

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.

Victory Park Foot Clinic / Health Promotion Services

For appointments, call 402-441-7506.

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only and are held at Victory Park Center, 600 S. 70th St. Sanitation guidelines are followed.

Services are only available to residents age 60 and over and reside in Lancaster County. 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.

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 through Dec. 9
(no class Oct. 28 and Nov. 11)

Qigong Refresh and 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. 15 through Dec. 15
(no class Nov. 3 and 10)

- **Auld Pavilion 1650 Memorial Drive**

Thursdays, 1 to 2 p.m.
(Note: New Time)
Sept. 17 through Dec. 10
(no class Oct. 22 and 29 or Nov. 26 and Dec. 3)

Tai Chi for Arthritis and Fall Prevention – Level II

- **American Lutheran Church 4200 Vine St.**

Mondays and Wednesdays
10 to 11 a.m.
Aug. 31 through Nov. 4
(no class Sept. 7 and Nov. 2)

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.
July 20 through Oct. 12
(no class Sept. 7)
- Wednesdays, 9:30 to 10:30 a.m.
July 22 through Oct. 7

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 per week for 12-weeks. Class size is limited. Please note: Suggested contribution is \$4 per class or \$96 per session (24 classes).

Evidence-Based Stepping On – Building Confidence and Reducing Falls

Victory Park Center 600 S 70th St., Classroom 105

Tuesdays, 2:30 to 4:30 p.m.
Sept. 1 through Oct. 13

This program is 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. \$8 per class suggested contribution for age 60 and over and a required \$10 fee per class for those under the age of 60.

Aging Partners Foot Clinics

Comprehensive footcare is available (by appointment) to Lancaster County residents 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 appointments, call Ciji Mays at 402-441-7151.

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.

Caregivers Support Group

St. Mark's United Methodist Church, 8550 Pioneers Blvd., Room 137
(Enter through door 6 on north side of St. Mark's)

Tuesday, Sept. 8 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. 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.

Registration not needed; walk-ins welcome.