



City of Lincoln
**AGING
PARTNERS**

MY CENTER NEWS

September 2026

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)



Hillbilly Deluxe (Country Swing)

Thursday, Sept. 3

This high-energy band is based right here in Lincoln. They are best known for their versatility in covering various styles and genres. They have performed at notable venues and events across the city often hosting country dancing nights.

Reservation and payment due by Wednesday, Aug. 26.

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

Call 402-441-8453 for reservations.

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.

2026 Nebraska History Lunch

(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 as we explore Nebraska Before Statehood with David Bristow, (editor, Nebraska History Magazine) a distinguished Nebraska scholar.



- Monday, Sept. 14
"Nebraska Before Statehood," David Bristow, (editor, Nebraska History Magazine).
Sack lunch: chicken salad, turkey, or roast beef sandwich, chips, fruit, cookie, bottled water

Reservations and lunch payments are due by noon Tuesday, Sept. 8. Reservations are required even if you are not ordering lunch. Seating is limited!

For reservations, call 402-441-8453.

Aging Partners Day Trip

Nebraska City's Applejack Festival

Thursday, Sept. 17

Arrow motor coach departs Victory Park at 10 a.m.

Returns to Lincoln by 5 p.m.

Cost: \$105 per person

Event activities:

- Box lunch at Lied Lodge
- Farm side discovery ride
- Arbor Lodge Mansion guided tour
- Apple Harvest and Sorting Room tour



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

**Reservations and payments due Friday, Aug. 28
before your trip. Call 402-441-8453.**



Free Digital Literacy Workshops

Looking to know more about using your smartphone, tablet 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 Wednesday afternoons:

- September 9, 16, 23
- October 14
- November 18

Where: Aging Partners Victory Park Senior Center, 600 S. 70th St.

**To schedule your FREE session,
call 402-441-8453.**



Medicare Drug Plan Workshops

Aging Partners is hosting free 1-hour workshops to help you learn how to navigate and compare Medicare drug plans for 2027. You'll have the opportunity to practice looking up plans on your own device and ask questions before enrollment opens.

These workshops are best-suited for individuals who are comfortable using their own devices to open a browser and navigate the internet.

- **When:** September 9 and 16 at 1p.m.
- **Where:** Victory Park Senior Center, 600 S. 70th St.
- **What to Bring:** Please bring your own laptop or tablet. (Note: Devices must be operational prior to the workshop, as technical assistance for personal devices cannot be provided.)

Register: Sept. 9 Workshop

Register: Sept. 16 Workshop



Join the Fight Against Alzheimer's

11 a.m. Sunday, Sept. 27 at Victory Park, 600 S. 70th St.

Free registration and fun for all ages – come walk with us!

Over 35,000 Nebraskans are living with Alzheimer's, with many more impacted as caregivers and loved ones. The Alzheimer's Association offers free resources to support everyone affected: 24/7 Helpline Call 800-272-3900 anytime for confidential support.

alz.org – Find local programs, services, and educational tools.
Community programs – Nearly 100 sessions and 15 support groups across Nebraska; available in-person, online and on-demand.



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.



FALL CLEANING CHECKLIST

Indoor Cleaning

- | | |
|---|--|
| ☐ Clean windows | ☐ Clean vents |
| ☐ Clean stove/oven vents | ☐ Dust cobwebs |
| ☐ Clean inside fridge | ☐ Clean dryer exhaust |
| ☐ Clean behind appliances | ☐ Wipe out cabinets |
| ☐ Store warm weather clothes | ☐ Scrub tile |

Outdoor Cleaning

- | | |
|--|--|
| ☐ Clean and cover grill | ☐ Store gardening tool |
| ☐ Organize/store outside games | ☐ Plant Spring bulbs |
| ☐ Clean/cover outdoor furniture | ☐ Clean door thresholds |

Maintenance

- | | |
|---|--|
| ☐ Weatherize | ☐ Clean your gutters |
| ☐ Service your chimney | ☐ Inspect furnace |
| ☐ Change air filter | ☐ Store lawn mower |
| ☐ Reverse ceiling fans | ☐ Check tire pressure |
| ☐ Drain/store outdoor water hoses | |
| ☐ Test smoke/carbon monoxide detectors | |



Discover new tools to prevent falls.

Research has shown that people who complete the workshop **reduce their rate of falling by over 30%**

"Stepping On—Building Confidence and Reducing Falls" Workshops

September 1 through October 13
Tuesdays, 2:30 to 4:30 p.m.

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



Participants will identify why falls occur and learn to prevent falls with strength and balance exercises, home safety suggestions, proper footwear and a medication review.

Suggested contribution: \$8 per class, age 60 and older.
Fee: \$10 per class, under age 60.

Registration is required by calling **402-441-7575**.

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 classes: see schedule below

Wednesdays

- ▶ 10:15 a.m. – BINGO! Great fun and fabulous prizes!

Friday Shopping Trips

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

Walmart: Sept. 4 and 18

Super Saver: Sept. 11 and 25

Special Event Programs

- Sept. 1** 10 a.m. – Video fitness class: Full Body Strength: a seated full body workout to gain strength.
- Sept. 4** 10 a.m. – Get ready for a toe-tapping good time with Elliott Piper's Music BINGO! Reminisce over classic standards and forgotten favorites from the golden age of rock 'n roll!



- Sept. 7** *Aging Partners offices and all senior centers are closed in observance of the Labor Day holiday.*
- Sept. 8** 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.
- Sept. 11** Noon – Celebrate September birthdays with cake and conversation!

- Sept. 14** 10 a.m. – White Board Trivia: Challenge your friends and test your knowledge of the events and traditions of the month of September.
- Sept. 15** 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: "Food Safety – Seeing is not Believing"
- Sept. 21** 10 a.m. – (Craft) Puzzle Piece Pumpkins – Kick off the season with this fun fall project!
- Sept. 22** 10 a.m. – Chair yoga with certified yoga instructor Jesi Anderson.
- Sept. 24** 10 a.m. – "Breakfast of Champions," presentation with Devin Mueller, Aging Partners Nutrition Specialist
- Sept. 25** 9 to 11 a.m. – National Home Cooking Day Recipe Exchange: Bring a old favorite recipe to share and find something new to try!
- Sept. 28** 10 a.m. – Medicare Updates with Colleen Ozanne from Nebraska SHIP
- Sept. 29** 10 a.m. – (Video) Chair Yoga for Strength and Flexibility: a seated yoga workout that focuses on building strength, mobility, and flexibility.



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**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

Monday, Sept. 14

9 to 11 a.m.

Location: Staff will notify all registered participants.

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 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.*

Wednesdays

- ▶ 10 a.m. – BINGO! This month's sponsor is Southlake Village. *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

Sept. 11 – Tim Javorsky

Sept. 25 – Music BINGO

Special Event Programs

- Sept. 1** 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!
- Sept. 3** 10:30 a.m. – Medicare Open Enrollment presentation with Colleen Ozanne, Nebraska SHIP. Join us for this informative talk.
- Sept. 4** 10 a.m. – “Keeping Your Senses Sharp,” presentation with Sue Ann Henning, Angels Care Home Health. Join us as we learn tips to help support your vision, hearing, and overall sensory health.

Sept. 7 *Aging Partners offices and all senior centers are closed in observance of the Labor Day holiday.*

Sept. 14 9 to 11:30 a.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointments required by calling Center Manager, Ciji Mays at 402-441-7151 to make an appointment (\$25 suggested contribution).

Sept. 17 11 a.m. – “Breakfast of Champions,” presentation with Devin Mueller, Aging Partners Nutrition Specialist.
▶ 11 a.m. – Nutritional handout: “Food Safety – Seeing is not Believing”

Sept. 18 10 a.m. – Human slot machine game and information about the Walk to End Alzheimer’s

Sept. 24 10:30 a.m. – “Brain-Body Connection,” presentation with Beth Schuster, Aging Partners Supervisor. Join us as we learn how the connection between your brain and body impacts overall health, wellness, and daily life.

Beginners Line Dance Class!

Tuesdays, Sept. 15, 22 and 29 at 10 a.m.

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!*

Art with Anna!

Sept. 10 at 10 a.m.

Join Anna Alcaide as she leads participants through some easy beginner painting techniques. *Be sure to arrive early to reserve your spot!*

Sept. 10 at 10 a.m. – Beginner Painting Techniques (*Class size limited to 10.*)

Alcohol Ink Art

Sept. 15, 17, 22, 24, 29 and Oct. 1 at 9:30 a.m.
(*Class sizes limited to 15.*)

Artist Anna Alcalde will take you on an exciting exploration of Alcohol Ink Art. A fluid medium that is fast-drying, highly pigmented, and alcohol-based vibrant colors. She will lead you step-by-step with six classes exploring various non-porous materials like Yupo paper, ceramic, glass, recycled tile, sun catcher and metal rather than standard watercolor paper. You’ll be amazed at what you can accomplish and impress your friends!

Thursday, Oct. 1 will be an Art Show displaying all their completed artwork.

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

For appointments, call 402-441-7506.

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.

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)

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 Sept. 7 and 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
(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.
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).

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**
6310 Platte Ave.
(Second Monday each month)
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, Sept. 8 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!
- ▶ 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: Sept. 2 and 9

HyVee: Sept. 16 and 23

Fridays

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

Special Event Programs

Sept. 1 10 a.m. – “Dehydration,” presentation by Sue Ann Henning, Angels Care Home Health.

Sept. 2 3 to 4 p.m. – Hometown Fresh Produce Truck available in the VA Clinic parking lot, 420 Victory Park Drive, Lincoln, NE 68510.



Sept. 3 10:30 a.m. – “Breakfast of Champions,” presentation with Devin Mueller, Aging Partners Nutrition Specialist.

Sept. 4 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!

Sept. 7 *Aging Partners offices and all senior centers are closed in observance of the Labor Day holiday.*

Sept. 8 10 a.m. – Wii Bowling

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

- ▶ 1 p.m. – Medicare Drug Plan Workshop. Preregistration by QR Code required.

Sept. 10 10 a.m. – Wits Workout. Give your brain a workout! We'll use pen and paper activities and learn about topics such as memory, brain health, and aging!

Sept. 11 9:45 a.m. – Creative Writers Club

Sept. 14 9:30 a.m. 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

Sept. 15 10 a.m. – September Trivia game

Sept. 16 1 p.m. – Medicare Drug Plan Workshop. Preregistration by QR Code required.

Sept. 17 10 a.m. – Medicare Open Enrollment Information presentation by Colleen Ozanne, Nebraska SHIP

Sept. 18 9:45 a.m. – Creative Writers Club

Sept. 21 10 a.m. – Elliott Piper's Music BINGO!

Sept. 22 10 a.m. – No-Sew Yarn Pumpkins Craft for the first day of Autumn!

Sept. 24 10 a.m. – September birthday party with music by the Quarter Notes!

- ▶ No cards in the afternoon due to All Staff Meeting. Aging Partners offices and Fitness Center will close at 1 p.m.

2026 Walk to End Alzheimer's

Sunday, Sept. 27 at 11 a.m.

Victory Park in Lincoln

A 1-mile walk will begin following a 12:30 p.m. ceremony.

Sept. 28 10 a.m. – Fit for Fun BINGO

Sept. 29 10:30 a.m. – Painting demonstration by Garry DeFreece

- ▶ Nutrition handout: “Food Safety – Seeing is not Believing”

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! (no sponsor this month)

Thursdays

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

Super Saver: Sept. 3 and 17 Super Saver

Walmart: Sept. 10 and 24

Fridays

- 10 a.m. – Cards and games (try something new!)

Special Events Programs

Sept. 1 Noon – What are the crazy days of September? Let's look at the list.

Sept. 2 10:30 a.m. – "Breakfast of Champions," presentation with Devin Mueller, Aging Partners Nutrition Specialist.

Sept. 3 10:30 a.m. – Stretch and tone with Kelle

Sept. 7 *Aging Partners offices and all senior centers are closed in observance of the Labor Day holiday.*

Sept. 8 Noon – Labor Day facts and trivia

Sept. 9 10:30 a.m. – Music BINGO with Elliott Piper

Sept. 10 10 a.m. – Musical performance by the Quarter Notes.

Sept. 14 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck will be here in our south parking lot. Enjoy fresh produce.

- 10:30 a.m. – Lincoln City Libraries Bookmobile will be here in the south park lot. Check out all the wonderful adventures you can explore.

Sept. 16 10 a.m. to 1 p.m. – Fall Prevention Awareness Fair. Meet with health experts and discuss balance, nutrition, exercise and more. *Thank you to Grace Lutheran Church for your assistance at this fair.*

Sept. 17 10:30 a.m. – Table Hockey. Come and play our version of table hockey for a fun and good workout.

Sept. 21 10 a.m. – Echo Collective will be here with another creative, nature inspired craft idea.

Sept. 22 10 a.m. – Autumn begins today! Just think sweaters, sweatshirts, blankets, warm comfort foods. Or – is it sandals, short sleeves, windows open, fans running?

Sept. 23 10:30 a.m. – Musical performance by Ken Miller.

Sept. 24 10:30 a.m. – Stretch and tone with Kelle

Digital Literacy Workshop

Friday, Sept. 25, 10 a.m. to 1 p.m.

Bring your own device. Students from the UNL College of Business will assist you in better understanding your device and how to use it.

Sept. 28 10:30 to 11:30 a.m. – Lincoln City Libraries Bookmobile here in our south parking lot. Step on board for an adventure.

- 11 a.m. – Nutrition handout: "Food Safety – Seeing is not Believing"

Sept. 30 10 a.m. – Enjoy the music of the Willow Creek Band



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 Southlake Village Rehabilitation & Care Center.

Tuesdays and Thursdays

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

Special Event Programs

- Sept. 1** 10:30 a.m. – Easy chair yoga for seniors
- 12:15 p.m. – Bimonthly brain teasers, word exercises, adult coloring, etc.
- Sept. 3** 10:30 a.m. – Get ready for board game day! We'll decide which classic games to play the week prior. Students from Union Adventist University will also be joining in the fun. All games provided! Invite your friends.
- 12:15 p.m. – Live music by Tom Ficke
- Sept. 8** 10:30 a.m. – Today we celebrate the incomparable Patsy Cline on what would be her 94th birthday! Join us for a classic country sing-along featuring all of her greatest hits.
- 12:15 p.m. – Trivia Time! Live long, prosper, and test your knowledge on one of the longest running Sci-Fi franchises in history. Cosmic snacks and prizes provided!
- Sept. 10** 10 to 11 a.m. – Blood pressure screenings with Gold Crest Retirement (*Adams*)
- 10:30 a.m. – Nutrition handout and discussion: "Food Safety: Seeing is not Believing"
 - Noon – Birthday celebrations
 - 12:15 p.m. – "Breakfast of Champions," presentation with Devin Mueller, Aging Partners Nutrition Specialist
- Sept. 15** 10:30 a.m. – Classic movie and popcorn day
- 12:15 p.m. – Related snacks and movie facts after lunch

- Sept. 17** 10 to 11 a.m. – Jon Alford from Peak Performance leads us in a mix of physical activities crucial for maintaining health and independence.
- Noon – "Brain Body Connection and Successful Longevity" presentation by Beth Schuster, Aging Partners
- Sept. 22** 10:30 a.m. – It's the first day of Autumn! Join us for a discussion about all the things that fall brings including the upcoming holiday season, traditions, and gatherings.
- 12:15 p.m. – More bimonthly brain teasers, word exercises, adult coloring, etc.
- Sept. 24** 9 a.m. to 1 p.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointments required (1–2 months in advance) by calling Monte at 402-416-7693 (\$25 suggested contribution).
- 12:15 p.m. – BINGO! called by Jen Wolf-Wubbels, Southlake Village Rehab
- Sept. 29** 10:30 a.m. – Community Connections: It's National Coffee Day! We'll celebrate by trying some exclusive coffees from our local Bennet coffee shop, The Bean Box!
- 12:15 p.m. – Continue celebrating the United States' 250th year with a documentary about our beautiful National Park: Big Bend!

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 Southlake Village Rehabilitation & Care Center.

Mondays

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

Special Event Programs

Sept. 7 *Aging Partners offices and all senior centers are closed in observance of the Labor Day holiday.*

Sept. 14 10 to 11 a.m. - Blood pressure screenings with Gold Crest Retirement (Adams).

- ▶ 10:30 a.m. – Nutrition handout and discussion: "Food Safety: Seeing is not Believing"
- ▶ Noon – Birthday celebrations
- ▶ 12:15 p.m. – "Breakfast of Champions," presentation with Devin Mueller, Aging Partners Nutrition Specialist

Sept. 21 10:30 a.m. – Community Connections: Local Hickman historian Doreen Droge drops in for coffee and conversation about Firth's fabled past as well as a deep dive into excerpts from the now defunct, Firth Weekly Times. This all-ages event is open to the public.

- ▶ Noon – "Brain Body Connection and Successful Longevity," presentation by Beth Schuster, Aging Partners

Sept. 28 9 a.m. to 1 p.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointments required (1–2 months in advance) by calling Monte at 402-416-7693 (\$25 suggested contribution).

- ▶ 12:15 p.m. – BINGO! called by Jen Wolf-Wubbels, Southlake Village Rehab

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

Sept. 2 10 to 11 a.m. – Blood pressure screenings

- ▶ 10:30 a.m. – Continue celebrating the United States' 250th with a documentary about our beautiful National Park: Yosemite!
- ▶ 12:15 p.m. – Live music by Kyle Burke

Sept. 9 10:30 a.m. – Join us for an exciting board game day. We'll decide which classic board games we'll be playing the week before. Invite your friends! Games provided.

- ▶ 12:15 p.m. – Live music by Tom Ficke

Sept. 16 10:30 a.m. – Nutrition handout and discussion: "Food Safety: Seeing is not Believing"

- ▶ Noon p.m. – Birthday celebrations
- ▶ 12:15 p.m. – "Breakfast of Champions," presentation with Devin Mueller, Aging Partners Nutrition Specialist

Sept. 23 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 – "Brain Body Connection and Successful Longevity" presentation by Beth Schuster, Aging Partners

Sept. 30 9 a.m. to 1 p.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointments required (1–2 months in advance) by calling Monte at 402-416-7693 (\$25 suggested contribution).

- ▶ 12:15 p.m. – BINGO! called by Jen Wolf-Wubbels, Southlake Village Rehab

SEPTEMBER 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Open-faced hot beef sandwich Mashed potatoes with gravy Green beans Fruit Cake	Pork tacos with lettuce, tomato and cheese Refried beans Pineapple	Seafood chowder Crackers Corn Green grapes	French dip sandwich Chips Coleslaw Mixed fruit Ice cream sandwich
7	8	9	10	11
<i>Aging Partners offices and all senior centers are closed in observance of the Labor Day holiday.</i>	Sloppy Joe Potato salad Corn Chips Fruit	Turkey and cheese on croissant Chicken and wild rice soup Raw veggies with dip Cherries	Chicken Alfredo Breadstick Broccoli Applesauce Cheesecake	Tilapia Hush puppies Three bean salad Fresh fruit
14	15*	16	17	18
Beef taco salad with tomatoes and cheese Tortilla chips Guacamole Salsa Fruit	Ham slice Au gratin potatoes Brussels sprouts Roll Fruit juice	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
21	22	23	24	25
Salisbury steak Baby baker potatoes Green beans Texas toast Fruit Brownie	Beef chili Cornbread Asparagus Fresh fruit	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 Pickled beets Pineapple
28	29	30		
Beef tips Sweet potatoes Bread slice Diced apples	Chicken Kiev Macaroni and cheese Broccoli Fruit Pudding	BBQ pork sandwich Tater tots Baked beans Grapes		

Menus are subject to change.

- Meals include 1% milk and margarine or butter with bread items.
- *Low sodium alternative available: 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.