City of Lincoln AGING PARTNERS

MY CENTER NEWS

November 2026



Medicare Open Enrollment

From October 15 to December 7, you can review Medicare Part D plan to make sure your medicines are covered at the best price. This is your once-a-year opportunity to change your benefit choices. The benefits you elect during Open Enrollment will be effective January 1 through December 31, 2027.

Colleen Ozanne, Nebraska SHIP (State Health Insurance Assistance Program), will be available at different Aging Partners senior centers to assist. Check the schedules inside for dates.

How it works:

1. Schedule an appointment with your senior center manager;
2. Review your healthcare needs with Colleen Ozanne;
3. Enroll in the plan that best fits you.
4. (Initial enrollment period starts three months before you turn 65 and ends three months after the month you turn 65.)

Need extra support?

Nebraska SHIP offers free, unbiased counseling by appointment for plan comparisons or enrollment support—call 1-800-234-7119.

Watch our Medicare Part D video at **tinyurl.com/Med-D-video-guide** for a step-by-step guide on using the Medicare website to compare prescriptions and pharmacies.



Free Digital Literacy Workshops

Victory Park Senior Center, 600 S. 70th St.

Looking to know more about using your tablet, smartphone or laptop? Join us for a free, one-on-one digital assistance workshop for seniors and enjoy a hands-on learning experience:

- Bring your own device and a student will help you better understand how to use it.
- Learn in a relaxed, one-on-one setting.
- Increase your independence and knowledge of technology.

When: 30 to 45-minute sessions will be available in the afternoon on Nov. 9,18 and Dec. 7.

To schedule your FREE session, call 402-441-7158.

Winter Weather Closure Information

Weather closures for Aging Partners, Aging Partners Health and Fitness center and classes, and senior centers will be determined based on a combination of factors, and do not automatically follow Lincoln Public Schools (LPS) closures. However, the Washington Street Center will be closed whenever LPS closes, due to its location following LPS weather closures.

Aging Partners and senior center closures will be announced via our OnSolve Alerts, Facebook page and local media.

See page 2 for instructions on how to sign up for OnSolve alerts.

Narcan Training:

Learning How to Help Save a Life presentation by Region V Behavioral Health

Belmont Senior Center, 1234 Judson St., Rm 002
Monday, Nov. 16 at 10 a.m.

Join us for an informative and easy-to-understand presentation on Narcan (naloxone), a medication that can help reverse the effects of an opioid overdose and provide a chance to save a life.

Learn about opioid safety, how to recognize the signs of an overdose, and what steps to take in an emergency situation. Presenters will provide guidance on how Narcan is used, how to access it, and how to help if someone is experiencing an overdose.



This educational program is designed to increase awareness and give older adults and community members the confidence to respond in a potentially life-saving situation. *Everyone is welcome to attend and learn how a simple tool and a little knowledge can make a big difference.*

Call Erin Inbody at 402-441-7990.

Stay Informed with OnSolve Alerts

Aging Partners uses the OnSolve notification 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 by phone, text and/or email.

To sign up for alerts, please contact your center manager or call **Beth at 402-441-6102**. 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.

WE WILL BE
CLOSED
ON THESE
Holidays!

- **November**
  11 – Veterans Day
  26 – Thanksgiving Day
  27 – Day after Thanksgiving
- **December**
  25 – Christmas Day
- **January**
  1 – New Year's Day

2026 Lincoln Veterans Parade

Sunday, Nov. 15 at 2 p.m.

Come celebrate our service members, veterans, their families, and our great community at the ***8th annual Lincoln Veterans Parade*** (K Street 21st to 14th Street). See local veteran services organizations, military units, youth organizations, supportive businesses, classic cars, and marching bands. It's free to the public.

For more details, go to lincolnveteransparade.org

December's Holiday Meal

$7 suggested contribution age 60 and over

$10 fee under age 60.

- **Christmas Holiday Meal Schedule**
  All Lincoln Centers – Tuesday, Dec. 15
  Firth – Monday, Dec. 14
  Hickman – Wednesday, Dec. 16
  Bennet – Thursday, Dec. 17

Meal: Chicken Kiev, au gratin potatoes, seasoned broccoli, roll with butter and pecan pie with ice cream.

Call your center manager for a meal reservations.



Don't miss your next issue of My Center News.

Email is quick and easy.

See your center manager for details.



Would you like to receive Living Well magazine?

A publication with older adults in mind.

To sign up, call 402-441-6146 or email livingwell@lincoln.ne.gov

Veterans Day Word Search



anniversary
armistice
army
battle
bravery
cemetery
ceremony
commando
defend
fighting
flag
freedom
guard
honor
infantry
liberty
memorial
navy
observe
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poppies
protect
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sacrifice
soldier
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valor
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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 and transit 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 classes: see schedule below

Wednesdays

- 10:15 a.m. – BINGO! Great fun and fabulous prizes! This month's sponsor is Genuine Global Care. *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.

  Super Saver: Nov. 6 and 20

  Walmart: Nov. 13

Special Event Programs

Nov. 3 Election Day – Belmont Senior Center will be closed on Election Day due to the Belmont Recreation Center serving as a polling site.

Nov. 5 10:30 a.m. – "The Importance of Hydration for Seniors," presentation by Bryan nursing students. Blood pressure screenings are available.

Nov. 6 10 a.m. – Music BINGO with Elliott Piper Reminisce over classic standards and forgotten favorites from the golden age of rock 'n roll!

- 11:45 a.m. – "Managing Stress and Anxiety in Later Life," presentation by Bryan nursing students. Blood pressure screenings are available.

Nov. 9 10 a.m. – Holiday crafting series: Create beautiful, personalized holiday cards filled with love, joy, and your own creative touch. All supplies provided.

Nov. 10 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.

Nov. 11 *Aging Partners offices and all senior centers are closed in observance of Veterans Day.*

Nov. 12 10 a.m. – "Exercise Your Brain," presentation by Sue Ann Henning, Angels Care Home Health. Blood pressure screenings are available.

Nov. 13 10 a.m. – Senior Buddy Project: Students from Goodrich Middle School join us for cards and games!

Nov. 16 10 a.m. – Narcan Training: Learning How to Help Save a Life presentation by Simera Raynolds, Region V Behavioral Health. (For details, see article on page 2).

Nov. 17 10 a.m. – Chair Yoga Stretch video: unwind, stretch and feel amazing with this great yoga workout all done in the comfort of a chair.

Nov. 19 10 a.m. – "Cooking with Leftovers," presentation with Devin Mueller, Aging Partners Nutrition Specialist

- 10:30 a.m. – "Recognizing and Avoiding Scams Targeting Older Adults," presentation by Bryan nursing students. Blood pressure screening are available.
- Noon – Celebrate birthdays with cake and conversation!

Nov. 20 10:30 a.m. – "Using Smartphones and Patient Portals for Better Health Management," presentation by Bryan nursing students. Blood pressure screenings are available.

Nov. 23 10 a.m. – White Board Trivia: Challenge your friends and test your knowledge of the events and traditions of the month of November.

Nov. 24 10 a.m. – Chair yoga with certified yoga instructor Jesi Anderson.

- 11:45 a.m. – Nutrition handout: Reducing Food Waste

Nov. 26/27 *Aging Partners offices and all senior centers are closed for the Thanksgiving holiday.*



Nov. 30 10 a.m. – Students from the Belmont Community Center join us for a bonus game of BINGO!

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: 402-441-6590
Center Manager: Dilynne Spurling

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 exercise class in back room (DVD).

Tuesdays

- 9 a.m. – Join us for a Pitch Card Party! Come enjoy friendly competitions, good conversation, and plenty of fun. All are welcome to play.
- 10:30 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!

Wednesdays

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

Fresh Popcorn Fridays

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



Nov. 6 – Denise Howe

Nov. 20 – Mary Link

Special Event Programs

Nov. 3



Nov. 5 10 a.m. – Price Is Right: Then & Now — guess what groceries, cars, houses, and household items cost decades ago versus today.

Nov. 9 9 to 11:30 a.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointments required by calling Center Manager, Dilynne Spurling at 402-441-6590 ($25 suggested contribution). Reservations should be made 1 to 2 months in advance, as spots are limited and fill quickly.



Nov. 10 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!*

Nov. 11 *Aging Partners offices and all senior centers are closed in observance of Veterans Day.*

Nov. 12 10 a.m. – Art with Anna! Join Anna Alcalde as she teaches easy, beginner-friendly painting techniques. No experience is necessary—just come ready to have fun and get creative! Space is limited to the first 10 individuals who sign up the day of the class. Arrive early to reserve your spot!

Nov. 13 10 a.m. – "Stress Management," presentation by Angels Care Home Health. Learn practical ways to recognize stress, understand how it can affect your physical and emotional well-being, and discover simple techniques to help manage everyday stress. This senior-friendly presentation will offer helpful tips for relaxation, maintaining a positive outlook, and creating healthy habits to support overall well-being.

Nov. 17 9 a.m. to 1 p.m. – Colleen Ozanne, Nebraska SHIP, will be here for 1-on-1 appointments to discuss your Medicare Part D plan and any other open enrollment questions you have. Spots are limited and fill fast. *Call today to schedule your appointment.*

NEBRASKA SHIP
Local help for Nebraskans with Medicare.

- 11:30 a.m. – Join us for a special Thanksgiving meal; please make meal reservations by November 13 to guarantee your spot.
- Nutritional handout: Reducing Food Waste

Nov. 19 11 a.m. – "Cooking with Leftovers," presentation by Devin Mueller, Aging Partners Nutrition Specialist.



Nov. 26/27 *Aging Partners offices and all senior centers are closed for the Thanksgiving holiday.*

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)

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

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.

City of Lincoln AGING PARTNERS

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.)

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!
- 1 p.m. – Shopping trips; call your center manager to reserve a seat by noon the Monday before the trip. $4 suggested trip contribution (Van leaves the center around 1 p.m.)

  Walmart: Nov. 4 and 18

  Hy-Vee: Nov. 25

Fridays

- 9:45 a.m. – Spanish Lessons with volunteer Oria Marrero
- 10 a.m. – Popcorn and a good movie

Special Event Programs

Nov. 2 10 a.m. – Music BINGO with Elliott Piper!

Nov. 3 10 a.m. – Relaxation Day with board games, puzzles, etc.

- Election Day. Victory Park will be a Polling Site from 8 a.m. to 9 p.m. By State Law political clothing, audible advocation, and material advertising for or against any candidate, ballot issue or political party within 200 feet of a polling place is NOT permitted while polling is taking place.

Nov. 4 3 to 4 p.m. – Hometown Fresh produce truck available in the VA Clinic parking lot, 420 Victory Park Drive. This is the last truck until March 2027.



Nov. 5 10:30 a.m. – "Cooking with Leftovers," presentation by Devin Mueller, Aging Partners Nutrition Specialist.

Nov. 6 9 a.m. to 2 p.m. – Fix-it Friday. Volunteers will do minor mending for free! Please limit to two items.

- 9:45 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!

Nov. 9 9:30 to 11 a.m. – Hooked on Yarn Group. Learn, practice and get free supplies! Yarn donations are accepted.

- 10 a.m. – Fit for Fun BINGO

Nov. 10 10 a.m. – We want to honor our veterans. If you would like your photo and description of service to be included in our ceremonial presentation, contact Ben Middendorf 402-441-7154 by Nov. 6.

Nov. 11 *Aging Partners offices and all senior centers are closed in observance of Veterans Day.*



Nov. 12 10 a.m. – Celebrate our November birthdays with patriotic music performed by singer Melodie Montiel and pianist Jeanne Krenk in honor of Veterans Day!

Nov. 13 9:45 a.m. – Creative Writers Club

Nov. 16 10 a.m. – Wits Workout

Nov. 17 10 a.m. – "Osteoporosis," presentation by UNMC student nurses

- 11:30 a.m. – Join us for a special Thanksgiving meal. Please make a meal reservatione by November 13.

Nov. 18 9:45 a.m. – Commodities provided by the Food Bank of Lincoln. Pre-registration is required by calling 402-819-5348.

Nov. 19 10 a.m. – Fall Leaf Bowl craft

Nov. 20 9 a.m. to 2 p.m. – Fix-it Friday

- 9:45 a.m. – Creative Writers Club

Nov. 23 10 a.m. – Super Sets Fitness Class with Stevie

Nov. 24 10 a.m. – Tuba performance by Steve Hendricksen and his instructor Tyler Schulze

Nov. 26/27 *Aging Partners offices and all senior centers are closed in observance of the Thanksgiving Holiday*

Nov. 30 10 a.m. – November trivia game

- Nutrition handout: Food Safety – Reducing Food Waste

Afternoon Activities – *(Pitch and Bridge Card Groups)*
Tuesdays, 2 to 4 p.m. – Pitch, Bridge and Mahjong
Thursdays, 2 to 4 p.m. – Pitch, Bridge and Mahjong

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!

Thursdays

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

  Walmart: Nov. 5 and 19

  Super Saver: Nov. 12

Fridays

- 10 a.m. – Cards, games, let's have some fun!

Special Event Programs

Nov. 2 10:30 a.m. – Financial Literacy, "Avoiding Scams and the Good Deal," presentation by Brittany Plano, MBA M. ED., AFC, Union Bank and Trust. Brittany will give us some helpful tips and ideas to prevent us from being taken advantage of. This will also be from a bank's perspective.

Nov. 3 Election Day – The Washington Street Senior Center will be closed due to Grace Lutheran Church serving as a polling site.

Nov. 4 10:30 a.m. – "Cooking with Leftovers," presentation by Devin Muller, Aging Partners Nutrition Specialist

Nov. 5 10:30 a.m. – Table Hockey

- 11:15 a.m. – Days of November

Nov. 6 8:30 a.m. to 2 p.m. – Colleen Ozanne, Nebraska SHIP, will be here for 1-on-1 appointments to discuss your Medicare Part D plan and any open enrollment questions you have. Spots are limited and fill fast. Call today to schedule your appointment.

Nov. 9 10:30 a.m. – Stretch and tone with Kelle

Nov. 10 11:15 a.m. – A salute to our Veterans.

Nov. 11 *Aging Partners offices and all senior centers are closed in observance of Veterans Day.*

Nov. 12 10:30 a.m. – Turkey Day craft! Let's make some colorful turkeys for our center.

Nov. 13 This is the last day to make your Thanksgiving meal reservation. Call by noon November 13.

Nov. 16 10 a.m. – Our friends from Echo Collective will be here to show us new ways to use nature to make something beautiful.

Nov. 17 11:30 a.m. – Join us for a special meal to celebrate Thanksgiving.

Nov. 18 10:30 a.m. – Enjoy the music of Dos Markos.

- 11:15 a.m. – "Gentle Strength Training for Older Adults," presented by Bryan nursing students. Blood pressure screenings will be available.

Nov. 23 10:30 a.m. – Stretch and tone with Kelle

- 11:15 a.m. – Turkey humor

Nov. 25 10 a.m. – Enjoy the musical tunes of the Willow Creek Band.

Nov. 26/27 *Happy Thanksgiving! Aging Partners offices and all senior centers are closed for the holiday.*

Nov. 30 10:30 a.m. – "Cybersecurity Basics for Seniors, Staying Safe Online," presentation by Bryan nursing students. Blood pressure screenings will be available.



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 Keep 'Em Home.

Tuesdays and Thursdays

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

Special Event Programs



Nov. 3 Election Day – The Bennet Senior Center will be closed due to the American Legion Hall serving as a polling site.

Nov. 5 10:30 a.m. – Community Connections: The Bennet Area Historical Society

- 10:30 a.m. – Nutritional handout and discussion: "Reducing Food Waste"
- Noon – Birthday celebrations
- 12:15 p.m. – Matthew Krall, Right At Home, shares his expertise about in-home care options and leads us in some fun activities.

Nov. 6 Last day to make your holiday meal reseration. Call Monte by noon today.

Nov. 10 10:30 a.m. – Chair yoga

- 12:15 p.m. – Bimonthly brain teasers

Nov. 12 9 a.m. to 1 p.m. – Aging Partners foot care clinic. Appointments required. Call Monte at 402-441-7693 to schedule. ($25 suggested contribution)

- 10 to 11 a.m. – Blood pressure screenings with Gold Crest Retirement (Adams).
- 12:15 p.m. – "Cooking with Leftovers," presentation with Devin Mueller, Aging Partners Nutrition Specialist

Nov. 17 10:30 a.m. – Classic movie and popcorn day

- 12:15 p.m. – Snacks and movie facts

Nov. 19 10 to 11 a.m. – Jon Alford, Peak Performance, leads us in physical activities to maintain health and independence.

- 10:30 a.m. – Celebrate Thanksgiving with the Peanuts gang and their 1973 special.
- 11:30 a.m. – Join us for a special Thanksgiving meal.
- 12:15 p.m. – BINGO!

Nov. 24 10:30 a.m. – Seasonal crafting day! All supplies provided.

- 12:15 p.m. – Bimonthly brain teasers

Nov. 26 *Aging Partners offices and all senior centers are closed in observance of Thanksgiving.*

THANKSGIVING

Word Search

T	U	T	R	S	F	A	L	L	P
U	G	H	H	T	Q	K	F	B	I
R	R	A	B	A	O	U	S	Z	E
K	A	N	P	O	R	T	A	G	L
E	V	K	O	I	I	V	R	S	F
Y	Y	S	H	A	R	E	E	L	H
G	R	F	E	A	S	T	A	S	D
R	R	P	U	M	P	K	I	N	T
O	N	O	V	E	M	B	E	R	W
F	A	M	I	L	Y	P	B	P	Z

FALL
FAMILY
FEAST
GRAVY
HARVEST
NOVEMBER
PIE
PUMPKIN
SHARE
SQUASH
THANKS
TURKEY

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 Keep 'Em Home.

Mondays

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

Special Event Programs

Nov. 2 10 to 11 a.m. – Blood pressure screenings with Gold Crest Retirement (Adams).
- 10:30 a.m. – Chair yoga
- 12:15 p.m. – Matthew Krall, Right At Home, joins us for a presentation and leads us in some fun activities.

Nov. 6 Last day to make your holiday meal reseration. Call Monte by noon today.

Nov. 9 10:30 a.m. – Nutritional handout and discussion: "Reducing Food Waste"
- Noon – Birthday celebrations
- 12:15 p.m. – "Cooking with Leftovers," presentation with Devin Mueller, Aging Partners Nutrition Specialist

Nov. 16 10:30 am – Celebrate Thanksgiving with the Peanuts gang and their 1973 special.
- 11:30 a.m. – Join us for a special Thanksgiving meal.
- 12:15 p.m. – Colleen Ozanne, Nebraska SHIP, 1-on-1 Medicare consultations.

Nov. 23 9 a.m. to 1 p.m. – Aging Partners foot care clinic. Appointments required. Call Monte at 402-441-7693 to schedule. ($25 suggested contribution)
- 12:15 p.m. – BINGO!

Nov. 30 10:30 a.m. – "Brain Body Connection and Successful Longevity," presentation by Beth Schuster, Aging Partners
- 12:15 p.m. – Join us for another video edition of Armchair Travelers. This time we're headed to Madrid. ¡Por los buenos momentos!

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

Nov. 4 10 to 11 a.m. – Free blood pressure screenings
- 10:30 a.m. – Nutritional handout and discussion: "Reducing Food Waste"
- 12:15 p.m. – Seasonal crafting day! All supplies provided.

Nov. 6 Last day to make your holiday meal reseration. Call Monte by noon today.

Nov. 11 *All Aging Partners centers are closed in observance of Veterans Day*



Nov. 18 10 to 11 a.m. – Bryce Rolenc, Peak Performance, leads us in physical activities to maintain health and independence.
- 10:30 a.m. – Celebrate Thanksgiving with the Peanuts gang and their 1973 special.
- 11:30 a.m. – Join us for a special Thanksgiving meal.
- 12:15 p.m. – Nutritional presentation: "Cooking with Leftovers" by Devin Mueller, Aging Partners Nutrition Specialist

Nov. 25 9 a.m. to 1 p.m. – Aging Partners foot care clinic. Appointments required. Call Monte at 402-441-7693 to schedule. ($25 suggested contribution)
- Noon – Birthday celebrations
- 12:15 p.m. – BINGO!



City of Lincoln AGING PARTNERS

NOVEMBER 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
Cod sandwich with lettuce and tomato Coleslaw Fruit Cookie	Country fried steak Mashed potatoes with gravy Corn Blueberries Roll	Half roast beef sandwich Potato soup Crackers Pickled beets Pineapple	Mexican chicken casserole Corn chips Spinach salad with nuts Orange	Beef tips Sweet potatoes Sliced bread Diced apples
9	**10**	**11**	**12**	**13**
Spaghetti with meatballs Asparagus Fruit Breadstick	Chicken fajitas with shredded lettuce and tomatoes Sour cream/Salsa Spanish rice Fruit juice	*Aging Partners offices and all senior centers are closed in observance of Veterans Day.*	Tuna noodle casserole Brussels sprouts Roll Apricots Fruited gelatin	Brisket sandwich Au gratin potatoes Green beans Fruit Ice cream
16 **	**17 ****	**18 ****	**19 ****	**20**
Macaroni and cheese Broccoli Fruit Pudding	Holiday menu: Turkey with gravy Mashed potatoes Green bean casserole Roll Fruit Pumpkin pie	Chicken on a biscuit with cheese Broccoli Tater tots Pears	Swiss mushroom burger Potato chips Pea salad Apple	Tilapia Hushpuppies Three bean salad Fresh fruit
23	**24**	**25**	**26**	**27**
French dip sandwich Chips Coleslaw Mixed fruit	Chicken and shrimp gumbo Hushpuppies Mixed vegetables Cherries Brownie	Meatloaf Redskin mashed potatoes Brussels sprouts Roll Fruit Pumpkin fluff	 *Aging Partners offices and all senior centers are closed in observance of Thanksgiving.*	
30				
Sloppy joe Potato salad Corn Chips Fruit		**** Holiday meal will be served on:** 11/16 at Firth 11/17 at Belmont, Northeast, Victory Park and Washington Street 11/18 at Hickman 11/19 at Bennet		

Menus are subject to change.

- Meals include 2% milk and margarine or butter with bread items.
- 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.

**** Holiday meals:** $7 suggested contribution age 60 and over $10 fee under age 60.