

Aging Partners Health and Fitness Programs

focus on injury prevention and disease. Individuals are encouraged to take measures that decrease risk, promote optimum health and encourage independent living.

The Schmieding Center for Active Living fitness center, located at 600 S. 70th St., is open Monday through Friday, 8 a.m. to 4 p.m.

Certified Personal Trainer

A certified personal trainer is available Tuesdays and Thursdays by appointment only.

For the fitness center, there is a \$10 suggested monthly contribution for age 60 and over and a \$15 fee for people under age 60.

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

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, Yoga: Refresh and Renew, Pilates, Forever Strong, Tai Chi: Modified 8 Form, Tai Chi: 24 Form, and Tai Chi: Moving for Better Balance

Health Education Programs

Staff is available to conduct 30- to 60-minute health education 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.

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.



- **American Lutheran Church, 4200 Vine St.**
Mondays, 1:30 to 2:30 p.m.
Sept. 11 through Nov. 27
- **Auld Pavilion, 1650 Memorial Dr.**
Wednesdays, 10 to 11 a.m. *(please note new time)*
Sept. 13 to Nov. 29

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.

- **American Lutheran Church, 4200 Vine St.**
Tuesdays, 10 to 11 a.m.
Sept. 12 through Nov. 28
- **St. Mark's United Methodist Church**
8550 Pioneers Blvd.
Thursdays, 1:30 to 2:30 p.m. *(Please note new time.)*
Sept. 14 through Nov. 30 (no class Nov. 23)

Tai Chi for Arthritis and Fall Prevention

Eastridge Presbyterian Church, 1135 Eastridge Dr.

Tuesdays and Thursdays

Two class options – 11 a.m. to noon or 1 to 2 p.m.

Sept. 19 through Dec. 12 (no class Nov. 23)

This class is beneficial to people with or without arthritis and can help prevent falls. Each session includes breathing techniques and warm-up and cool-down exercises. Participants will learn one or two movements per lesson, progressively leading to completing the core movements.

Tai Chi has a \$2 suggested contribution per class or \$48 per session.

Stepping On: Building Confidence and Reducing Falls

Victory Park Center – 600 S. 70th St.

12:30 to 2:30 p.m.

Mondays, Oct. 9 through Nov. 20

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.

Class size will be limited to 20 participants.

\$4 suggested contribution for each class.

UNMC Foot Clinics/Senior Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only and are held at our new location at Victory Park Center (600 S. 70th Street). Social distancing and sanitation guidelines are followed.

Services are available to those age 60 and over. In July and August, only foot care will be available. Starting September, the following services will be available: comprehensive foot care, blood pressure, blood glucose, cholesterol screenings, osteoporosis screenings, ear care, and health education. A \$20 suggested contribution will help these services continue.

For appointments and schedule, call 402-441-7506 or 402-441-7575.

Chair Yoga

Eastridge Presbyterian Church

1135 Eastridge Dr.

Wednesdays, 9 to 10 a.m.

Sept. 20 through Nov. 29 (no class Oct. 4)

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.

Aging Partners Comprehensive Footcare Clinics

Comprehensive footcare is available (by appointment only) to those age 60 and over. Services are provided at the following locations:

- **Northeast Center** (second Monday each month)
6310 Platte Ave.
Call 402-441-7151 to schedule appointment.
- **Bennet Center** (every other month)
American Legion Hall, 970 Monroe St.
Call 402-416-7693 to schedule appointment.
- **Firth Center** (every other month)
Firth Community Center, 311 Nemaha St.
Call 402-416-7693 to schedule appointment.
- **Hickman Center** (every other month)
Hickman Community Center, 115 Locust St.
Call 402-416-7693 to schedule appointment.
- **Malcolm Resource Center** (every other month)
Malcolm Village Hall, 137 E. 2nd St.
Call 402-416-7693 to schedule appointment.
- **Waverly Resource Center** (every other month)
Waverly VFW, 13820 Guildford St.
Call 402-416-7693 to schedule appointment.

Caregiver Support Group

Tuesday, Sept. 12 from 5 to 6 p.m.

St. Mark's United Methodist Church

8550 Pioneers Blvd., Room 137

(Enter through door 9 on south side of St. Mark's, turn left and go downstairs)



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 welcome.