



Home Services by Mail

"Your library, delivered"

Lincoln City Libraries

www.lincolnlibraries.org

Are you unable to visit the library in person due to a permanent or temporary disability? Lincoln City Libraries provides **Home Services by Mail** to homebound patrons who would like to access library materials. They will mail books, CDs, DVDs, and/or magazines to your home at no cost to you. You can receive up to five items, limited by what will fit in the bag. Temporary Home Services by Mail must be for a period of at least six months. When a patron is utilizing Home Services, they are not allowed to use any in-person library services, but they are allowed to use e-services such as Hoopla or Libby as well as receiving their materials through the mail.



See application on page 2.

Medicare Open Enrollment

This 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 (State Health Insurance Assistance Program) will be available during this time at different Aging Partners senior centers. Check out your neighborhood senior center for dates and times.

How it works:

- 1) Schedule an appointment with your senior center manager;
- 2) Review your healthcare needs with Colleen Ozanne;
- 3) Enroll in the plan that best fits you.

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

You can also call an Aging Partners Benefits Counselor at 402-441-7070.

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.



Home Services by Mail Application Form

Name: _____

Address: _____

Phone: _____

Birthday: ____/____/____

Lincoln City Libraries card number:

2304500 _____

If you don't have a card, check here: ☐

(circle one)

I require / prefer / don't need materials in large print.

I attest that I am qualified for Home Services by Mail as I am unable to visit the library in person because of a temporary (6 month minimum) or permanent disability.

(signature)

(date)

After we review your application, we will give you a call to discuss the items you would like to have sent in your first blue bag. If you have questions, please contact:

402-441-8537
lchome@lincoln.ne.gov



Mail to: Home Services by Mail
Lincoln City Libraries
136 South 14th Street
Lincoln, NE 68508-1899

Free Digital Literacy Event

Wednesday, Nov. 12

3:30 to 5 p.m.

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.



To register for this upcoming one-on-one session with UNL students, call 402-441-7158.



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



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.**

NOVEMBER

WORD SEARCH

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



AUTUMN
 AMERICAN FLAG
 BLACK FRIDAY
 CHRYSANTHEMUMS
 CINNAMON
 CORNUCOPIA
 CRANBERRY
 CYBER MONDAY

DAYLIGHT SAVING
 ELECTION
 FAMILY
 FOOTBALL
 FREEDOM
 FRIENDSGIVING
 GRATITUDE
 HARVEST

HOT CIDER
 NATIVE AMERICANS
 PECAN PIE
 PILGRIMS
 POTATOES
 PUMPKIN PIE
 SCARVES
 SCORPIO

STUFFING
 SWEATERS
 SWEET POTATOES
 THANKSGIVING
 TOPAZ
 TURKEY
 VETERANS DAY

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 a generous anonymous donor. *Thank you for your 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.

Super Saver: Nov. 7 and 21

Walmart: Nov. 14

Special Event Programs

- Nov. 3** 10 a.m. – “Fall Prevention” presentation by Sue Ann Henning, Angels Care Home Health. Blood pressure checks available.
- Nov. 4** 10 a.m. – Senior Buddy Project; students from Goodrich Middle School join us for cards and games.
- ▶ 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
- Nov. 6** 10 a.m. – Native American flute playing and its history by Eldonna Rayburn, Eastmont Living. The history gives us a new awareness of the traditions and spirit behind this sacred instrument.
- ▶ 11 a.m. – “Caffeine Use and Guidelines on Safe Intake” presentation by Bryan nursing students. Blood pressure checks available.

- Nov. 7** 10 a.m. – “Preventing Falls at Home” presentation by Bryan nursing students. Blood pressure checks available.
- Nov. 11** *Aging Partners offices and all senior centers are closed in honor of Veterans Day.*
- Nov. 13** 10:45 a.m. – “Healthy Snacking” presentation by Devin Mueller, Aging Partners Nutrition Specialist; learn ways to incorporate healthy snacking in your diet to keep you on track – samples included.
- Nov. 14** 10 a.m. – Music BINGO with Elliott Piper. Reminisce over classics and forgotten favorites from the golden age of rock ‘n roll!
- Nov. 17** 10:30 a.m. – “Tips for Improving Our Quality of Sleep” presentation by Ann Heydt, Aging Partners Health and Fitness. Ann will also discuss the services available at Aging Partners Health and Fitness.
- Nov. 18** 10:45 a.m. – Chair yoga with certified yoga instructor Chery Bieber.
- ▶ 11:30 a.m. – Join us for a special meal to celebrate Thanksgiving. Reservations for this meal are due at noon Friday, Nov. 14.
 - ▶ Nutrition handout: Crockpot Cooking
- Nov. 20** 10:30 a.m. – “Safe Footwear and Daily Habits” presentation by Bryan nursing students. Blood pressure checks available.
- Nov. 21** 10:30 a.m. – “Ways to Boost Your Health Literacy” presentation by Bryan nursing students. Blood pressure checks available.
- ▶ Celebrate November birthdays with cake and conversation!
- Nov. 24** 10 a.m. – White Board Trivia; challenge your friends and test your knowledge of the events and traditions of the month of November.
- Nov. 25** 10:45 a.m. – Simply Fit: A gentle 30-minute video exercise class accommodating for all fitness levels
- Nov. 27/28** *Aging Partners offices and all senior centers are closed for the Thanksgiving holiday.*



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

Email is quick and easy.

See your center manager for details.

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

- ▶ 9 a.m. – Card Club
- ▶ 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 Amana Care. *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!



Denise Howe

Nov. 7

Brian

Gerkenmeyer

Nov. 21

Special Event Programs

- Nov. 2** Daylight saving time ends – Set your clocks back one hour.
- Nov. 4** General Election Day – We will be doing a themed activity. Please bring in a baby picture of yourself. These will stay up through the end of the year.
 - ▶ 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck
- Nov. 6** 10:30 a.m. – Remembrance Day trivia and history
 - ▶ “In Flanders Field” word search



Show your support!

Wear **RED** in November, especially on Nov. 7, 14, 21 and 28!

- Nov. 10** 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).
- Nov. 11** *Aging Partners offices and all senior centers are closed in honor of Veterans Day.*
- Nov. 13** 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).
- Nov. 18** 9 a.m. to 1 p.m. – Colleen Ozanne, Nebraska SHIP, will be here for private appointments to ensure you get the most out of your Part D plan and answer any other questions you may have. Spots are limited and fill fast. Call Ciji at 402-441-7151 to schedule an appointment.
 - ▶ 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck
 - ▶ 11:30 a.m. – Thanksgiving meal
 - ▶ Nutrition handout: Crockpot Cooking

Taking Christmas lunch reservations beginning Wednesday, Nov. 19 at 11:30 a.m.

Serving chicken cordon bleu. Seating is limited to 50. Call Ciji at 402-441-7151 today.

- Nov. 20** 9:30 a.m. – AARP meeting with Janice Crewdson.
 - ▶ 11 a.m. – “Healthy Snacking” presentation by Devin Mueller, Aging Partners Nutrition Specialist; learn ways to incorporate healthy snacking in your diet to keep you on track – samples included.
- Nov. 24** 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!
- Nov. 27/28** *Aging Partners offices and all senior centers are closed for the Thanksgiving holiday.*

Community Activities and Services

NOVEMBER 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

NOVEMBER 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 Northeast Center Manager Ciji Mays at 402-441-7151 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 Peck at 402-416-7693.

Caregiver Support Group

Tuesday, Nov. 11 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
- ▶ 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: Nov. 5 and 12

HyVee: Nov. 19 and 26

Fridays

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

Special Event Programs

- Nov. 3** 10 a.m. – Music BINGO with Elliott Piper!
- Nov. 4** 10 a.m. – Fit for Fun BINGO; we'll play BINGO while exercising our bodies and minds!
- Nov. 5** 3 to 4 p.m. – Hometown Fresh Produce Truck will be at the VA Clinic parking lot, 420 Victory Park Drive. This will be the last Hometown Fresh date of the season. *The program will start again March 2026.*
- Nov. 6** 9 to 11 a.m. – Health Screening Fair at Victory Park
- ▶ 10:30 a.m. – “Healthy Snacking” presentation by Devin Mueller, Aging Partners Nutrition Specialist; learn ways to incorporate healthy snacking in your diet to keep you on track – samples included.
- Nov. 7** 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!
- Nov. 10** 10 a.m. – Veterans Day ceremony. It is vitally important to recognize and thank the veterans who have given so much of themselves in service to their country.

Contact Ben Middendorf by November 3 if you would like to participate and have your photo and a description of your service included in our ceremonial presentation.

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

Nov. 12 9:45 a.m. – Commodities provided by the Food Bank of Lincoln. Pre-registration is required through the Food Bank of Lincoln by calling 402-819-5348.

Nov. 13 10 a.m. – November birthday party with music by Denise Howe.

Nov. 17 10 a.m. – Fit for Fun BINGO

Nov. 18 9 a.m. – Puzzles, games and coloring relaxation

- ▶ Thanksgiving holiday meal reservations are full. Please contact Ben Middendorf at 402-441-7154 if you would like to be placed on a “Waiting List” for the meal.

Nov. 20 10 a.m. – Wii Bowling

Nov. 21 9 a.m. to 2 p.m. – Fix-It Friday

Nov. 24 10 a.m. – Fit for Fun BINGO

Nov. 25 10 a.m. – November trivia

- ▶ Nutrition handout: Crockpot Cooking

Nov. 27/28 *Aging Partners offices and all senior centers are closed for the Thanksgiving holiday.*

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. – Bridge and Canasta



Evidence-Based Living Well with Chronic Conditions Interactive Workshop

Victory Park Center, Classroom 105
600 S. 70th St.

Fridays, Nov. 7, 14 and 21 from 9 to 11 a.m.

This 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, communication, pain management, medication management, better breathing and many more topics. Class size is limited.

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

Register early by calling 402-441-7575.

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: Nov. 4 and 18

Super Saver: Nov. 11 and 25

Fridays

- Fun Friday: we offer games and cards

Special Event Programs

- Nov. 3** 10:30 a.m. – Fit for Fun exercise class
- 11:15 a.m. – Standard time vs. daylight savings time, Which is better?
- Nov. 5** 10:30 a.m. – “Healthy Snacking” presentation by Devin Mueller, Aging Partners Nutrition Specialist; learn ways to incorporate healthy snacking in your diet to keep you on track – samples included.
- Nov. 6** 10:30 a.m. – Come in for laughter by playing table hockey.
- Nov. 10** 10:30 a.m. – What makes a veteran special?
- Nov. 11** *Aging Partners offices and all senior centers are closed in honor of Veterans Day.*
- Nov. 12** 8:30 a.m. – Open Enrollment appointments with Colleen Ozanne, Nebraska SHIP. Appointments go fast. Call Kelle at 402-441-7157.
- Nov. 13** 10 a.m. – Enjoy the music of the Quarter Notes
- Nov. 14** Last day to sign up for our Thanksgiving dinner (by 12:30 p.m.)
- Nov. 17** 10:30 a.m. – Fit for Fun exercise class
- 11:15 a.m. – “Why it's Important to be Thankful” by center manager Kelle Brandt
- Nov. 18** 11:30 a.m. – Thanksgiving dinner is served
- Nov. 19** 10:30 a.m. – Music BINGO with Elliott Piper
- Nov. 20** 10:30 a.m. – Special day for BINGO
- Nov. 21** There might be a chance for more Medicare

insurance appointments, check with Kelle.

Nov. 24 10:30 a.m. – Fit for Fun exercise class

Nov. 25 11:30 a.m. – Turkey facts and funny tales

Nov. 26 10 a.m. – Willow Creek Band performs

- Thanksgiving hotline stories.

Nov. 27/28 *Aging Partners offices and all senior centers are closed for the Thanksgiving holiday.*

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**



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
Southlake Village Rehabilitation.**

Tuesdays and Thursdays

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

Special Event Programs

Nov. 4 10:30 a.m. – Games, brain teasers, adult coloring, etc.

- ▶ 12:15 p.m. – Chair exercises

Nov. 6 Birthday celebrations

- ▶ Nutrition handout: Crockpot Cooking
- ▶ 10 to 11a.m. – Blood pressure checks by Traditions Health (Lincoln)
- ▶ 10:30 a.m. – Kallin Niemeyer from Traditions Health leads a music BINGO game and then speak on the myths vs. facts about hospice and home health.
- ▶ 12:15 p.m. – It's National Saxophone Day! A local Lincoln legend drops in to talk about the history of the saxophone and to play us a song or two.

Nov. 13 10:30 a.m. – Community Connections: The Bennet Area Historical Society stops by for an educational glimpse into the past. This time around, we'll be reviewing old sports photos and trying to identify players.

- ▶ 12:15 p.m. – BINGO with Jen Wolf-Wubbels

Nov. 18 10 a.m. – Join us at the Bennet American Legion for one of the finest and most underrated WWII films. We'll have popcorn as well as a special patriotic snack.

NOVEMBER HOLIDAY CLOSINGS

11 – VETERANS DAY 

27 – THANKSGIVING DAY 

28 – DAY AFTER THANKSGIVING

*Aging Partners offices and all senior centers
are closed for these holidays.*

- ▶ 12:15 p.m. – After the movie we'll have trivia about the main character.

Nov. 20 9 a.m. to noon – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required by calling Monte Peck at 402-416-7693 (\$25 suggested contribution).

- ▶ 10:30 a.m. – To celebrate Thanksgiving, get ready for trivia with Monte! This time it's all about families, feasts and other fascinating facts about Turkey Day!
- ▶ 11 a.m. – Thanksgiving meal
- ▶ 12:15 p.m. – "Healthy Snacking" presentation by Devin Mueller, Aging Partners Nutrition Specialist; learn ways to incorporate healthy snacking in your diet to keep you on track – samples included.

Nov. 25 10:30 a.m. – Games, brain teasers, adult coloring, etc.

- ▶ 12:15 p.m. – Explore the great city of Lisbon, Portugal with another video edition of Armchair Travelers. Bem-vindo a Portugal!



**AGING
PARTNERS**

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.**

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

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 Southlake Village Rehabilitation.

Mondays

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

Special Event Programs

- Nov. 3** Birthday celebrations
- Nutrition handout: Crockpot Cooking
 - 10:30 a.m. to 11 a.m. – Blood pressure checks by Lakeview Living (Firth)
 - 10:30 a.m. – Multi-instrumentalist Ash Sharp performs for our listening pleasure.
 - 12:15 p.m. – BINGO with Jen Wolf-Wubbels
- Nov. 10** 10 a.m. – Chair exercises
- 12:15 p.m. – “Healthy Snacking” presentation by Devin Mueller, Aging Partners Nutrition Specialist; learn ways to incorporate healthy snacking in your diet to keep you on track – samples included.
- Nov. 17** 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.
- 9 a.m. to noon – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required by calling Monte at 402-416-7693 (\$25 suggested contribution).
 - 10:30 a.m. – Kallin Niemeyer from Traditions Health (Lincoln) stops by to conduct a music BINGO game and then speak on the myths vs. facts about hospice and home health.
 - 11 a.m. – Thanksgiving meal
 - 12:15 p.m. – Trivia with Hallmark Home Care; proprietors Jason and Katey Viergutz test our knowledge on the oldest and largest manufacturer of greeting cards in the US.
- Nov. 24** 10:30 a.m. – Thanksgiving trivia with Monte
- 12:15 p.m. – “Tips for Improving Our Quality of Sleep” presentation by Ann Heydt, Aging Partners Health and Fitness

Wednesdays

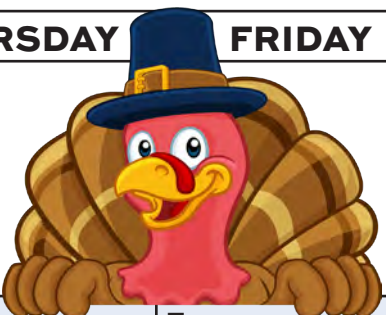
- 9 a.m. – Senior Walking Warriors; start your day with 30 minutes of walking.
- 9 a.m. – Coffee social, cards, puzzles, games, brain teasers, adult coloring, etc.

Special Event Programs

- Nov. 5** *The Hickman Community Center and senior center are closed for HVAC repairs. If you'd like to attend the Victory Park location, please sign up in advance with Monte. Transportation will be provided.*
- Nov. 12** Birthday celebrations
- Nutrition handout: Crockpot Cooking
 - 10 to 11 a.m. – Blood pressure checks by Traditions Health (Lincoln)
 - 10:30 a.m. – Kallin Niemeyer from Traditions Health leads a music BINGO game and then speak on the myths vs. facts about hospice and home health.
 - 12:15 p.m. – BINGO with Jen Wolf-Wubbels
- Nov. 19** 9 a.m. to noon – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointment required by calling Monte at 402-416-7693 (\$25 suggested contribution).
- 10:30 a.m. – “Healthy Snacking” presentation by Devin Mueller, Aging Partners Nutrition Specialist; learn ways to incorporate healthy snacking in your diet to keep you on track – samples included.
 - 11 a.m. – Thanksgiving meal
 - 12:15 p.m. – “How Communication Access Through Accessible Education is Foundational to Senior Public Life” presentation by Katia Castro, Nebraska Commission for the Deaf and Hard of Hearing
- Nov. 26** 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.

NOVEMBER 2025 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
** Holiday meal will be served on: 11/17 at Firth 11/18 at Belmont, Northeast, Victory Park and Washington Street 11/19 at Hickman 11/20 at Bennet				
				
3	4	5	6	7
Half roast beef sandwich Potato soup Crackers Pickled beets Pineapple	Mexican chicken casserole Corn chips Spinach salad with nuts Orange	Beef tips Sweet potatoes Sliced bread Diced apples	Chicken Kiev Macaroni and cheese Broccoli Pudding Fruit	BBQ pork sandwich Tater tots Baked beans Grapes
10	11	12	13	14
Swiss mushroom burger Potato chips V8® juice Apple	<i>Aging Partners offices and all senior centers are closed in honor of Veterans Day.</i>	Brisket sandwich Au gratin potatoes Green beans Roll Ice cream	Stuffed green pepper casserole Lettuce salad Garlic breadstick Pineapple	Chicken and shrimp gumbo Hushpuppies Mixed vegetables Brownie Fruit
17**	18**	19**	20**	21
BBQ lil' smokies Macaroni and cheese Broccoli Mixed fruit Cornbread	Holiday meal: Turkey with gravy Mashed potatoes Green bean casserole Roll Cranberry sauce Apple pie with ice cream	Pork tacos with lettuce, tomatoes, and cheese Refried beans Pineapple	Chicken on a biscuit with cheese Tater tots Broccoli Pears	French dip sandwich Chips Coleslaw Mixed fruit
24	25	26*	27	28
Open-faced hot beef sandwich Mashed potatoes with gravy Green beans Cake	Seafood chowder Crackers Corn Green grapes	Ham slice Au gratin potatoes Brussels sprouts Roll Fruit juice Fruit cobbler	<i>Aging Partners offices and all senior centers are closed for the Thanksgiving holiday.</i>	

Menus are subject to change.

- Meals include 1 percent milk and margarine or butter with bread items.
- *November low sodium alternative is 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.