



City of Lincoln
**AGING
PARTNERS**

MY CENTER NEWS

October 2026

Come celebrate Active Aging week with us! October 5 – 9



Cars & Coffee Car Show

Brought to you by the Museum of American Speed
Friday, Oct. 9 from 9 to 11 a.m.
Victory Park parking lot

Aging Partners Victory Park Center is hosting several activities for Active Aging Week Oct. 5-9, which celebrates older adults' contributions and promotes healthy lifestyles through engaging wellness activities. Check out all our activities and plan to join us!

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 the following afternoons October 12, 14, 26; November 9, 18, 23 and December 7.

To schedule your FREE 45-minute session,
call 402-441-7158.

Join us for this free session!



AARP

HomeFit:

How to Age in Place at Home

Thursday, October 15, from 4 to 5:30 p.m.

Aging Partners Victory Park Center
600 S. 70th St.

Learn simple adaptations that can help you—or someone you love—remain independent and safe at home for years to come.

Topics include:

- Accessibility adaptations and home modifications
- Using “smart home” systems
- Room-by-room considerations
- Quick fixes and professional projects

*This event brought to you by
Aging Partners and AARP Nebraska as part of Age-Friendly Lincoln.*

For details and to RSVP, call 402-441-8453.

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 at 402-441-6102 or your center manager.

Crochet for a Cause:

Turning Recycled Plastic Bags into Blankets

Northeast Senior Center, 6310 Platte Ave
10 a.m. Friday, Oct. 2, 16 and 30

Join us for a creative and meaningful program where participants will learn the basics of crochet while discovering how everyday recycled plastic bags can be transformed into handmade blankets for individuals experiencing homelessness.

During this presentation and hands-on activity, participants will learn how to prepare plastic bags, create "plarn" (plastic yarn), and use crochet techniques to make durable, useful blankets. This project combines creativity, sustainability, and community service by giving new life to materials that would otherwise be discarded while providing warmth and comfort to those in need.

No prior crochet experience is required. Whether you are a beginner or an experienced crafter, everyone is welcome to participate, learn a new skill, and be part of a project that makes a positive impact in our community.

Come crochet, connect with others, and help turn simple materials into something meaningful.

Call Dilynne Spurling at 402-441-6590.

Narcan Training:

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

Northeast Senior Center, 6310 Platte Ave
Thursday, Oct. 22 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 Dilynne Spurling at 402-441-6590.



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



A publication with older adults in mind.

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

Look What's Coming in November 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

Upcoming Holiday Meal

\$7 suggested contribution age 60 and over
\$10 fee under age 60.

Thanksgiving Holiday Meals

All Lincoln Centers – Tuesday, Nov. 17
Firth – Monday, Nov. 16
Hickman – Wednesday, Nov. 18
Bennet – Thursday, Nov. 19



Meal: Turkey with mashed potatoes and gravy, green bean casserole, roll with butter, cranberry sauce and pumpkin pie with whipped topping.

Call your center manager for a meal reservations.



VETERANS DAY WORD SEARCH



O	V	M	H	U	J	F	C	B	W	U	N	N	S	X	L	H
T	X	C	X	T	R	M	N	O	K	S	Y	K	Q	M	D	X
B	U	L	K	E	X	U	B	B	U	E	X	H	R	D	C	R
N	R	S	E	R	V	I	C	E	C	R	N	G	L	Y	Y	P
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K	T	H	O	P	Z	W	V	W	I	G	E	B	H	Y	K	H
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COURAGE
 DUTY
 FLAG
 FREEDOM
 GRATITUDE
 HERO
 HONOR
 MILITARY
 PARADE
 PATRIOT
 REMEMBRANCE
 RESPECT
 SACRIFICE
 SALUTE
 SERVICE
 TRIBUTE
 TROOPS
 VETERAN



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 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 AseraCare. 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: Oct. 2, 16, and 30

Super Saver: Oct. 9 and 23

Special Event Programs

- Oct. 1** 10:30 a.m. – “Eating for Energy After 65,” presentation by Bryan nursing students. Blood pressure screenings available.
- Oct. 2** 10 a.m. to 1 p.m. – Digital Learning Sessions: Sign up for a 30-minute individualized digital learning session with a UNL student. Get friendly, one-on-one guidance with smartphones, tablets, computers, email, video calls, online services, and more.
 - ▶ 10:30 a.m. – “Tips for Healthier Options When Dining Out,” presentation by Bryan nursing students. Blood pressure screenings available.
- Oct. 6** Medicare Open Enrollment discussion with Colleen Ozanne, Nebraska SHIP
 - ▶ 10 a.m. – Video fitness class: Full Body Strength: a seated workout
- Oct. 9** 10 a.m. – “Brain-Body Connection,” presentation with Beth Schuster, Aging Partners. Join us as we learn how the connection between your brain and body impacts overall health, wellness and daily life.
- Oct. 12** 10 a.m. – Join us for a spooky craft with Maria Olivas, AseraCare.
- Oct. 13** 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.
 - ▶ 10 a.m. – Senior Buddy Project: Students from Goodrich Middle School join us for cards and games!
- Oct. 15** 10:30 a.m. – “Bone Health: Calcium, Vitamin D, and Nutrition,” presentation by Bryan nursing students. Blood pressure screenings available.
- Oct. 16** 10:30 a.m. – “Understanding Your Medications: What to Ask Your Provider,” presented by Bryan nursing students. Blood pressure screenings available.
 - ▶ Noon – Celebrate September birthdays with cake and conversation!
- Oct. 20** 10 a.m. – Video: Chair Yoga Stretch: unwind, stretch and feel amazing with this great yoga workout all done in the comfort of a chair.
 - ▶ 11:45 a.m. – Nutrition handout: Let's Get Poppin! Celebrating National Popcorn Month.
- Oct. 22** 10:30 a.m. – “Avoiding Medication Interactions,” presentation by Bryan nursing students. Blood pressure screenings available.
- Oct. 23** 10:30 a.m. – “Keeping Your Brain Sharp: Everyday Cognitive Exercises,” presentation by Bryan nursing students. Blood pressure screenings available.
- Oct. 26** 10 a.m. – White Board Trivia: Challenge your friends and test your knowledge of the events and traditions of the month of October.
- Oct. 27** 10 a.m. – Chair yoga with certified yoga instructor Jesi Anderson.
- Oct. 29** 10 a.m. – “Scary Foods,” presentation with Devin Mueller, Aging Partners Nutrition Specialist
 - ▶ 10:30 a.m. – “Preventative Screenings Every Older Adult Should Know About,” presentation by Bryan nursing students. Blood pressure screenings available.
- Oct. 30** 10 a.m. – Trick-or-treat with Belmont Community Center preschoolers

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.*



Live Entertainment

Oct. 9 – Johnny Ray Gomez

Oct. 23 – Rick Clarence

Special Event Programs

- Oct. 1** 10 a.m. – “How to downsize and create a more manageable living environment,” presentation. Whether you are considering a move, helping a loved one transition, or simply want to reduce clutter and organize your home, this presentation will provide helpful information and practical tips.
- Oct. 2** 10 a.m. – Crochet for a Cause: Turning Recycled Plastic Bags into Blankets; join us for a creative and meaningful program to learn the basics of crochet while discovering how recycled plastic

bags can be transformed into handmade blankets for those experiencing homelessness. *(For details, see article on page 2).*

- Oct. 6** 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!

- Oct. 8** 10 a.m. – Art with Anna! Join Anna Alcaide as she guides participants through 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 on the day of the class. Be sure to arrive early to reserve your spot!



- Oct. 12** 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).

- ▶ 10:30 a.m. – Colleen Ozanne from Nebraska SHIP will be here to discuss Medicare Open Enrollment and answer any questions you may have. Join us and learn more about your options during open enrollment.

- Oct. 15** 11 a.m. – “Scary Foods,” presentation by Devin Mueller, Aging Partners Nutrition Specialist

- Oct. 16** 10 a.m. – Crochet for a Cause: Turning Recycled Plastic Bags into Blankets. *(For event details, see page 2).*

- Oct. 20** Nutrition handout: Let's Get Poppin'!

- Oct. 22** 10 a.m. – Narcan Training: Learning How to Help Save a Life presentation by Region V Behavioral Health. *(For details, see article on page 2).*

- Oct. 29** 9:30 a.m. – Movie and popcorn

- Oct. 30** 10 a.m. – Crochet for a Cause: Turning Recycled Plastic Bags into Blankets *(For details, see article on page 3).*

Please note: As of printing, the Northeast Center remains closed. These activities and dates are tentative pending completion of repairs to the building. Call 402-441-7158 for the latest updates about activities.

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.

Aug. 31 through Nov. 4
(no class 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
Nov. 2 through Dec. 21
- Wednesdays, 9:30 to 10:30 a.m.
July 22 through Oct. 7
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 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)

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).

Victory Park Foot Clinic and 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.

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 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.

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

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

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 center at 1 p.m.)

Walmart: Oct. 7 and 14

HyVee: Oct. 21 and 28

Fridays

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

Special Event Programs

- Oct. 1** 10:30 a.m. – “Scary Foods” presentation by Devin Mueller, Aging Partners Nutrition.
- ▶ 2 to 3 p.m. – “Building Brain Healthy Habits and Taking Care of the Caregiver,” presentation
 - ▶ 3 to 5 p.m. – Caregiver Resource Fair
 - ▶ No Cards in the Afternoon
- Oct. 2** 9:45 a.m. – Creative Writers Club; this group creates lyrical compositions to share. Check them out and if you feel creative, join in!
- ▶ 9 a.m. to 2 p.m. – Fix-it Friday. Volunteers are happy to do minor mending for free! Limit to two items.
- Oct. 5** 10 a.m. – Super Sets Fitness Class with Stevie Lang, Aging Partners Certified Personal Trainer
- Oct. 6** 10 a.m. – “Brain Body Connection and Successful Longevity” presentation
- Oct. 7** 3 to 4 p.m. – Hometown Fresh Produce Truck available in the VA Clinic parking lot, 420 Victory Park Drive.

- Oct. 8** 10 a.m. – October birthday party with music by Tonal Anomaly. Enjoy folk, bluegrass, 60s pop, country and more by musicians Terry Keefe and Christy Peterson!

- ▶ Noon to 1:15 p.m. – Fun games led by UNMC student nurses.

- Oct. 9** 9 to 11 a.m. – Cars and Coffee Car Show (*For details, see article on page 1*).

- ▶ 9 a.m. to 2 p.m. – Fix-it Friday
- ▶ 9:45 a.m. – Creative Writers Club

- Oct. 12** 9:30 to 11 a.m. – Hooked on Yarn Group.

- ▶ 10 a.m. – “The Last Prairie” documentary. In observation of Indigenous Peoples Day, watch this intimate portrait of Nebraska Sandhills biodiversity, historic home to multiple Native American tribes!

- Oct. 13** 10 a.m. – Wits Workout. We’ll use pen and paper activities and learn about memory, brain health and aging!

- Oct. 15** 10 a.m. – Halloween Craft: Macrame Ghosts!

- Oct. 16** 9 a.m. to 2 p.m. – Fix-it Friday
- ▶ 10 a.m. – Creative Writers Club

- Oct. 19** 10 a.m. – Fit for Fun BINGO

- Oct. 20** 10 a.m. – Wii Bowling

- Oct. 22** 9 a.m. – Relaxation Day with puzzles, board games, adult coloring pages and relaxing music.

- Oct. 23** 10 a.m. to 2 p.m. – AARP Smart Driver Course, Aging Partners Classroom. To register, call Ben at 402-441-7154. \$25 fee payable by cash or check at event. \$20 for AARP members.)



- Oct. 26** 10 a.m. – Fit for Fun BINGO

- Oct. 27** 10:30 a.m. – Painting demonstration by Garry DeFreece
- ▶ Nutrition handout: “Let’s Getting Poppin’!”

- Oct. 29** 10 a.m. – October trivia game

- Oct. 30** No Spanish Class, Fix-it Friday or Creative Writers Club

4th Annual Halloween Costume Contest Oct. 30 at 10 a.m.

Let’s close out October with a spooky costume contest at Victory Park! A panel of judges will score you in different categories and prizes will be awarded for the best costumes! If you’re dressed as yourself, come to enjoy the show!



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.

Super Saver: Oct. 1, 15 and 29

Walmart: Oct. 8 and 22

Fridays

- 10 a.m. – Cards and games – try a new game or teach one you know

Special Events Programs

Oct. 1 10:30 a.m. – Easy ways to use apples

Oct. 5 10:30 a.m. – Stretch and tone class with Kelle

Oct. 6 11:45 a.m. – Crazy Days of October



Oct. 7 10:30 a.m. – “Scary Foods,” presentation by Devin Mueller, Aging Partners Nutrition Specialist

Oct. 8 10 a.m. – Enjoy the music of the Quarter Notes

Oct. 9 10 a.m. to noon – “Shingles: What do I need to know,” presentation by Bryan nursing students. Blood pressure screenings available.

Oct. 12 10:30 a.m. – Stretch and tone class with Kelle

- 10:30 a.m. – A visit by the Lincoln City Libraries Bookmobile.
- 10:30 to 11:30 a.m. – Lincoln Food Banks Fresh Food Truck will be in our south parking lot.

Oct. 14 10:30 a.m. – Humor and your Health presentation; Let’s look at how our funny bone, and our outlook can affect our health.

- 11:15 a.m. – “Reading Food Labels Made Simple,” presentation by Bryan nursing students. Blood pressure screenings available.

Oct. 15 10:30 a.m. – “Brain, Body Connection and Successful Longevity,” presentation by Beth Schuster, Aging Partners

Oct. 19 10 a.m. – Our friends from Echo Collective will be here to share their knowledge of how to use nature and turn it into another beautiful item.

- 10:30 a.m. – Stretch and tone class with Kelle

Oct. 21 10:30 a.m. – “Safe Use of Over-the-counter Medications,” by Bryan nursing students. Blood pressure screenings available.

Oct. 22 10:30 a.m. – Enjoy the music of Denise Howe.

Oct. 26 10:30 a.m. – “Preventive Screenings Every Older Adult Should Know About,” presentation by Bryan nursing students. Blood pressure screenings available.

- 10:30 a.m. – Lincoln City Libraries Bookmobile will be here.

Oct. 27 10:30 a.m. – Boo BINGO

Oct. 28 10:30 a.m. – Enjoy the music of the Willow Creek Band

Oct. 29 10:30 a.m. – Work on Halloween treats bags

Oct. 30 10:30 a.m. – Halloween Party! Come in costume—BOOOOO!



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

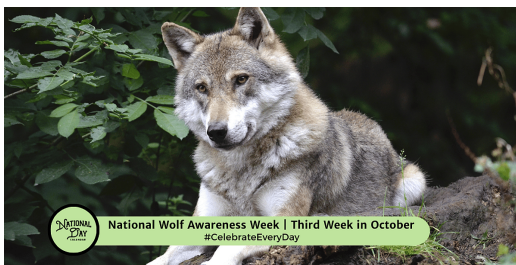
This month's BINGO prizes are sponsored by Elliott Piper Music BINGO.

Tuesdays and Thursdays

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

Special Event Programs

- Oct. 1** 10:30 a.m. – Colleen Ozanne from Nebraska SHIP discusses 2026 Medicare Open Enrollment and schedules appointments for future one-on-one consultations.
- 12:15 p.m. – Nutritional handout and discussion: "Let's Get Poppin!"
- Oct. 6** 10:30 a.m. – Increase your flexibility with chair yoga
- 12:15 p.m. – Bimonthly brain teasers
- Oct. 8** 10:30 a.m. – Community Connections: Specializing in public health for decades, Simera Reynolds M.Ed. gives a presentation on Narcan (Naloxone) and how having it readily available can make a significant difference in emergency situations.
- Noon – Birthday Celebrations
 - 12:15 p.m. – Nutritional presentation: "Scary Foods" by Devin Mueller, Aging Partners Nutrition Specialist
- Oct. 13** 10:30 a.m. – Trivia time! In honor of National Wolf Week, get ready to test your knowledge on the majestic Canis Lupus and win prizes that will make you howl!



- 12:15 p.m. – After lunch, we'll continue the celebration by making our own wolf masks! *Save them for Halloween?*

- Oct. 15** 10 to 11 a.m. – Blood pressure screenings with Gold Crest Retirement (Adams).
- 10:30 a.m. – Join us for another video edition of Armchair Travelers! This time, we'll explore the artwork of ancient Greece.
 - 12:15 p.m. – Live music by Caly Howe
- Oct. 20** 10:30 a.m. – Classic movie and popcorn day
- 12:15 p.m. – Related snacks and movie facts after lunch
- Oct. 22** 10 to 11 a.m. – Jon Alford from Peak Performance leads us in a mix of physical activities crucial for maintaining health and independence.
- 12:15 p.m. – Music BINGO with Elliott Piper
- Oct. 27** 10:30 a.m. – Bimonthly brain teasers
- 12:15 p.m. – Continue celebrating the United States' 250th year with a documentary about our beautiful National Parks: The Badlands!
- Oct. 29** 9 a.m. to 1 p.m. – One-on-one Medicare consultations with Colleen Ozanne, Nebraska SHIP
- 12:15 a.m. – Get ready for a haunted Halloween Costume Contest! Putrid prizes and terrifying treats provided.

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 Elliott Piper Music BINGO.

Mondays

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

Special Event Programs

- Oct. 5** 10 to 11 a.m. – Blood pressure screenings with Gold Crest Retirement (Adams).
- ▶ 10:30 a.m. – Community Connections: Specializing in public health for decades, Simera Reynolds M.Ed. gives a presentation on Narcan (Naloxone) and how having it readily available can make a significant difference in emergency situations.
 - ▶ 12:15 p.m. – Colleen Ozanne from Nebraska SHIP discusses 2026 Medicare Open Enrollment and schedules appointments for future one-on-one consultations.
- Oct. 12** 10:30 a.m. – Nutritional handout and discussion: "Let's Get Poppin!"
- ▶ Noon – Birthday celebrations
 - ▶ 12:15 p.m. – "Scary Foods," presentation with Devin Mueller, Aging Partners Nutrition Specialist
- Oct. 19** 10:30 a.m. – Live music by Caly Howe
- ▶ 12:15 p.m. – Music BINGO with Elliott Piper
- Oct. 26** 10:30 a.m. – Get ready for a haunted Halloween Costume Contest! Putrid prizes and terrifying treats provided.
- ▶ Noon – Join us for another video edition of Armchair Travelers! This time, we'll explore the artwork of ancient Greece.



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

- Oct. 7** 10 a.m. to 11 a.m. – Blood pressure screenings
- ▶ 10:30 a.m. – Community Connections: Specializing in public health for decades, Simera Reynolds M.Ed. gives a presentation on Narcan (Naloxone) and how having it readily available can make a significant difference in emergency situations.
 - ▶ 12:15 p.m. Colleen Ozanne from Nebraska SHIP discusses 2026 Medicare Open Enrollment and schedules appointments for future one-on-one consultations.
- Oct. 14** 10:30 a.m. – Nutritional handout and discussion: "Let's Get Poppin!"
- ▶ 12:15 p.m. – Music BINGO with Elliott Piper
- Oct. 21** 10 to 11 a.m. – Bryce Rolenc from Peak Performance leads us in a mix of physical activities crucial for maintaining health and independence.
- ▶ Noon – Birthday Celebrations
 - ▶ 12:15 p.m. – Nutritional presentation: "Scary Foods," presentation with Devin Mueller, Aging Partners.
- Oct. 28** 9 a.m. to 1 p.m. – Colleen Ozanne is back for her one-on-one Medicare consultations
- ▶ 10:30 a.m. – Join us for another video edition of Armchair Travelers! This time, we'll explore the artwork of ancient Greece.
 - ▶ 12:15 p.m. – Get ready for a haunted Halloween Costume Contest! Putrid prizes and terrifying treats provided.

OCTOBER 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Chicken fajita with shredded lettuce, tomatoes, sour cream and salsa Spanish rice Fruit juice	Swish mushroom burger Potato chips Pea salad Apple
5	6	7	8	9*
Brisket sandwich Au gratin potatoes Green beans Fruit Ice cream	Stuffed green pepper casserole Corn Garlic breadstick Pineapple	Chicken and shrimp gumbo Hush puppies Mixed vegetables Cherries Brownie	Spaghetti with meatballs Asparagus Breadstick Fruit	BBQ lil' smokies Macaroni and cheese Broccoli Mixed fruit Cornbread
12	13	14	15	16
Pork taco with lettuce, tomato, and cheese Refried beans Pineapple	Seafood chowder Corn Green grapes	French dip sandwich Chips Coleslaw Mixed fruit	Chicken on a biscuit with cheese Fries Broccoli Pears	Meatloaf Redskin mashed potatoes Brussels sprouts Roll Fruit
19	20	21	22	23
Turkey and cheese on a croissant Chicken and wild rice soup Raw veggies with dip Cherries	Chicken Alfredo Breadstick Broccoli Applesauce	Tilapia Hush puppies Three bean salad Fresh fruit	Beef stew Cornbread Peas Apricots Cake	Beef taco salad with tomatoes and cheese Tortilla chips Guacamole Salsa Fruit
26	27	28	29	30
Meatball stroganoff Peas Fruit Roll	Beef and broccoli Rice Oriental vegetables Egg roll Apple Fortune cookie	Chicken pot pie Mixed vegetables Raisin bread Mixed fruit	Salisbury steak Baby baker potatoes Green beans Texas toast Fruit	Haunted beef chili Cobweb cornbread Abysmal asparagus Frightening fruit

Menus are subject to change.

- Meals include 2% milk and margarine or butter with bread items.
- *Low sodium alternative available: chicken breast
- 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.