



Join the Fight Against Alzheimer's

11 a.m. Sunday, Oct. 5 at Victory Park

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.



Severe Weather Closings/Cancellations

In the event of severe winter weather or dangerous conditions, Aging Partners senior centers and fitness center will close. As a rule, if Lincoln Public Schools (LPS) are closed, the senior centers and fitness center will close and all classes or special events will be cancelled. Please listen to KFOR 103.3 FM/1240 AM, or KLIN 1400 AM/99.3 FM for the most accurate and up-to-date senior center/LPS closing information.

Free Digital Literacy Events

Victory Park Center

600 S. 70th St., Bldg. 2

Dining Room

Digital literacy has become essential in today's connected world. Aging Partners, along with the assistance of University of Nebraska–Lincoln students, will offer assistance with smartphones, iPads and laptops. This is informal one-on-one personalized instruction at the older adult's pace.



Register for these additional upcoming one-on-one sessions with UNL students:

- Wednesday, Oct. 15 from 3:30 to 5 p.m.
- Wednesday, Nov. 12 from 3:30 to 5 p.m.



**To register,
call 402-441-7158.**



Upcoming Holiday Meals

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

- **Thanksgiving**
All Lincoln Centers – Tuesday, Nov. 18
Firth – Monday, Nov. 17
Hickman – Wednesday, Nov. 19
Bennet – Thursday, Nov. 20
- **Christmas**
All Lincoln Centers – Tuesday, Dec. 16
Firth – Monday, Dec. 15
Hickman – Wednesday, Dec. 17
Bennet – Thursday Dec. 18

Medicare Open Enrollment

Open Enrollment is your once-a-year opportunity to change your benefit choices. The benefits you elect during Open Enrollment will be effective January 1, 2026 through December 31, 2026.



Open Enrollment takes place from October 15 through December 7, 2025

Colleen Ozanne, Nebraska SHIP (Senior Health Insurance Program) will be available during this time at different Aging Partners senior centers. Check out your neighborhood senior center (*in this and the next newsletter*) for dates and times.

To learn more or to schedule an in-person appointment at Aging Partners, please call 402-441-7070 and schedule an appointment with Benefits Counselors Molli Stolz or Clint Solano.

How it works:

- 1) Schedule an appointment;
- 2) Review your healthcare needs with a counselor;
- 3) Enroll in the plan that best fits you.

(Initial enrollment period starts three months before you turn 65 and ends three months after the month you turn 65.)

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**



SENIORS
FOUNDATION



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.**

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.**



Evidence-Based Living Well with Chronic Conditions Workshop



Victory Park Center, Classroom 105
600 S. 70th St.
Fridays, 9 to 11 a.m.
October 10 through November 21
(No class October 31)

This interactive workshop is facilitated by trained leaders and helps individuals with chronic conditions to learn tools to manage their health and live happier, healthier lives.

Some topics include:

- Action planning
- Better breathing
- Medication management
- Communication
- Pain management
- And many more topics

\$8 suggested contributions per class for age 60 and over. \$10 fee per class for those under age 60 (\$60 for the session).

Class size is limited.
Register early by calling 402-441-7575.

Cancellations: Aging Partners reserves the right to cancel an event as needed or due to insufficient reservations.

Belmont Senior Center

Belmont Recreation Center

1234 Judson St., Room 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.

Erin Inbody, manager

Monday through Friday

- ▶ 9 a.m. – Coffee social; join us for card games, puzzles and other activities.
- ▶ 9 a.m. – Fitness options include walking track, weight rack, treadmill, recumbent bike

Tuesdays

- ▶ 10:45 a.m. – Group fitness classes

Wednesdays

- ▶ 10:15 a.m. – BINGO; great fun and fabulous prizes! Our sponsor this month is Asher Point Independent Living. Thank you for your generous support!

Fridays

- ▶ 9 a.m. – Card playing: Pitch, Skip-Bo and other games. Come join us!
- ▶ 12:15 p.m. – Shopping trips; call your center manager to reserve a seat by noon the Monday before each trip.

Walmart: Oct. 3, 17 and 31

Super Saver: Oct. 10 and 24

Special Event Programs

- Oct. 2** 10:30 a.m. – “Making the Most of Your Healthcare Provider Visit” presentation by Bryan nursing students. Blood pressure checks available.
- Oct. 3** 10:30 a.m. – “Controlling Your Sodium Intake” presentation by Bryan nursing students. Blood pressure checks available.
 - ▶ All day – World Smile Day; bring your best jokes and share a smile!
- Oct. 6** 10 a.m. – Fit for Fun BINGO (session 4)
- Oct. 7** 10:45 a.m. – Chair yoga with certified yoga instructor Chery Bieber; a gentle, 30-minute practice using a chair for balance and stability. Perfect for beginners.

Oct. 9 *All-Centers Event at the Auld Pavilion. All Aging Partners Senior Centers are closed today!*

- Oct. 10** 10 a.m. – Wits Workout: Join us for this engaging program of interactive puzzles and games to improve your brain health.
- Oct. 13** 10 a.m. – Fit for Fun BINGO (session 5)
- Oct. 14** 10 a.m. – “Medicare Open Enrollment” presentation by Colleen Ozanne, Nebraska SHIP
 - ▶ 10:45 a.m. – Simply Fit: A gentle, 30-minute video exercise class accommodating for all fitness levels.
- Oct. 16** 10 a.m. – Tie-Dye Tea Towel Workshop; learn fun and easy tie-dye techniques for a one-of-a-kind creation. Cost: \$5, materials provided. Workshop limited to 12 participants. Reservations required. Call Erin at 402-441-7990 to reserve your spot.
 - ▶ 10:30 a.m. – “Tips to Help Remember Your Medications” presentation by Bryan nursing students. Blood pressure checks available.
- Oct. 17** 10:30 a.m. – “Arthritis: Pain Management and Mobility Tips” presentation by Bryan nursing students. Blood pressure checks available.
- Oct. 20** 10 a.m. – Fit for Fun BINGO (session 6)
- Oct. 21** 10:45 a.m. – Chair yoga with certified yoga instructor Chery Bieber
 - ▶ Nutrition handout: Freezer Foods
- Oct. 23** 10 a.m. – Pam Rademacher with the Nebraska Commission for the Blind and Visually Impaired will share information about the agency’s programs and resources.
 - ▶ 10:30 a.m. – “Preventing Polypharmacy Risks” presentation by Bryan nursing students. Blood pressure checks available.
- Oct. 24** 10:30 a.m. – “The Importance of Hydration” presentation by Bryan nursing students. Blood pressure checks available.
 - ▶ Celebrate October birthdays with cake and conversation!
- Oct. 28** 10 a.m. – White Board Trivia; challenge your friends and test your knowledge of the events and traditions of the month of October.
 - ▶ 10:45 a.m. – Simply Fit video exercise class
- Oct. 30** 10:45 a.m. – “Fish Tales” presentation by Devin Mueller, Aging Partners Nutrition. Learn about the healthy facts of including fish in your diet.
- Oct. 31** 10:30 a.m. – Trick or Treat with the preschoolers from the Belmont Community Center.



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.

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

Ciji Mays, manager

Mondays through Fridays

- ▶ 9 a.m. to 1 p.m. – Coffee social, 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

- ▶ 9 a.m. – Card Club
- ▶ 10 a.m. – Sit and Be Fit exercise class in back room (DVD).

Tuesdays

- ▶ 10 a.m. – The Free Writers Club meets to create lyrical compositions to share. Check them out and if you are feeling creative, join in!

Wednesdays

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

Thursdays

- ▶ 9 a.m. – Card Club

Fresh Popcorn Fridays

- ▶ 9 a.m. – Card club
- ▶ 10 a.m. – Live music

Wear **RED** every Friday!



Mike McCracken
Oct. 3

Tim Javorsky
Oct. 17

Chris Sayre
Oct. 31

Special Event Programs

- Oct. 2** 10 a.m. – Art with Anna! Join Anna Alcaide as she leads participants through some easy beginner painting techniques (class size limited to the first 10 individuals to sign up that day).
- Oct. 3** 10 a.m. – Mike McCracken performs
- Oct. 6** 11 a.m. – Scrambled fall words
- Oct. 7** Full moon known as the Hunter's Moon will be the first of the year's three supermoons, meaning it will appear larger and brighter than usual due to its closer proximity to Earth.
 - ▶ 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck

Oct. 9 All-Centers Event at the Auld Pavilion. All Aging Partners Senior Centers are closed today!

Oct. 10 10 a.m. – Make your own caramel apple.

- ▶ 11:30 a.m. – National Angel Food Cake Day

Oct. 13 9 to 11:30 a.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required by calling 402-441-7151. (\$25 suggested contribution).

- ▶ 11 a.m. – Year 2001 trivia

Taking Thanksgiving Day Lunch Reservations

Serving turkey with all the fixings.

Tuesday, Nov. 18 at 11:30 a.m.

Seating is limited to 50.

Call Ciji at 402-441-7151 today.

Oct. 16 9:30 a.m. – AARP meeting with Janice Crewdson

- ▶ 11 a.m. – "Fish Tails" presentation with Devin Mueller, Aging Partners; learn about the health facts of including fish in your diet.

Oct. 17 10 a.m. – Tim Javorsky performs

Oct. 20 11 a.m. – Trivia; I've learned that...

Oct. 21 10 a.m. – Pumpkin decorating with trivia

- ▶ 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck
- ▶ Nutrition handout: Freezer Foods

Oct. 23 10:30 a.m. – "Fall Prevention" presentation by Angels Care Home Health staff

- ▶ 11:30 a.m. – National Boston Cream Pie Day

Oct. 24 10 a.m. – "Talking Trash" presentation with Lincoln's Environmental Health Educator. Come learn how to sort waste between recycling and garbage.

Oct. 27 9 to 11 a.m. – Mending with Mary; bring in one clothing item that needs repair, a tuck, a button or hem. Mary will sew this for you right here at the center free of charge!

- ▶ 11 a.m. – Name the squash and nut

Oct. 28 11 a.m. – Superstition quiz

Oct. 30 10 a.m. – Halloween word search

- ▶ 10:45 a.m. – Jeopardy with Amana Care

Oct. 31 10 a.m. – Happy Halloween! Come dressed in your favorite costume and listen to the spooky sounds of Chris Sayre.



Community Activities and Services

OCTOBER 2025

Aging Partners Health and Fitness programs

focus on injury prevention. Individuals are 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.

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 and a \$15 fee for people under age 60.

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

Health and Fitness education programs air on these Lincoln cable systems: ALLO – channels 2, 3 and 23; Charter Spectrum – channels 1300, 1301 and 1303; and Windstream Kinetic – channels 1005; 1010 and 1080.

LNKTV City – 2, 1300, 1005; LNKTV Health – 3, 1301, 1010; LNKTV Education – 23, 1303, 1080

Exercise for a Lifetime 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 health education programs for community, church and social groups. A variety of programs have been developed relating to illness and injury prevention, physical activity, nutrition and mental wellness.

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 Street. Sanitation guidelines are followed.

Services are available to those age 60 and over. 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.

Call 402-441-7506 for an appointment.

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. 8 through Dec. 15
Jan. 5, 2026, through May 18 (no class Jan. 19 and Feb. 16)
- **Auld Pavilion, 1650 Memorial Drive**
Wednesdays, 10 to 11 a.m.
Sept. 10 through Nov. 26
Jan. 7, 2026, through May 13

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. 9 through Dec. 16 (no class Nov. 4 and 11)
Jan. 6, 2026, through May 19
- **Auld Pavilion, 1650 Memorial Drive**
Thursdays, 1:30 to 2:30 p.m.
Sept. 18 through Nov. 20 (no class Oct. 9)
Jan. 8, 2026, through May 7 (no class March 19 and April 9)

Tai Chi for Arthritis and Fall Prevention Level I

Eastridge Presbyterian Church, 1135 Eastridge Drive

Tuesdays and Thursdays, 1 to 2 p.m.

Nov. 18 through Feb. 3, 2026 (no class Nov. 27, Dec. 25 and Jan. 1)

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. Please note updated information: Suggested contribution is \$4 per class or \$80 per session (20 classes).

Community Activities and Services

OCTOBER 2025

Tai Chi for Arthritis and Fall Prevention Level II

American Lutheran Church, 4200 Vine St.

Mondays and Wednesdays, 10 to 11 a.m.

Oct. 13 through Dec. 10

Jan. 5, 2026 through March 11 (no class Jan. 19 and Feb. 16)

This class is only available to those who have completed at least one full session of the Tai Chi for Arthritis and Fall Prevention Level I. Please note updated information: Suggested contribution is \$4 per class or \$72 per session (18 classes).

Evidence-Based 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.

Intermediate: 11:45 a.m. to 1:30 p.m.

Nov. 18 through Feb. 17, 2026 (no class Nov. 27, Dec. 25 and Jan. 1)

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).

Chair Yoga

Eastridge Presbyterian Church, 1135 Eastridge Drive

Mondays, 9:30 to 10:30 a.m.

Oct. 20 through Dec. 15

Jan. 5 through April 6 (no class Jan. 19 and Feb. 16)

Wednesdays, 9:30 to 10:30 a.m.

Oct. 22 through Dec. 17

Jan. 7 through April 8

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. Beginners welcome.

Aging Partners Comprehensive Footcare Clinics

Comprehensive footcare is available (by appointment only) to those age 60 and over. A \$25 suggested contribution will help these services continue. Services are provided at the following locations:

- **Northeast Center** (second Monday each month)
6310 Platte Ave. Call Center Manager Ciji Mays at 402-441-7151 to schedule an appointment.
- **Victory Park Center** (every other month)
600 S. 70th St. Call Center Manager Ben Middendorf at 402-441-7154 to schedule an appointment.
- **Bennet Center** (every other month) American Legion Hall, 970 Monroe St.
- **Firth Center** (every other month)
Firth Community Center, 311 Nemaha St.
- **Hickman Center** (every other month)
Hickman Community Center, 115 Locust St.
- **Malcolm Resource Center** (every other month) Malcolm Village Hall, 137 E. 2nd St.

For rural Lancaster County senior center appointments, call Monte at 402-416-7693.

Caregiver Support Group

Tuesday, Oct. 14 from 5 to 6 p.m.

St. Mark's United Methodist Church

8550 Pioneers Blvd., Room 137

(Enter through door 6 on north side of St. Mark's)

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.

Registrations are 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

Ben Middendorf, manager

Mondays through Fridays

- ▶ 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; Sunlight Senior Care is this month's prize sponsor. *Thank you for your support!*
- ▶ 1 p.m. – Shopping trips: call your center manager to reserve a seat by noon the Monday before the trip. \$4 suggest trip contribution.

Walmart: Oct. 1 and 8

HyVee: Oct. 15 and 22

Fridays

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

Special Event Programs

- Oct. 1** 3 to 4 p.m. – Hometown Fresh Produce Truck will be at the VA Clinic parking lot, 420 Victory Park Drive
- Oct. 2** 10:30 a.m. – “Fish Tales” presentation with Devin Mueller, Aging Partners Nutrition. Learn about the health facts of including fish in your diet!
- ▶ No Card Games in the afternoon.
 - ▶ 2 to 5 p.m. – The Dementia Puzzle: Putting the Pieces Together Caregiver Resource Fair, featuring information on legal assistance, respite care, memory support groups, education, home health, mobility options, mental health resources and more!
 - ▶ 4 to 4:30 p.m. – “The Importance of Caregiver Connections” with Julie Masters, PhD.
 - ▶ 4:30 to 5 p.m. – “Nebraska Caregiver Tax Credit Info” with Jina Ragland, AARP Nebraska.

Oct. 5 **Sunday – 2025 Walk to End Alzheimer's**

- ▶ 11 a.m. – Site opens
- ▶ 12:30 p.m. – Ceremony
- ▶ 1 p.m. – Walk begins

- Oct. 6** 10 a.m. – Medicare Open Enrollment Information and Medicare BINGO with Colleen Ozanne, Nebraska SHIP (Oct. 15 through Dec. 7)
- Oct. 7** 10 a.m. – Music and Wellness workshop with board-certified music therapist, Amanda Rosado. No prior music skills required.

Oct. 9 *All-Centers Event at the Auld Pavilion. All Aging Partners Senior Centers are closed today!*

- ▶ 2 to 4 p.m. – Bridge and Canasta Groups
- Oct. 10** 9 a.m. to 2 p.m. – Fix-It Friday. Volunteers Crystal and Lillian are happy to do minor mending tasks such as resewing buttons, sewing seams, etc. They can't do everything, but they'll do it for free!
- Oct. 13** 9 to 11 a.m. – Hooked on Yarn Group
- ▶ 10 a.m. – We'll observe Indigenous Peoples Day by watching a documentary on Dr. Susan La Flesche Picotte, a member of the Omaha tribe and the first indigenous woman in America to earn a medical degree.
- Oct. 14** 10 a.m. – “TeamMates Mentoring” presentation with Kelli Woods
- Oct. 16** 10 a.m. – October birthdays with a show by Magician Dragan with a little bit of hocus pocus to start the Halloween season.
- Oct. 20** 10 a.m. – Fit for Fun BINGO
- Oct. 21** 10 a.m. – “Healthcare and Technology” presentation with staff from Sunlight Senior Care
- Oct. 23** 9:30 a.m. – Wooden Block Halloween Décor. A bit of paint, some esoteric illustrations and a coat of mod podge will make a perfect decoration for your mantle or windowsill.
- Oct. 24** 9 a.m. to 2 p.m. – Fix-It Friday
- Oct. 27** 10 a.m. – Fit for Fun BINGO; we'll play some BINGO while exercising our bodies and minds!
- Oct. 28** 10:30 a.m. – Painting demonstration by Garry DeFreece.
- ▶ Nutrition handout: Freezer Foods
- Oct. 30** 10 a.m. – October Trivia game
- Oct. 31** 10 a.m. – Annual Halloween party/ and costume contest. Come and show off your scariest, funniest or most creative costumes! A panel of judges will score your costumes. Prizes will be awarded! If you're dressed as yourself, come and enjoy the show!



Victory Park Afternoon Activity Groups

Pitch, Pinochle, Bridge, Mahjong and Canasta

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

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.

Meal reservations, call by noon two business days in advance: 402-441-7157.

Kelle Brandt, manager

Monday through Friday

- 9 a.m. – Coffee social

Tuesday

- 10:15 a.m. – BINGO
- 12:30 p.m. – Shopping assistance; call your center manager to reserve a seat by noon the Monday before the trip.

Walmart: Oct. 7 and 21

Super Saver: Oct. 14 and 28

Fridays

- Fun Friday: we offer games and cards

Special Event Programs

- Oct. 1** 10:30 a.m. – “Fish Tails” presentation by Devin Muller, Aging Partners Nutrition
- Oct. 2** 10:15 a.m. – Warm up with a game of table hockey.
- 11 a.m. – “Medicare Open Enrollment Information” presentation Colleen Ozanne, Nebraska SHIP (Oct. 15 through Dec. 7)
 - 12:30 p.m. – Library book pick-up and drop-off
- Oct. 6** 10:30 a.m. – Fit for Fun exercise class with some fitness information thrown in for good measure.
- 11:45 a.m. – October trivia
- Oct. 8** 10:30 a.m. – We will work on our Halloween projects for the various group, youth, our group, Grace’s group. We need to get busy.
- Oct. 9** *All-Centers Event at the Auld Pavilion. All Aging Partners Senior Centers are closed today!*
- Oct. 13** 10:30 a.m. – Fit for Fun exercise class
- Oct. 14** 10 a.m. – Trivia
- Oct. 15** 10:30 a.m. – Enjoy the music of Denise Howe
- 10 a.m. to noon - Bryan nursing students Whitney and Breanna are here to give blood pressure checks and a health program on influenza.

- Oct. 16** 10 a.m. – Nutrition handout: Freezer Foods
- 10:30 a.m. – Let’s try some new games that we have in store.
 - 12:30 p.m. – Library book pick-up and drop-off
- Oct. 20** 10 a.m. – The ECHO Collective; we will be teaching new ways to use nature to make beautiful designs.
- Oct. 22** 10:30 a.m. – Enjoy the good sounds of Ken Miller.
- 10 a.m. to noon – Bryan nursing students Ellen and Emily are here to provide blood pressure checks and do a presentation on “Tips for Healthier Options When Eating Out.”
- Oct. 23** 10:30 a.m. – Fit for Fun exercise class
- 11 a.m. – Picture in a picture
- Oct. 27** The week of Halloween be thinking of corny spooky jokes and stories to share. Wear appropriate colors.
- 10:30 a.m. – Fit for Fun
- Oct. 28** 10 a.m. – Halloween jokes
- Oct. 29** 10 a.m. – Enjoy the music of the Willow Creek Band
- Oct. 30** 10:30 a.m. – Who dunnit short stories
- 12:30 p.m. – Library book pick-up and drop-off
- Oct. 31** Halloween party; please dress up in your favorite costume or came as you are. There will be goodies to share for a spooktacular time.



Handy Home Services

*for those age 60 and over
and 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.**

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

Monte Peck, Rural Center Manager

**This month's BINGO prizes are sponsored by
Old Cheney Rehabilitation, Lincoln**

Tuesdays and Thursdays

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

Special Event Programs

Oct. 2 through 9 *Center closed due to repairs and updates to the Bennet American Legion Hall. If you'd like to attend our Victory Park location, please sign up in advance with Monte. Transportation to and from Victory Park will be provided.*

- Oct. 14** 10:30 a.m. – Travel the world with another video edition of Armchair Travelers. This time we're visiting bonnie wee Scotland! Slàinte mhath!
- 12:15 p.m. – Get ready for trivia with Hallmark Home Care! Proprietors Jason and Katey Viergutz test our knowledge regarding the oldest and largest manufacturer of greeting cards in the U.S.
- Oct. 16** Birthday celebrations
- 10 a.m. – Nutritional handout: Freezer Foods
 - 10 to 11 a.m. – Blood pressure checks by Traditions Health, Lincoln
 - 10:30 a.m. – Ian Egenberger, local Lincoln torchbearer of down-home Nebraska folk music, stops by to sing stories about love, loss, courage and chickens.
 - 12:15 p.m. – "How Communication Access Through Accessible Education is Foundational to Senior Public Life" presentation by Advocacy Specialist Katia Castro, Nebraska Commission for the Deaf and Hard of Hearing.
- Oct. 21** 10:30 a.m. – Ride on down and join the gang at the Bennet American Legion Hall for a movie, popcorn and a crispy all-American treat celebrating our monthly movie mystery theme!
- 12:15 p.m. – The mystery continues after lunch with movie trivia.

- Oct. 23** 10:30 a.m. – "Fish Tails" presentation by Devin Mueller, Aging Partners Nutrition. Learn about the health benefits of including fish in your diet.
- 12:15 p.m. – BINGO called by Old Cheney Rehabilitation staff
- Oct. 28** 9 a.m. to 1 p.m. – In conjunction with Medicare Open Enrollment for 2026, Colleen Ozanne from Nebraska SHIP joins us for private one-on-one consultations.
- 10:30 a.m. – Chair exercises
 - 12:15 p.m. – Sit for a spell and join us in a spooky Halloween song sing-along.
- Oct. 30** Halloween Celebration and Costume Contest
- 10:30 a.m. – Meet the Cook, Courtney Statham, chef de cuisine and kitchen coordinator for Aging Partners. She will speak on her culinary journey that led her to planning our menus, preparing our meals and ensuring we receive a substantial lunch.
 - 12:15 p.m. – "Safe Senior Driving and Accident Prevention" presentation with Jeanne Bietz, Vehicle Safety Coordinator, Nebraska DHHS.

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

Monte Peck, Rural Center Manager

**This month's BINGO prizes are sponsored by
Old Cheney Rehabilitation, Lincoln**

Mondays

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

Special Event Programs

- Oct. 6** Birthday celebrations
- 10 a.m. – Nutritional handout: Freezer Foods
 - 10:30 to 11 a.m. – Blood pressure checks by Lakeview Living (Firth)
 - 10:30 a.m. – Meet the Cook, Courtney Statham, chef de cuisine and kitchen coordinator for Aging Partners. She will speak on her culinary journey that led her to planning our menus, preparing our meals, and ensuring we receive a substantial lunch.

- ▶ 12:15 p.m. – “Safe Senior Driving and Accident Prevention” presentation with Jeanne Bietz, Vehicle Safety Coordinator, Nebraska DHHS.

Oct. 13 10:30 a.m. – Chair exercises

- ▶ 12:15 p.m. – “Fish Tails” presentation by Devin Mueller, Aging Partners Nutrition. Learn about the health benefits of including fish in your diet.

Oct. 20 10:30 a.m. – Ian Egenberger, local Lincoln torchbearer of down-home Nebraska folk music, stops by to sing stories about love, loss, courage and chickens.

- ▶ 12:15 p.m. – BINGO called by Old Cheney Rehabilitation staff

Oct. 27 Halloween Celebration and Costume Contest

- ▶ 10:30 a.m. – Celebrate Halloween and get ready for trivia with Monte! This time it’s all ghouls, goblins and creepy characteristics about the spookiest day of the year.
- ▶ 12:15 p.m. – “How Communication Access Through Accessible Education is Foundational to Senior Public Life” presentation by Advocacy Specialist Katia Castro, Nebraska Commission for the Deaf and Hard of Hearing.

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

Monte Peck, Rural Center Manager

**This month’s BINGO prizes are sponsored by
Old Cheney Rehabilitation, Lincoln**

Wednesdays

- ▶ 9 a.m. – Senior Walking Warriors; start your day with 30 minutes of walking.
- ▶ 9 a.m. – Coffee social, cards, games, and puzzles

Special Event Programs

Oct. 1 Birthday Celebrations

- ▶ 10 a.m. – Nutritional handout: Freezer Foods
- ▶ 10 to 11 a.m. – Blood pressure checks by Traditions Health, Lincoln
- ▶ 10:30 a.m. – Meet the Cook, Courtney Satham, chef de cuisine and kitchen coordinator for Aging Partners.

- ▶ 12:15 p.m. – Medicare Open Enrollment discussion with Colleen Ozanne, Nebraska SHIP and a fun game of Medicare BINGO! (Medicare open enrollment is October 15 through December 7.

Oct. 8 10:30 a.m. – Ian Egenberger, local Lincoln torchbearer of down-home Nebraska folk music, stops by to sing stories about love, loss, courage and chickens.

- ▶ 12:15 p.m. – “Safe Senior Driving and Accident Prevention” presentation with Jeanne Bietz, Vehicle Safety Coordinator, Nebraska DHHS.

Oct. 15 9 a.m. to 1 p.m. – In conjunction with Medicare Open Enrollment for 2026, Colleen Ozanne from Nebraska SHIP joins us for private one-on-one consultations.

- ▶ 10:30 a.m. – “Fish Tails” presentation by Devin Mueller, Aging Partners Nutrition.
- ▶ 12:15 p.m. – Trivia with Hallmark Home Care; proprietors Jason and Katey Viergutz test our knowledge regarding the oldest and largest manufacturer of greeting cards in the U.S.

Oct. 22 10 a.m. – Bryce Rolenc from Peak Performance leads us in a mix of physical activities (including strength and balance training) crucial for maintaining health and independence.

- ▶ 12:15 p.m. – BINGO called by Old Cheney Rehabilitation staff

Oct. 29 *Hickman Community Center closed. If you’d like to attend our Victory Park location, please sign up in advance with Monte. Transportation to and from Victory Park will be provided*

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**

OCTOBER 2025 Menu

Call your center manager two business days in advance for a meal reservation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Swiss mushroom burger Potato chips Juice Apple, V8®	Tuna noodle casserole Brussels sprouts Roll Apricots Fruit gelatin	Brisket sandwich Au gratin potatoes Green beans Roll Ice cream
6	7	8*	9	10
Chicken and shrimp gumbo Hushpuppies Mixed vegetables Cherries Brownie	Spaghetti with meatballs Asparagus Bread stick Fruit	BBQ lil' smokies Macaroni and cheese Broccoli Cornbread Mixed fruit	All-Centers Event at the Auld Pavilion <i>All Aging Partners Senior Centers are closed today!</i>	Pork taco with lettuce, tomato and cheese Refried beans Pineapple
13	14*	15	16	17
French dip sandwich Chips Coleslaw Mixed fruit	Ham slice Au gratin potatoes Brussels sprouts Roll Fruit juice Fruit cobbler	Seafood chowder Corn Green grapes	Sloppy joe Potato salad Spinach and lettuce salad Chips	Turkey and cheese on a croissant Chicken and wild rice soup Raw vegetables Cherries
20	21	22	23	24
Beef stew Cornbread Peas Apricots Cake	Chicken alfredo Bread stick Broccoli Applesauce	Beef taco salad with tomatoes and cheese, tortilla chips Guacamole Fruit	Turkey slice with gravy Redskin mashed potatoes Brussels sprouts Roll	Meatball stroganoff Peas Fruit Roll
27	28	29	30	31
Salisbury steak Baby baker potatoes Green beans Texas toast	Chicken pot pie Mixed vegetables Raisin bread Mixed fruit	Beef chili Cornbread Asparagus Fresh fruit	Cod sandwich with lettuce and tomato Coleslaw Fruit Cookie	Dracula's country fried steak Mummy mashed potatoes with gravy Cauldron corn Boo-berries Reaper roll Pumpkin fluff

- Menus are subject to change.
- Meals include 1 percent milk and margarine or butter with bread items.
- *Low sodium alternative for October is 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.