



2026 Aging Partners Day Trips

April through September 2026



Evening with the Cranes – Thursday, April 2

Leaves Victory Park at 3 p.m.

Cost: \$150 per person

\$5 per person round-trip van transportation fee within Lincoln

Trip transportation is provided by Arrow Bus Lines and will depart from Victory Park. Trip must have at least 40 participants to occur.

We will travel to Rowe Sanctuary in Gibbon, NE. Upon arrival we will have a sack lunch provided by our kitchen. Lunches will be ordered when you make your trip reservation. Please sign up soon – this will be our last trip to see the cranes. After lunch we will visit the Sanctuary's displays and exhibits. Next, we will all meet in a designated area and receive instructions for the blind.

Reservations/payments accepted through Feb. 9.

Call 402-441-7158 to make yours today!

Things to consider: Participants must be able to walk one-quarter mile on a pebble road to reach the site. It will be dark as to not disturb the cranes. We suggest you dress in warm layers of clothing, warm boots, hat and gloves. If you like, bring binoculars, snacks and a hot beverage. If you like, bring binoculars, snacks and a hot beverage. We will arrive back at Victory Park between 10:30 and 11 p.m.

Save the date for these Day Trips in 2026.

- Scatter Joy Acres/Manley Theatre – Thursday, May 7
- SAC Museum – Thursday, June 25
- Spirit of Brownville – Thursday, July 23
- Nebraska State Fair – Monday, Aug. 31
- AppleJack Festival – Thursday, Sept. 17

Reservations are not yet available.



Auld Pavilion, 1650 Memorial Drive, Lincoln

5:30 to 7 p.m. (Doors open at 5 p.m.)

\$20 meal fee (catered by Hy-Vee)

- **Lloyd McCarter** (*Classic country*)
Thursday, April 9 – Reservations/payments accepted beginning March 16.
- **The Dustin West Band** (*Jimmy Buffet tribute*)
Thursday, May 14
Reservations/payments accepted beginning April 13.
- **The 402 Band** (*Classic Top 40 Hits*)
Thursday, June 11
Reservations/payments accepted beginning May 18.
- **Kevin Koopmann** (*Polka*)
Thursday, July 9
Reservations/payments accepted beginning June 15
- **Emily Bass** (*Blues, Contemporary Pop and Soul*)
Thursday, Aug. 13
Reservations/payments accepted beginning July 13.
- **Hillbilly Deluxe** (*Country Swing*)
Thursday, Sept. 3
Reservations/payments accepted beginning Aug. 17.

SAVE THE DATE

2026 Nebraska History Lunch Series

(A collaboration of Aging Partners and Gere Library)

Gere Library

2400 S. 56th St. (meeting room)

\$5 fee for sack lunch

12:15 to 1:30 p.m.



Before Nebraska became the 37th member of the U.S. state, the land was wild and populated by indigenous people thousands of years before settlers, the fur trade, and slavery made its mark. This season we will explore "Nebraska Before Statehood" with a line-up of distinguished Nebraska scholars.

- **Below Nebraska: Archeology and Our Ancestors**, (retired State Archeologist Rob Bozell)
Monday, April 6
- **The Impact of European American Settlers on the Indigenous Peoples of Nebraska**, Kevin Abourezk and Gabriel Bruguier (contributors to *Roots of Justice: A History of Race and Racism in Nebraska*)
Monday, May 4
- **The Life of Francis Boucher, Fur Trader**, Paul Hedren (author *Sitting Bull's War*)
Monday, June 8
- **Slavery in Nebraska**, Gail Shaffer Blankenau (author, *Uncovering the Grayson Sisters' Escape from Nebraska Territory*)
Monday, July 6
- **The 'Mad' Queen of the Prairies: The Frenzied First Years of the Nebraska Territory**, Jeff Barnes (author, *Forts of the Northern Plains and Cut in Stone, Cast in Bronze*)
Monday, Aug. 3
- **Nebraska Before Statehood**, David Bristow, (editor, *Nebraska History Magazine*).
Monday, Sept. 14

Event meal: chicken salad, turkey, or roast beef sandwich, chips, fruit, cookie, bottled water

Reservations and lunch payments are due by noon the Monday before each event. Reservations are required even if you are not having lunch. Seating is limited!

Call Annette at 402-441-7158, beginning Monday, March 2.

Free Income Tax Assistance

Monday, Feb. 9 through Wednesday, April 8
10 a.m. to 3 p.m.

Aging Partners, 600 S. 70th St.



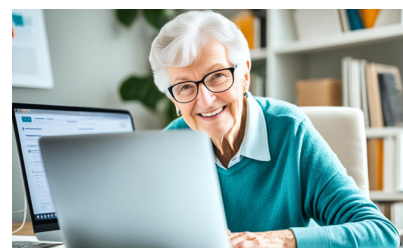
AARP Tax-Aide Volunteers are back to help you with your 2025 income taxes. Appointments are on Mondays and Wednesdays and start at 10 a.m. with the last appointment scheduled for 2 p.m. Why not stay for lunch? Make your lunch reservation (served from 11:30 a.m. to 12:15 p.m.) when you make your tax appointment. Bring your photo I.D., a copy of last year's return, proof of health insurance, Social Security card, wage and earnings statements (W2's), Retirement Income statements (Form 1099R or SSA 1099), Interest and Dividends statements (Form 1099), Homestead Exemption forms, and any other information about your income and expenses.

(Please note we cannot do your taxes if you have a business, rental property or farmland.)

Appointments fill fast. Call 402-441-7158 to make yours today.

Free Online Classes

The Nebraska Department of Health and Human Services has teamed up with GetSetUp, which provides hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and free for our community.



Go to this link to get started: <https://www.getsetup.io/partner/nebraska> or call 888-559-1614.

Aging Partners On Solve system

On Solve is an alert or event capability that keeps customers safe and informed, either during a crisis or when making announcements for the agency. Aging Partners will use the system to alert customers of a change in schedule, such as closure announcements in weather-related incidents. We have three methods of contact. Either by phone, text or email. We can access all three systems using the same message when sending an alert. To receive an alert text on your phone, the customer would accept the message by texting "alert" to 22300 on their smartphone. The phone number that appears is 402-441-6102, the office land line number of CAS supervisor Beth Schuster. For further information, call Beth Schuster or ask your senior center manager for assistance.

Belmont SeniorCenter

Belmont Recreation Center

1234 Judson St., Rm 002, Lincoln, NE 68521

Open Monday through Friday, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-441-7990

Center Manager: Erin Inbody

Monday through Friday

- ▶ 9 a.m. – Daily coffee social: join us for card games, puzzles, and other activities.
- ▶ 9 a.m. – Fitness: walking track, weight rack, treadmill, recumbent and stationary bikes, and other fitness equipment.

Tuesdays

- ▶ 10:45 a.m. – Simply Fit: A gentle, 30-minute video class accommodating for all fitness levels. Note: No chair yoga in February.

Wednesdays

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

Fridays

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

Super Saver: Feb. 6 and 20

Walmart: Jan. 13 and 27

Special Event Programs

- Feb. 2** 10 a.m. – It's Groundhog Day! Come learn about this fun winter tradition.
- Feb. 3** 10 a.m. – "Medicare Check-In" presentation by Colleen Ozanne, Nebraska SHIP.
- Feb. 5** 10 a.m. – "Vintage Toy Collection" presentation by Mitch Sump, Aging Partners.
- Feb. 6** 10 a.m. – Wits Workout; join us for this engaging program of interactive puzzles and games to improve your brain health.
 - ▶ All day – Puzzle exchange: Trade a puzzle you've already enjoyed for a new-to-you challenge! Bring one, take one, and keep the fun going!
- Feb. 9** 10 a.m. – The preschoolers from the Belmont Community Center join us for a Valentine's Day craft.
- Feb. 12** 10 a.m. – "Lincoln Hearing Loss Support Group" presentation with Harry Heafer.

Learn about new hearing loss resources, get recommendations and referrals, learn about technology, trade stories and advice, help your friends and family understand hearing loss, and become an advocate.

- Feb. 13** 10 a.m. – Get ready for a toe-tappin' good time with Music BINGO! with Elliott Piper. Reminisce over classic standards and forgotten favorites from the golden age of rock 'n roll!
- Feb. 16** *Aging Partners offices and all senior centers are closed in observance of Presidents' Day.*
- Feb. 17** 10 a.m. – Lunar New Year; join us to learn about the history and traditions of celebrations around the world and make your own paper lantern!
 - ▶ Nutrition handout: Cholesterol and Heart Health
- Feb. 20** 10 a.m. – Fit for Fun BINGO! We're kicking off a 6-week session of BINGO paired with simple exercises to improve range of motion, muscle strength and cardio-respiratory endurance.
 - ▶ Celebrate our February birthdays with cake and conversation.
- Feb. 23** 10 a.m. – White Board Trivia Challenge; February may be the shortest month, but it is packed full of holidays and special events! Come test your knowledge about the second month of the year.
- Feb. 24** 10 a.m. – Senior Buddy Project; fun activities with Goodrich Middle School students.
- Feb. 26** 10:45 a.m. – "Breaking Up with Salt" presentation with Devin Mueller, Aging Partners Nutrition Specialist.
- Feb. 27** 10 a.m. – Fit for Fun BINGO – Session 2

Aging Partners Belmont Senior Center is looking for volunteers to help serve food and participate in activities Monday through Friday.

Call manager Erin Inbody at 402-441-7990.



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

Center Manager: Ciji Mays

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. – Beginners line dance class! Meet Rose in the puzzle room for this easy, fun class.
- ▶ 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 Ambassador Health. *Thank you for your support!*

Thursdays

- ▶ 9 a.m. – Card Club

Fresh Popcorn Fridays

- ▶ 9 a.m. – Card Club



Special Event Programs

- Feb. 5** 10:30 a.m. – “Improving Our Quality of Sleep” presentation with Ann Heydt, Aging Partners Health and Fitness.
- Feb. 9** 9 to 11:30 a.m. – Aging Partners foot clinic; nurses will examine feet and trim nails. Appointments required by calling Ciji at 402-441-7151 to make an appointment (\$25 suggested contribution).
- Feb. 12** 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).
- Feb. 16** *Aging Partners offices and all senior centers are closed in observance of Presidents' Day.*



- Feb. 17** Nutritional handout: Cholesterol and Heart Health
- Feb. 19** 9:30 a.m. – AARP meeting with Janice Crewdson
 - ▶ 11 a.m. – Devin Mueller presents: Breaking up with salt.
- Feb. 20** 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.
- Feb. 23** 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!
- Feb. 26** 10 a.m. – “Resident Rights” presentation with Tami Barrett, Nebraska Long-Term Care Ombudsman. Many elders will need long-term care at some point in their lives. Come learn about the rights of elders in long-term communities, various payer sources, and the difference between skilled care and long-term care.

Victory Park Senior Center

600 S. 70th St., Lincoln, NE 68510

Dining room open: Monday-Friday, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m. to 12:15 p.m.

Building hours: 8 a.m. to 4:30 p.m.

Meal reservations, call by noon two business days in advance: 402-441-7154

Center Manager: Ben Middendorf

Monday through Friday

- ▶ 8 a.m. to 4 p.m. – Schmieding Foundation Center for Active Living Fitness Center
- ▶ 9 a.m. to 1 p.m. – Computer Lab, with printing available

Wednesdays

- ▶ 10 a.m. – BINGO! This month's sponsor is Roper & Sons Funeral Home. *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.

Walmart: Feb. 4 and 11

HyVee: Feb. 18 and 25

Fridays

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

Special Event Programs

Feb. 2 10 a.m. – “What’s New with Medicare” presentation with Colleen Ozanne, Nebraska State Health Insurance and Assistance Program (SHIP).

Feb. 3 10 a.m. – “Lincoln Hearing Loss Support Group” presentation. The focus of this new Lincoln group is to support individuals with hearing loss and their families to share experiences, gain valuable insights on hearing loss, and enrich their lives through support. Come hear about the groups’ meetings, information, and resources for hard of hearing individuals.

Feb. 5 10:30 a.m. – “Breaking up with Salt” presentation with Devin Mueller, Aging Partners Nutrition Specialist.

Feb. 9 9:30 a.m. to 11 a.m. – Hooked on Yarn Knitting and Sewing Group; learn, practice, and get free supplies! Donations accepted.

▶ 10 a.m. – Fit for Fun BINGO

Feb. 10 10 a.m. – Valentine’s Day Craft

Feb. 12 10 a.m. – February birthday party with music by Bill Chrastil. You can’t help falling in love with Bill and his heartfelt performances of classic love ballads, especially ones from The King himself! Celebrate our February birthdays and the Valentine’s Day season!

Feb. 13 9 a.m. to 2 p.m. – Fix-It Friday; volunteers Crystal, Lillian and others are happy to do minor mending for free! Please limit to two items.

Feb. 16 *Aging Partners offices and all senior centers are closed in observance of Presidents’ Day.*

Feb. 17 10 a.m. – “End of Life Preparation” presentation by staff from Roper and Sons Funeral Home.

Feb. 19 10 a.m. – Fit for Fun BINGO

Feb. 23 10 a.m. – Fit for Fun BINGO

Feb. 24 10:30 a.m. – Painting demonstration by artist, Garry DeFreece.

▶ Nutrition handout: Cholesterol and Heart Health

Feb. 26 10 a.m. – February trivia game

Feb. 27 9 a.m. to 2 p.m. – Fix-It Friday

Afternoon Activity Groups

Pitch, Mahjong, Pinochle and Bridge

- **Tuesdays, 2 to 4 p.m.** – Pitch and Mahjong
- **Thursdays, 2 to 4 p.m.** – Pitch and Bridge



City of Lincoln
**AGING
PARTNERS**

Personal and Family Services

We work with all the human service providers in an eight-county area of Butler, Fillmore, Lancaster, Polk, Saunders, Seward and York.



Helping adults age 60 and over remain independent and in their homes is the central purpose of this program.

**If you are looking for assistance,
call 402-441-7070 today!**

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 under age 60. Class preregistration required.

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

Victory Park Foot Clinic / Health Promotion Services

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.
Jan. 5 through May 18 (no class Feb. 16)
- **Auld Pavilion, 1650 Memorial Drive** Wednesdays, 10 to 11 a.m.
Jan. 7 through May 13

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 and March 3 through May 7 (20 classes)

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 \$4 per class or \$80 per session.

Tai Chi for Arthritis and Fall Prevention – Level II

American Lutheran Church, 4200 Vine St.

Mondays and Wednesdays, 10 to 11 a.m.

Jan. 5 through March 11 (18 classes) (no class 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.

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. – Jan. 6 through May 19
- **Auld Pavilion, 1650 Memorial Drive**
Thursdays, 1:30 to 2:30 p.m. – Jan. 8 through May 7
(no class Mar. 19 and April 9)

Chair Yoga

Eastridge Presbyterian Church, 1135 Eastridge Drive

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

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

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

Jan. 7 through April 8

**Beginners
welcome!**

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.

Evidence-Based Stepping On – Building Confidence and Reducing Falls

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

Thursdays, 2:30 to 4:30 p.m. – March 12 through April 23

This is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. Participants learn the most up-to-date information about fall prevention. Workshop topics include simple and fun balance and strength exercises; along with information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls. Suggested contribution is \$8 per class for age 60 and over and a required \$10 fee per class for those under the age 60.

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

March 3 through May 21

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).

Aging Partners Comprehensive Footcare Clinics

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

- **Northeast Center** (second Monday each month)
6310 Platte Ave.
For appointments, call Ciji Mays at 402-441-7151.
- **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, call Monte at 402-416-7693.



Caregiver Support Group

St. Mark's United Methodist Church

8550 Pioneers Blvd., Room 137

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

Tuesday, Feb. 10 from 5 to 6 p.m.

Caregivers take care of family members and friends. But who takes care of the caregiver? Support groups provide hope, information and a safe environment to share concerns.

Eligible caregivers are:

- Individuals of any age providing care for an older adult, age 60 and over.
- Providing care for a person with Alzheimer's disease, brain injury or a related brain disorder.
- Over the age of 55 and raising a grandchild.

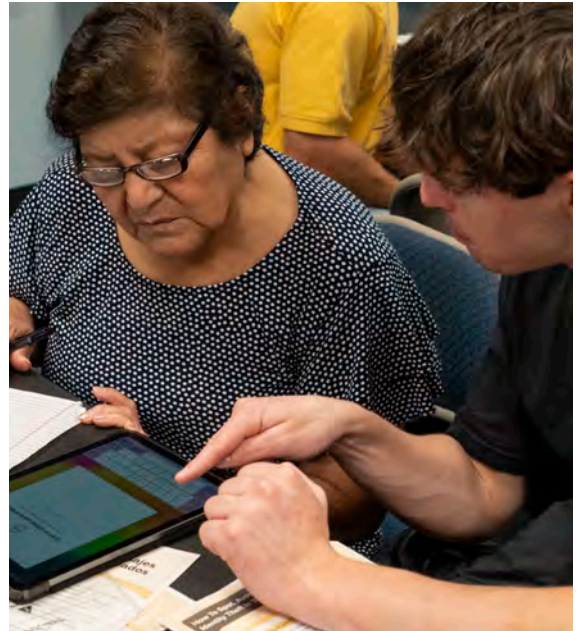
Registration not needed; walk-ins welcome.



Free Digital Literacy Events

Looking to know more about using your smartphone, tablet or laptop? Join us for a free, one-on-one digital assistance workshop for seniors and enjoy a hands-on learning experience:

- Bring your own device and a student will help you better understand how to use it.
- Learn in a relaxed, one-on-one setting.
- Increase your independence and knowledge of technology.



When: Three 30-minute sessions will be available at 3:30 p.m., 4 p.m. and 4:30 p.m. on the following dates:

- February 25
- March 25
- April 29

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

To schedule your *FREE*, 30-minute session call 402-441-7158.

This free workshop series is provided in partnership with Aging Partners and students in the Community Engagement Program at the University of Nebraska–Lincoln.



Washington Street Senior Center

Grace Lutheran Church

2225 Washington St., Lincoln, NE 68502

Open: Monday through Friday, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-441-7157

Center Manager: Kelle Brandt

Monday through Friday

- 9 a.m. – Coffee social

Mondays

- 10:30 a.m. – Music exercise with Kelle

Tuesdays

- 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.

Super Saver: Feb. 5 and 19

Walmart: Feb. 12 and 26

Fun Fridays

- We offer games and cards all day.

Special Event Programs

Feb. 2 10:30 a.m. – Music exercise with Kelle.

- It's Groundhog Day – will he or won't he? See if Phil and Bill agree.

Feb. 3 10 a.m. – Weird and special days in February



Feb. 4 10:30 a.m. – “Breaking up with Salt” presentation with Devin Muller, Aging Partners Nutrition Specialist.

Feb. 5 10:30 a.m. – We will be making Valentines for our friends while we take a look back at the history of Valentine's Day.

- 12:30 p.m. – Lincoln City Library book exchange

Feb. 9 10:30 a.m. – Music exercise with Kelle

Feb. 10 10 a.m. – Find the hidden objects in the picture

Feb. 11 10 a.m. – Valentine party and at 10:30 we will discuss how to keep a heart happy which makes the rest of our body happy.

Feb. 12 10 a.m. – Enjoy the music of the Quarter Notes

Feb. 13 10:30 a.m. – Humorous Valentine stories

Feb. 16 *Aging Partners offices and all senior centers will be closed for Presidents' Day.*

Feb. 17 10:30 a.m. – Trivia on US Presidents

Feb. 18 10:30 a.m. – Music BINGO with Elliott Piper! There will be blood pressure screening and a “Shingles” presentation with Bryan nurses.

Feb. 19 10:30 a.m. – Medicare and Insurance updates with Colleen Ozanne, SHIP

- 12:20 p.m. – Book exchange from Lincoln City Library

Feb. 23 10 a.m. – Our friends from Echo Collective will be here to share some new craft ideas using natural products.

Feb. 25 10 a.m. – Enjoy the music of the Willow Creek Band. There will be a blood pressure screening and a “High Blood Pressure” presentation with Bryan nurses.

Feb. 26 Nutrition handout: Cholesterol and Heart Health



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:

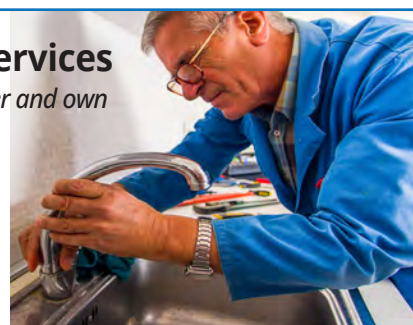
- Grocery pickup and delivery (must be prepaid)
- Pickup/delivery of library books (must be prearranged)
- Errands, such as food and medication delivery
- Video/phone calls for companionship and check-ins

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.

Bennet Senior Center

American Legion Hall

970 Monroe St., Bennet, NE 68317

Open: Tuesdays and Thursdays, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-416-7693

Rural Center Manager: Monte Peck

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

Tuesdays and Thursdays

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

Special Event Programs

Feb. 3 10:30 a.m. – Puzzles, brain teasers, adult coloring, etc.

- 12:15 p.m. – Increase your flexibility with chair exercises

Feb. 5 10:30 a.m. – Nutritional handout and discussion: Cholesterol and Heart Health

- 12:15 p.m. – Celebrate our February birthdays with cake and conversation after lunch.

Feb. 10 10:30 a.m. – Puzzles, brain teasers, adult coloring, etc.

- 12:15 p.m. – Have you ever wondered how umbrellas are made? One of the most useful tools ever invented is close to 5000 years old. Join us as we learn all about them!

Feb. 12 10 to 11 a.m. – Blood pressure checks by Traditions Health (Lincoln)

- 10:30 a.m. – Community Connections: The Bennet Area Historical Society joins us for coffee, stories, and an educational glimpse into the past with rural school photos.

- 12:15 p.m. – “Breaking up with Salt” presentation with Devin Mueller, Aging Partners Nutrition Specialist.

Feb. 17 10:30 a.m. – Movie and Popcorn Day! To celebrate National Random Acts of Kindness Day, we'll watch a heartwarming film about a zoologist that was inspired by actual events.

- 12:15 p.m. – The movie continues after lunch with trivia.

Feb. 19 10:30 a.m. – Group Activity: It's time to update our records! Monte will help those in attendance fill out their 2026 Aging Partners registration forms. Special snacks provided!

- 12:15 p.m. – Community Connections: Josh Penterman of Penterman Law, wants to help seniors in the rural community better understand the complexities of estate planning. Join us as he speaks on the difference between Wills and Trusts, the importance of a Powers of Attorney for health care, as well as protecting assets and planning long term care.

Feb. 24 10:30 a.m. – Puzzles, brain teasers, adult coloring, etc.

- 12:15 p.m. – Join us for another video edition of Armchair Travelers! This time, we're getting a royal tour of our southern neighbor. ¡Vamos a México!

Feb. 26 10:30 a.m. – In observation of National Write a Letter to An Elder day, we will actually “read” a handful of letters written and sent from some Lincoln grade schoolers.

- 12:15 p.m. – Music BINGO with Elliott Piper

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.**



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

**For details, see your center manager or you
can go online to lincoln.ne.gov/Aging.**

Firth Senior Center

Firth Community Center

311 Nemaha St., Firth, NE 68358

Open: Mondays, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-416-7693

Rural Center Manager: Monte Peck

Hickman Senior Center

Hickman Community Center

115 Locust St., Hickman, NE 68372

Open: Wednesdays, 9 a.m. to 1 p.m.

Lunch served: 11:30 a.m.

For meal reservations, call by noon two business days in advance: 402-416-7693

Rural Center Manager: Monte Peck

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

Mondays

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

Special Event Programs

- Feb. 2** 10 to 11 a.m. – Blood pressure checks by Lakeview Living (Firth)



- 10:30 a.m. – It's Groundhog Day! Will he see his shadow? Will there be six more weeks of winter? Who knows... but we'll discuss the history of this superstitious tradition.
- 12:15 p.m. – Celebrate our February birthdays with cake and conversation after lunch.

- Feb. 9** 10 a.m. – Nutritional handout and discussion: Cholesterol and Heart Health

- 10:30 a.m. – Increase your flexibility with chair exercises.
- 12:15 p.m. – "Breaking up with Salt" presentation with Devin Mueller, Aging Partners Nutrition Specialist.



- Feb. 16** *Aging Partners offices and all senior centers are closed in observance of Presidents Day.*

- Feb. 23** 10:30 a.m. – Group Activity: It's time to update our records! Monte will help those in attendance fill out their 2026 Aging Partners registration forms. Special snacks provided.
- 12:15 p.m. – Music BINGO with Elliott Piper

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

- Feb. 4** 10 to 11 a.m. – Blood pressure checks by Traditions Health (Lincoln)

- 10:30 a.m. – Community Connections: Jenny and Mark Canfield, proprietors of New Day Coffee stop by to talk about their thriving business in the quickly expanding city of Hickman. Maybe they'll bring samples?
- 12:15 p.m. – Nutritional handout and discussion: Cholesterol and Heart Health

- Feb. 11** 10:30 a.m. – Movie and popcorn time! In celebration of National Inventors Day and National Guitar Day, we'll watch a film about a time traveling guitarist. Trivia later... if there's time.

- 12:15 p.m. – Celebrate our February birthdays with cake and continue the movie.

- Feb. 18** 10 a.m. – Nutritional Handout and discussion: Cholesterol and Heart Health

- 10:30 a.m. – Group Activity: It's time to update our records! Monte will help those in attendance fill out their 2026 Aging Partners registration forms. Special snacks provided!
- 12:15 p.m. – Aging Partners' resident nutritionist, Devin Mueller joins us after lunch to talk about "Breaking up with Salt"

- Feb. 25** 10 to 11 a.m. – Join us for strength and balance training (crucial for maintaining health and independence) with Bryce Rolenc, Peak Performance.

- 12:15 p.m. – Music BINGO with Elliott Piper

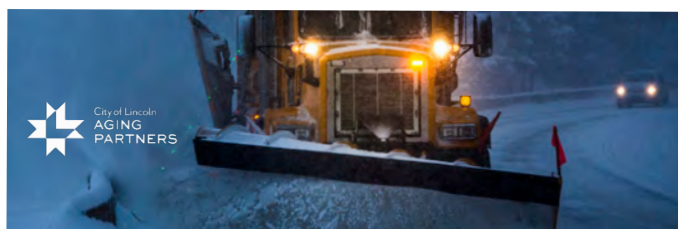
FEBRUARY 2026 MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6*
Chicken and shrimp gumbo Hush puppies Mixed vegetables Fresh fruit Brownie	Hot open-faced beef sandwich Mashed potatoes with gravy Green beans	Stuffed green pepper casserole Lettuce salad Garlic breadstick Pineapple	Spaghetti with meatballs Asparagus Fruit Breadstick Cake	BBQ lil' smokies Macaroni and cheese Broccoli Cornbread Mixed fruit
9*	10	11	12	13
Ham slice Au gratin potatoes Brussels sprouts Roll Fruit juice Fruit cobbler	Turkey and cheese on a croissant Chicken and wild rice soup Raw vegetables Fresh fruit	French dip sandwich Chips Coleslaw Mixed fruit	Seafood chowder Crackers Corn Green grapes	Chicken on a biscuit with cheese Tater tots Broccoli Pears
16	17	18	19	20
<i>Aging Partners offices and all senior centers are closed Presidents' Day.</i>	Sloppy joe Potato salad Spinach and lettuce salad Chips	Turkey slice with gravy Redskin mashed potatoes Brussels sprouts Roll	Beef taco salad with tomatoes and cheese Tortilla chips Guacamole Fruit	Sweet and sour pork Rice Oriental vegetables Egg roll Peaches Fortune cookie
23	24	25	26	27
Beef tips Sweet potatoes Sliced bread Diced apples	Chicken pot pie Mixed vegetables Raisin bread Mixed fruit	Cod sandwich with lettuce and tomato Coleslaw Fruit Cookie	Country fried steak Mashed potatoes with gravy Corn Blueberries Roll	Beef chili Cornbread Asparagus Fresh fruit

Menus are subject to change.

- Meals include 1% milk and margarine or butter with bread items.
- *February low sodium alternative is a 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.



Severe Weather Closings/Cancellations

For the most up-to-date senior center closings and delays, tune in to KFOR 101.5 FM or 1240 AM, KLIN 1400 AM or visit us on Facebook at facebook.com/AgingPartners