention, physical activity, nutrition and mental wellness.



Tai Chi for Arthritis and Fall Prevention

Tai Chi for Arthritis and Fall Prevention – Level I

Eastridge Presbyterian Church
1135 Eastridge Drive
Tuesdays and Thursdays, 1 to 2 p.m.
Dec. 1 through Feb. 9
(no class Dec. 24)
Registrations taken after Nov. 9.
Limited spots available.

This class is beneficial to people with or without arthritis and can help prevent falls. Participants will practice one or two movements per lesson, progressively leading to completing the core movements. Suggested contribution $4 per class or $80 per session.

Tai Chi for Arthritis and Fall Prevention – Level II

American Lutheran Church
4200 Vine St.
Mondays and Wednesdays
10 to 11 a.m.
Nov. 30 through Feb. 3
(no class Dec. 21, 23 and Jan. 18)

Class is available to those who have completed one full session of the Tai Chi for Arthritis and Fall Prevention Level I. Suggested contribution is $4 per class or $72 per session.

Chair Yoga

Eastridge Presbyterian Church
1135 Eastridge Drive

Chair yoga is one of the gentlest forms of yoga available through creative use of a chair. Poses are done seated or chair is used for support during standing and balance poses. Chair yoga is suitable for all ages, fitness levels and physical conditions.

- Mondays, 9:30 to 10:30 a.m.
  Nov. 2 through Dec. 21
- Wednesdays, 9:30 to 10:30 a.m.
  Nov. 4 through Dec. 23
  (no class Nov. 11)

Dance for Life

Classes focus on balance, strength and cardio health through a unique combination of dance steps done to popular oldies music. Participants warm-up from the chair, move to standing, transition to dance then cool down with standing and seated movements.

- **American Lutheran Church**
  4200 Vine St.
  Mondays, 1:30 to 2:30 p.m.
  Sept. 14 through Dec. 14
  (no class Nov. 2 and 9)
- **Auld Pavilion**
  1650 Memorial Drive
  Wednesdays, 10 to 11 a.m.
  Sept. 16 though Dec. 9
  (no class Nov. 11)

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Qigong Refresh & Recharge

Slow, gentle movements help relieve aching muscles and stiff joints, improve balance, flexibility and increase energy. Movements begin from a chair, move to standing forms, closing with seated stretches, and stimulating breath exercises.

- **American Lutheran Church**
  4200 Vine St.
  Tuesdays, 9:30 to 10:30 a.m.
  Sept. 17 through Dec. 10
  (no class Nov. 3 and 10)
- **Auld Pavilion**
  1650 Memorial Drive
  Thursdays, 1 to 2 p.m.
  Sept. 17 through Dec. 10
  (no class Nov. 26 and Dec. 3)

StrongBodies Strength Training Program

Victory Park Center
600 S. 70th St., Classroom 105
Tuesdays and Thursdays
Beginners: 8:15 to 9:30 a.m.
Intermediate: 9:45 to 11:30 a.m. and 11:45 a.m. to 1:30 p.m.
Sept. 15 through Dec. 15
(no class Nov. 3 and 26)

The benefits of strength training for older individuals have been studied extensively and include:

- Increased muscle mass and strength.
- Improved bone density and reduced risk for osteoporosis and related fractures.
- Reduced risk for diabetes, heart disease, arthritis, depression, and obesity.
- Improved self-confidence, sleep, and vitality.
- Exercises in StrongBodies utilize dumbbells, adjustable ankle weights and body weights.

StrongBodies is an evidence-based fall prevention class and meets twice a week for 12-weeks. Limited class size. Suggested contribution is $4 per class or $96 per session (24 classes).

Victory Park Foot Clinic and Health Promotion Services

Victory Park Center
600 S. 70th St.,

Services are only available to Lancaster County residents age 60 and over. Visits are by appointment only and sanitation guidelines are followed. These services are available on most clinic dates throughout the year: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings, ear care and health education. A $25 suggested contribution will help these services continue.

Appointments, call 402-441-7506.

Aging Partners Foot Clinics

Comprehensive footcare is offered (by appointment only) to residence of Lancaster County age 60 and over. A suggested contribution of $25 will help these services continue. See center for details. Services are provided at the following locations:

- **Northeast Center,** 6310 Platte Ave.
  Second Monday each month)

For an appointment call Dilynne Spurling at 402-441-6590.

Every other month at:

- **Bennet Senior Center**
  American Legion Hall
  970 Monroe St.
- **Firth Senior Center**
  Firth Community Center
  311 Nemaha St.
- **Hickman Senior Center**
  Hickman Community Center
  115 Locust St.
- **Malcolm Resource Center**
  Malcolm Village Hall, 137 E. 2nd St.

For Rural Lancaster County call Monte at 402-416-7693.

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Aging Partners Health and Fitness YouTube Playlist

(Please focus phone camera on the QR code to get the link to the entire catalogue.)

Note: when you scan the QR code with the camera app, you may still have to choose a browser (Chrome, Safari, etc.)