

## Aging Partners Health and Fitness programs

focus on injury prevention. Individuals are 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,.

**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 and a \$15 fee for people under age 60.

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 these Lincoln cable systems: ALLO – channels 2, 3 and 23; Charter Spectrum – channels 1300, 1301 and 1303; and Windstream Kinetic – channels 1005; 1010 and 1080.

LNKTV City – 2, 1300, 1005; LNKTV Health – 3, 1301, 1010; LNKTV Education – 23, 1303, 1080

**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

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

Services are available to Lancaster County residents only who are age 60 and over. 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. Call 402-441-7506 for an appointment.

## 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.  
Jan. 5 through May 18 and June 1 through Aug. 17
- **Auld Pavilion, 1650 Memorial Drive.**  
Wednesdays, 10 to 11 a.m.  
Jan. 7 through May 13

## Tai Chi for Arthritis and Fall Prevention – Level I

- **Eastridge Presbyterian Church, 1135 Eastridge Drive**  
Tuesdays and Thursdays, 1 to 2 p.m.  
March 3 through May 7 and June 2 through Aug. 6

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. Please note updated information: 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.  
March 30 through June 1 (no class May 25) and June 15 through Aug. 12

This class is only available to those who have completed at least one full session of the Tai Chi for Arthritis and Fall Prevention Level I. Please note updated information: Suggested contribution is \$4 per class or \$72 per session.

## 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. – Jan. 6 through May 19  
(no class May 12) and June 2 through Aug. 18
- **Auld Pavilion, 1650 Memorial Drive**  
Thursdays, 1:30 to 2:30 p.m. – Jan. 8 through May 7

## Chair Yoga

### **Eastridge Presbyterian Church, 1135 Eastridge Drive**

- Mondays, 9:30 to 10:30 a.m.  
July 20 through Oct. 12
- Wednesdays, 9:30 to 10:30 a.m.  
July 22 through Oct. 7

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.

## Living Well with Chronic Conditions Workshop

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

Tuesdays, 2:30 to 4:30 p.m.  
April 14 through May 26 (no class May 12)

This interactive workshop is facilitated by trained leaders and helps individuals with chronic conditions to learn tools to manage their health and live happier, healthier lives.

**Some topics include:** Action planning, Communication, Better breathing, Pain management, Medication management, and many more topics

\$8 suggested contribution per class for age 60 and over.  
\$10 fee per class for those under age 60.

Please register early as class size is limited.

## 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.

Intermediate: 11:45 a.m. to 1:30 p.m.

March 3 through May 21 (no class May 12)

June 9 through Aug. 27

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).

## Aging Partners Comprehensive Footcare 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 (second Monday each month)  
6310 Platte Ave.  
For appointments, call Ciji Mays at 402-441-7151.
- Bennet Center (every other month)  
American Legion Hall, 970 Monroe St.
- Firth Center (every other month)  
Firth Community Center, 311 Nemaha St.
- Hickman Center (every other month)  
Hickman Community Center, 115 Locust St.
- Malcolm Resource Center (every other month)  
Malcolm Village Hall, 137 E. 2nd St.  
For rural Lancaster County, call Monte at 402-416-7693.

## Caregiver 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, May 12 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.**