



Dinner and Show

Auld Pavilion, 1650 Memorial Drive
5:30 to 7 p.m. (Doors open at 5 p.m.)
\$16 meal fee (catered by Hy-Vee)
\$5 round-trip van transportation fee
within Lincoln

Thursday, May 8 – Toasted Ponies

The Toasted Ponies are an award-winning bluegrass band featuring red-hot instrumentals and beautiful harmony vocals. Try catching a Ponies show without tapping your toes—it can't be done!

Menu: Pulled pork sandwiches, oven red potatoes, green beans almondine, roll and butter, key lime pie

Call 402-441-7158 for reservations.

Reservations/payments accepted April 14 through 25.

Sponsored by: **Butherus,
Maser
& Love**
Funeral Home

2025 Dinner and Show Season

- Thursday, June 12
Lloyd McCarter
Reservations/payments accepted May 19 through 30.
- Thursday, July 10
The 402 Band
Reservations/payments accepted June 16 through 27.

- Thursday, Aug. 14
MoJo Filter
Reservations/payments accepted July 21 through Aug. 1.
- Thursday, Sept. 11
Hillbilly Deluxe
Reservations/payments accepted Aug. 18 through 29.



Aging Partners Day Trips

Join us for trips featuring fun places and activities. Round-trip transportation fee (in Lincoln) to Victory Park is \$5. Must have 40 participants signed up for trips to occur.

For details and reservations, call 402-441-7158.

Please note early deadlines! Payments need to be made within three days of reservation to guarantee your spot. Please hurry and get your trips booked early so you don't miss out on the fun!

- Harry S. Truman Library and Museum
Thursday, May 22

Bus departs: 9 a.m. from Victory Park

Returns: 9 p.m.

Cost: \$80 per person



Join us for a fun-filled day in Independence, Missouri. We will enjoy a nice lunch at a well-known barbecue restaurant, spend a lot of time at the Harry S. Truman Library and Museum, and end our day at Hardee's (at your own expense). There are a few stairs at the museum, but elevators are also available.

Reservations accepted from March 3 through April 28. Payment due within three days of your reservation. No refunds after May 2.

- Kearney Archway/Classic Car Collection Museum
Thursday, June 26

Bus departs: 9 a.m. from Victory Park

Arrive back in Lincoln: About 6:30 p.m.

Cost: \$80 per person



Join in the celebration of the journey that built America! At 11 a.m., we arrive at the Archway. Lunch will be catered by Alley Rose (golden pan-fried chicken breast, mashed potatoes and gravy with green beans). Next will be a self-guided tour: Discover the Archway in Kearney and embark on a journey



through America's history along the Great Platte River Road. At 2:15 p.m., we will arrive at the Classic Car Collection Museum for a self-guided

tour of about 146 classic cars (there will be volunteers to answer questions). At 4:30 p.m., we will return to Lincoln.

Reservations accepted from April 4 through May 23.

Payment due within three days of your reservation.

No refunds after June 6.

- Spirit of Brownville – Brownville, NE

Thursday, July 24

Bus departs: 11 a.m.

from Victory Park

Returns: 10:30 p.m.

Cost: \$100 per person



We begin our day at Whiskey Run Creek Winery where we will enjoy a sack lunch. We then go downtown to enjoy the shops and museums (free will donations) before heading on to the dinner cruise. After returning, we go to the Brownville Village Theater where we will enjoy a play before returning to Lincoln.

Reservations accepted from June 9 to July 7.

No refunds after July 11.

- Wizard of Oz Museum/Columbian Theater Museum – Wamego, KS

Thursday, Aug. 28

Bus departs: 9 a.m. from Victory Park

Returns: 8:30 p.m.

Cost: \$80 per person



We will arrive in Wamego, KS to a buffet-style lunch of pulled pork sandwiches, BBQ sauce, onions, pickles, roll, baked beans, macaroni salad, cookie and drink. The town of Wamego is based on the Wizard of Oz. There will be a tour of the Columbian Theater, which has artifacts and artwork from the 1893 Chicago World's Fair, a tour through the Wizard of Oz Museum, and a trip down the Yellow Brick Road at your own pace to see art work and enjoy Emerald City Park. After a busy day, we will stop in Beatrice at Runza® for supper at your own expense.

Reservations accepted from July 14 to Aug. 11.

No refunds after Aug. 13.

- Lauritzen Gardens – Omaha, NE

Friday, Sept. 26

Bus departs: 8:30 a.m.

from Victory Park

Returns: 5:30 p.m.

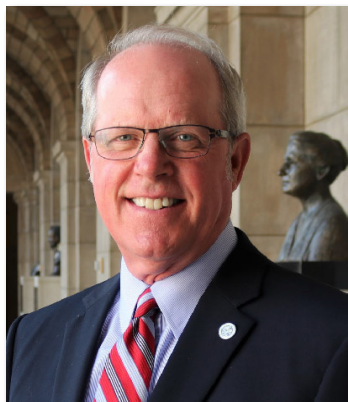
Cost: \$70 per person



This trip begins in a large indoor tent with a meal provided by Lauritzen Gardens café (turkey and swiss on a croissant with lettuce and tomato, chips, fresh fruit, cookie and bottled water). There is a special antique/garden show going on at this time. There will be walking involved, no stairs. There will be indoor booths from exhibitors all over the country with lots of antique items for sale. Hopefully the trams will be working by this time, and we will have a chance to ride around the beautiful garden area.

Reservations accepted from Aug. 11 to Sept. 12.

No refunds accepted after Sept. 15.



Scam and Fraud Prevention Presentation

Thursday, May 1 at 6 p.m.
Victory Park Center
600 S. 70th St.

As Outreach Coordinator within the Nebraska Attorney General's Office, Ryan Sothan has statewide responsibility for developing

and implementing community-based initiatives to educate Nebraskans in the areas of consumer fraud, elder financial abuse, predatory and illegal business practices, identity theft, and Internet safety. Educational outreach services are extended to an average of 20,000 Nebraskans annually through presentations across the state and at numerous expositions and fairs, including the Nebraska State Fair. Ryan's years of service within the Attorney General's Office span the past three administrations. He holds a Bachelor of Science in Business Administration from the University of Nebraska-Lincoln.

For details about this event, call center manager Ben Middendorf at 402-441-7154.



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

Email is quick and easy.

See your center manager for details.

Read My Center News and Living Well magazine on Aging Partners' website.



2025 Nebraska History Lunch Series

Gere Library, 2400 S. 56th St

\$5 sack lunch fee

12:15 to 1:30 p.m.

Join us for a brown-bag lunch and a fascinating historical program by some of Lincoln's favorite historians. Doors open at noon and the program begins at 12:15 p.m. Reservations and payments are due by noon the Monday before the event. Reservations are required even if you are not having lunch since seating is limited. Lunches include a choice of roast beef or turkey sandwich, chips, fruit, cookie and bottled water. Call 402-441-7158 to make your reservations.

This season, the series theme is "Historic Lincoln." We'll learn what historic preservation means, then explore historic neighborhoods and sites in Lincoln. Finally, we'll learn about the role the Nebraska State Historical Society plays in preserving Lincoln's and our state's history.

- Monday, April 7
Jill Dolberg
What Is Historic Preservation?
- Monday, May 5
Ed Zimmer
History of the Piedmont Neighborhood
- Monday, June 2
Jim McKee
History of the Havelock Neighborhood
- Monday, July 7
Stephanie Rouse
Best Historic Sites Around Lincoln
- Monday, Aug. 4
Ed Zimmer
History of the Eastridge Neighborhood
- Monday, Sept. 8
David Bristow
Nebraska State Historical Society



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

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 and stationary bikes, and other fitness equipment.

Tuesdays

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

Wednesdays

- ▶ 10:15 a.m. – BINGO; The Key is this month's BINGO prize sponsor. *Thank you for your support!*

Fridays

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

Super Saver: April 4 and 18

Walmart: April 11 and 25

Special Event Programs

- April 1** 10 a.m. – Join us for a spring craft with Maria Olivas of AseraCare.
- ▶ 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.
- April 3** 10 a.m. – **NEW!** Bingocize®; join us for this 10-week, nutrition-focused session. We'll play BINGO, learn some simple exercises and share evidence-based information about nutrition.
- April 4** 10:30 a.m. – "Hypertension" presentation by Bryan nursing students. Blood pressure checks will be available.
- April 7** 10 a.m. – Bingocize®
- April 8** **Closed for election primaries**
- April 9** 9 to 11 a.m. – Health fair; Aging Partners clinic staff and UNMC nursing students will provide free health screenings including blood pressure, cholesterol, glucose and bone density.
- April 10** 10 a.m. – Bingocize®

- April 11** 10 a.m. – Senior Buddy Project; Goodrich Middle School students join us for cards and games.

- ▶ Celebrate April birthdays with cake and conversation

- April 14** 10 a.m. – Bingocize®

- April 15** 10 a.m. – White Board Trivia; challenge your friends and test your knowledge about the month of April.

- ▶ 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.
- ▶ Nutrition handout: Energy Boosting Nutrition

- April 17** 10 a.m. – Bingocize®

- ▶ 10:30 a.m. – "Ways to Boost Your Health Literacy" presentation by Bryan nursing students. Blood pressure checks will be available.

- April 18** 10:30 a.m. – "Skin Cancer Prevention" presentation by Bryan nursing students. Blood pressure checks will be available.

- April 21** 10 a.m. – Bingocize®

- April 22** 10 a.m. – Senior Buddy Project; Goodrich Middle School students join us for an Earth Day craft!



- ▶ 10:45 a.m. – Simply Fit: A gentle 30-minute video exercise class for all fitness levels.

- April 24** 10 a.m. – Bingocize®

- ▶ 10:45 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition.

- April 25** 10 a.m. – Wits Workout; join us for this engaging program of interactive puzzles and games to improve your brain health.

- April 28** 10 a.m. – Bingocize®

- April 29** 10 a.m. – Preschoolers from the Belmont Community Center visit us to make May Day baskets.

- ▶ 10:45 a.m. – Simply Fit: A gentle 30-minute video exercise class for all fitness levels.

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 (DVD)

Tuesdays

- ▶ 9 a.m. – Card club

Wednesdays

- ▶ 10 a.m. – BINGO; CAA Home Health Care is this month's BINGO sponsor. *Thank you for your support!*

Thursdays

- ▶ 9 a.m. – Card club

Fridays

- ▶ 9 a.m. – Card club
- ▶ 9:30 a.m. – Movie or live music

Special Event Programs

- April 1** 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!
- ▶ 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck
 - ▶ 11 a.m. – “Finish the Advice,” Part 1
- April 3** Talent display; do you have a hobby or a passion that you want to share? Bring in your completed project(s) and we will set them up for everyone to enjoy!
- April 4** 9:30 a.m. – Movie and popcorn
- April 7** 10 a.m. – Best Friend Sing Along; sing your heart out with your best friends. You don't have to be a professional, just enjoy music and fellowship with friends.
- April 8** Hat Day! Wear your favorite or goofiest hat.
- ▶ 8 a.m. to 8 p.m. – Primary election; Northeast Senior Center is a poll location, but the senior center is open.

- ▶ 11 a.m. – “Finish the Advice,” Part 2
- April 10** 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.
- April 11** 10 a.m. – Denise Howe will be here to entertain us all!
- April 14** 9 to 11:30 a.m. – Aging Partners foot care clinic. Call 402-441-7151 to make an appointment (\$25 suggested contribution).
- April 15** 10 a.m. – Free Writers Club
- ▶ 10:30 to 11:30 a.m. – Lincoln Fresh Food Truck
 - ▶ 11 a.m. “Finish the Advice,” Part 3
 - ▶ Nutritional handout: Energy Boosting Nutrition
- April 17** 9:30 a.m. – AARP meeting with Janice Crewdson.
- ▶ 11 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition.
- April 18** 9:30 a.m. – Movie and popcorn
- April 24** 10:30 a.m. – “Sandhill Cranes” presentation by Halie Tenopir, Amana Care
- April 25** 10 a.m. – Dos Marcos will perform.
- April 28** 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 for free!
- April 29** 10 a.m. – Free Writers Club
- ▶ 11 a.m. – “Finish the Advice,” Part 4

Farmers Market Coupons Registration

- **Northeast Senior Center**
Wednesday, May 7 from 10 a.m. to noon
- **Washington Street Center**
Tuesday, May 13 from 10 a.m. to noon
- **Belmont Senior Center**
Wednesday, May 14 from 9 to 11 a.m.
- **Victory Park Senior Center**
Friday, May 23 from 11 a.m. to 1 p.m.





LINCOLN
Aging Partners

Community Health and Fitness Classes

For more information or to register for classes, call 402-441-7575.

Community Activities and Services

APRIL 2025

Aging Partners Health and Fitness programs

focus on injury prevention and disease. 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 most 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.

Dance for Life

Each class focuses on balance, strength and cardio health through a unique combination of dance steps done to popular oldies music. Synchronized movements isolate and strengthen muscle groups, increase heart rate and improve core stability. Participants warm-up from the chair, move to standing, transition to dance, then cool down with standing and seated movements.

- **Auld Pavilion, 1650 Memorial Drive**
Wednesdays, 10 to 11 a.m.
April 2 through May 14
- **American Lutheran Church, 4200 Vine St.**
Mondays, 1:30 to 2:30 p.m.
Jan. 6 through April 7 (no class Jan. 20 and Feb. 17)
April 14 through July 7 (no class May 26)

Qigong Refresh and Recharge

This ancient, meditative practice focuses on slow, gentle movements which help relieve aching muscles and stiff joints; improve balance, flexibility and increase energy. Movements begin from a chair, move to standing forms, and close with seated stretches and stimulating breath exercises.

- **American Lutheran Church, 4200 Vine St.**
Tuesdays, 10 to 11 a.m.
April 1 through July 8
- **Auld Pavilion, 1650 Memorial Drive**
Thursdays, 1:30 to 2:30 p.m.
April 3 through May 15

Chair Yoga

Eastridge Presbyterian Church, 1135 Eastridge Drive

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

April 16 through June 25

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

April 18 through June 27

Chair yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done seated or the chair is used for support during standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners are welcome.

Health Promotion Services

Aging Partners Foot Clinics and UNMC Senior Health Promotion Services are by appointment only and are held at our new location 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.



Community Health and Fitness Classes

For more information or to register for classes, call 402-441-7575.

Community Activities and Services

APRIL 2025

StrongBodies Strength Training Program

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

Tuesdays and Thursdays

Feb. 4 through April 24 and May 13 through Aug. 5
(no class June 19)

8:15 a.m. – Beginners

9:45 a.m. – Intermediate

11:45 a.m. – Intermediate

\$2 suggested contribution per attendance

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; and improved self-confidence, sleep and vitality.

The exercises in StrongBodies work all the major muscle groups, utilizing a combination of dumbbells, adjustable ankle weights and body weight. Classes meet twice a week for 12-week sessions. Registration required. Walk-ins not accepted.

Tai Chi Level I for Arthritis and Fall Prevention

Eastridge Presbyterian Church, 1135 Eastridge Drive

Tuesdays and Thursdays, 1 to 2 p.m.

April 8 through July 1 (no class June 19)

This class is beneficial to people with or without arthritis and can help prevent falls. Each session includes breathing techniques and warm-up and cool-down exercises. Participants will learn one or two movements per lesson, progressively leading to completing the core movements.

\$2 suggested contribution per class or \$48 per session.

Tai Chi Level II for Arthritis and Fall Prevention

American Lutheran Church, 4200 Vine St.

Jan. 6 through April 2 (no class Jan. 20 and Feb. 17)

April 21 through June 23 (no class May 26)

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. \$2 suggested contribution per class or \$48 per session.

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.
- **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.
- **Victory Park Center** (every other month) 600 S. 70th St.

For rural Lancaster County senior center appointments, call 402-441-6590.

Caregiver Support Group

Tuesday, April 8 from 5 to 6 p.m.

St. Mark's United Methodist Church

8550 Pioneers Blvd., Room 137

(Enter through door 9 on south side of St. Mark's, turn left and go downstairs)

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; prizes sponsored this month by Capital View Tower Apartments.

Fridays

- ▶ 9:45 a.m. – Spanish lessons with volunteer Oria Marrero
- ▶ 10 a.m. – Popcorn and a good movie
- ▶ 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: April 2 and 9

HyVee: April 16 and 23

Special Event Programs

- April 1** 10 a.m. – Bingocize®; in this nutrition-focused session, we'll play some BINGO, complete some simple exercises and learn evidence-based information about nutrition.
- April 3** 10:30 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition. Learn about healthy food for a healthy you while playing this BINGO game!
- April 4** 9 a.m. to 2 p.m. – Fix-It Friday. Do you have clothing items that need mending? 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!
- April 7** 10 a.m. – April Easter egg ornament craft
- April 8** 10 a.m. – Bingocize®
- April 10** 10 a.m. – Native American Flute concert by Eldonna Rayburn, The Lexington Assisted Living Center; she will perform on her extensive collection of Native American flutes, double and triple drones, bird flutes and more!

- April 14** 10 a.m. – “HazToKnow” presentation by Mary Carol Bond, LLCHD Environmental Health Educator. Learn about HazToGo – Lincoln's Hazardous Waste Center. It is your safe, environmentally-responsible location for management of toxic chemicals and hazardous waste.

- April 15** 10 a.m. – Bingocize®

- April 17** 10 a.m. – Bingocize®

- April 18** 9 a.m. to 2 p.m. – Fix-It Friday

- April 21** 10 a.m. – April trivia game

- April 22** 10 a.m. – Bingocize®

- April 24** 10 a.m. – April birthday party with musical performance by Tim Javorsky, saxophone maestro extraordinaire; hear his renditions of jazz favorites, oldies, polka and more. Stay for a slice of cake!

- April 28** 9:30 a.m. – Hooked On Yarn group informational meeting. This is an informational meeting for the Hooked On Yarn group, which will begin meeting the first Monday of each month in the Victory Park classroom. This group is meant for knitters, crocheters, embroiderers, latchhook-ists, and any other type of needlework you might do to pass the time! Bring a project, start a new one, learn something new, get help with a project or just come to socialize!

- ▶ 10 a.m. – Bingocize®

- April 29** 10:30 a.m. – Painting demonstration by Garry DeFreece

- ▶ Nutrition Handout: Energy Boosting Nutrition

Digital Literacy

UNL Students Community Engagement course

April 9 from 3:45 to 5:15 p.m.

Victory Park Senior Center – 600 S. 70th St., Lincoln
30-minute time slots

Call 402-441-7158 for an appointment.

Afternoon Activities

Pitch, Pinochle, Mahjong, Bridge and Canasta Card Groups

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

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

Mondays

- 10:30 a.m. – Stretch and Tone with Center Manager Kelle Brandt.

Tuesdays

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

Super Saver: April 1 and 22

Walmart: April 15 and 29

Fridays

- Fun Friday: we offer cards, games and cornhole

Special Events Programs

April 1 11:15 a.m. – April Fools' Day! How did it start and what are some of the greatest jokes of all time?

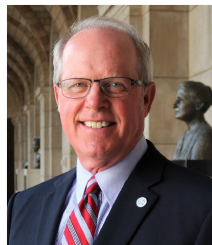
April 2 10:30 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition.

April 3 10:30 a.m. – Stretch and Tone with Center Manager Kelle Brandt.

April 7 10:30 a.m. – BINGO

April 8 **Grace Church is a voting site so Washington Street Senior Center will be closed today.** We will be going to Victory Park Senior Center. If you would like to attend, please inform Kelle.

April 9 10 a.m. – “Protect The Good Life: Keeping Us Up To Date About Scams and Frauds” presentation by Ryan Sothan, Nebraska Attorney General's Office



April 10 10 a.m. – Enjoy the music of the Quarter Notes

- Noon – The Lincoln City Library Lied Bookmobile

April 14 10:30 a.m. – We will be making Easter baskets for Kids are Great plus a few others friends.

April 15 11:30 a.m. – Tax Day history



April 16 10:30 a.m. – Bingocize®; we'll play some BINGO, complete some simple exercises and learn evidence-based information about nutrition.

April 17 10:30 a.m. – Stretch and Tone with Kelle

- Noon – The Lincoln City Library Lied Bookmobile

April 21 **Grace Lutheran Church and Washington Street Senior Center are closed today.** We will be going to Victory Park Senior Center. Please consult with Kelle if you choose to do this.

April 22 10 a.m. – Picture puzzle

April 23 10:30 a.m. – Enjoy the music of Denise Howe.

April 24 10:30 a.m. – Stretch and Tone with Kelle

April 25 10 a.m. – May basket assembly

- 11 a.m. – Nutrition handout: Energy Boosting Nutrition

April 29 10 a.m. – Bird search trivia

April 30 10 a.m. – Enjoy the music of Bill and Friends

Handy Home Services

*for those age 60 and over
and own and occupy
their home*



LINCOLN
Aging Partners



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: 402-441-6590.

Dilynne Spurling, center supervisor

This month's BINGO prizes sponsored by CenterWell Home Health.

Tuesdays and Thursdays

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

Special Event Programs

April 1 Celebrate April Fool's Day with games, fun facts and trivia

April 3 Celebrate April birthdays

- ▶ Nutrition handout: Energy Boosting Nutrition
- ▶ 10:30 a.m. – National Find a Rainbow Day activity
- ▶ 12:15 p.m. – Musical entertainment by Chris Sayre



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.**

April 8

The senior center is closed today due to Election Day. The American Legion Hall is a polling site. Please sign up with the center manager if you would like to attend Victory Park Center.

April 10

10:30 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition.

- ▶ 12:15 p.m. – Springtime craft

April 15

12:15 p.m. – Movie and popcorn

April 17

10:30 a.m. – Blood pressure clinic with Connected Care Services staff.

- ▶ 12:15 p.m. – BINGO

April 22

10:30 a.m. – Celebrate National Jellybean Day

- ▶ 12:15 p.m. – Trivia

April 24

10:30 a.m. – What would you do?

- ▶ 12:15 p.m. – A presentation by Dr. Andrew, Advanced Chiropractic

April 29

10:30 a.m. – Mind games, puzzles, word searches, coloring and so much more!

- ▶ 12:15 p.m. – Armchair travelers



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: 402-441-6590.
Dilynne Spurling, center supervisor

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: 402-441-6590.
Dilynne Spurling, center supervisor

This month's BINGO prizes sponsored by CenterWell Home Health.

Mondays

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

Special Event Programs

- April 7** Celebrate April birthdays
- ▶ Nutrition handout: Energy Boosting Nutrition
 - ▶ 10:30 a.m. – Blood pressure clinic with Lakeview Living staff.
 - ▶ 12:15 p.m. – A presentation by Dr. Andrew, Advanced Chiropractic
- April 14** 10:30 a.m. – Chair exercise video
- ▶ 12:15 p.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition.
- April 21** 10:30 a.m. – Springtime craft
- ▶ 12:15 p.m. – BINGO
- April 28** 10:30 a.m. – Chair exercise video
- ▶ 12:15 p.m. – Musical entertainment with Chris Sayre



Wednesdays

- ▶ 9 a.m. – Senior Walking Warriors; join us for 30 minutes of walking.
- ▶ 9 a.m. to 1 p.m. – Start out your day with art books, games and puzzles.

Special Event Programs

- April 2** Celebrate April birthdays
- ▶ Nutrition handout: Energy Boosting Nutrition
 - ▶ 10:30 a.m. – Blood pressure clinic with Connected Care Services staff.
 - ▶ 12:15 p.m. Trivia
- April 9** 10:30 a.m. Chair exercise
- ▶ 12:15 p.m. Live Entertainment with Chris Sayre
- April 16** 9 a.m. to 1 p.m. – National Wear Pajamas Day; wear your favorite appropriate PJ's.
- ▶ 10:30 a.m. – Nutrition BINGO with Devin Mueller, Aging Partners Nutrition.
 - ▶ 12:15 p.m. – A presentation by Dr. Andrew, Advanced Chiropractic
- April 23** 10:30 a.m. – Strength and balance exercises with Bryce Rolenc, Peak Physical Therapy
- ▶ 12:15 p.m. – BINGO
- April 30** 10:30 a.m. – Chair exercise video
- ▶ 12:15 p.m. – Springtime craft

We're looking for volunteers at our Firth and Hickman Senior Centers to help serve food and participate in activities Mondays and Wednesdays.

**Call manager Dilynne Spurling
at 402-441-6590.**





APRIL 2025 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3*	4
	Tuna noodle casserole Antigua vegetables Roll Cake Fresh fruit	Half turkey and cheese sandwich Tomato soup Lettuce salad Fresh fruit	Cheesy ham and potato casserole Broccoli Roll Peaches	Meatball sub Chips Three bean salad Fresh fruit
7	8	9	10	11
Half roast beef and Swiss sandwich Chicken noodle soup Spinach salad Fruit salad	BBQ chicken sandwich Relish sticks with dip Fresh fruit	Tilapia Wild rice Carrots Roll Grapes	Loose meat sandwich Lettuce salad Chips Mango chunks	Beef chili Cinnamon roll Mixed vegetables Banana
14	15	16	17	18*
Broccoli chicken casserole Peas and carrots Roll Fresh fruit	Beef taco salad Refried beans Berry fluff Mixed fruit	Egg salad sandwich on croissant Chicken noodle soup Broccoli Fruit juice	Philly cheesesteak with green peppers Coleslaw Potato chips Mixed fruit	Hot dog on a bun Macaroni and cheese Peas Pudding Melon
21	22	23	24	25
Half tuna salad sandwich Broccoli cheddar soup Cauliflower Blueberries	Chicken enchiladas Spanish rice Carrots Fresh fruit	Chipped beef over a biscuit Relish sticks Fruit	Chicken bacon ranch pasta Asparagus Breadstick Applesauce Cookie	Half roast beef sandwich Loaded baked potato soup Spinach and cranberry salad Peaches
28	29	30		
Hamburger Potato salad Baked beans Chips Cake	Tater tot casserole Beets Raisin bread Fresh fruit	Hot open-faced turkey sandwich Mashed potatoes with gravy Green beans Melon		

- Menus are subject to change.
- Meals include 1 percent milk and margarine or butter with bread items.
- *Low sodium alternative available (month of April 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.