



City of Lincoln
AGING
PARTNERS

MY CENTER NEWS

July 2026

Mayor's Local Food Challenge

From July 1 to October 3, Aging Partners will participate in the Mayor's Local Food Challenge. The Annual Mayor's Local Food Challenge invites Lincoln's businesses, schools, institutions, restaurants, and other organizations to take an active role in strengthening our local food system.

Each month, Aging Partners will feature two to three local growers on our menu, offering a wonderful opportunity to serve fresh, nutritious items from regional vendors.

For this challenge, we're working with Wolff Farms, Lone Tree Foods and Robinette Farms—local food hubs with high-quality food grown within a 250-mile radius of Lincoln. By sourcing locally, participants help reduce food insecurity, boost the local economy, and protect the environment, all while enjoying fresh, high-quality food.



2026 Dinner and Show

Auld Pavilion, 1650 Memorial Drive
5:30 to 7 p.m.
(Doors open at 5 p.m.)
\$20 meal fee
(catered by Hy-Vee)

- **Emily Bass (Blues, Contemporary Pop and Soul)**

Thursday, Aug. 13

Menu: Smoked Country-style ribs, broccoli and cauliflower in cheese sauce, hash brown casserole, dinner roll

Reservations and payments accepted July 13 through July 30.



- **Hillbilly Deluxe (Country Swing)**

Thursday, Sept. 3

Menu: Ham, Au gratin potatoes, pineapple, dinner roll

Reservations and payments accepted Aug. 14 through Aug. 27.

**Reservation and payment must be made by the deadlines.
Call 402-441-8453 for reservations.**

Featured Item of the Month

"HONEY"

This month's featured item is honey distributed by Lone Tree Foods, who works with more than 50 area producers to bring fresh, local food to local tables.



Aging Partners Day Trips

Reservation and payments are due three days before your trip. All trips must have at least 40 participants to occur. For details and reservations, call 402-441-8453.



- **Home of Great Beginnings**

Thursday, July 23

Bus departs: 8 a.m. – Victory Park Center

Returns to Lincoln by 4 p.m. – Cost: \$85 per person

Reservations accepted June 26 through July 10.

- **Nodaway Valley Historical Museum**

- 10 a.m. – Upon arrival we'll enjoy refreshments featuring donuts, rolls, coffee and bottled water.

- 10:30 a.m. to 12:30 p.m. – We'll tour the development of 3-H and 4-H from its beginnings in the Goldenrod School. Enjoy a beautiful quilt collection, Native American artifacts, P.O.W. camp display, Page County Freedom Rock and other collections. We will visit the historical village and Reminisce building to see the development of business, transportation and agriculture from the horse drawn era to present day.

- **Clarinda Carnegie Art Museum**

- 11:30 a.m. to 12:30 p.m. – The museum features an extensive international art collection of Robert and Karen Duncan among other collectors. The renovated Carnegie Library features art in all forms including sculpture, photography, paintings, and interactive displays. New art collections are featured quarterly.

- **Glenn Miller Birthplace Home and Museum**

- 12:30 to 1:30 p.m. – Enjoy a customized catered lunch by the museum staff.

- 1:30 to 2:30 p.m. – Tour groups will visit the birthplace of Glenn Miller and learn the fascinating story of his life and music. Compelling exhibits, memorabilia, movies, and guided tour let you explore the life of America's greatest Big Band leader.

- **State Fair – Older Nebraskan's Day**

Monday, Aug. 31

Bus departs: 8 a.m. – Victory Park Center

Returns to Lincoln by 6:30 p.m. – Cost: \$90 per person

Reservations accepted July 24 through Aug. 17.

From 10 a.m. to noon you will visit the various buildings and shopping opportunities on the fair grounds. Many buildings are air conditioned. From noon until 1 p.m., we will eat lunch (on your own). There are options at the state fair. At 1 p.m. we will head to the Heartland Events Center for our 2 p.m. concert (KC and the Sunshine Band). After the concert, you can do any last-minute shopping or exploring. At 4 p.m. we will start loading the bus to head home.

- **Nebraska City's AppleJack Festival**

Thursday, Sept. 17

Bus departs: 8 a.m. – Victory Park Center

Returns to Lincoln by 5 p.m. – Cost: \$105 per person

Reservations accepted Aug. 3 through Aug. 28.

When we arrive in Nebraska City we will head on over to the Lied Lodge for a boxed lunch. You can choose from a Kasper's Club, Earth Bowl or a Vegan Wrap (meals include potato chips, gluten-free granola parfait and a bottle Dasani® water). Coffee and iced tea is also available.

After lunch, we will head to the farm side and split into two groups. One group will go on a discovery ride (12:15 to 1:15 p.m.) and the other will go to the Arbor Lodge Mansion for a guided tour with period attire. Then the groups will switch and do the other activity. In the Mansion, there are a lot of stairs and no elevators available, but you would be able to do a self-guided tour on the main floor. Once these tours are complete, you can go on the Apple Harvest and Sorting Room tour.

These tours require a lot of walking. If you are uncomfortable with walking, you would be able to go to the orchard and do a self-guided apple picking. If you want to take apples home, you can spend an additional \$15 for a half peck (about 5 lb bag) or a full peck (about 10 lb bag) for \$20 and pay there.



Stay Informed with OnSolve Alerts

Aging Partners uses the OnSolve notification system to keep you safe and informed. We use this system to share important agency announcements and urgent schedule changes, such as facility closures due to severe weather. When we send an alert, you can receive the message through three different channels simultaneously

by phone, text or email. To sign up to receive alerts directly on your smartphone, simply text the word **"alert"** to **22300**. **Note:** When you receive a call or text from this system, it will display as **402-441-6102**, which is the office landline for Beth Schuster at Aging Partners. If you have questions or need assistance setting up your alerts, please contact Beth or your center manager.

2026 Nebraska History Lunch Series

(A collaboration of Aging Partners and Gere Library)
Gere Library, 2400 S. 56th St. (Meeting room)
\$5 fee for sack lunch (maximum 30)
12:15 to 1:30 p.m.

Join us in exploring Nebraska Before Statehood with a distinguished line-up of Nebraska scholars.

• Monday, July 6

“Slavery in Nebraska,” Gail Shaffer Blankenau (author, Uncovering the Grayson Sisters’ Escape from Nebraska Territory).

Reservations and payment accepted Tuesday, June 9 through June 29.



Gail Blankenau

• Monday, Aug. 3

“The ‘Mad’ Queen of the Prairies: The Frenzied First Years of the Nebraska Territory: 1854–1860,” Jeff Barnes (author, Forts of the Northern Plains and Cut in Stone, Cast in Bronze).

Reservations and payment accepted Tuesday, July 7 through July 27.



Jeff Barnes

• Monday, Sept. 14

“Nebraska Before Statehood,” David Bristow, (editor, Nebraska History Magazine).

Reservations and payment accepted Aug. 4 through Sept. 8.

Sack lunch: chicken salad, turkey, or roast beef sandwich, chips, fruit, cookie, bottled water

Reservations and lunch payments are due by noon the Monday before each event. Reservations are required even if you are not ordering lunch. Seating is limited!

For reservations, call 402-441-8453.



David Bristow



Facebook is a great way to stay in touch with us. To follow us go to facebook.com/AgingPartners or type in Aging Partners in your Facebook search bar.

To find the most recent digital copy of My Center News and Living Well go to Lincoln.ne.gov/Aging.



Questions about Health Insurance and Benefits?

- **Medicare** – what you need to know when you turn age 65; working past age 65; Parts A, B, D and Advantage Plans; Medicare supplements, yearly changes, updates and open enrollment; complaints, errors and appeals; low-income assistance programs.
- **We also help with** Social Security overview; Medicaid; long-term care insurance; budgeting and bill paying; and Homestead Tax Exemption.
- **Legal Counseling** – Free legal advice and referral services for those who meet financial guidelines.

Call an Aging Partners Benefits Counselor at 402-441-7070.

Handy Home Services

for those age 60 and over who own and occupy their home.



Do you need help with home maintenance or minor repairs?

Here are some of the available services:

Carpentry, gutter cleaning, electrical and plumbing repairs, lawn mowing and cleanup, window and screen repairs, safe home environment.

To qualify, call 402-441-7030 or email msump@lincoln.ne.gov.

Belmont Senior Center

Belmont Recreation Center

1234 Judson St., Rm 002 Lincoln, NE 68521

Open Monday through Friday, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-441-7990

Center Manager: Erin Inbody

Monday through Friday

- ▶ 9 a.m. – Daily coffee social: join us for card games, puzzles, and other activities.
- ▶ 9 a.m. – Fitness: walking track, weight rack, treadmill, recumbent and stationary bikes, and other fitness equipment.

Tuesdays

- ▶ 10 a.m. – Group fitness class: see schedule below

Wednesdays

- ▶ 10:15 a.m. – BINGO! Great fun and fabulous prizes! Our sponsor this month is CHI Health at Home. *Thank you for your generous support!*

Friday Shopping Trips

- ▶ 12:15 p.m. – Call your center manager to reserve a seat by noon the Monday before each trip.

Walmart: July 10 and 24

Super Saver: July 17 and 31

Special Event Programs

- July 2** 10 a.m. – Join us for a patriotic craft to celebrate America's 250th birthday!
- July 3** *Aging Partners offices and all senior centers are closed for the Independence Day holiday.*
- July 7** 10 a.m. – Chair Yoga Video; a gentle seated yoga class to help improve mobility and flexibility.
- July 9** 10 a.m. – "Tips to Improve Our Quality of Sleep," presentation by Ann Heydt, Aging Partners Health and Fitness.
- July 10** Noon – July birthday party with cake and conversation!
- July 13** 10 a.m. – White Board Trivia: Challenge your friends and test your knowledge on the United States in this special Semiquincentennial edition!
- July 14** 10 a.m. – Chair yoga with certified yoga instructor Jesi Anderson; a gentle, 30-minute practice using a chair for balance and stability. Perfect for beginners.

- July 16** 10 a.m. – Come share your memories and celebrate the 30th anniversary of the Belmont Senior Center with an ice cream social and live music with Chris Sayre!



- July 21** 10 a.m. – Students from the Belmont Recreation Center join us for a fun summer craft!
 - ▶ 10 a.m. – Chair Yoga video; stretch, unwind, and feel amazing with this great yoga workout all done in the comfort of a chair.
 - ▶ 11:45 a.m. – Nutrition handout: Beans
- July 27** 9:30 a.m. – Movie Monday; beat the heat with popcorn and a cool classic summer film!
- July 28** 10 a.m. – Chair yoga with certified yoga instructor Jesi Anderson; a gentle, 30-minute practice using a chair for balance and stability. Perfect for beginners.
- July 30** 10 a.m. – "Expanding Your Palate," presentation by Devin Mueller, Aging Partners Nutrition Specialist.



**Introductory
BikeLNK
Bike Share Classes**

Hosted by: Aging Partners Health and Fitness

Aging Partners Health and Fitness is partnering with the City's BikeLNK bike share program to host introductory classes this summer

Mondays, 9 to 11 a.m.

July 13, Aug. 3 and Sept. 14

Location: 21st and "Q" streets

Electric bikes, conventional bikes and helmets will be provided at no charge. Please arrive early for check-in and instructions.

Topics will include:

- What is the BikeLNK program?
- How to check out BikeLNK bikes
- Basic safety tips

Riders will have the opportunity to take a group ride on the beautiful trails around Innovation Campus. Classes will be held weather permitting.

Spots are limited. Call 402-441-7575 to register.

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.

For meal reservations, call by noon two business days in advance: 402-441-7151

Center Manager: Ciji Mays

Monday through Friday

- ▶ 9 a.m. to 1 p.m. – Coffee Clutch, jigsaw puzzles, friendly conversations, computer lab, lending library, TV, card parties and workout room (independent daily fitness options: treadmill, elliptical, leg press, leg curl and extension, bicep and triceps machine).

Mondays

- ▶ 10 a.m. – Sit and Be Fit DVD exercise class

Tuesdays

- ▶ 9 a.m. – Pitch Card Party. We are looking for new players to join us.



Wednesdays

- ▶ 10 a.m. – BINGO! This month's sponsor is "Lending Hands." *Thank you for your support!*

Fresh Popcorn Fridays

- ▶ 9 a.m. – Join us for a Pitch Card Party! Come enjoy some friendly competition, good conversation, and plenty of fun. All are welcome to play.

Special Event Programs

- July 2** Show your patriotic spirit! Wear red, white, and blue as we celebrate 250 years of America.
 - ▶ 10 a.m. – Join us for adult coloring! As an added treat, we'll be serving ice cream this morning!
- July 3** *Aging Partners offices and all senior centers are closed for the Independence Day holiday.*
- July 7** 10:30 to 11:30 a.m. – The Lincoln Fresh Produce Truck will be here, handing out healthy, free fruits and vegetables. Stop by while supplies last!
 - ▶ 10 a.m. – Beginners Line Dance Class! Meet Rose in the puzzle room for this easy and fun class. No experience needed — just come ready to move and have a great time!
- July 9** 10 a.m. – Art with Anna! Join Anna Alcaide as she leads participants through some easy, beginner painting techniques. (Class size is limited to the first 10 signed up on the day.)

- July 10** 10 a.m. – "Dehydration Awareness," presentation by Angels Care Home Health. Learn the warning signs, health risks, and simple ways to stay hydrated and healthy.

- July 13** 9 to 11:30 a.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointments required by calling Ciji at 402-441-7151 to make an appointment (\$25 suggested contribution).

- July 14** 10 a.m. – Beginners Line Dance Class! Meet Rose in the puzzle room for this easy and fun class. No experience needed — just come ready to move and have a great time!

- July 16** 11 a.m. – "Expanding Your Palate," presentation by Devin Mueller, Aging Partners Nutrition Specialist

- ▶ Nutritional handout: Beans

- July 17** 10 a.m. – *Live Entertainment with Bill Chrastil*

- July 23** 10 a.m. – The Grateful Growers are bringing the bounty of their gardens! Enjoy buckets of fresh flowers to create your own arrangement and help make beautiful bouquets for hospice patients. A wonderful opportunity to share creativity and kindness through flowers.



- July 24** 10 a.m. – Stevie Lang, Aging Partners personal trainer and health educator, will share how consistent exercise is essential for maintaining strength, independence, and good mental health as we age. Join us in learning simple ways to stay active and healthy!

- July 28** 10 a.m. – Beginners Line Dance Class! Meet Rose in the puzzle room for this easy and fun class.

- July 30** 9:30 a.m. – Join us for a movie and popcorn! Relax, enjoy the show, and have a fun time together.

- July 31** 10 a.m. – *Live Entertainment with Denise Howe*



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

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.

For appointments, call 402-441-7506.

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.
June 1 through Aug. 17
- **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.
Thursdays, 1 to 2 p.m.
June 4 through Aug. 20
(NOTE: New day and time)
- **Auld Pavilion**
1650 Memorial Drive
Thursdays, 1 to 2 p.m., Sept. 17 through Dec. 10 (Note: New Time)
(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.
June 15 through Aug. 12

Class is available to those who have completed 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.

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.
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).

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**
(*second Monday each month*)
6310 Platte Ave.
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, July 14 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.

Victory Park Senior Center

600 S. 70th St., Lincoln, NE 68510

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, call by noon two business days in advance: 402-441-7154

Center Manager: Ben Middendorf

Monday through Friday

- ▶ 8 a.m. to 4 p.m. – Schmieding Foundation Center for Active Living Fitness Center
- ▶ 9 a.m. to 1 p.m. – Computer Lab, with printing available

Wednesdays

- ▶ 10 a.m. – BINGO! This month's sponsor is AseraCare Hospice Care. *Thank you for your support!*
- ▶ 1 p.m. – Shopping trips; call your center manager to reserve a seat by noon the Monday before the trip. \$4 suggested trip contribution

Walmart: July 1 and 8

Hy-Vee: July 15 and 22

Fridays

- ▶ 10 a.m. – Popcorn and a good movie

Special Event Programs

- July 1** 3 to 4 p.m. – Hometown Fresh Produce Truck available in the VA Clinic parking lot, 420 Victory Park Drive, Lincoln, NE 68510.
- July 2** 10:30 a.m. – "Expanding Your Palate," presentation with Devin Mueller, Aging Partners Nutrition Specialist.
- July 3** *Aging Partners Offices and all senior centers will be closed in observance of Independence Day. Happy 250th to the United States of America!*
- July 6** 10 a.m. – Music BINGO with Elliott Piper!
- July 7** 10 a.m. – America's 250th Birthday Trivia Game
- July 8** 9:45 a.m. – Commodities provided by the Food Bank of Lincoln. Pre-registration is required through the Food Bank of Lincoln, 402-819-5348.
- July 9** 10 a.m. – Wii Bowling
 - ▶ No cards in the afternoon due to All Staff Meeting. Aging Partners offices and Fitness Center will close at 1 p.m.
- July 10** 9 a.m. to 2 p.m. – Fix-it Friday. Volunteers are happy to do minor mending for free! Limit to two items.
 - ▶ 10 a.m. – Creative Writers Club; this group will meet to create lyrical compositions to share. Check them out and if you feel creative, join in!

- July 13** 10 a.m. – Fit for Fun BINGO
 - ▶ 9:30 a.m. to 11 a.m. – Hooked on Yarn Group. Learn, practice, and get free supplies! Yarn donations are accepted. Come see a display of amazing creations members made and get inspired.
- July 14** 10 a.m. – July Craft
- July 16** 10 a.m. – July birthday party with music by Denise Howe an accomplished guitarist and vocalist!
- July 17** 10 a.m. – Creative Writers Club
- July 20** 10 a.m. – Fit for Fun BINGO
- July 21** 10 a.m. – July Trivia game
- July 23** 9 a.m. – Relaxation Day with puzzles, board games, adult coloring and relaxing music.
- July 24** 9 a.m. to 2 p.m. – Fix-it Friday.
 - ▶ 10 a.m. – Creative Writers Club
- July 27** 10 a.m. – Fit for Fun BINGO
- July 28** 10:30 a.m. – Painting demonstration by Garry DeFreece
 - ▶ Nutrition handout: Beans
- July 30** 10 a.m. – Wits Workout
- July 31** 9:45 a.m. – Spanish Lessons with volunteer Oria Marrero
 - ▶ 10 a.m. – Creative Writers Club

Afternoon Activities Groups

- Tuesdays, 2 to 4 p.m. – Pitch, Bridge and Mahjong
- Thursdays, 2 to 4 p.m. – Pitch, Bridge and Mahjong

COOLING Centers

Be prepared to stay safe in extreme heat.



A cooling center is a place people can go to get relief from extreme heat. Even a few hours spent in air conditioning can help prevent heat-related illnesses.

During regular business hours, all Lincoln City Libraries and Lincoln Parks and Recreation Centers are available as cooling centers. Victory Park Senior Center will also be available.

During an **extreme heat warning**, the following cooling centers will be open until 8 p.m. daily:

Anderson Branch Library, 3635 Touzalin Ave.
Bennett Martin Public Library, 136 S. 14th St.
F Street Community Center, 1225 F St.
Victory Park Senior Center, 600 S. 70th St.

Washington Street Senior Center

Grace Lutheran Church

2225 Washington St., Lincoln, NE 68502

Open: Monday through Friday, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-441-7157

Center Manager: Kelle Brandt

Monday through Friday

- ▶ 9 a.m. – Coffee social time gathering

Tuesdays

- ▶ 10:15 a.m. – BINGO!

Thursday Shopping Trips

- ▶ 12:15 p.m. – Call your center manager to reserve a seat by noon the Monday before the trip.

Walmart: July 2, 16 and 30

Super Saver: July 9 and 23

Special Event Programs

July 1 10:30 a.m. – “Expanding Your Palate,” presentation with Devin Mueller, Aging Partners Nutrition Specialist.

July 2 10 a.m. – Let’s get the 250th Birthday Party started... wear your Red, White and Blue. Happy Birthday, USA!



July 3 *Aging Partners offices and all senior centers are closed for the Independence Day holiday.*

July 6 10 a.m. – The History of Our Country’s Favorite Meals.

- ▶ 11 a.m. - Stretch exercise with Kelle

July 8 10:30 a.m. – Enjoy playing Music BINGO with Elliott Piper.

July 9 10 a.m. – Come in and enjoy the tunes of the Quarter Notes.

July 13 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck will be here in our **south parking lot.**

- ▶ 10:30 to 11:30 a.m. – Lincoln City Libraries Bookmobile will also be here in the south parking lot. Check out both wonderful opportunities.

July 15 10 a.m. – The Grateful Growers will be here with a beautiful array of home-grown flowers for us to make wonderful bouquets.

July 16 10:30 a.m. – Table Hockey anyone? Come and play a game, it’s fun!

July 20 10 a.m. – The Echo Collective will be here to teach us a new craft idea.

July 22 10:30 a.m. – “Navigating Medicare Statements,” presentation with Colleen Ozanne, Nebraska SHIP



July 23 10:30 a.m. – A quick review of our Bill of Rights. How many can we all remember?

July 27 10:30 a.m. – Stretch exercise with Kelle
▶ 11:15 a.m. – Nutrition handout: Beans

July 28 10 a.m. – Enjoy the music of our friends from the Willow Creek Band.

July 30 10:30 a.m. – Test your knowledge of the U.S. map.



NeighborLNK

Lincoln.ne.gov (keyword: NeighborLNK)

NeighborLNK connects qualified, authorized volunteers with homebound seniors (age 60 and over) and persons with disabilities who seek additional support.

Volunteers will provide services:

- Without entering the home
- Free of charge to participants (and volunteers)

Services include:

- Grocery pickup and delivery (must be prepaid)
- Pickup/delivery of library books (must be prearranged)
- Errands, such as food and medication delivery
- Video/phone calls for companionship and check-ins

To volunteer or to request assistance, contact Aging Partners NeighborLNK at 402-441-7575 or NeighborLNK@lincoln.ne.gov



Bennet Senior Center

American Legion Hall

970 Monroe St., Bennet, NE 68317

Open: Tuesdays and Thursdays, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-416-7693

Rural Center Manager: Monte Peck

This month's BINGO prizes are sponsored by Cedarhurst Senior Living (Lincoln).

Tuesdays and Thursdays

- ▶ 9 a.m. – Coffee social, card games, and puzzles

Special Event Programs

July 2 10:30 a.m. – Join us for another video edition of Armchair Travelers: This time, we're headed to the Basque country of France and Spain.

- ▶ 12:15 p.m. – Community Connections: Local Hickman author Debbie Crippen shares life stories and the inspiration behind her latest book, *Recipes for Praying: God's Heart*.

July 3 *Aging Partners offices and all senior centers are closed for the Independence Day holiday.*

July 7 10:30 a.m. – Increase your mobility and resilience with chair yoga.

- ▶ 12:15 p.m. – Bimonthly brain teasers, word exercises, adult coloring, etc.

July 9 10 to 11 a.m. – Blood pressure screenings with Gold Crest Retirement (Adams)

- ▶ 10:30 a.m. – Nutrition handout and discussion: Beans
- ▶ Noon – Birthday celebrations!
- ▶ 12:15 p.m. – "Expanding Your Palate," presentation by Devin Mueller, Aging Partners Nutrition Specialist

July 14 10:30 a.m. – Movie and popcorn; Can you figure out our monthly moovie mystery theme?

- ▶ 12:15 p.m. – Related snacks and moovie facts after.

July 16 10 to 11 a.m. – Blood pressure screenings with Gold Crest Retirement (Adams)

- ▶ 10:30 a.m. – Trivia Time: On this day in 1969, the Apollo 11 mission to the moon launched. Test your knowledge on the subject and win cosmic prizes.
- ▶ 12:15 p.m. – "Managing Stress and Maintaining Healthy Habits to Improve Emotional and Physical Well-being," presentation by Ann Heydt, Aging Partners Health and Fitness.

July 21 10:30 a.m. – Summer Crafting: Hummingbird suncatchers

- ▶ 12:15 p.m. – Bimonthly brain teasers, word exercises, adult coloring, etc.

July 23 10 to 11 a.m. – Strength and balance training activities by Jon Alford, Peak Performance

- ▶ 12:15 p.m. – BINGO! called by Cedarhurst Senior Living staff

July 28 10:30 a.m. – Today we celebrate the 80th birthday of Jim Davis: the creator of everyone's favorite lasagna-loving cat, Garfield! We'll read and discuss some entries from the classic comic strip and have some snacks.

- ▶ 12:15 p.m. – After lunch, we'll create our own comic strips! Supplies provided.

July 30 9 a.m. to 1 p.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointments are required. Call Monte at 402-416-7693 to schedule your future appointment (\$25 suggested contribution).

- ▶ 12:15 p.m. – Colleen Ozanne from Nebraska SHIP stops in for coffee, conversation, and an update on the latest scams targeting the aging population.

Lancaster County PUBLIC RURAL TRANSIT

Serving the entire Lancaster County area five days a week with curb-to-curb transportation.

Operating hours: Monday through Friday
7:30 a.m. to 5:30 p.m.

Transit fares: One-way fare: \$2
Additional stop: \$2
Round trip fare: \$4
10-Punch Rider Card: \$20

Call 402-441-7031 for more details or to schedule a trip.



Firth Senior Center

Firth Community Center

311 Nemaha St., Firth, NE 68358

Open: Mondays, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-416-7693

Rural Center Manager: Monte Peck

Hickman Senior Center

Hickman Community Center

115 Locust St., Hickman, NE 68372

Open: Wednesdays, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-416-7693

Rural Center Manager: Monte Peck

This month's BINGO prizes are sponsored by Cedarhurst Senior Living (*Lincoln*).

Mondays

- ▶ 9 a.m. – Coffee social, cards, puzzles, games, brain teasers, adult coloring, etc.

Special Event Programs

July 3 *Aging Partners offices and all senior centers are closed for the Independence Day holiday.*

July 6 10 to 11 a.m. – Blood pressure screenings with Gold Crest Retirement (*Adams*)

- ▶ 10:30 a.m. – Vinyl record appreciation day! Bring your favorites and we'll spin'em before lunch.
- ▶ 12:15 p.m. – Join us for another video edition of Armchair Travelers. This time, we're headed to the Basque country of France and Spain.

July 13 10:30 a.m. – Nutrition handout and discussion: Beans

- ▶ Noon – Birthday celebrations!
- ▶ 12:15 p.m. – "Expanding Your Palate," presentation by Devin Mueller, Aging Partners Nutrition Specialist

July 20 10:30 a.m. – Increase your strength and balance with chair yoga.

- ▶ 12:15 p.m. – BINGO! called by Cedarhurst Senior Living staff

July 27 9 a.m. to 1 p.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointments are required. Call Monte at 402-416-7693 to schedule your future appointment (\$25 suggested contribution).

- ▶ 12:15 p.m. – Colleen Ozanne from Nebraska SHIP stops in for coffee, conversation, and an update on the latest scams targeting the aging population.

Wednesdays

- ▶ 9 a.m. – Senior Walking Warriors; start your day with 30 minutes of walking

- ▶ 9 a.m. – Coffee social, cards, puzzles, games, brain teasers, adult coloring, etc.

Special Event Programs

July 1 10 to 11 a.m. – Blood pressure screenings by Haven Manor (*Hickman*)

- ▶ 10:30 a.m. – Join us for another video edition of Armchair Travelers: This time, we're headed to the Basque country of France and Spain.
- ▶ 12:15 p.m. – Live music by Ian Craig

July 3 *Aging Partners offices and all senior centers are closed for the Independence Day holiday.*

July 8 10:30 a.m. – "Managing Stress and Maintaining Healthy Habits to Improve Emotional and Physical Well-being," presentation by Ann Heydt, Aging Partners Health and Fitness.

- ▶ Noon - Birthday celebrations!
- ▶ 12:15 p.m. – Live music by Kyle Burke

July 15 10:30 a.m. – Nutrition handout and discussion: Beans

- ▶ 12:15 p.m. – "Expanding Your Palate," presentation by Devin Mueller, Aging Partners Nutrition Specialist

July 22 10 to 11 a.m. - Balance, strength, and resilience activities by Bryce Rolenc, Peak Performance

- ▶ 12:15 p.m. – BINGO! called by Cedarhurst Senior Living staff

July 29 9 a.m. to 1 p.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointments are required. Call Monte at 402-416-7693 to schedule your future appointment (\$25 suggested contribution).

- ▶ 12:15 p.m. – Colleen Ozanne from Nebraska SHIP stops in for coffee, conversation, and an update on the latest scams targeting the aging population.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Swedish meatballs Mashed potatoes Corn Roll Fresh fruit Ice cream	Hamburger on a bun Potato salad Baked beans Fruit Cake	<i>Aging Partners offices and all senior centers are closed for the Independence Day holiday.</i>
6	7	8	9	10
Crab cakes Wild rice Green beans Banana	Chip beef Relish sticks with dip Corn Fruit Italian ice	Broccoli chicken casserole Peas and carrots Roll Fruit juice	Half roast beef sandwich Loaded baked potato soup Spinach and cranberry salad Peaches Pickle spear	Deluxe grilled chicken sandwich Three bean salad Fruit salad Fruit cobbler
13	14	15	16	17
Tater tot casserole Beets Raisin bread Fresh fruit	Hot open-faced turkey sandwich Mashed potatoes Green beans Melon	Creamed chicken on a biscuit Brussels sprouts Fruit Gelatin	Barbacoa tacos Lettuce salad Tortilla chips Guacamole Salsa Fresh fruit	Cod sandwich Potato salad Beets Fresh fruit Sherbet cup
20	21	22	23	24
Chicken salad on a croissant Chicken and wild rice soup California vegetables Pineapple	Southwest cheeseburger Guacamole Tater tots Lettuce salad Pears	Pork fritter Mashed potatoes with gravy Green beans Bread slice Tropical fruit	Tuna noodle casserole Antigua vegetables Roll Fresh fruit Cake	Half turkey and cheese sandwich Tomato soup Lettuce salad Fresh fruit Pickle spear
27	28	29	30*	31
Meatball sub Chips Three bean salad Fresh fruit Fruit cobbler	Chicken stir-fry White rice Carrots with dip Egg roll Mandarin oranges Fortune cookie	Tilapia Carrots Grapes Roll	Hot dog Potato salad Asparagus Fresh fruit	Country beef sandwich Broccoli with dip Fresh fruit

Menus are subject to change.

- Meals include 1% milk and margarine or butter with bread items.
- *July low sodium alternative is a hamburger patty.
- Crackers are available for soups.

- Condiments and dressing are available for sandwiches and salads.
- \$5 meal suggested contribution for age 60 and over.
- \$10 meal fee for under age 60.
- \$5 transportation suggested contribution for age 60 and over.